



Our Kitchen Table - The Giles Family

Photo credit - [Suzanne Phoenix](#)

Who is in our family

Nympha, Zarah and Fe Giles.

What we are eating

Stir fry noodles, Brazo de Mercedes (Filipino traditional cake made of rolled meringue and egg yolks sweetened by condensed milk), cookies, slices of sweet breads and English tea.

Respect for older family members

In our culture we serve the older people first because we have respect for them. It's a curtesy.

This photo is of me and my daughter and granddaughter. I'm 75 and they call me Lola Fe which means grandmother.

In Filipino culture the first thing you do when you see an older person is take a blessing. When my children see me, they take my hands and put it on their forehead – as a blessing. It's like saying: Lola Fe I am here. I am blessing them.

The Kitchen table is where we get together and talk about what happened. It's like a meeting room. They hug me a lot. They tell me they love me on the phone. They listen when I give them advice, especially about relationships.

I treat my children and grandchildren like sisters. They drive me around when I need it. Anything I need. They ask me about stories from long, long ago, their grandparents they never knew about our life in the Philippines.

The Kitchen Table is an initiative of Celebrate Ageing Ltd, a charity combatting ageism and building respect for older people. The aim of #TheKitchenTable is to promote respect for older people in families. The project documents portraits of families at their kitchen table and their stories about who is in their family, what they are eating and how respect for older people in their family is shown. More information on the project webpage: celebrateageing.com/kitchentable

