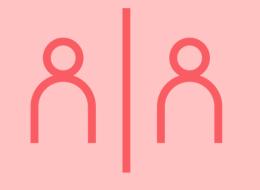
## InComion Bringing generations together







Age-segregated communities

Ageist attitudes



**InCommon creates** opportunities for young people and older people to learn from one another, fostering mutual inspiration, growth and a stronger sense of community.

#### **Empower Programme**



# Bringing generations together

Unlocking community wellbeing with InCommon



InCommon is a charity with a mission to bring generations together to build more connected, inclusive and age-friendly communities. InCommon's brand new Empower Programme helps housing associations across the UK deliver impactful intergenerational activities, with the help of a simple online platform.

This summary report offers insights into the effectiveness of the online platform as a tool to enable intergenerational activity, as well as the social impact of InCommon's intergenerational activity. It follows an evaluation that was conducted by the Housing Learning and Improvement Network.



#### **Social Impact**

- Improves health and wellbeing outcomes for older participants
- Boosts social and emotional learning for younger participants
- Builds community cohesion
- Tackles ageism
- Improves workplace satisfaction

If I didn't come here I wouldn't speak to anyone all day, apart from the TV. I love speaking with the children. They make me laugh.

66

OLDER VOLUNTEER

The children were surprised with some of the stories and different experiences that the residents have. They thought the residents were really interesting and had done really cool things with their lives - and were still doing so!"

56

It's helped create a stronger community here. The workshops encourage residents to visit the communal lounge. It was one of the highest turnouts for a communal activity.

66

DEE, EXTRA CARE SCHEME MANAGER, HOUSING 21

#### The year in numbers

We brought together 738 younger and older neighbours for intergenerational fun and learning, partnering with more than 50 retirement homes and schools to make this happen.





Intergenerational workshops took place across the UK, with Empower helping us reach older and younger neighbours outside of London.



East of England, London, South East, West Midlands and Vorkshire and the Humber Buckinghamshire, Cambridgeshire, Kent, South towns and cities selvedere, Broadstairs, Burgess Hill, Erith, Henleyboroughs Bexley, Greenwich, Lambeth, Merton, Tower Hamlets, Waltham Fixest, Wandsworth

### Join an intergenerational movement!







incommon.org.uk



