



Cooking For A Purpose

Building brighter futures, strengthening communities, and creating lasting impact —one meal at a time.

Who We Are

At 1000 Generations, our mission is to build brighter futures by strengthening communities and creating lasting impact through meaningful engagement. We recognise that many individuals face significant challenges, including social isolation, economic hardship, and strained relationships with their communities. Our work is dedicated to breaking these cycles by providing safe spaces where all people feel valued, heard, and supported.

Through targeted programs, mentorship, and life skills workshops, we create opportunities for young people, individuals and families to develop resilience, confidence, and a sense of purpose.

Our community-driven approach ensures that individuals are not only recipients of support but active participants in shaping their own futures. Collaboration is at the heart of our work—we engage with local organisations, religious institutions, sporting clubs, and community groups to create environments where people feel connected and empowered.

“By investing in young people today—offering them safe environments, opportunities for growth, and positive role models—we are building the foundation for a stronger, more connected community where every young person has the opportunity to thrive.”

Katherine Taliana

Founder

SCHOOLS

We have a heart to see young people equipped to live a life of significance and purpose. Our resilience programs are uniquely created to give young people the tools they need to believe in themselves and find their purpose for the future.

LIFE SKILLS

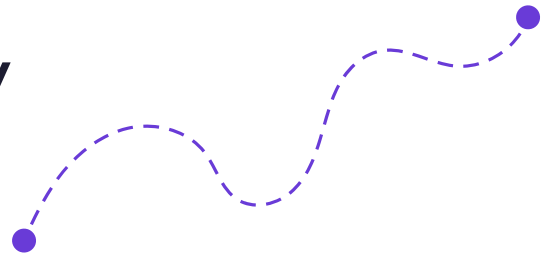
Our innovative cooking program operates within communities across Melbourne. This initiative embodies our dedication to fostering a space for holistic development and imparting practical life skills through the power of food and cooking.

COMMUNITY OUTREACH

We believe in creating sustainable, positive change by supporting individuals and communities facing adversity.

Through collaboration, we're paving the way for future generations by addressing immediate needs and inspiring long-term empowerment.

Our Journey to Here



3. Do you have any other comments you would like to share to help improve the program?

Mo+ // Food was great good conversation
love you guys Welcome anytime xx

2019

Youth Justice Program

The ShineGirls began their work in the youth justice system by using food as a powerful tool for connection. Through hands-on cooking sessions, they created a space where incarcerated young people could build confidence, share meaningful conversations, rediscover the importance of community and enable youth to gain skills to improve their chances of transitioning into society. This enables unity within their community and teaches the clients the importance of serving others, showing respect and gratitude to staff.

2021

Schools Programs and Community Outreach

Our schools team work proactively with disengaged or disempowered youth to see young people equipped to live a life of significance and purpose. Our resilience programs are uniquely created to give young people the tools they need to assist them through life's challenges. This moved into further supporting school communities amongst their holiday breaks, supplying food hampers for students and their families.



2024

Cooking For A Purpose Launch in McAuley House

We set the stage for growth, fostering an environment that encourages participation and togetherness. Through hands-on cooking sessions, participants acquire essential culinary skills. Our program encourages meaningful connections, fostering positive relationships and a supportive network. By sharing meals and experiences, we bring hope and unity to families and individuals alike.

2024

First Drop in Centre Established

With our focus being on disengaged youth, we highlighted with Proactive Police that common areas for young people was where we needed to be. Turning this high crime, disruptive areas into safe spaces where community would meet them. We decided to meet young people where they're at. Brimbank Council endorsed us to create a safe, inclusive space for Melbourne's youth in Brimbank to foster community engagements and practice restorative relationships to reduce youth crime in the area and enhance well-being.



Fostering Connectedness

All of our programs are deeply interconnected, forming a strategic, wraparound support system that addresses the multifaceted needs of young people and their families, particularly those on the margins of society or at risk of disengagement.

The drop-in centres provide a safe and welcoming space where young people can build trust, access positive role models, and find a sense of belonging. Our mentorship programs in schools extend this support into educational settings, fostering resilience, self-worth, and aspirations for the future. Meanwhile, our life skills programs work with families to strengthen relationships, improve stability, and equip parents with tools to create a supportive home environment. By integrating these initiatives, we create a continuum of care that meets young people where they are, ensuring that no one falls through the cracks and that both individuals and their communities are empowered to break cycles of hardship and build brighter futures.

Our approach is deeply collaborative, working alongside school wellbeing staff, proactive police, and community leaders to create a strong, wraparound support network for young people and their families. Wellbeing staff play a crucial role in identifying students who may be struggling and connecting them with mentorship opportunities, while also reinforcing the social and emotional skills we cultivate in our programs. Proactive police engagement helps build positive relationships between young people and law enforcement, shifting perceptions and fostering trust within the community.

By involving these key stakeholders, we ensure that our drop-in centres, school mentorship programs, and family life skills initiatives are not only aligned but also reinforced by a wider network of support. This collective effort strengthens our ability to engage at-risk or disengaged youth, providing early intervention, guidance, and long-term pathways toward stability and opportunity.



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The purpose behind the "Cooking for a Purpose" program is to leverage the simple yet profound act of cooking and sharing meals to restore and strengthen family bonds. The program aims to foster a sense of unity, improve communication, and create lasting memories.

This initiative embodies our dedication to fostering a space for holistic development and bringing hope to families who may have lost it. We aim to impart essential life skills and foster stronger communities through the power of food and cooking.

Our program supports everyone: young individuals learning life skills like cooking and budgeting, students living independently with budget-friendly cooking, busy families preparing nutritious meals on a budget, and people of all ages seeking empowerment through culinary skills and positive family relationships.



Strengthen Family Bonds

By engaging families in collaborative cooking activities, the program aims to foster a sense of unity, improve communication, and create lasting memories. Preparing and enjoying meals together not only promotes healthy eating habits but also provides a platform for meaningful conversations that celebrate cultural traditions and personal stories.



Promote Skill Development

Through this process, families can develop valuable life skills, build confidence, and reinforce the importance of spending quality time together. Ultimately, the program aspires to empower individuals and families to continue these practices at home, thereby enhancing their overall well-being and creating a more connected and supportive family environment.



Restorative Relationships

We set the stage for growth, fostering an environment that encourages participation and togetherness. Our program encourages meaningful connections, fostering positive relationships and a supportive network. By sharing meals and experiences, we bring hope and unity to families and individuals alike.

How It Works

STEP ONE

Set Up

Set up the space to create a welcoming and well-organised environment for the session. Team members will prepare cooking stations, arrange ingredients, and set up dining areas to ensure a smooth and enjoyable experience for participants.

STEP TWO

Introductions

Greet participants warmly and introduce the session's goals and schedule.

Highlight the importance of shared meals in fostering connection and community.

STEP THREE

Hands On Cooking

Divide into small groups to prepare a meal together. Encourage participants to share personal stories about cooking, their favourite recipes, and any traditions tied to those dishes. Highlight the value of teamwork in the kitchen and how each person plays a vital role in the process.

STEP FOUR

Table Setting

Lead participants in setting the table for a communal meal, emphasising the significance of shared meals in building connection. Explore how this simple act can be a mindful and respectful practice that enhances the dining experience.

STEP FIVE

Shared Dinner

Enjoy the meal together as a group, fostering open and meaningful conversations. These discussions are designed to inspire families to embrace shared meals at home, strengthening connections, enhancing well-being, and creating a more supportive family environment.

STEP SIX

Reflection

Come together for a group reflection on the experience. Gather feedback to enhance future sessions by inviting participants to share their favourite moments, key takeaways, and any new skills or insights they've gained.

Table Talk

What is a strength or gift that you have that you could teach someone else?

What is the best gift you have ever recieved?

What is one thing you need right now to feel really seen or loved?

What is something you're thankful for?

The best thing about my family is...

If you had time to learn a new skill, what would it be?

What are 3 words that describe you?

What makes a great team?

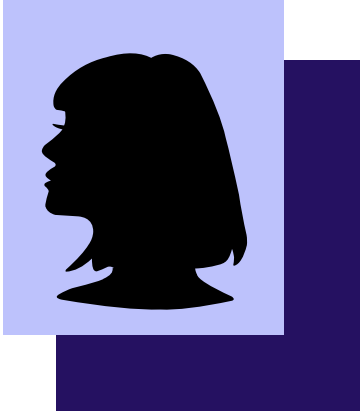
What is the best advice you've ever been given?

What inspires you about the future? What scares you?

What frustrates you?

Who would you invite to your dream dinner party?

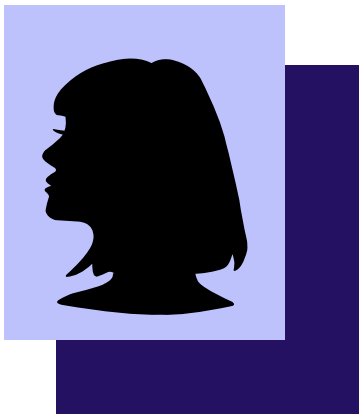
What They Say



"The participants gained a sense of community and fun! It was a lovely opportunity for everyone to connect and enjoy some food at the end. There was so much laughter and chatter throughout the session."

Staff

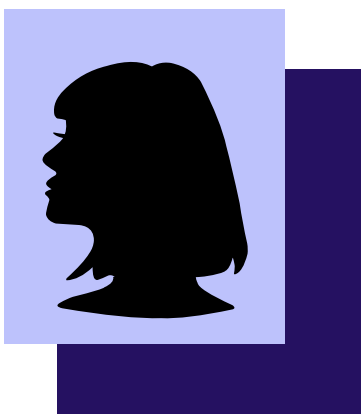
McAuley House Services



*"It [**Cooking For A Purpose Program**] was flawless - incredible staff that made the experience amazing. I enjoyed us all being together, smiling, laughing, and feeling like apart of a village - a big, safe and happy family. We were able to gain self-confidence and adult interaction, which you don't get much of!"*

Participant

McAuley House Services



"I enjoyed the women and children coming together talking about motherhood and building community and bonds with one another."

Staff

McAuley House Services

