

Sharing Highly Effective Practice Case Study

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Date of inspection or review	30 th April 2024
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Case study title	Intergenerational Peep, Parenting and Family Learning Team
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Establishment Context (maximum 200 words)

Our first Intergenerational Peep group was recently piloted at Strathmore Street Sheltered Housing Complex in collaboration with the Housing and Communities Team. We recognised the opportunity of connecting with the older adults in our community and the benefits that Intergenerational Peep could have for the participants in reducing isolation, loneliness and poor mental health. This group follows the same Peep Learning Together Programme (LTP) that we deliver to parents/carers and their children with the addition of older participants (tenants) who live at Strathmore Street and Isla Court Sheltered Housing Complexes.

The group was delivered by a trained Peep practitioner from the Parenting and Family Learning Team and a Project Officer from Housing and Communities. The sessions included songs, rhymes, story time and a fun activity for the families and tenants to take part in together. Participants benefitted from the usual fun and learning while also getting to learn and share experiences across different generations. Healthy snacks and refreshments were provided during the latter part of the session to give participants the opportunity to get to know each other.

What was the improvement area/ issue? (maximum 300 words)

The improvement area was to pilot an Intergenerational Peep programme to allow participants to learn new skills, share experiences across generations and reduce loneliness/isolation. The aim of the joint venture was to create an age inclusive Intergenerational Peep group where the toddlers, parents and tenants could build relationships, feel more socially connected and increase their confidence and wellbeing. According to Beth Johnson Foundation (a charity dedicated to making the UK age-friendly), *"Intergenerational practice is inclusive, building on the positive resources that the younger and older persons have to offer to each other and those around them."* Intergenerational learning creates opportunities for all generations to feel valued and part of their community and we felt linking this to the Peep LTP provided the ideal environment to build reciprocal learning relationships.

Intergenerational learning was also included in the Housing and Communities Team's test for change to encourage the use of all housing complexes as hubs which are open to non-residents.

How did the educational establishment address the improvement area/issue? (maximum 300 words)

We worked effectively with the Housing and Communities Team to plan the group and find the most appropriate venue to address barriers to participation such as mental health, physical mobility and low income. The group was located within Strathmore Street Sheltered Housing Complex which is a short walk across the road from Isla Court, enabling tenants from both complexes to attend a group in a familiar environment close to where they lived. This helped to reduce/eliminate any physical barriers and anxiety around attending. There was ample parking for families who needed it and a taxi was provided for one

family ensuring socio-economic circumstances were not a barrier to participation. Chairs were provided for tenants to sit in to take part in rhyme and story time rather than sitting on the floor.

The Peep (LTP) is an evidence-based programme which helps parents and carers to improve their children's life chances by making the most of every day learning opportunities, supporting their young children's learning through play and developing sensitive and responsive relationships with their children. We felt this was the most appropriate family learning programme to deliver to families and tenants alike as it enhances the physical, social and emotional wellbeing of participants by allowing participants to come together in a supportive environment and take part in a variety of activities. Staff from both teams worked together to plan the weekly sessions to ensure the topics included in the programme delivery were well matched to the participants needs, taking into account the differing requirements of the children, parents/carers and older adults attending.

A range of Peep LTP topics were explored, including:

- The importance of relationships
- Lot of ways to play and learn
- Exploring Movement
- Mark Making
- Movement and language
- Developing balance and co-ordination

What was the sustained impact of this practice and in what way did this make a difference for children, young people, adults, and communities?

How do they know? What evidence do they have? (maximum 300 words)

Evaluations were completed by parents/carers and tenants who attended the group to gather impact and shape future delivery. Overall feedback from all attendees, including staff, has been extremely positive. Tenants and families enjoyed the sessions and were keen to get involved with the singing and activities together each week. Relationships were built between participants.

Feedback from written evaluations completed by parents/carers highlighted that, as a result of coming to Intergenerational Peep, 100% of the parents feel they understand the importance of singing and sharing books with their child and that they have bonded more with their child. Almost all of the parents stated that their levels of stress and anxiety have reduced a lot. 100% of parents reported that their self-esteem and confidence have increased a lot and that they gained knowledge/skills from different generations. 100% of the older tenants feel a lot more socially connected and that their levels of stress or anxiety have reduced a lot. Almost all stated that their self-esteem/confidence has increased a lot with one tenant sharing that it had increased a little. Almost all felt that they had a lot of opportunity to share their knowledge and skills with the group with one tenant feeling that they had a little opportunity. 100% gained knowledge/skills from different generations.

Based on the success of this project, a similar model will be used for future groups and sessions will continue to be adapted based on the needs of the group participants. Separate sessions will be organised by the Housing and Communities Team to allow parents/carers to continue to meet the tenants to maintain and enhance the relationships they have established. In future we hope to link Intergenerational Peep to the intergenerational work currently carried out in some Early Learning and Childcare settings.

Supporting information (photographs, images, data, quotes)

Quotes: Please add any quotes below with each one clearly separated by the use of "quotation marks". Please add in brackets who they are from (e.g headteacher, adult learner).

"I loved the atmosphere, the bond that developed with the older participants (especially when Maura got comfortable enough to go to one of the ladies for a cuddle)." Parent

"It has made a new routine and has helped with my child's confidence and her speech". Parent

"I enjoyed the singing and the peep activities we did each week. It was good for my family and I to socialise with the other families and the ladies (tenants)...connections were made with us all." Parent

"I could see the ladies becoming more confident to mix with all the families, bonds were made". Parent

"It's made me feel more relaxed and got me out the house...I feel it's helped me get out and meet new people and that's what I have needed". Parent

"The group has made my daughter feel more relaxed around older people"! Parent

"Makes me get out my flat and join in/communicate with others. Good to socialise". Tenant

"Helps the days be less lonely". Tenant

"Makes you realise there's more than being old. Youngsters have a different life to when we were young". Tenant

"Nice to mix with younger people and watch them come out of their shells." Tenant



Families and tenants enjoying the Parachute during rhyme time.



Families and tenants taking part in a mark making activity together.

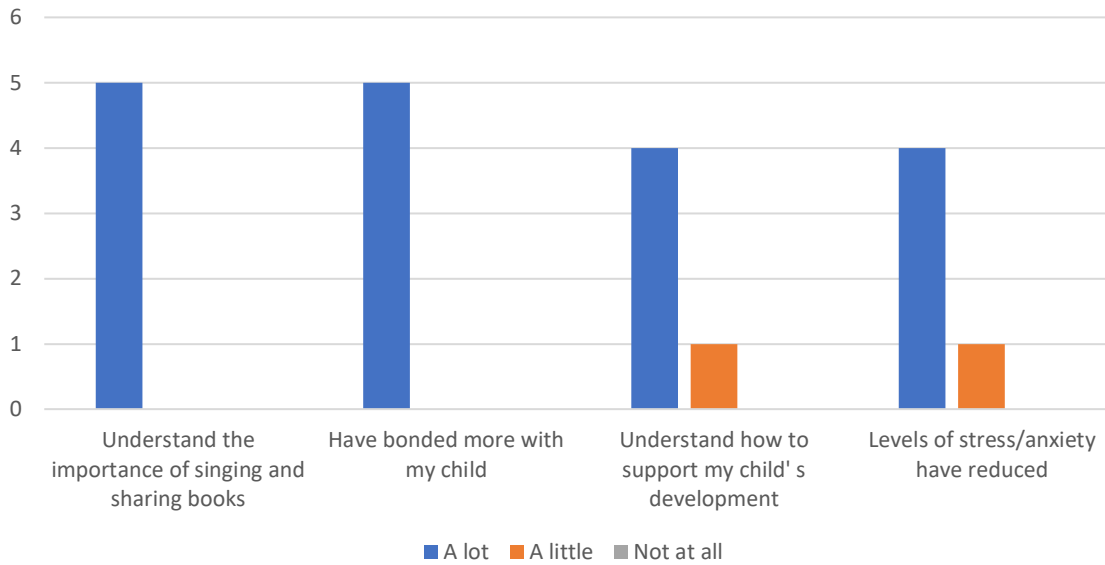


Handprints keepsake which is proudly displayed at Strathmore Street Sheltered Housing Complex.

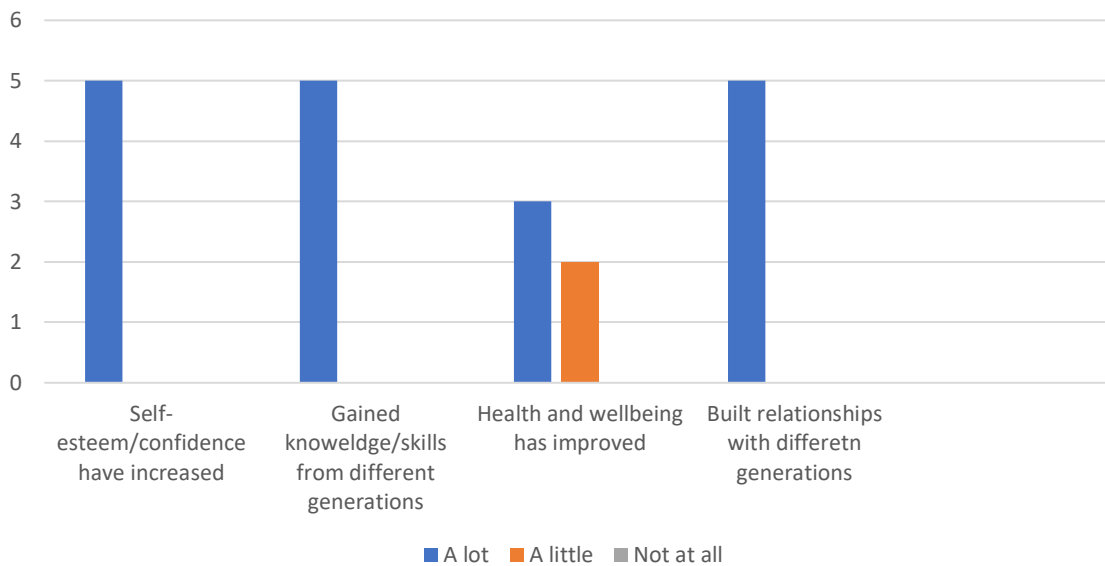


Group Participants receiving their certificates at the final session.

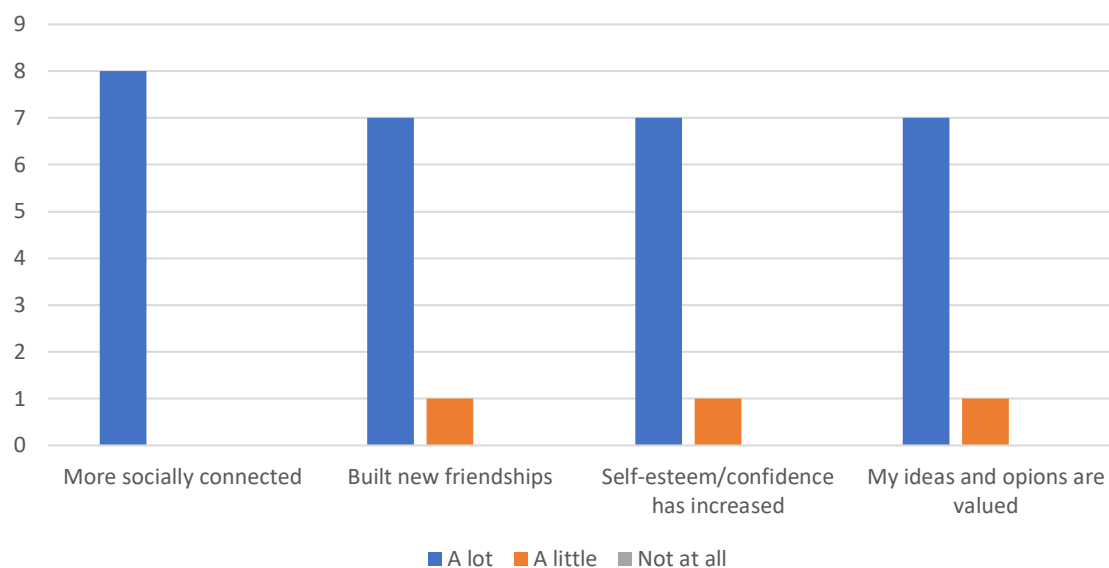
Evaluation feedback from parents



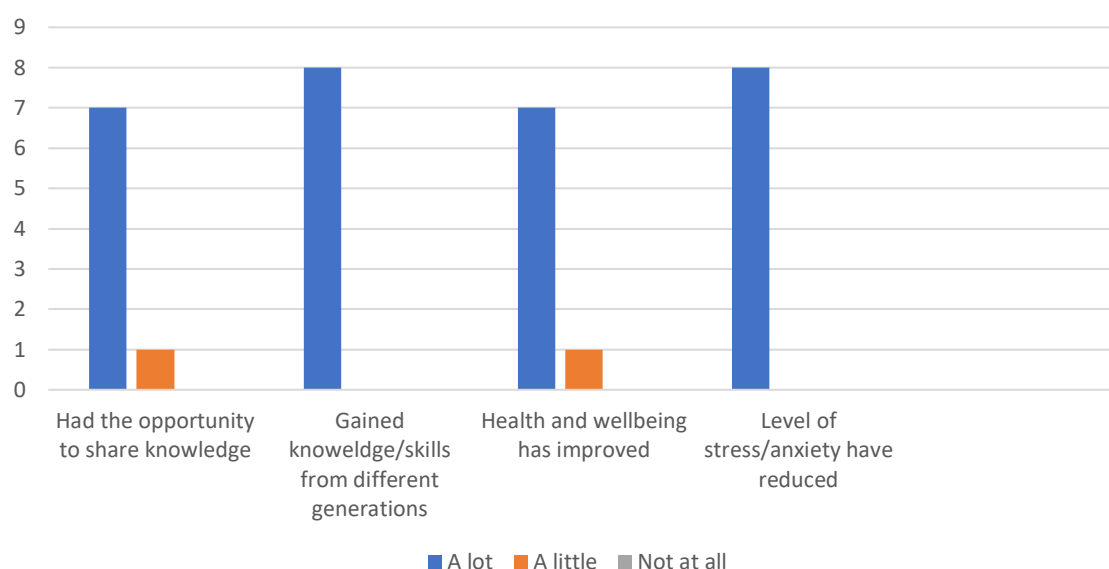
Evaluation feedback from parents



Evaluation feedback from tenants



Evaluation feedback from tenants



Additional information

Are there influences that shaped this practice such as additional funding, new guidance/policy, research etc?

The work of the charity, Generations Working Together, highlighted the benefits of intergenerational learning and the importance of bringing younger and older people together.

Please return the case study, along with relevant photo permission forms within three weeks of the inspection to ScrutinySHEP@educationscotland.gov.scot

Please note that all case studies may not be published routinely and may be used later as part of wider mechanisms for sharing highly effective practice such as webinars or sketchnotes. However, all highly effective practice will be recognised and recorded on the establishments report, summary of inspection findings.