



## Issue No 1

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# NEWSLETTER

As part of Our Lady's College partnership with Croí na Gaillimhe, 10 talented fifth year students were chosen to take part in the Young Hearts Programme. This is a unique learning opportunity designed specifically for our students and a number of older adults from Galway City & County and beyond.

The idea of the programme is to tear down generational stereotypes, combat ageism, change negative stereotypes, enhance active citizenship, improve

community cohesion, and increase health & wellbeing. Our first meeting took place on Tuesday 25<sup>th</sup> of September in the Croí na Gaillimhe, Maureen O'Connell House, Mill Street, Galway.

During this time the students had the opportunity to interact and collaborate with the older people and participate in exciting activities delivered by Loretta Needham (Manager, Croí na Gaillimhe) and Jackie Dockery (Our Lady's College Galway).

## YOUNG HEARTS PROJECT

Our Lady's College Galway in partnership with Croí na Gaillimhe, and The Centre for Astronomy, Department of Physics, NUI Galway.





Loretta opened the event with a warm welcome and brief history of the Young Hearts programme.

Next, the students greeted and distributed name tags to the older adults.



Loretta then outlined the aims and objectives of the Young Hearts programme.

Jackie organised a group icebreaker activity to encourage participants to get to know each other.



As the activity took place, there was a stream of young and older adults buzzing around the room communicating with one another and answering questions. They created a vibrant atmosphere in the Maureen O' Connell House.



After the activity the students prepared tea and coffee for the older adults with Croí na Gaillimhe kindly treating us to some delicious cakes and canapés.

After break both the young and older adults were asked to feedback the information they had gained from their partners.



This was a very worthwhile exercise as we found out we had lots in common with each other regardless of our age difference.

Our final activity involved the participants being divided up into groups of young and older adults and asked to reflect on the themes for Galway 2020 Migration, Landscape and Language.



The participant's contributions to the activity were terrific and served as a wonderful source of motivation for the year ahead!

**Next week...**

## **Astronomy & Art Outreach Project**



**NUI Galway  
OÉ Gaillimh**

The participants will be introduced to the education component which will focus on 'The Astronomy & Art Outreach Project'. This project was designed to provide a motivating learning environment through art workshops and to open the mind of children about astronomers. The Astronomy module is led by Professor Andrew Shearer and PhD student Adriana Cardinot from the Department of Physics, National University of Ireland Galway in collaboration with independent Artist Finbar McHugh and Quilter Marcella Morgan from the Galway Quilters. We are very excited to be part of this project! #watchthisspace!!