

Making It Intergenerational TOOLKIT



What is Intergenerational Practice?

Intergenerational practice brings people of different ages together for mutual benefit, breaking down barriers, challenging perceptions, reduce loneliness & isolation and amplifying voices.

Intergenerational practice has the unique ability to connect sectors, professionals and generations contributing to health and community development.

Sparking a Connection

Intergenerational practice has a multitude of individual and community benefits. Bringing generations together promotes empathy and understanding, encourages the sharing of culture and heritage and helps build confidence and communication skills.

We believe that social connection must become a central pillar of future policy making, promoting new and inclusive ways to bring people together, challenging hierarchy, building unity and a strong sense of belonging across our communities.

Step 1

Find a local intergenerational connection! For help with this, sign up for free at www.togetherwithmusic.org.uk. This could be a neighbour, relative or local community group

Step 2

Think about how you want to build your connection whether music, art, gardening or cooking.

What do you and those you have connected with enjoy doing?

Step 3

Take a moment to read through our top tips on the flip side of this toolkit.

Step 4

Get connected and begin your new, meaningful intergenerational journey!



5 Ways to Spark Intergenerational Connection



Music

You could write an original song



Cooking

Make your favourite food together



Art

Go outside and draw something that you see



Sport

Play your favourite sports together



Nature

Plant seeds & watch them grow

We believe in the power of music, the arts, sport, nature and cooking in providing opportunities to improve our health and wellbeing. We want to promote the addition of intergenerational connection to enhance these mediums of delivery and inspire new ways of working.



For more information, or further guidance, please contact us at info@imm-music.com or visit our website www.imm-music.com

Intergenpower - We are stronger, more powerful & connected together. Whether you are cooking, gardening, singing or playing football.

We are better **together!**



www.imm-music.com