



Evaluation Report

April – June 2022



July 2023

‘New Spin ‘ - Intergenerational Project

Pilmeny Development Project has been working in partnership with Citadel Youth Centre since 2014/15 to develop ‘New Spin’ Intergenerational initiative. We moved out of lockdown online working to re-establish face to face work from October 2022, which has proved highly successful.

Overall Aim:

To bring older and young people together through purposeful, mutually beneficial activities which promotes greater understanding and respect between generations as well as contributing towards building a more cohesive community.

Key Outcome

Young people and older people will be better connected, less socially isolated and more actively engaged with their community, thus contributing towards active citizenship, increased independence and self-confidence.

OUTCOMES	
1	Reducing isolation
2	Improved understanding and relationships between the generations
3	Improved Health & Wellbeing/Confidence
4	Partnership working

Indicators/targets

1. 25 young people and older people participate in at least 30 intergenerational activity sessions per year.
2. Young and older people feel less socially isolated
3. Young and older people will have increased confidence and feel more connected

Evaluation/Feedback

Evaluation is really important to gauge how this is working for both groups and to help us to establish how the group will proceed and to share good intergenerational practice.

Monitoring and evaluation was undertaken throughout the project:

- Session plans were developed for each week (See **Appendix 1**)
- Attendances were recorded
- Sessional recording sheets were completed at the end of each session
- Informal feedback was obtained from participants

Transport issues

Post pandemic and tram works meant the older people felt less comfortable or able to make their own way to the group. Community Transport or taxis were provided for the older people to enable them to attend, which incurred additional costs and resources (e.g. volunteer drivers/escorts, extra PDP staff time to call round/organise) the older people to come along.

New Spin Intergenerational Sessions

10 weekly 'in person' New Spin intergenerational sessions were held between **21st April – 23rd June 2023**, attended by 20-25 older and young people, plus 3-6 staff and volunteers per session.

Programme of Activities

Young and older people were involved in programme planning and development of the activities. (See **Appendix 2**) along with icebreakers at start to help build communication skills and encourage positive relationships.

Session Feedback Summary

Week 1 - Friday 21st April 2023 - Welcome back/Eid Celebration

Attendance: 7 OP 7 YP 7 staff & vols = 21

Good session overall, but many of the young people were very tired. Muck up day for last day of term at school was a big factor in this.

Activities: Ground rules Good to go over these- led to quite intense discussion over the proposed time change. (suggested by YP during last evaluation). Agreed to change meeting time to an earlier start of 1.30pm- 3pm from next week and to monitor.

Eid Food – A meal of curry & Indian snacks was provided - Really well received and excellent to see both generations getting involved. Lots of participants tried the dates, older people loved these & Gulab Jamun.

Eid celebration activities - Didn't spend as much time as planned, due to lack of time.

OUTCOMES	EVIDENCE
Reducing isolation	All OP said how good it was to be meeting back together
Improved understanding and relationships between the generations	Excellent connections today, eating and chat. 1 YP - Fantastic support throughout today, engaged well with all the older people
Improved Health & Wellbeing/Confidence	1 OP depressed but positively took food home and seemed in better spirits leaving.
Partnership working	PDP/CYC

Week 2 – Friday 28th April 2023 - Global Intergenerational week (Let's Break Down Age Barriers)

Attendance: 6 OP 7 YP 7 staff & vols = 20

Nice session today. Good choice of activities, balance between individual and group work based.

Activities:

Icebreaker: 'A person of a different generation you admire.' Global Intergenerational Week Introduction (Let's breakdown age barriers) - Both generations enjoyed hearing the feedback.

Food: Toasties

Global Intergenerational Week: Zoom session with OP & Sachie Japanese partner

Speak out against Ageism Wordsearch/worksheets

Guess the Celebrity Age Game

OUTCOMES	EVIDENCE
Reducing isolation	OP commented on how she enjoyed the company & online link made with OP unable to attend due to ill health
Improved understanding and relationships between the generations	Good interaction today
Improved Health & Wellbeing/Confidence	Contact with homebound OP cheered her up
Partnership working	PDP/CYC

Week 3 - Friday 5th May 2023 - Pool Competition /Trip (Bill & Jean Budge Trophy)**Attendance: 5 OP 6 YP 5 staff & vols = 16**

Good trip out to play pool – competition was very intense! All generations mixed well and being on minibus together helped chat/engagement.

OUTCOMES	EVIDENCE
Reducing isolation	Trip out together was good company for all ages
Improved understanding and relationships between the generations	1 YP Really engaged with OP & helped with the score keeping and was delighted to have won.
Improved Health & Wellbeing/Confidence	1 OP was stressed due to home situation but said the session really helped her feel better
Partnership working	PDP/CYC

Week 4 - Friday 12th May 2023 - Healthy Eating (Fruit Kebabs) & Walking Group**Attendance: 7 OP 7 YP 7 staff & vols = 21**

Started well with majority of young people very helpful. At the quiz & the technical issues, things got a bit tense with 1 y/p very challenging. However, playing New Age Kurling was good for all. Food went down well today (Fair Share donation of soup) This session was run by a student as part of his placement with PDP and provided him with experience of running an intergenerational group for the 1st time.

Activities:

Icebreaker: A favourite memory of New Spin - Lovely feedback from both generations.

Food – Soup and fruit kebabs - well received.

Flags Quiz – A few technical issues using Quiz platform. Would have worked better just with paper/pens.

No walking group due to poor weather – so opted to play **New Age Kurling** in main hall instead. Ran well and lots of OP/YP involved.

OUTCOMES	EVIDENCE
Reducing isolation	2 OP commented on how afternoon had really helped them to feel less lonely
Improved understanding and relationships between the generations	1 YP (with ASN) Brilliant today, very focussed and involved with all the older people
Improved Health & Wellbeing/Confidence	1 OP Really engaged today and listened really well. In a good mind set which clearly had an impact.
Partnership working	PDP/CYC

Week 5 – Friday 19th May 2023 – Mental Health & Relaxation Session**Attendance: 5 OP 6 YP 4 staff & vols = 15**

This session was partly run with Citadel mental health youth worker (Ameera) as part of Mental Health awareness week. Good session although lower numbers. Good to see some new young people along too.

Activities:

Icebreaker: 'What do you do to look after your mental health?' & Mental Health Awareness week introduction - Worked well everyone took part.

Mental health quiz - Worked really well with all generations taking part.

Food: Sandwiches/smoothies

OUTCOMES	EVIDENCE
Reducing isolation	OP Spoke about how isolation affected their mental health
Improved understanding and relationships	1 YP Worked brilliantly today and super helpful.

between the generations	Particularly nice looking after o/p when she needed a break from the quiz. Also, very helpful at the end, helping o/p take his food parcel into the car.
Improved Health & Wellbeing/Confidence	1 OP Spoke very openly about his mental health and chatted to Ameera at length about his relationship with his ex-partner.
Partnership working	PDP/CYC

Week 6 – Friday 26th May 2023 – Trip to West Lothian College

Attendance: 7 OP 5 YP 6 staff & vols = 17

Brilliant day out overall with both generations enjoying the trip. Really good mix of activities and the students from college loved meeting the New Spinners.

Activities: The group was hosted by WL College students who organised activities including: included food, arts activities, reminiscence objects and board games.

Icebreaker: An icebreaker at the start would have been good.

OUTCOMES	EVIDENCE
Reducing isolation	OP particularly like going out on bus and chat etc
Improved understanding and relationships between the generations	Good intergenerational contact with an external agency/students
Improved Health & Wellbeing/Confidence	OP enjoyed meeting new YP (students) and felt confident to take part in activities in a new setting
Partnership working	PDP/CYC & West Lothian College

Week 7 – Friday 2nd June 2023 – History of Leith/Reminiscence session

Attendance: 6 OP 12 YP 5 staff & vols = 23

Lively session today but good engagement from both generations. Music and YouTube worked well in the background throughout the session too.

Activities:

Icebreaker: What is your Favourite place/thing about Leith? - worked well.

Leith Quiz: All generations engaged.

Choice of Activities: **Go on a short Walk in Leith or make a Leith Timeline**

Some wanted to help make a Timeline of Leith with photos and a chat about the history from different time points. 1 OP Loved the pictures during Leith Timeline and took some away to show friend.

The choice of activities worked well for the young and older people taking part. Slight Issue with some young people playing up in the hallway while others were on the walk.

Food: sandwiches

This session was run by a student as part of her placement with PDP and provided her with experience of running an intergenerational group for the 1st time.

OUTCOMES	EVIDENCE
Reducing isolation	OP took photos & said he would arrange to meet and to share with a friend
Improved understanding and relationships between the generations	Good interaction overall today
Improved Health & Wellbeing/Confidence	OP said they enjoyed talking about the old days and looked much happier at end of this activity
Partnership working	PDP/CYC

Week 8 – Friday 9th June 2023 – Desert Island Discs

Attendance: 7 OP 9 YP 4 staff & vols = 20

Very lively today with lots of young people excited for Leith gala, but overall great fun. Both generations loved the desert island activity and songs were very well received. More allocation of staff and assigning specific tasks would have helped this week.

Activities:

Icebreaker: design your desert island

What is Desert Island Discs? Radio show - The format – a guest is invited to choose eight discs, a book and a luxury to take with them (can't be of practical value or living) as they're castaway on a desert island.

They're asked to pick 1 favourite record/song.

Group members asked to pick favourite record/song to save if all the rest washed away – which we play (Spotify?) or sing! ...and tell us their favourite book &/or luxury item - Issue with speaker not working; so used TV and YouTube instead

Food: Pitta pizzas - Well received but was difficult to cook and run session at the same time. Lots of great feedback from both generations on the toast.

Impromptu acapella singing: Set up mic at the end and several older people enjoyed singing

OUTCOMES	EVIDENCE
Reducing isolation	OP said he loved coming along each week and how it helped
Improved understanding and relationships between the generations	Good engagement overall
Improved Health & Wellbeing/Confidence	A few OP felt confident to sing Karaoke style in front of whole group today!
Partnership working	PDP/CYC

Week 9 – Friday 16th June 2023 – Games Day/Deal or no Deal

Attendance: 5 OP 9 YP 6 staff & vols = 20

This session was partly run with Citadel Manager (Willy) as Deal or No Deal Gameshow Host!

Lively session and very loud but excellent fun.

Activities:

Icebreaker: Name & What is your Favourite Gameshow? Got everyone in the zone for main activity

Deal or No Deal Game Show: Fabulous activity and both generations had lots of fun. Full concentration by all throughout too.

Food: Nachos - Nice and easy today, worked well.

OUTCOMES	EVIDENCE
Reducing isolation	OP said she was glad to be at group as had been feeling lonely
Improved understanding and relationships between the generations	1 YP Shared they had a rubbish week due to bullying but positively engaged. o/p lots of positive IG practice chat
Improved Health & Wellbeing/Confidence	1 YP Was a little down at start but positively perked up after Deal or No Deal. 1 OP Loved session and smile on face throughout
Partnership working	PDP/CYC

Week 10 – Friday 16th June 2023 – BBQ/summer party

Attendance: 7 OP 8 YP 6 staff & vols = 21

Session held outdoors. A bit chaotic at the start with young people not very focussed. Things improved dramatically after food and a dance!

Activities:

Icebreaker: Scatergories- Holiday theme – both generations contributed lots of summer words

Music and singing - Both generations loved this!

Food: hotdogs/burgers & salads/juice

OUTCOMES	EVIDENCE
Reducing isolation	A few OP commented on how lonely they will be over summer without the group
Improved understanding and relationships between the generations	! YP Brilliant helping out with food/BBQ and sharing with OP. OP loved seeing (and hearing) YP pick songs and singing/dancing to them!
Improved Health & Wellbeing/Confidence	1 YP Really down today and appeared to have fallen out with peers – but OP cheered them up
Partnership working	PDP/CYC

New Spin Informal Evaluation feedback obtained Friday 16th June 2022

Summary of Responses

Below are some statements about New Spin – Do you Agree with them?

Statements	Older People	Young People	Total
1. I learn new things at New Spin	7	5	15
2. I feel that New Spin is a comfortable/safe environment	7	4	11
3. I feel respected at New Spin	7	6	13
4. I have built intergenerational relationships	7	7	14
5. The conversations are enjoyable	7	6	13
6. I look forward to New Spin each Friday	7	8	15
7. New Spin is a good opportunity to meet with my peers	6	6	12
8. The staff/volunteers are always helpful	7	6	13
9. The snacks and drinks are good	6	6	12

1. A good memory I have at New Spin is...

Older People ‘Doing activities and seeing people’ **Young People** ‘seeing the old folk’

2. What are three things you have enjoyed or learned through coming to New Spin?

Older People ‘Just chatting’ ‘enjoy trips’
‘opportunities to meet people and chat with young generations’

Young People

‘Meeting new people’ ‘Varied activities’ ‘Good banter’

3. What improvements would you like to see in New Spin?

Older People ‘more outdoor stuff’ ‘more subjects’ ‘more music’

Young People ‘More trips’ ‘Barbeques’ ‘Outdoors’

4. What would be your ideal New Spin session plan?

Older People *'BBQ' 'music' 'people coming in' 'cooking' 'keep option to zoom in'*

Young People *'Sports day' 'Barbeque' 'Music' x2 'Cooking' 'Gym session' 'film day'*

5. If you could sum up New Spin in three words, what would they be?

Older People

'Fun, exciting, amazing' 'Cool, happy, joyful' 'Chatting with people'

Young People

'Fun, exciting, amazing' 'Chatting with people' 'Fun, exciting, spicy'

'Fantastic, good' 'Cool, happy, joyful'

Conclusion & Next Steps

This project has been a great experience for the older and young people. We have spoken about the continuation of the positive partnership work between Pilmeny Development Project and Citadel Youth Centre as well as continuing intergenerational sessions. We are currently looking to develop this work further, with 2-3 activities/trips during school summer holidays and seek funding to restart intergenerational sessions between October – December 2023 or to March 2024.

Funding update

PDP funded New Spin January – June 2023 and has now achieved additional funding to enable to group to continue October 2023 – March 2024.

Acknowledgements

We would like to thank the following for all their help and support:

Ponton House Trust

Pilmeny Development Project

Citadel Youth Centre

West Lothian College

Maya Bloemhard, Andrew Johnstone & Alex Fortune Duff (Students on placement at PDP)

And last but most importantly all.....

the older people young people and volunteers without whom New Spin would not have been possible!

Photo Montage



Photo Montage



ssstwitter.com_BBQ new spin 26th June 23.mp4

click on link to view the party singing & dancing!





Session Plan

Week 1 - Friday 21st April 2023

1.30pm – 3pm

1pm - 1.30pm – Preparation, pre session chat re staff/volunteer roles for day (30mins)

1.30pm- 2.10pm Arrival/Welcome/Eid Food (40 mins)

2.10- 2.15pm – Introduction to Eid/Ramadan (5 mins)

2.15pm – 3pm – Activities

- **Ground rules for Group (10 mins)**
- **Activity: EID Celebration Quiz (20 mins)**
- **Eid Colouring in/cards/Wordsearch/number puzzles (10 mins)**
- **Plans for next week (5mins)**

3pm – 3.30pm - Staff/volunteer tidy up/sessional Evaluation (30 mins)



Programme April - June 2023

Fridays 1.30pm – 3pm (From Wk 2: 1pm – 2.30pm)

Citadel Youth Centre, 175 Commercial Street, EH6 6JE

(Staff/vols prep meet up 1pm – 1.30pm & debrief 3- 3.30pm) (From Wk 2: 12.30pm – 3pm)

New Spin Programme		
Wk	Date	Activity
1	Fri 21 st April 2023	Welcome back/Eid Celebration
2	Fri 28 th April 2023	Global Intergenerational week Let's Break Down Age Barriers
3	Fri 5 th May 2023	Pool Competition /Trip Bill & Jean Budge Trophy
4	Fri 12 th May 2023	Heathy Eating (Fruit Kebabs) & Walking Group (weather permitting)
5	Fri 19 th May 2023	Mental Health & Relaxation Session
6	Fri 26 th May 2023	Trip to West Lothian College
7	Fri 2nd June 2023	History of Leith/Reminiscence session
8	Fri 9 th June 2023	Desert Island Discs
9	Fri 16 th June 2023	Games Day/Deal or no Deal
10	Fri 23 rd June 2023	BBQ/Summer Party
Summer Holidays (28 th June – 16 th August 2023)		
Trips – July, August, Sept		