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Combatting social isolation through intergenerational play

A new Intergenerational Playgroup is being launched at the Victor Harbor Library, facilitating connections between our youngest and older community members.

The Intergenerational Playgroup will bring together the young and young at heart to build relationships through play. Mixing two different generations has been proven to improve overall wellbeing and challenge perceptions of age.

The playgroup sessions will involve story reading, songs, nursery rhymes and a range of other relaxed activities. People over the age of 65 and families with children who are interested in developing connections are welcome to come along to the playgroup which will take place fortnightly on Thursdays.

City of Victor Harbor Mayor, Dr Moira Jenkins, said intergenerational activities are known to minimise isolation and nurture mutual respect.

“This is an excellent program for retirees or people over the age of 65 who feel isolated. The sessions are all about connecting, learning, and having fun in a safe environment,” said Mayor Jenkins.

“There is so much to be learnt when we spend time with others. Every generation holds a wealth of knowledge that is waiting to be uncovered.”

“The Library piloted this idea earlier in the year and following much success has now decided to include it as part of regular programming.”

The Intergenerational Playgroup is inspired by the award-winning ABC documentary series ‘Old People’s Home for 4 Year Olds’.

Sessions will be coordinated by Library staff and volunteers, with parents/caregivers always present to supervise their children.

The next Intergenerational Playgroup is being held at 10am on Thursday, 31 August 2023, with sessions conducted fortnightly thereafter.

Bookings are not necessary. Participants can simply come along to the Victor Harbor Library (1 Bay Road, Victor Harbor) to try a session.

For more information, contact the Library at 8551 0730 or library@victor.sa.gov.au.