



**European Approaches  
to Inter-Generational  
Lifelong Learning**

**Active Ageing Programme**

**ENGLAND**  
**Case Study Identity Card**  
**2007**



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## EAGLE CASE STUDY

# ENGLAND

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# 1 EXECUTIVE SUMMARY

## *Executive Summary*

The Active Ageing Programme is based in South Liverpool and first originated in the Speke area, one of the most deprived wards in the country on all indicators. Speke has high rates of teenage pregnancy, unemployment, crime rates and anti-social behaviour towards older people.

The older community of Speke had little knowledge and understanding of their own health and of services available to them, the Older Persons Nurse developed the Active Ageing Programme. The programme offers presentations from a wide range of health professionals, local agencies and services in order to increase knowledge of health and uptake of services. The programme encourages both generations to engage in discussions related to health, healthy foods and services, and helps to identify older people with skills who wish to pass these on to the young.

The older people are becoming more socially included in the community and less isolated than in previous years, and are readily engaging in communication with young people. This programme helps in the reduction of falls and empowers older people with the knowledge and skills to improve quality of life and prevent ill-health. It helps to make them feel valued members of the community, and raises awareness of the issues related to younger people. The younger people see older people in a different light and develop important social skills and learn about the difficulties faced by older members of their community. Younger people gain educational benefits in terms of the Health and Social Care, which increases future job and career opportunities.

This programme is helping to bring a community together, sharing and participating in knowledge skills, and time and has helped to change views and misconceptions that each generation has of the other.



## 2 GENERAL DESCRIPTION

<b>Title</b>	Active Ageing Programme
<b>Country/ Countries of origin</b>	England – North West (Liverpool) <u>Comments:</u> The programme originally started in a sheltered housing complex then extended across Speke, an area in South Liverpool. Due to the success of the programme it will be rolled-out across Liverpool.
<b>Duration</b>	Starting Year: 2002 End Year: No end date <u>Comments:</u> Started in a small way based on a needs assessment undertaken by the Lead Nurse for Older People in South Liverpool
<b>Status</b>	<ul style="list-style-type: none"> <li>▪ Running</li> </ul> <u>Comments:</u> Funded as a prevention programme by Liverpool Primary Care Trust (PCT)
<b>Managing institution</b>	<ul style="list-style-type: none"> <li>▪ Public organisation</li> </ul> <u>Comments/Description:</u> Managed by Liverpool PCT
<b>Contact details</b>	Last Name: Brennan First Name: Diane Title: Ms Position/Role: Lead Nurse for Older People Institution: Liverpool Primary Care Trust Street: Margaret Thompson Medical Centre, 105 East Millwood Road Town: Speke, Liverpool Post Code: L24 6TH Phone: 0044 151 234 1204 E-Mail: <a href="mailto:diane.brennan@southliverpoolpct.nhs.uk">diane.brennan@southliverpoolpct.nhs.uk</a> URL: <a href="http://www.liverpoolpct.nhs.uk">http://www.liverpoolpct.nhs.uk</a>
<b>Funding</b>	<ul style="list-style-type: none"> <li>▪ Public</li> </ul> <u>Comments:</u> Funded as a prevention programme by Liverpool PCT with additional activities funded through the Neighbourhood Renewal Fund.
<b>Partnership arrange- ment/organis- ational form</b>	Top-down programme/project <u>Comments:</u> Main partnership for PCT is a local High school, St Julie's, other partnerships include local Primary schools, Fire and Police services, Pensions Service and local housing associations. Work in partnership to reduce inequalities in health.
<b>Scale</b>	<ul style="list-style-type: none"> <li>▪ Community based</li> <li>▪ Local</li> </ul> <u>Comments:</u> Share good practice by disseminating via seminars and conferences locally, regionally and nationally. The intergenerational aspect is what is capturing attention and facilitating change.



### 3 DESCRIPTION OF COLLABORATING GROUPS

<i>Collaborating Group I</i>	<p>Older people 50+, the programme is open to everybody living within Liverpool PCT area and no one is excluded.</p> <p><u>Comments:</u> The area of South Liverpool does not have a high ethnic population, just 8% of the minority ethnic population in England live in the North West which accounts for 5.9% of the population in NW (Census, April 2001, Office for National Statistics Published February 2003).</p>
<i>Total number of Collaborating Group I</i>	<p>250-300 older people in the network</p> <p><u>Comments:</u> Specific intergenerational courses last six weeks, 40 to 50 people attend each school term = 300 per year. This is in addition to other open activities.</p>
<i>Age group(s) of Collaborating Group I</i>	<p><u>Minimum Age:</u> 50  <u>Maximum Age:</u> None  <u>Age distribution:</u> Predominantly 65-75 age group</p>
<i>Collaborating Group II</i>	<p>Younger people</p> <p><u>Comments:</u> 16 to 18 year olds that are part of the project have a module based around older people written into the school curriculum for health and social care.</p>
<i>Total number of Collaborating Group II</i>	<p>200 per year (approximately)</p> <p><u>Comments:</u> Reminiscence projects involve whole classes of approximately 30 young people per class, 16 to 18 year olds work with 12 older people per time plus open activities.</p>
<i>Age group(s) of Collaborating Group II</i>	<p><u>Minimum Age:</u> 5  <u>Maximum Age:</u> 18</p>

## 4 DESCRIPTION OF INTERGENERATIONAL LEARNING PRACTICES

### *Description of Learning Arrangement & Learning Practice*

The aim of the programme is to promote the health and inclusion of older people and reduce inequalities in health. Working with younger people to bridge the generational gap, reduce anti social behaviour and raise awareness of older people in order to sustain healthy cohesive communities. Raise an awareness of older and younger people's issues to create better understanding and enhance younger people's social and communication skills.

Activities include a six week intergenerational active ageing programme based around health education and activity which older and younger participants attend together. Older people are provided with service information and are encouraged to access services available to them, and receive health promotion messages incorporating increases in activity levels. Activities on offer include; Tai Chi, yoga, dance classes, reminiscence, music therapy and drama. Young people teach older people how to use computers (ICT) and vocational courses in Hair and Beauty for young people offer older people treatments for a nominal charge.

Participants are encouraged to participate by a number of means. Nurses go out and do assessments to identify older people's needs or people may be referred by their Doctor. Printed flyers are used with registration slips attached for people to enquire and self refer, promotion via Liverpool City magazine and via partners. Young people are identified through course work in schools.

Activities take place on a weekly basis using a mixed approach of participatory learning, ideas from participants are incorporated to tailor programme to individuals needs. Information packs for the older participants are provided when people join the programme, the packs include lots of different information from falls prevention to healthy eating in a format that they are able to refer and add to. Course materials for young participants are provided by the school with further relevant information provided by PCT.

Interaction between participants is organised between the Lead Nurse for Older People and participating schools. The Lead Nurse for Older People and other health professionals provide instruction.

### *Location of the learning activity*

Formal settings i.e. educational institute;  
Informal setting i.e. community facility/building

Comments: Reminiscence projects are usually done within school setting though some take place in community building. All other aspects of the project are either in local community buildings or in the intergenerational centre set up in the area opposite the high school. The Sunflower Centre has been set up specifically to facilitate intergenerational learning.

### *Learning activities (related to policy objectives)*

- Community development, living & safety
- Social inclusion/participation, active citizenship
- Employability
- History and reminiscence incl. oral history, preserving cultural heritage, work with contemporary witnesses
- Health

Comments/Description: Re-employability, some of the younger people participating in the project are taking Health and Social Care qualifications and the project supports them in their studies. The experience gives the younger people a greater understanding of older peoples issues and needs, and offers them a wider choice of career path within health and care.



<i>Fields of Learning</i>	<ul style="list-style-type: none"> <li>▪ Individual competence development (for private and professional purposes)</li> <li>▪ Development and continuity of societal values;</li> </ul> <p><u>Comments:</u> The programme seeks to empower participants, both old and young, with the confidence, knowledge and skills to make their own positive life choices.</p>
<i>Knowledge &amp; Learning Exchange/Flow between the target group(s)</i>	<p>Balanced and/or bi-directional e.g. shared activities (e.g. prevention of addiction, theatre, family genealogy, studying together, language learning, discussion circles) or offering activities to each other (e.g. 'stock market' or the exchange of knowledge, culture, sports, living communities, learning);</p>
<i>Interactions between the target group(s)</i>	<ul style="list-style-type: none"> <li>▪ group based</li> </ul>
<i>Categories of the learning activity</i>	<ul style="list-style-type: none"> <li>▪ Formal</li> <li>▪ Non-formal</li> <li>▪ Informal</li> </ul> <p><u>Comments:</u> The programme is based on a non-formal approach although part of it does integrate within the school curriculum and reminiscence takes place within school. Pre-dominantly activities take place in the intergenerational centre.</p>
<i>OECD/DeSeCo Competences addressed by the CS</i>	<p>1 = Competence Category 1: Using Tools Interactively          1.1 = The ability to use language, symbols and text interactively          1.2 = The ability to use knowledge and information interactively          1.3 = The ability to use technology interactively          2 = Competence Category 2: Interacting in Heterogeneous Groups          2.1 = The ability to relate well to others          2.2 = The ability to cooperate          2.3 = The ability to manage and resolve conflicts          3 = Competence Category 3: Acting Autonomously          3.1 = The ability to form and conduct life plans and personal projects          3.2 = The ability to assert rights, interests, limits and needs</p> <p><u>Comments:</u> The projects signpost participants to other activities and services by raising awareness and aspirations.</p>
<i>EC Key Competences addressed by the CS</i>	<ul style="list-style-type: none"> <li>▪ Digital literacy and ICT skills</li> <li>▪ Learning-to-learn</li> <li>▪ Interpersonal and civic competences</li> <li>▪ Cultural awareness</li> </ul> <p><u>Comments:</u> For younger participants the projects provides skills and evidence for the citizenship part of the school curriculum. Bridging the generational gap and raising awareness across to each other brings cultural awareness.</p>
<i>Success factors and barriers of the CS</i>	<p>Project leader and partners always take into account what participants are telling them and then adapt and change the programme appropriately.</p> <p>One barrier re isolation and older people is that people want services/activities on their doorstep and need the motivation to get out and get involved. If older people do motivate themselves to get out and do things it does have a positive effect on their quality of life, a mini bus pick up service is available to help combat these issues.</p>

Although core activities provided and funded by Liverpool PCT are free some activities require a nominal charge to fund instructors etc. If an activity is new then charging is not a problem it is when a funded activity is no longer provided that paying for something that was previously free becomes a barrier.

The six week programme with the schools as part of the Health and Social Care 'A' level has been so successful that there is a waiting list of older people wishing to join the next two scheduled programmes.

Offers an opportunity to communicate with another generation that is not a relative, people that would not normally talk to each other.

### *Results of the CS*

The Active Ageing programme is now recognised nationally within the health profession, the project leader is invited to speak at national health conferences. The programme leader has won a number of awards, including the Queen Elizabeth the Queen Mothers Award for outstanding service, which all raises the profile of the programme.

An external evaluation by the Health and Community Care Research Unit at the University of Liverpool reported on the health benefits and outcomes of the project. The evaluation showed that bringing younger and older people together increased their mutual knowledge and understanding of one another. Longer-term outcomes include a reduced fear of young people by the older participants, and a reduction in anti-social behaviour by younger people.

Older people become engaged in activities that they would not normally have done, benefiting from ongoing exercise, mental stimulation, social networks and fun alongside the opportunity to work and socialise with younger people. This helps to reduce inequalities in health and helps generate older people's income from the Department of Work and Pensions via the programmes partnership with the Pension Service.

Stakeholders commented on the change in their own attitudes and opinions of older and younger people as a result of taking part in the programme. There will also be an evaluation of the programme using a 'mental wellbeing impact assessment' tool.

Younger people gain educational benefits in terms of the Health and Social Care 'A' level course integrated with the programme, increasing their future job and career opportunities, and gain important social and citizenship skills.

The programme has given both younger and older people an insight to each other's generation, changing their attitudes and each has learned to respect the other. Research consistently shows that physical activity is identified as a key factor in effective prevention of falls and many diseases.

Both generations valued the friendships made during the programme and observed increased confidence levels.