



## Issue No 10

IN THIS ISSUE

# NEWSLETTER

This week's session was about Intergenerational communication through food. The Young Hearts participants developed a better understanding between generations by sharing food and memories. All the participants prepared food that was important to them.

Jackie introduced the session as "A trip down memory Lane" by asking everyone to explain their dish and share a fond Christmas memory. Food and eating together is an effective tool for creative languages that promotes

intergenerational communication.

This activity further served to build dialogues and build rapport and furthered communication. Food has a magical power that combines people and strengthens social bonds; it touches everything important to people.

Overall, the session was a great success. We concluded the session by practicing some songs for our Christmas Carol Service, on December 18<sup>th</sup> in the Headford Road Shopping Centre!



**Croí na Gaillimhe**  
Society of St Vincent de Paul

### YOUNG HEARTS PROJECT



### FOOD FOR THOUGHT

Empowering intergenerational communication through sharing food, stories & song



The students were very busy on Monday in both school and at home preparing food for the Young Hearts Programme.



Christina made some gender neutral gingerbread☺



Aisling and Claire made delicious chocolate brownies.



Geraldine and her mum were up early making cake bread for the participants. Leny made some delicious Stroopwafels (Dutch Waffles).

Overall, it was an effective tool for our participants in terms of communication, sharing and learning.



Aisling, Jackie, Breda & Geraldine having a chat & enjoying the delicious food on offer. Food and eating together enabled the participants to go back to their families of origin and value their personal stories but at the same time listen and appreciate other real life stories.



Food and eating together created an environment where there was mutual respect, understanding and a greater sense of empathy towards each other and the will to

interact and form social relationships.



Participants felt bonded through preparing the food and eating together. They found it easy to share their Christmas memories and personal experiences. They learned a lot from each other through personal stories regarding family life, food, and preparing the food.

We finished off our session with John leading us in song in preparation for our Christmas Carol Service on the 18<sup>th</sup> of December. We practiced a number of carols however; we all agreed that we needed help fine tuning our pitch! Thankfully, choirmaster Ronan De Burca will be on hand next week to coordinate our



voices!