

THE MAYORAL THEME 2023-2024

# ALL AGES TOGETHER

Connecting our communities to tackle  
loneliness and isolation



Cllr Anthony Rowlands,  
Mayor of the City and District of St Albans  
Annie Stevenson, Mayoress  
Cllr Josie Madoc, Deputy Mayor  
Rhys Madoc, Deputy Mayor's Consort

# WHAT IS 'ALL AGES TOGETHER' ABOUT?

Loneliness can affect anyone of any age.  
We want to connect the generations to support each other better.

OUR VISION: An age-friendly St Albans City and District that cherishes social inclusion, accessibility, connection and enriches lives.

## AIMS:



Challenge negative attitudes to enable new friendships

Decrease loneliness and isolation amongst marginalised groups



Increase emotional wellbeing and social skills

# BENEFITS FOR ORGANISATIONS

By taking up the Mayor's intergenerational challenge, we hope your organisation will:

- • • **Increase its local profile**
- • • **Gain recognition as a local innovator**
- • • **Inspire people to join you as volunteers**
- • • **Help build social capital in our community**

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## BENEFITS FOR INDIVIDUALS

Bringing together old and young can increase confidence and bring a sense of purpose, belonging and playfulness.

Younger people come with energy and curiosity, whilst older people bring their wisdom and understanding, born from life experience.

If you care about connecting our community, this is for **YOU!**



# WHAT OUR GUIDING PRINCIPLES MEAN

1

## **INCLUSIVE**

Ensure sessions are welcoming and inclusive.

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## **CHOICE**

Ensure people have genuine choices.

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## **RESPECTFUL**

Being authentic, sensitive and respectful.

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## **CREATIVE**

Being enthusiastic and creative so people are energised and engaged, so will more easily connect.

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## **TOGETHERNESS**

Establish a sense of togetherness.

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## **MUTUAL LEARNING**

Encourage a mutual sense of value and learning from each other.

# **The Mayor's Charity 2023/24**

## **St Albans Fund for the Future**

Established in 2001 by former Mayor, John Peters, this innovative Fund awards multi-year grants to local organisations working with vulnerable and isolated groups in the City and District.

We are delighted to have joined forces with the Fund which is managed by Hertfordshire Community Foundation.

It is planned to award some grants for intergenerational projects later in the year.

Major fundraising events are planned for late Autumn and Spring. We are also appealing to local people across the City and District to commit to regular monthly/quarterly/annual giving by Standing Order pledges.

**<https://www.hertscf.org.uk/st-albans-fund-for-the-future>**







# WHAT WE WANT

We are calling on YOU to tell us what inter-generational activities your organisation already does.

You may be able to inspire others.

We need to highlight these activities to help others generate new ideas.

Send us pictures, video clips, anything that illustrates what you're doing.

Scan this QR code to open the Mayor's page!



## **Contact:**

Equality@stalbans.gov.uk  
01727 819340

## **Learn more:**

**View our guidance and references on:**

<https://www.stalbans.gov.uk/all-ages-together>

**Instagram:** mayor\_of\_stalbans

**Facebook:** Mayor of St Albans