



WHAT YOUR SUPPORT ACHIEVES

Glasgow's Golden Generation is Glasgow's leading charity for older adults and was established in 1948 as the Glasgow Old People's Welfare Committee. Back then, it was recognised that there was a need to tackle loneliness which impacted the lives of many older adults.

Over 70 years later, this remains central to the charity's work. Much has changed over the years, but the support that the charity is offering to older adults is better than ever.

SERVICES



The charity aims to improve the quality of life of older adults in Glasgow through a variety of support services including our 3 day care centres providing transport from their home and back with social activities and a nutritious meal throughout the day.

Glasgow's Golden Generation has a team of dedicated volunteers who enable the charity to provide and grow vital services.

Our Befriending Service encourages older adults to make new friends and build support networks.

GGG's team of Benefits Advice and Welfare Officers secure an average award of over £4k in unclaimed entitlements for each older adult they support. The team also operate a popular Careline where they answer queries that older adults might have.

Over the last year, GGG has continued to provide help and support to the conveners who run the weekly clubs.

GGG also provides bespoke digital support to people who haven't used computers or the internet before as well as a dementia friendly app that can be used by anyone with a tablet device.



HOW YOUR SCHOOL CAN HELP



Golden Threads Project

Funded by the Life Changes Trust, the Golden Threads Project sees pupils and teachers visit the charity's day care centres to meet service users and take part in life story work. This helps to achieve literacy outcomes as well enabling pupils to become responsible citizens who are part of an intergenerational community. Many of our older adults are living with dementia and this project also focuses on reducing the fear and stigma surrounding the condition.

Life story work focuses on pupils interviewing older adults and creating texts about their lives. Older adults enjoy this form of reminiscence and pupils learn more about the past from people who have witnessed it first hand. Many of our service users remember things like the Clydebank Blitz, the Glasgow trams and the Beeching cuts and have a lot to say about it all! The project can be tailored to any age group and can be developed both in the classroom and in the day care centres depending on the learning outcomes pupils are working towards.

Autumn Pictures

Could your school make pictures or cards on an Autumn theme for us to share with our older people? We are sure they would brighten the day of the recipient.



Think Spring



Take a walk in your local area and think about the seasons. How are the plants and trees different in Spring from Autumn? Can you spot any seasonal fruits or flowers?

Think about the different seasons as people - you the pupils are Spring and the older people we work with are Autumn - how is life different for each group?

Go Autumn

What colours do we associate with Autumn? Your school could wear Autumn colours for a day and make a donation to GGG supporting older adults in Glasgow.



HOW YOUR SCHOOL CAN HELP



Charity of the Year and YPI (Youth and Philanthropy Initiative) Scotland

Do you have a Charity of the Year or are you taking part in YPI? Glasgow's Golden Generation would be delighted if pupils chose the charity to support. We'd love to help with your fundraising and publicity. Pupils would be welcome to visit one of our day centres or services to see first hand what their fundraising would support.



Entrepreneurial Challenge - Turn £5 into £50

Compete with your fellow classmates to see who can turn the most profit from £5. For example, could you use your start up £5 to buy ingredients to make cakes to sell to the school?

Think Vintage

Vintage is a fashionable term at the moment could you source some vintage items and sell them to fellow pupils or even at a school. It's also fun to learn about the different decades vintage clothing was worn in.

Memory Games

There are lots of games to test your memory could you host a class tournament playing a pairs memory game or what about ten items on a tray and you have to be able to recall them all? Participants could pay a fee to enter and you could buy prizes with a small proportion of the income.



Get Active

Keeping active is just as important as you get older as when you're younger. Could you do your daily mile as a sponsored event? Think about armchair exercise and ways to keep active in later years - maybe you could do sponsored armchair exercises every day for a week? Or how about Kiltwalk - every pound you raise will be matched 50% by the Kiltwalk Foundation!

WHAT CAN GGG DO FOR YOU



- GGG can help your fundraising with support and advice.
- GGG can help publicise your support and fundraising through the media and our social media channels.
- GGG can provide volunteering opportunities through our day centre activities, charity shops and befriending service.
- GGG can give you a tour of one of our day care centres to show how funds you raise will be used locally.
- GGG can get pupils involved in a range of activities and projects
- GGG can help pupils learn more about aging well and older adults.

