Befriending Networks

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#GIW25

TOP TIPS FOR

Running an Intergenerational Befriending Project

To celebrate **Global Intergenerational Week**, we're sharing our top tips for delivering intergenerational work in your community.

1 Define your objectives

Consider the needs and interests of those who will participate in your project. What are you hoping to achieve with this project? Is the objective to skill-share, provide social interaction, or focus on a specific community issue?

2 Start with a clear plan

Create a project development plan, mapping out your timeline, budget, staff training needs, recruitment plan and evaluation methods. Consider including phases, such as an initial pilot scheme to give you time for learning and improvements.

3 Develop strong partnerships

Search for local organisations, schools, care homes and community centres who might want to work together. Collaborate to create a network of information, resources and people who are keen to support intergenerational working.

4 Create opportunities to share skills and knowledge

Intergenerational work can benefit everyone, building confidence and creating a sense of community. Consider how skills and creativity can be exchanged across the generations. From technology to crafts to cooking - everyone has skills and knowledge to contribute.

5 Create a welcoming atmosphere

Provide a warm welcome and make space for people to share stories, input ideas and celebrate their successes. Choose a variety of environments and activities to ensure sessions are inclusive. - Don't worry if the group need a little time to warm up and start interacting!

Global Intergenerational Week is an annual worldwide campaign encouraging everyone to celebrate and embrace intergenerational practice and relationships.

Connect with Generations Working Together to get support developing your intergenerational practice.