

# Contents of the *LaST* Toolkit

We have created The *LaST* Toolkit to share the experience we have gained and the ideas and materials we have developed over nearly 20 years in Burnham. Here's what's included:



**Getting Started** - includes information and guidance about setting up and running an Intergenerational Programme

- Aims of Intergenerational Programme
- Key Features of Intergenerational Programme
- Before you start – what you will need
- Before the first session – what you should do
- The first session and beyond
- Suggested timetable for a session
- The end of the Programme
- Evaluation
- Roles and Responsibilities of Staff and/or Volunteers
- Sample risk assessment and Safeguarding Checklist
- Sample letters to parents and older people
- Sample evaluation letters to children and older people

**Delivering a virtual Intergenerational Project** – a guide to running a virtual project based on our experience of using Zoom during the past year

**Resources** - includes a suggested weekly plan for a school year based on 30 different topics. Also included is a list of key dates to help you plan your own timetable of sessions

**Icebreakers, anytime activities and longer projects** - suggestions for games and additional activities and topics that we have found to work well

- Getting to know you Bingo
- Card games, board games and pencil and paper games
- Craft activities
- Getting to know the local area
- Through the decades and Anniversaries

**The Modules** - Everything you need to run 30 different 1 ½ hour sessions e.g. factsheet, quiz, crossword or other games. Topics fall into two main categories “**Through the Year**” and “**Sharing Memories**”

**SUBSCRIBE** to gain full access to the Toolkit and *LaST* Network members' benefits