



ISSUE NO 13 | JANUARY-2019 | OUR LADY'S COLLEGE GALWAY



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IN THIS ISSUE

NEWSLETTER

Happy New Year and welcome back to the Young Hearts programme. I hope that you have all had a lovely Christmas and now we are looking forward to a happy and healthy 2019.

Last term saw lots of progress with our 2020 project. The project, involves the coming together of two groups – the sewing group at Croí na Gaillimhe and the Intergenerational Group – Young Hearts (which involves Our Lady's College Galway and active retired people from the community), to create quilts based on the Galway

2020 themes of Language, Landscape and Migration.

The planets are taking shape and the participants seem to be working well together and enjoying the quilting sessions.

This term will involve a few more sessions finishing off our part of the 2020 quilting project under the extremely talented facilitator Marcella Morgan from Mill Street Quilters. We look forward to seeing the final planets in all their glory! No doubt they will be out of this world☺



YOUNG HEARTS PROJECT



MILL STREET QUILTERS



We began the session by welcoming back the participants and sharing our Christmas experiences. We also said goodbye to Tara and welcomed a new member from Our Lady's College Michelle.



Marcella then divided up the participants into four groups. Each group identified similar themed planets and picked a name for them. They then began adding to their planets.

Being part of the workshops over several months has meant that participants have developed their skills and are becoming more

competent. Strong personal connections are being made through the process of making the planets.



This week, Atom, Maura, Christina, Rose and Breda had the opportunity to work on the chair that we are also quilting as part of our project. The physical act of quilting, from choosing our fabric to cutting and piecing together blocks, is time set aside that lets the group unplug and focus on creating.



The environment of quilting focuses on completing tasks and requires our full attention.

Below are some pictures of the participants working hard in their teams completing their assigned quilting tasks.



Rosemary, Michelle, Timea and Leny concentrating on their work.



Helen was delighted to be back with the participants!

