



INTERGENERATIONAL SOCIAL ACTION BOARD

Today's Agenda

- **Introduction to InCommon: Vision and Mission**
- **How the Board came to be**
- **The impact of the Board**
- **Building our learnings into practice**
- **Mid-point Icebreaker / Comfort Break**
- **What drew you to the Board?**
- **Personal experiences and highlights**
- **Advice to other organisations**
- **Question and answer session**

InCommon: Our Vision and Mission



InCommon creates opportunities for young people and older people to learn from one another, fostering mutual inspiration, growth, and a stronger sense of community.

Challenging Ageism



**Ageism exacerbates age
divides in communities**



**Age-segregated
communities**

What we do

Our Intergenerational Programmes

Connect

Social Action

Empower

How the Board came to be

**Funding from Clarion Housing,
#iWill and BackYard Nature**

**BackYard
Nature grants**

**The
Community
Ambassador
Programme**

**Age-Friendly
Awards**

How the Board came to be



The Board are our experts!

The Board's Impact



Photos from BackYard Nature Projects and the Community Ambassador Programme

The Board's Impact



Photos from the Age-Friendly Awards!

Putting learnings into practice

It is really important for us to build on our learnings and improve the Board by requesting and implementing feedback from our members. This has led to a number of really key improvements to our ways of working which are listed below:

- **Updated meeting time and length**
- **Creating a calendar of events**
- **Sending out information packs ahead of time**
- **Balancing the Board**
- **Ensuring all Board meetings were purposeful**
 - **Introducing new roles and responsibilities**
 - **Providing impact updates**

Mid-Point Icebreaker

One of the ways we like to open Board meetings is with an icebreaker. Below are reasons why we find this to be a useful tool:

- It is a creative way to get people to interact with each other in the first few minutes of a meeting.
- It helps everyone build connections, as Board members may discover similarities in interests and topics discussed
- Helps to ease everyone into the topics needing to be discussed in the meeting

An example icebreaker I designed and facilitated was called 'Award Yourself'. This was the opening activity in a meeting focussed around the Age-Friendly Awards.

Mid-Point Icebreaker

To help split up this forum (and to provide people with the option of taking a quick comfort break), I thought it would be fun to run a quick icebreaker with everyone!

Please could everyone take a moment to think about the question below and then either share this in the comments, or raise your hand to share this over the mic.

What one word you would use to describe what intergenerational connection means to you?

What drew you to the Board?



Naim, third year on the Board

- I used to attend InCommon workshops in London and built strong friendships with my older neighbours at Gawthorne Court.
- I believe intergenerational connection is really important and wanted to join the Board as another way to connect with people from different generations.
- Intergenerational work is not often talked about or presented in the news, but is very important!
- My confidence has grown a lot from being on the Board!

What drew you to the Board?



Alison, third year on the Board

- The press and media deliberately try to divide people. This division is also created along generational lines through the reinforcement of negative stereotypes.
- A lot of spaces where communities can connect no longer exist and have been shut down.
- I see this as a space where generations can come together and build something powerful and purposeful.

BackYard Nature Grants



- Reviewing BackYard Nature microgrants required **critical thinking, effective teamwork, good communication and decision making skills.**
- My favourite project involved the children receiving training to be more climate conscious!
- The experience of being on the Board and the skills I have gained will help me in my future endeavours.

The Age-Friendly Awards

How did the Board get involved in the design and delivery of the Age-Friendly Awards?

- Finalising the Award categories
- Designing the certificates for the runners up, to ensure everyone was celebrated.
- Judging the nominees and deciding on the winners - this was a very tough process given the number of amazing applicants.
- Presenting at the Awards ceremony!



The Age-Friendly Awards

Why was this a personal highlight for me?

- It was amazing bringing together organisations from across the country and celebrate groups that don't tend to receive recognition.
- I loved seeing these groups interact with each other and form a network.
- I felt honoured to introduce the winners and my confidence has grown as a result. I learnt how and when to hook the crowd.



What advice would you give?

Ena:

- Everyone needs to feel **valued and respected**, and this can't happen if you're not listened to or seen.
 - Structure the roles and responsibilities of the board
 - Put relevant policies in place (i.e., Board members are required to attend a % of meetings)
 - Reimburse Board members for their time

Alison:

- Bringing generations together shouldn't be seen as a difficult task, you just need to make sure the meetings are purposeful!

Any questions?

For the rest of the meeting, we would love to open the floor to any questions you may have.

Please feel free to either type these in the comment section, or raise your hand!

Staying in touch!

Please do get in touch with us if you would like to learn more about our work and how best to support us going forward.



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