



Case Study

YTI Taste Off Event - February 2017

Youth Tenant Involvement Taste off Event

1. Introduction

Youth participation work has shown us how important relationships are in the health context. Relationships can help make them resilient, but they can also make them vulnerable. Recognising and supporting healthy relationships is central to improving young people's physical and mental health and wellbeing. This can also be applied to older people as well.

Key components of this are strengthening life skills, enhancing self-efficacy, nurturing their creativity and making sure external resources are available when they need to draw on them. It includes acknowledging and building on the positive contribution young people make to society, such as volunteering, working as unpaid carers, and being a source of support to each other.

2. Background to the project.

As a group within the service shapers level of involvement, YTI are committed to having a voice and a positive influence in their local communities. They can also take part in projects that benefit the wider tenant community.

To achieve this we will be:

- helping young people to recognise the benefits of being involved and supporting them to develop new skills
- being proactive in sharing information about housing and how this affects younger people within our tenant population
- giving young people the tools to prepare for the future so they are equipped to make informed decisions that affect their lives
- creating opportunities with young people to create a feeling of community for our tenants
- encouraging young people to break down barriers that affect our tenant population

Having previously been involved with the Youth Action Entertainers, some of the YTI group were keen to take part in further intergenerational work. This also helped to meet our objective in breaking down the barriers between our young people and older tenants. The young people decided to organise a 'Taste Off' event, which allowed the children to be partnered up with an older person and create an old fashioned pudding.

3. Vision for the project

The vision for the event was to encourage inter-generational relations, reduce social isolation for older tenants and encourage the young people to think about other perspectives and empathise. It also encouraged them to think about cooking and understanding how recipes have changed over the years.

4. Recommendations

The recommendations suggested before the start of the project were:

- to carry out taste off event with young people and older people
- to ask local supermarkets to donate ingredients (Sainsbury's)
- to be judged by councillors involved in housing service
- to hold a meet and greet session for the young people to get to know their partner(s) in the weeks prior to the competition

5. Objectives

The objectives for the event were:

- to encourage young people to have a voice and a positive influence (as per the 'Get Involved' Strategy 2016-2020)
- to reduce social isolation amongst older tenants
- to break down barriers between generations
- to engage children from the Syrian refugee families in YTI activities

7. Outcomes

The event was attended by 14 older people and 15 YTI members. Ingredients were donated to us by Sainsbury's which reduced the cost considerably. DBC covered £50.00 towards extra ingredients for the event.

The children created a range of tasty dishes which were later judged by Mayor Robert Mclean, Mayoress Wendy Mclean and Councillor Isy Imarni.

The top three were as follows:

1st Grace Cooley and Linda Martin - Profiteroles and eclairs

2nd Zanobia Alkaadi and Eileen Conn & Esther O'Riordan - Steamed Syrup pudding

3rd Daniel Orton and Daphne Goodson - Pineapple Upside Down Cake

This intergenerational project brought together two different generations that were able to show that young people and older adults can get along. The positive effect this event has had on our older tenants is priceless and a key example of this was with Leonard Basford. Leonard is a supported housing tenant who suffers with anxiety and lacks confidence to engage outside of his surroundings with other people. This event was good for his health and wellbeing giving him the opportunity to build new friendships and the confidence to engage with a diverse group of people.

It also opened doors for the Syrian children to get involved although restricted with their English; this did not stop them from mucking in and enjoying the activity. This experience has given the children the confidence to join in with the YTI group. Another member of YTI, who suffers with learning difficulties, got on so well with his partner that he bought her flowers on the day of the event which has helped to solidify their friendship.

This event also made an impression on Councillor Isy Imarni who said:

“Thank you for inviting me to the bake-off event held last week, it was fantastic!

“Witnessing the engagement of our elderly tenants with children and teenagers brilliant!

“One resident explained that being new to the borough, she was currently only leaving her dwellings to attend hospital appointments and the event gave her an opportunity to meet new people and use her skills to benefit the borough’s young people. This epitomised the mood in of the event. There was a tangible positive energy at the event and all the delegates left the venue with visible elation.

“Of the events that I have attended during my period as a councillor this is the one that I would celebrate the most and I hope we can repeat this in the near future and hopefully on a larger scale. Additionally it would be great if we could use this template of partnering our elderly residents with the borough’s young people as it worked exceptionally well.”

In future, the young people would like to work with our supported housing tenants again. They would particularly like to encourage them to further their digital skills.



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