



GHS GENERATIONS

WHAT IS GHS GENERATIONS?

- GHS generations is a pupil parliament committee of S4-S6 pupils that have volunteered to go out to local care homes around Cumbernauld each week and spend time with the elderly residents, connecting with them, playing board games, karaoke etc 😊
- During times where pupils cannot physically visit the residents they have signed up to befriending projects e.g. pen pals and are completing projects that will make a difference 'from a distance'



HOW WE HAVE IMPACTED SO FAR

We have built strong relationships with the elderly in our community as well as with the NHS staff working in care homes. Many of the residents suffer from dementia and so the new experiences we can bring can really make a difference and help to stimulate the mind.

We dropped off care packages to residents and staff during the lockdown and last year our members volunteered to do a memory walk to spread awareness about Alzheimer's and how it impacts massively on an elderly person's life and families. We managed to raise £541 for Alzheimer's Scotland just in the space of a few days!

Not only that but we also were nominated for a young Scot award 2019/2020 which highlights the impact we can have when doing intergenerational work and we plan to achieve more along the way!



HOW YOU CAN HELP US

- Since Halloween is just around the corner we have thought of ideas to help let the elderly residents be aware and feel excited about this holiday! With your help you can decorate simple things like lollypop sticks, paper plates etc and turn them into cool Halloween decorations such as pumpkins, ghosts, bats etc! just like these photos. If you have any materials in the house feel free to bring in and decorate! (pinterest and google image searches can be great for more inspiration too!)
- This can also be done in advance of other events if you prefer such as Christmas, Valentine's Day, Easter etc... Your teacher can decide which events you will create for.
- You can hand these in To Mrs Martin (Social Subjects) or your teacher may collect these for you.





**THANK YOU, FROM GHS
GENERATIONS 2021/22 😊**