

# Impact report

## Echoes Intergenerational Project

August 2024



Echoes was designed by Abbi Thompson 'Diamondz Dance' & Rebecca Loveridge 'Adults Move Lincolnshire' to combat social isolation in sheltered housing by bringing different generations together to share their love for music & dance. This included a dance performance for the residents, Intergenerational group discussions, the creation of memory boards, learning TikTok dances from the young people and sharing feedback.

**"A very wholesome fulfilling experience for both generations."**

**"As good as a bottle of medicine."**

The project ran over **6** days. **6** community venues were used. **5** memory boards were created. **50** people participated in the project ranging from **13-92 yrs old**.

### Resident Participation

"Favourite part was dancing with them and seeing their nice smiles" – Murial

"Since the warden left, no youngsters in the place. No interaction with young people. Would love to have it again" – Pauline

"We'd love to have you again" – Marian

"Yes we would like it again and after we spread the word there would be more here" – Betty



### Personal Impact

"It was glorious and refreshing" – Trisha

"Makes you feel 40 years younger" – Lime Court Resident

"It was nice to chat to them and get their views on things" – David

"As good as a bottle of medicine." – Spring Gardens Resident

"It cheered up our day, our week!" – Cathy



### Children & Young People

100% of participants 13-19yrs reported an increase in confidence when speaking to others and an increase in their feeling of connection with older adults.

"I definitely learned new things about people and about everything in general."

"I really enjoyed it. I'm quite sad that it's over, but it's made me understand the older generation more and it's made me a lot more confident."

### The parents/guardians of the participating young people

"I have loved what this has given her; performance experience, team bonding, a sense of responsibility, caring interaction, respecting elders and general pride in giving back and breaking down barriers."

