



Inspiration Hub
Decentralised Human Organisation

'All Generations' Project Summary

Background

There is a growing body of anecdotal and scientific evidence, that actively demonstrates the [health and wellbeing benefits](#) of meaningful intergenerational activities. Bringing together the wisdom of elders and the enthusiasm of the young in an engaging intergenerational environment, creating a joyful multigenerational energetic connection that ripples outward into the community, possibly in ways that we have yet to document and comprehend. All Generations is a project that will help us understand just how important this connection is to individual health and the holistic wellbeing of our community as a whole.

Mission

All Generations is a community upliftment project, that seeks to build a strong intergenerational connection between members of our community, with the goal of creating lasting connections that are fun, interesting, exciting and engaging.

The focus of the project will be activities that promote the health and wellbeing of all ages, be it through a [re-connection to nature](#), the [healing power of music](#), or [healthy nutrition](#). The project aims to create awareness through the inclusion of community activities that highlight the benefits and rewards of individual and holistic wellness.

Products & Services

The All Generations project will introduce activities and workshops that stimulate the mind, invite curiosity and invoke discovery, with [Herb Fairies workshops](#), [Wildcraft game sessions](#) and [raw chocolate workshops](#) being a few enjoyable examples. Holistic Therapists and Health Practitioners will contribute to the project, offering advice and services that improve physical health and mental wellbeing.

An engaging way of delivering these services is through fun playtime. For example, the children could play a group of 'doctors & nurses' who work together to create a delicious, healthy, organic smoothie that will help make people feel better. They then take out their newly created nourishing smoothie to their waiting 'patients' (parents/grandparents), explaining to them that this 'food-as-medicine' will assist the gut microbiome in keeping the rest of the body healthy and happy. So, as a 'doctor/nurse' you highly recommend this healing nutritious 'medicine' for the 'patient' if they want to stay well. This would be an activity that is supported by an experienced and qualified Nutritional Therapist, while other activities will be supported by Therapists and Practitioners with the relevant experience for each one.

The Opportunity

All Generations aims to provide the community with an opportunity to create a mindful environment of enjoyable learning and meaningful intergenerational connection. The project will be a positive contribution to the wider community, through the organic growth of products and services offered as part of the project, such as healthy nutrition, holistic therapies, nature activities and creative workshops & events.

The project will actively explore potential collaborations with like-minded organisations and individuals, with [The Together Project](#) being a valuable case study and [Nightingale Hammerson](#) an experienced knowledge source. By respectfully emulating the success and impact of their work, we can develop a local programme that has a similar positive effect on intergenerational connection through wellbeing in nature at the Inspiration Hub

Financial Highlights

All Generations is a relatively low cost, high impact project with the potential for expeditious growth, as evidenced by The Together Project's humble beginnings in 2017 with a first-year turnover of £44,859 and surplus of £5,799, which by 2023 had grown to a turnover of £241,241 with a £50,285 surplus.

Initial costs will predominantly be for administrative purposes and materials purchase i.e. payment for necessary approvals, such as DBS checks for all members contributing to the project, implementing good safeguarding practices and workshop materials and resources, which will vary according to activity and location.

The project will use pledged member hours to host activities, therefore the initial start-up cost can range anywhere from £5,000 - £50,000, depending on the level of marketing, size of awareness campaign, number of locations and subsequent level of uptake by the community.