



Press Release

9 May 2023

How To Bridge the Intergenerational Gap

A music project between residents at a Surrey-based nursing home and a local school was named a finalist in the National Children and Young People Awards. Now staff are encouraging other care homes to pursue joint projects after witnessing the benefits it brings to both the young and the old.

The Move and Groove project is a partnership between Intergenerational Music Making and the Youth Sport Trust. The aim of the Move and Groove project is to accelerate the growth and impact of intergenerational practice and maximise the health and social benefits of young and old alike, plus the wider community, through an innovative and inspirational intergenerational music and movement programme.

The initial six week pilot engaged with 10 care homes and 10 schools around the UK. Tupwood Gate Nursing Home, run by leading health and social care company, Cygnet Health Care, were linked with Clifton Hill School, a Special School in Caterham for children and young people aged 11-19 with severe and profound multiple learning difficulties.

The young people and their teachers visited Tupwood every Friday morning and participated in a music and movement facilitated session with a group of residents.

Paula Deadman was Tupwood Gate Nursing Home's Service Manager at the time of the partnership. She said: "It was a fabulous project and our Friday mornings were full of singing and laughter. It was an absolute joy to see the bonds formed between these amazing young people and our residents."

Dr Richard Wright is the Lead GP at Tupwood Gate Nursing Home. He added: "One of the best parts was the vibrancy and seeing the impact on the students who would leave at the end of the sessions skipping out the door. In terms of our residents, it wasn't just seeing the anecdotal improvements, we were receiving direct reports about the benefit it was bringing. It was a joy to behold."

Sue Clark is the Activity Co-ordinator at the care home and she offered advice for any organisation or service considering embarking on an intergenerational project.

She said: "It was an amazing privilege to be part of Move and Groove and witness the young and older generation together.

"For anyone considering the same, I would recommend getting in touch with youth groups such as the Brownies, schools, dance schools as well as approaching others that are relatively local in the community.

"There is never any harm in approaching and asking and the benefits for both the young and the old can be huge. It had such a massive impact on the residents at Tupwood Gate.

"If you plan the event together, ensuring there is support from both sides, it really can be the start of something special."