21st January 2019
What's going on this week?

A recent report by United For All Ages, claims that bringing young and older people together can tackle many different issues including loneliness and wellbeing. It claims there are many benefits of sharing time together including better mental health and improved confidence, language and social skills for everyone. Projects with old and young people can also boost confidence, skills and opportunities for children while helping to change attitudes towards ageing.

Things to talk about at home…

🍏 How much time do you spend with people who are of different ages to you?

🍏 When you are spending time with people who are either older or younger, what types of activities do you take part in? Are they always different from the things you do with people your own age?

🍏 Whose responsibility do you think it should be to organise opportunities for younger and older people to spend time together?

Please note any interesting thoughts or comments here…

🍏

🍏

🍏