

# Intergenerational Gardening – connecting generations and communities

Intergenerational activities are about far more than bringing older and younger people together in a place, it is about meaningful connections, combatting loneliness and sharing skills.

Intergenerational simply means creating opportunities for social engagements and interactions, bringing together younger and older generations for a common purpose. They build on the strengths that different generations have to offer, nurture understanding and mutual respect, and challenge ageism.

Sharing traditions, new ways of doing things, telling stories about how inventions have

changed things, passing-on and honouring precious skills and just as importantly valuing the role we all have in our communities, from the brand new to the highly experienced are all benefits of different generations coming together.

This resource provides the skills and knowledge to help plan a successful intergenerational event or activity as part of Plant and Share.



## Can you make an intergenerational connection in the community where you live, work or go to school?

Each year there is a Global Intergenerational Week in April, making it the perfect time to host an intergenerational activity as part of Plant and Share. You can find plenty of free resources for running an event here.

Get gardening and join other communities from around the world!

**[generationsworkingtogether.org](http://generationsworkingtogether.org)**

Grandparents' Gardening Week is part of the Food for Life programme and is another great way to run an intergenerational event. Starting in 2015, the week was created when schools teachers needed help to work on the school garden. Parents were often at work or unavailable during school time, so they asked for help from grandparents. It went on to be a huge success for all involved.

## Four key benefits from intergenerational links

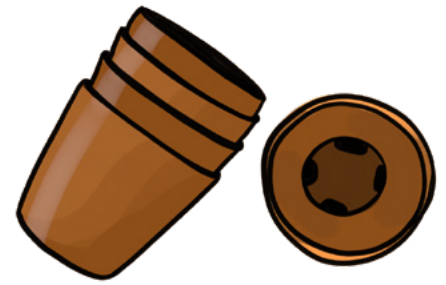
- Greater sense of connection. Reduction in loneliness; combats negative stereotypes and ageism.
- Increased feeling of purpose. Everyone has a role and a purpose; new and meaningful relationships also enhance confidence, self-worth and overall well-being.
- More learning opportunities. Intergenerational activities support people to share stories with each other and pass on traditions enabling a better understanding of different lifestyles.
- Better mood. Intergenerational events and activities create lasting and meaningful connections between individuals that can positively impact self-confidence and mental wellbeing.

## Hints and tips

Key steps to hosting an intergenerational activity or event in your local community:

1. Think about the kind of activity you want to host and where. Think about the kind of place that is suitable and how people will get there
2. Reach out to link with another age group
  - Local Men's Shed, allotment group, care home, grandparents, sheltered accommodation or faith group
  - Local schools, after school club, nurseries, youth clubs, scouts or guides, parenting groups
3. Plan your activities and a suitable day – Check out our amazing resources on the website, don't forget things like Health and Safety and insurances
4. Promote your event, tell people where and when to come and what to bring.
5. Who oversees the resources like seeds, trowels, aprons and compost?
6. Run your event, have lots of fun and definitely some juice and biscuits
7. Take photos, get quotes, ask people what they thought – these will help with promoting future events!
8. Consider hosting your event during Global Intergenerational Week which is at the end of April each year – sign-up, add your logo to the site and download the social media resources!
9. Share your success! Tell the local paper, tag Food for Life and LGNI in any social posts and use the hashtag #IGW24 #PlantAndShare
10. Think about how you can build on your new connections! You could sign up to the network, host regular sessions in your community, set up a social media group... the opportunities are endless.

# Give a Pot of Kindness



Can you help grow community spirit?  
These little pots of kindness are little seeds of friendship.

A seed of friendship isn't an ordinary seed. It needs everything a seed needs to flourish: Water, warmth, and rays of light. But there's one final step - It needs to be shared to burst open.

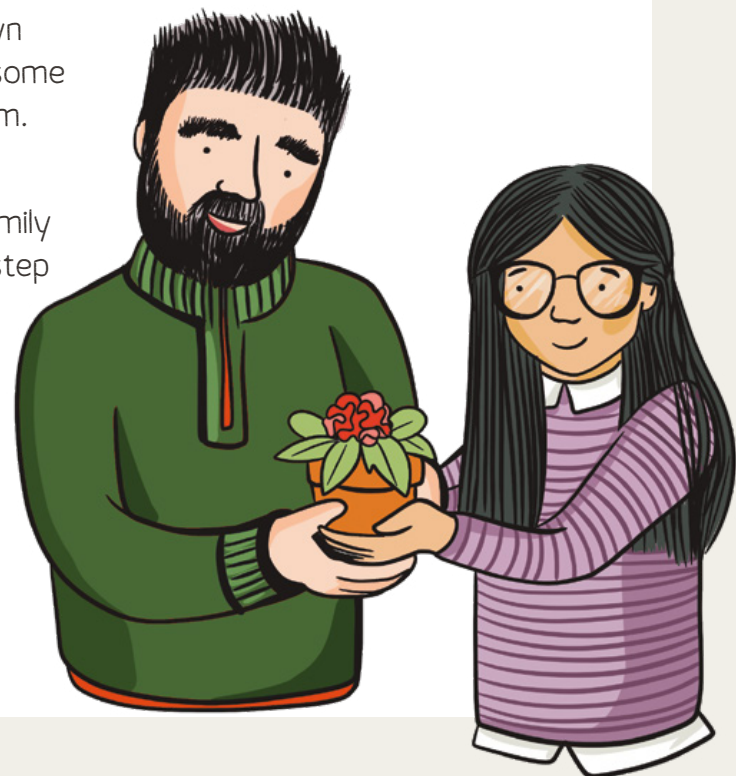
When a little green shoot peeks out of the soil, lift someone's spirit by sharing your little pot of kindness with them.

Pop it on their doorstep, wall, or window ledge with a note to let them know who it's from and how to best take care of it.

One final tip - the best way to grow friendships are smiles, waves and hellos. Tie a note around your pot of kindness, or you can create your own! Let everyone else see your seed of friendship using **#PlantAndShare**

## Four steps to sharing kindness.

1. Find a container. Plant pots are perfect but don't worry if you don't have one. Any container will do - get inventive! You could use clean yoghurt pots, coffee jars, teacups, plastic bottles or vegetable containers, even old wellies will do. You could even make a pot from newspaper!
2. Fill with peat-free compost and don't forget to put a draining hole in the bottom.
3. Choose what to plant. You could buy pre-grown flowers for a pot that is good to go. Or plant some easy to grow seeds like sunflower or nasturtium. Then the lucky receiver can watch them grow!
4. Give your Pot of Kindness to a neighbour or family member, leave in their garden or on their doorstep or windowsill!



# Generate conversation and explore sensory experiences.

You could use our Growing Bee Friendly Herb resource and grow some chives or mint for Plant and Share and then come back together once they have grown to share some food or a delicious homemade mint lemonade.

- What do the scents of the herbs mean to you all?
- Has anyone been to a country they originate from?
- Who has the best lemonade recipe?

The Crazy for Cress resource would be a great way to share together and have a party! Cress is quick to grow, you could plant it in yogurt pots or egg boxes and then in a matter of weeks you'll be ready to get together for some egg sandwiches!

- Who has reared chickens?
- What is the best way to make a good egg sandwich?
- Who had the best results growing cress?



## About this resource:

Want to explore more?

Spring into Summer: [linkinggenerationsni.com](http://linkinggenerationsni.com)

If you want to find out more about linking generations in your community,

you can sign up to LGNI's network here: <https://www.linkinggenerationsni.com/sign-up/>

Check out LGNI's Global partners for inspiration and support in your area Our Global Partners:

[generationsworkingtogether.org/global-intergenerational-week/country-leads](http://generationsworkingtogether.org/global-intergenerational-week/country-leads)

[foodforlife.org.uk/campaigns](http://foodforlife.org.uk/campaigns)

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Linking Generations  
Northern Ireland