



Our Kitchen Table - The Primmer Family

Who is in our family

Max and Abhay

What we are eating

Salmon steaks and vegetable biryani

Respect for older family members

This is Abhay, he is family to me. In LGBTIQ communities, family isn't always blood. A lot of us have what we call chosen family; or people that we chose to be our family. This often happens when people are rejected by their biological family because they are LGBTI.

I have quite an extended chosen family, they are mostly younger people that I mentor. We often eat together, sitting up at my Kitchen Table, in what I call Café Max.

I love cooking my family pan fried chicken with garlic, ginger and rice. Sometimes we eat with their parents as well.

I know that they have respect for me, because they are seeking out guidance and mentorship. They recognise that I can support them because I have lived through

tough times and dealt with a lot of stuff. There is respect for my life experiences and expertise. I connect with them on their level, no judgements. They know they can trust me and that I will guide them. My age is seen as wisdom.

I feel very privileged and proud to be part of their lives. I also feel very valued and very loved. I do this for them – and if I need something they are never far away with assistance.

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

