

Derg Valley Care

'Cook It!'

Based in Castlederg County Tyrone, Derg Valley Care works closely with the statutory and voluntary agencies in the local area in order to support vulnerable people. The support services they provide include befriending, advice, care and support for independent living. Much of their service delivery has been to older people and they were keen to engage with younger people locally. LGNI provided a small grant which enabled the running of a Cook-it! course. This brought together older users of Derg Valley Care's services and young people from a local youth club. The project helped the organisation to be seen as a resource for the whole community and helped to forge better relationships with the local youth forum. Some of the participants have continued to develop the relationships by calling in to see each other.

Younger people's comments:

Before the project I didn't know how loneliness can affect older people but now I do. I liked how everyone got on. The cooking was very healthy and easy.

Older people's comments:

I thought that the young people would be cheeky. During the project they became more friendly, talkative and familiar.

