

BAKING TOGETHER, SHARING TOGETHER

Creativity applied to loneliness (Activity 6/12)

DESCRIPTION

In this activity, loneliness is combated by the activity itself of baking something, discussing what to bake, organizing the ingredients, and then the coming together to bake as a group or with a chosen partner/friend in their care home, or staff member. Then an added bonus is the sharing of the baked goods, whether it is a loaf of bread or some cakes with a cup of tea. Or a meal prepared and enjoyed together. This brings people together in a way that is unique yet timeless! Moments like this are a true antidote to loneliness!

OBJECTIVES

1. Engage the elderly person in an activity to alleviate loneliness
2. Create social interaction and bonding
3. Engage in sharing and creating together
4. Physical involvement in preparing food and ingredients
5. Helps individuals connect with their surroundings

RESOURCES AND MATERIALS

For this activity, the ingredients will vary and preparation is needed if the choice of baking ingredients are not stocked already in the care home's kitchen. (With time, if this becomes a regular activity, it can



<https://creatingwellbeing.eu/>



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become a part of the regular shopping list. A going around to the residents who partake in the baking to choose or vote on what to bake that week)(this in turn brings in choice and autonomy, which can sometimes feel limited in care homes) (and also the social side of deciding what to bake or cook as a group or with a baking partner) We will attach here the link to an online cookbook provided by ALONE in Ireland. A wellknown organization that “enables older people to age at home as well as providing befriending services, advocacy, and support. The cookbook is called “Cooking for life”, ‘Health and wellbeing recipes for older people’ and you will find it on their website www.alone.ie under the section ‘resources for older people.’

IMPLEMENTATION - INSTRUCTION

Step 1. Begin by getting together in pairs or as a group and begin the discussion about what you will bake/cook.

Step 2. Organize the ingredients and baking apparatus.

Step 3. Gather as a group or in pairs and follow the method of your desired recipe.

Step 4. Enjoy the process

Step 5. When it comes to the cooking or baking side of it, staff will take the prepared dish or loaf of bread or bakes and bring them to the kitchen to cook. (For health and safety reasons)

Step 6. When the food or bakes are cooked, they are brought back to the group or pairs, to be enjoyed together as a group or a pair, as a meal or with a cup of tea, creating a wonderful social immersive experience.

POSSIBLE MODIFICATIONS

This activity has many ways in which you could modify it or be inspired. For example, the elderly person might like to bake a cake for a family friend or relative, or grandchild, that is coming to visit. It could be a loved one’s birthday or a child’s birthday and they could surprise them with a cake they have baked for them for their arrival. This brings with it the feeling of being excited about surprising someone. The pride of having baked it. The planning of it and anticipating a wonderful shared moment to come.

EXPECTED RESULTS

- People can focus on what they can create, rather than their loneliness.
- Beneficial on both sides of the activity (before and after), such as looking at and discussing recipes.
- Planning, discussing, and looking at pictures of appealing recipes.
- Great talking point and an opportunity to be present and look forward to something.
- Social interaction and social opportunities.
- Teamwork, working together, and planning together.
- Establishing a common ground and a talking point.
- Sense of joy and pride.
- Overcoming limitations of living in a care home.