

# From Belfast to Biscuits: A House Full of Havoc



Young Historian 2026

By Ciara Cunnane

# Introduction

This project is about the Northern Ireland Children's Holidays Scheme (NICHS). This programme gave children from Northern Ireland a chance to have a safe and peaceful holiday away from the violence of the Troubles.

For my project, I decided to explore my Granny and Grandad's experience as host parents for children from Belfast. I will also connect Project Children to my project because it is linked to my local area. I went to see the Project Children documentary, and we also visited the Monaghan County Museum, where there is a Project Children display. By using both historical research and my family's personal stories, I want to show the impact this programme had on the children, the local community, and my own family.

The story of my Granny and Grandad shows how ordinary families did something very special by helping children feel safe, cared for, and loved during a time of conflict. In this project, I also include my own reflections on what I learned, especially from interviewing my Granny, which helped me understand the human side of history better.



# When Things Got a Bit..Complicated

## The Troubles in Northern Ireland

The Troubles, which lasted from the late 1960s until 1998, were a time of political and religious conflict in Northern Ireland. Nationalist and unionist communities disagreed over political control and cultural identity, which led to a lot of violence, including bombings, shootings, riots, and the regular presence of armed soldiers.

Children were especially affected by this. Many of them grew up feeling scared and unsure about the future. Some lost friends or family members, had their education interrupted, and did not have safe places to play or spend time with others. Understanding this helps explain why programmes like NICHS were so important, as they gave children a chance to experience normal life, safety, and kindness away from their everyday surroundings.

It also allowed them to enjoy the simple parts of childhood, away from the trauma they experienced at home. It also shows the bravery and kindness of the host families who welcomed these children into their homes.



August 1969: soldiers and civilians in Northern Ireland during the Troubles - From the UK Independent.

# Armoured cars, tanks and guns tried to take away our sons...

## Why Children needed a break

Children living in areas affected by the Troubles often went through a lot of stress and trauma, which could affect both their emotional and physical health. They were surrounded by fear, loud explosions, and the constant risk of violence in their everyday lives.

For many of these children, this meant they had very few chances to relax, play, or even get a good night's sleep. The NICHS programme gave them a safe place where they could feel secure, take part in outdoor activities, and be part of a kind and caring community.

Even short holidays made a big difference. They gave children a sense of normal life and happiness, helped them feel better emotionally, and created positive memories that were very different from the fear and uncertainty they faced at home.



Arrival of the British Army, 1969  
-From the IWM Museum Website

# Wait... Kids Get Holidays for This? Let's Find Out!

## What is the Northern Ireland Children Holidays Scheme

The Northern Ireland Children's Holidays Scheme (NICHHS) was created to give children from areas affected by conflict in Northern Ireland a safe holiday away from home.

The programme was organised by community groups, churches, and volunteers. Children stayed with host families in safe places, mostly in rural parts of the Republic of Ireland. These families were carefully chosen to provide food, a place to stay, emotional support, and fun activities.

Children usually stayed for one to three weeks. During this time, they could experience normal family life and have a break from the conflict. The scheme was not just about keeping children safe, but also about helping them feel like children again, giving them a sense of security and improving their emotional wellbeing.



The armed soldiers during the troubles

-From Can.Ulster Portfolio

# Albufeira? Barcelona?... No Clonfad (County Mayo)

## Aims of the Northern Ireland Children Holiday Scheme

The main aims of NICHS were to protect children from the effects of the Troubles, give them time to rest and have fun, and provide chances to learn, make friends, and experience new cultures.

By giving children a temporary home in a safe place, the scheme helped support both their mental and physical health. They could enjoy fresh air, healthy food, and fun activities. Another important goal was to give emotional support by placing children with families who showed kindness, understanding, and stability.

Finally, NICHS also helped build social and cultural understanding. Children from Northern Ireland got to experience life in rural Irish communities and made connections with people outside their usual surroundings.



A teenager being arrested by the British during the Troubles  
-From the Irish Times

# Free Trips, Fresh Air, and a Bit of Craic: The Grand Plan Explained

## How The Northern Ireland Children Holiday Scheme Worked

Families volunteered to host children through churches and local community groups. When the children arrived, they were brought safely to their host families and welcomed into their homes. During their stay, they took part in planned activities like walks in the countryside, playing games, and visiting local towns, as well as normal daily routines like eating meals and going to bed.

Host families gave the children care, comfort, and friendship, helping them feel like they were part of a real family. The scheme focused on emotional support as well as physical care, understanding that children coming from areas of conflict needed patience, reassurance, and kindness to help them deal with fear and anxiety.



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## “Closer each day home and away”

### The Role of Host Families

Host families like my Granny and Grandad played a very important role in making NICHS successful. They gave the children a place to stay, healthy meals, and looked after each child’s individual needs.

They also provided guidance, reassurance, and encouragement, helping the children to explore, play, and enjoy a sense of normal life. More than just practical care, host families helped children feel like they belonged and gave them emotional security that many had not experienced before.

Many families did more than what was expected, changing their routines and giving extra care to help children settle in and feel safe. This kindness and welcome show the bravery, patience, and understanding needed to be a host family.



# It takes a village to raise a child

## Community Involvement

The local community played an important role in supporting NICHHS. Priests and church leaders encouraged families to volunteer and often spoke about the importance of kindness and helping others.

In places like Mayo, for example, a priest told people at Mass that families were expected to take in at least two children in each home. Communities also helped organise transport, activities, and supervision to make sure the children arrived safely and were well looked after during their stay.

The support of the wider community made it easier for children to have positive experiences and helped host families feel supported and guided while they were caring for them.



# Father spoke... and people listened

## The Priest's Message at Mass

In the summer of 1975, children arrived from Belfast to stay with host families. Before this, the local priest, Fr McAlynn, spoke at St John's Church in Logboy. He explained that families in Mayo were invited to volunteer to take in at least two children who would be arriving in the coming weeks. This guidance encouraged people to volunteer and made sure the children would be shared out fairly.

After seeing the violence on the news, my grandmother felt deeply for the children, noting, Granny said to me "that if it was the other way around and her children and her children were going through that she would hope people would help out and take her children so that's what they did."

When Grandad arrived to collect the children, he realised that two of the children were siblings and one was a cousin who would be upset if separated. Understanding the boys' fear and vulnerability, he made the decision to host all three, showing that kindness and empathy sometimes go beyond formal expectations. The priest's encouragement reflects the strong community and moral support behind NICHS.



This is a picture from mass

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## David, Paul & Stephen: Three lads, Endless Antics

The Story of David, Paul and Stephen.

Through NICHS, my Granny and Grandad volunteered to host children from Belfast. When Grandad went to collect the children, he discovered that three boys—Stephen and Paul were brothers, and David was their cousin.

The boys were very young and frightened, having grown up in areas affected by violence and uncertainty. They immediately said they did not want to be separated, which was a challenge because families were expected to host a minimum of two children.

My grandparents had a choice: follow the rules and split the children, or put the siblings' emotional wellbeing first. Their decision to keep all three boys together shows the compassion and care they gave.



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## Three lads one journey

### Taking All Three Children

Grandad decided to host the two brothers and their cousin, even though this was more than the usual expectation of two children per family. He understood that separating them could have caused emotional upset, especially because they were so young and frightened.

By taking all three, he gave them safety, comfort, and stability during a time of uncertainty. This shows that being a host family was not just about providing food and a place to stay. It was also about understanding the children's emotional needs and doing what was morally right.



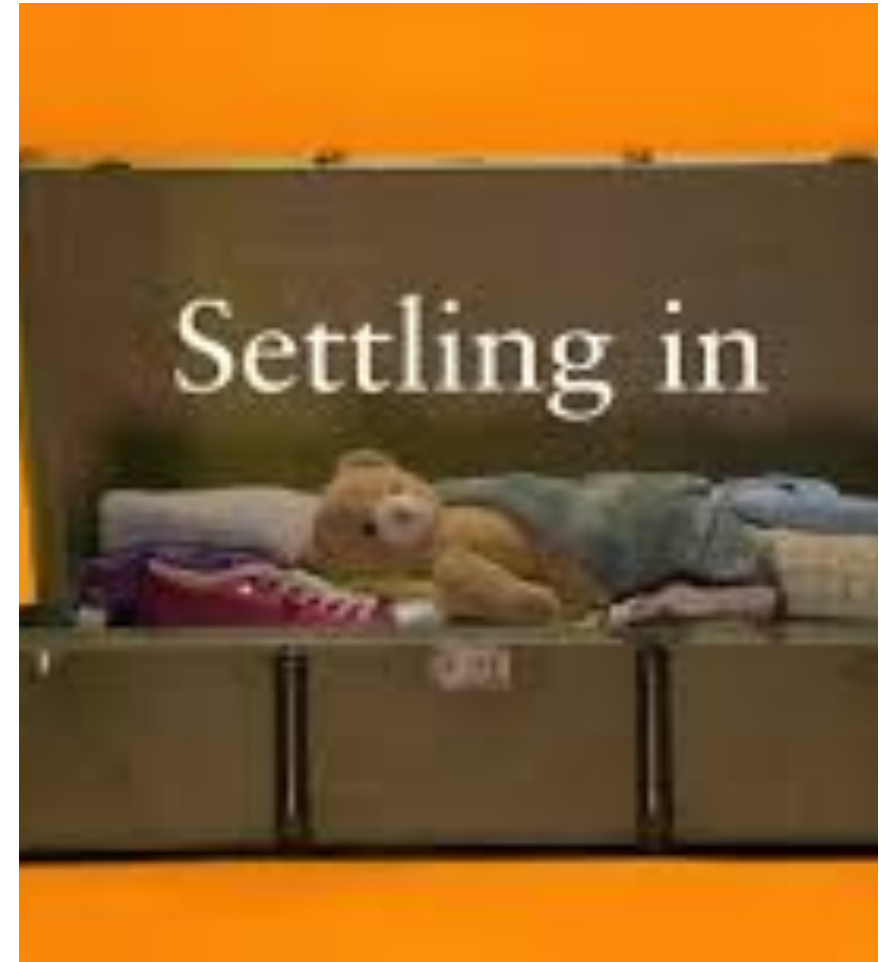
# Getting comfy, one mess at a time

## Settling In

When the children first arrived at my grandparents' house in Tulrahan, Co. Mayo, they were shy, nervous and unsure of their new surroundings. Granny and Grandad helped them feel at home through small but meaningful actions.

They made warm meals, made sure the children had comfortable beds and created a welcoming home. They offered reassurance with gentle words, patience, and kindness, helping the children slowly feel safe.

Over time, the boys began to relax, laugh, and enjoy their new surroundings. They formed close bonds with my grandparents and felt a sense of security they had never experienced in Belfast.



# Farming, Fishing & Foolery

## Life With Granny And Grandad

Daily life for the boys included regular routines like meals, bedtime, and chores, along with fun activities. They played games, explored the countryside, and enjoyed the simple joys of rural life. Granny and Grandad also taught them small life skills, such as helping in the kitchen or working in the garden, which made them feel included and valued.

My Grandad was a dairy and sheep farmer, which both amazed and frightened the boys. They had never seen cows or sheep up close before, let alone in real life. These experiences gave them emotional stability and a sense of belonging, showing how everyday care and attention can help children from difficult backgrounds.

My grandmother, Mary, still tells the story of the first time the boys were sent out to help my Grandad gather the sheep. She laughs as she recalls the shouting from my Grandad while the overly enthusiastic boys drove the sheep to the nearest ditch and across it.



This is a picture I have of my Granny Mary and Grandad Seán.



**This is my Granny  
and Grandads  
house**



**This is my Great Granny  
and Grandads house**



**This is my Granny and  
Grandads Farm**

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# Keeping The Ship Afloat

## Challenges and Responsibilities

Hosting three children was not without its challenges. My grandparents had to prepare extra meals, make space and spend extra time to make sure each child felt safe and cared for.

They also had to respond to the emotional needs of the frightened children, helping them through moments of homesickness or fear. Despite these challenges, they enjoyed creating happy experiences and memories for the boys.

Their dedication shows the hard work and patience needed to be a host family, proving that empathy often takes effort, flexibility and commitment.



# Little Lives, Big Lessons

## Impact On The Children

The boys gained much more than just a safe holiday. They experienced:

- Emotional security and reassurance
- Chances to play, laugh, and relax in a safe environment
- Kindness and care that was very different from what they were used to in Belfast
- The opportunity to bond as siblings without being separated

The holiday gave them happy memories, emotional support, and a sense of childhood that they could remember long after returning home.

My Granny also shared some funny stories, like finding them in the shed with cigarettes, and how she worried the hayshed wouldn't last long if she didn't keep them away from matches.



This is a picture of the kids that used the NICHS program back in Belfast after their time away  
-From BBC

# How It Shook Our Household

## Impact On My Family

Hosting the children had a lasting effect on my family. My Granny and Grandad taught us the importance of compassion, patience, and helping others. We learned that even small acts of care can make a big difference in someone's life and that supporting children in need is a meaningful way to help the wider community.

The experience also brought our family closer and gave us stories of courage, kindness, and generosity that still inspire us today. My aunt Johanna was only a toddler at the time, and the boys treated her like a sister, even involving her in all sorts of mischievous adventures.



This is my Granny Mary and Grandad  
Seán

# From Chaos to Memories: A Reflection

Reflection On The Northern Ireland Children Holiday Scheme

NICHS was more than just a holiday programme; it was a lifeline for children growing up during the Troubles. It shows how ordinary families could do extraordinary things by giving children safety, love, and happiness. The scheme also highlights the importance of community, cooperation, and doing what is right during hard times. By combining historical research with personal stories, we can better understand the human side of history and see how compassion and empathy can leave lasting effects on the lives of children and families.



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# Connection with Project Children

The Project Children programme is a project that brought children from Northern Ireland to other parts of Ireland and Europe for holidays, giving them a chance to meet new people and enjoy new experiences. On the 18th of September, we visited the Island Theatre in Ballinamore to watch the Project Children documentary. After the film, we met Mirrim and Denis Mulcahy. Denis is Andy O'Rourke's brother in law and comes from Ballinamore, while Mirrim is from our neighbouring town, Aughnasheelin.

Later, we went to the Monaghan County Museum and saw the Project Children display. I am doing my history project on the Northern Ireland Children Holiday Scheme, which is a different organisation but has a similar goal of giving children holidays away from home. Seeing the film, meeting people connected to Project Children, and visiting the museum helped me understand more about both programmes and made me feel a personal connection to this part of history.

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# Pictures from the Documentary “How to diffuse a Bomb”

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This is Denis and Miriam Mulcahy with our Principal Mr Mccaffrey



This is Ms Reynolds, Ms Convey and Mr Mullen our three history teachers and our Principal Mr Mccaffrey



This is all the students at Ballinamore Community School after watching the documentary

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# Pictures from the Documentary “How to diffuse a Bomb”



This is all the students at Ballinamore Community School watching the documentary



This is Mr Mullen, Ms Reynolds and Ms Convey our three history teachers with Denis and Mirim Mulcahy and Michaela O'Rourke who is Andy O'Rourke's granddaughter and Robbie Prior



This is Denis and Miriam Mulcahy along with his brother in law Andy O'Rourke and our Principal Mr Mccaffery

# Pictures from the Monaghan County Museum Display

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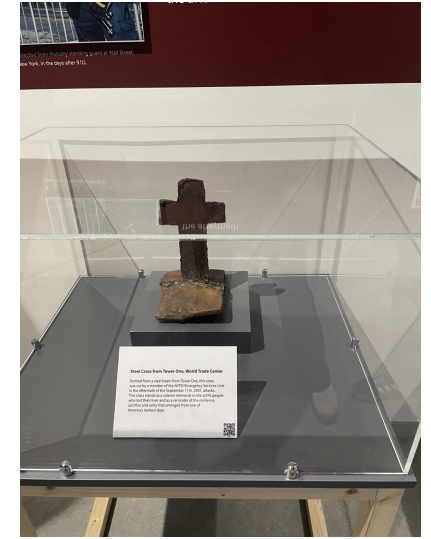
This photo is taken of all the children gathered at an aeroplane before leaving Ireland



This is a 3D image of the twin towers



This is a display of old objects, photos and personal items of the people to show everyday life in the past



This is a religious artefact representing local history

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# Pictures from the Monaghan County Museum Display



This is a ceremonial sash worn by children taking part in Project Children



This is a bomb disposal suit used for protection



This is a formal uniform worn by the Military



This is a display of helmets, medals and items linked to emergency and civil services

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# Sources

- **Interview with my Granny:** I asked her detailed questions about hosting the children, how they settled in, and the challenges they faced.(See on next slide)
  - **Ireland Live article:** Children taken on holidays during the Troubles reunite in Donegal 50 years on - [https://www.ireland-live.ie/news/donegal-live/1899649/children-taken-on-holidays-during-the-troubles-reunite-in-donegal-50-years-on.html?utm\\_source](https://www.ireland-live.ie/news/donegal-live/1899649/children-taken-on-holidays-during-the-troubles-reunite-in-donegal-50-years-on.html?utm_source)
  - Newspaper articles on NICHHS
  - I was also able to get in contact with Stephen with the help of my granny and I have screenshots of the messages on the slide after the interview
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# Wisdom, Wit, and a Bit of Mischief

Interviews and Stephens Messages



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# Interview

## Young Historian Project Interview 27/1/2026 7pm

### 1. Do you remember when you first heard about NICHS?

Granny first heard about NICHS in the early 1970s, when people in the community were talking about a new scheme that brought children from Belfast to the Republic of Ireland for holidays away from the violence of The Troubles. She also saw on the telly bombing, shooting and killing and seen children witness this and it really upset her.

### 2. Why did families in Belfast send their children away?

Families in Belfast sent their children away to give them a break from the fear and violence they were living with every day during The Troubles. It allowed the children to experience peace and normality, even if only for a short time and get a break away from the shooting, murdering and bombing and the normality of guards walking the streets with guns.

### 3. How did your family decide to take part in NICHS?

My family decided to take part because they felt it was important to help in any way they could. When they heard about the hardship children were facing in Belfast they wanted to offer them a safe and welcoming place to stay. Granny said to me that if it was the other way around and her children were going through that she would hope people would help out and take her children so that's what they did. They also believed it would help the children if they were taken away from the conflict and violence. She knew the kids needed to get sleep where they weren't afraid of being bombed and not hearing gun shots and shouting.

### 4. What year did the children come to stay with you?

The children came to stay with Granny during the 1970s, when NICHS was very active and expanding. At that time, many children from Northern Ireland needed a safe place to stay because of the violence and unrest happening there. Granny welcomed some of these children into her home, giving them a peaceful place where they could feel safe and cared for. She treated them like part of the family, making sure they were comfortable, well fed, and able to relax away from the tensions they were used to. For Granny, it wasn't just about offering a place to stay. It was about giving the children kindness, normality, and a sense of belonging during a very difficult time.

### 5. How many children stayed with you?

When the priest first mentioned NICHS at Sunday Mass he said that every family was expected to take at least two kids but when Grandad went to collect the children of the bus in Tuam he went to get the two children one of them said to Grandad that the three of them were related and that the three of them were related and didn't want to be separated so Grandad took Paul, Stephen and David. So it ended up that Granny and Grandad took three kids Stephen, David and Paul.

### 6. How old were they?

The children who came to stay with Granny were Stephen, who was 9 years old, Paul, who was 10, and David, who was 11. They were all around the same age, which made it easier for them to get along and spend time together. Being young, they were still very playful and full of energy, even though they had come from a difficult situation. Granny always tried to make them feel welcome and comfortable, treating them just like her own grandchildren. She made sure they had plenty to eat, a warm place to sleep, and time to relax and play, so that for a while they could forget about the troubles back home and simply enjoy being children.

### 7. What were they like when they first arrived?

When Stephen, David and Paul first arrived at Granny's house, they were very quiet and seemed quite nervous. They were a little scared at the beginning, as everything was new to them and they had come from a place where there had been a lot of tension and unrest. It took them some time to settle in and feel comfortable. However, they quickly noticed how calm and peaceful everything was compared to Belfast. The quiet surroundings and the warm welcome they received from Granny helped them begin to relax. Gradually, they started to feel safer and more at ease, enjoying the peaceful atmosphere and the kindness shown to them.

### 8. Were they scared or shy at the beginning?

Yes, some of them were shy and a little nervous at the beginning, which was completely understandable considering what they had experienced at home. From what Granny remembers, David's uncle had died during the Troubles, which would have been very difficult for him and his family. Because of experiences like this, the boys were naturally a bit quiet and unsure when they first arrived. It took a little time for them to settle in and feel comfortable. However, as they spent more time in Granny's home and realised they were in a safe and peaceful place, they gradually became more relaxed and started to open up. Granny's kindness and the calm atmosphere helped them feel welcome and cared for.

### 9. Did they talk about what life was like in Belfast?

Some of the children did talk about what life was like in Belfast. They mentioned seeing soldiers on the streets, going through checkpoints, and sometimes hearing loud bangs or explosions, which could be frightening. These were things that had become part of their normal life at home, even though they were still very young. Hearing their stories made it clear how different their daily lives were compared to life here, where everything was much quieter and more peaceful. For Granny and the family, it was surprising and sad to hear about the kinds of things the boys had experienced, and it made them want to make the children feel as safe and comfortable as possible during their stay.

**10. What was a normal day like when the children stayed with you?**

A normal day when the children stayed with Granny was relaxed and peaceful. The mornings usually started with everyone having breakfast together, which helped the children feel part of the family. During the day, they often spent time outdoors playing games, going for walks, or simply enjoying the fresh air. It was a big change from the busy and tense environment they were used to.

Granny made sure that the children were always included in whatever the family was doing, whether it was helping around the house, chatting at the table, or playing with the other children. Meals were shared together, which gave everyone a chance to talk and get to know each other better. Overall, the days were simple but full of kindness and normal family activities, helping the children feel safe, relaxed, and welcomed while they were staying there.

**11. Did they go to school while they were here?**

No, the children did not go to school while they were staying with Granny. The visits were meant to be a holiday and a break for them, so they could relax and enjoy some time away from the difficulties they experienced at home. Instead of going to school, their days were spent playing, going outside, and taking part in normal family activities. This gave them a chance to rest, have fun, and enjoy a peaceful environment for a while. Granny wanted their stay to feel like a proper holiday where they could forget about worries and simply enjoy being children.

**12. What games or activities did they enjoy?**

Stephen, Paul, and David loved simple outdoor games. They spent a lot of time playing football in the field and running around playing tag. Sometimes they played board games in the evenings if the weather was bad. They also enjoyed exploring the farm, watching the animals, and going for walks around the countryside.

**13. Were there any foods they had never tried before?**

Yes, a few things were new to Stephen, Paul, and David. Fresh farm cooked eggs as they usually ate them raw and homemade bread were different from what they were used to. They were surprised by how much they liked simple meals like stew and potatoes. Stephen especially liked the fresh milk from the farm because he had never tasted milk like that before.

**14. How did you feel looking after the children?**

Granny and Grandad felt a little nervous at first because it was a big responsibility and they just felt so bad for the boys because of the conditions they had to live in when they should be in a safe, happy place living their young lives. After a day or two it felt more natural. They felt happy knowing the boys had a safe and peaceful place to stay for a while.

**15. Was it hard saying goodbye when they had to leave?**

Yes, it was very hard for Granny and Grandad to say goodbye to Stephen, Paul, and David. After spending time together everyone had grown fond of them. When the bus arrived to take them home it was emotional and much quieter than usual.

**16. Did you stay in touch with any of them afterward?**

For a while letters were exchanged with the boys. It was nice hearing how Stephen, Paul, and David were getting on when they returned home but then over the years they grew up and we hadn't heard from them but with me doing the project Granny was able to talk to Stephen and see how they all were.

**17. Is there one special memory that really stands out?**

One special memory is a sunny afternoon when Stephen, Paul, and David had a picnic in the fields. They were laughing, running around, watching the cows in the field and playing games, and for a while they could forget about the troubles back in Belfast.

**18. Why do you think NICH8 was important?**

NICH8 was important because it gave children like Stephen, Paul, and David a chance to get away from the stress and fear they sometimes experienced at home. It allowed them to relax and enjoy being children.

**19. How do you think it helped the children?**

It helped Stephen, Paul, and David feel safe and relaxed. They could play outside, enjoy fresh air, and spend time with people who cared about them without having to worry about being hurt or hearing bomb and gun shots that would frighten them.

**20. What did it teach you about kindness or helping others?**

Looking after Stephen, Paul, and David showed how important kindness can be. Small things, like giving them a safe place to stay, cooking meals for them, and spending time playing games with them, meant a lot. It showed that helping others doesn't always have to be something big. Sometimes just welcoming someone and making them feel safe and cared for can make a real difference.

**21. What would you want people my age to know about NICH8?**

People your age should know that programmes like NICH8 helped many children during a very difficult time. For boys like Stephen, Paul, and David, even a short break away from the tension in Belfast gave them a chance to relax and just enjoy being kids. It also showed how communities can come together to help one another.

**22. Do you have any photos, letters, or souvenirs from that time?**

There are still a few memories kept from that time, including some letters but they have gone missing the boys sent after they went home ( we are trying to find the letters). Stephen once wrote about how much he missed playing football in the fields, and Paul mentioned the farm animals. There may also be a photograph from when they were staying, which brings back memories of the time they spent there.

**23. Is there anything people today don't understand about what was happening in Belfast then?**

People today sometimes don't realise how stressful and frightening it could be for children growing up in Belfast during that time. Even young boys like Stephen, Paul, and David were aware that things weren't always safe around them. That's why getting the chance to stay somewhere quiet and peaceful meant so much to them.

**24. What fun activities did they do in the area?**

Stephen, Paul, and David spent most of their time outdoors. They played football in the fields, climbed trees, and went on long walks around the countryside. They also enjoyed simple things like picnics outside and watching the farm animals. David especially liked seeing the cows, while Paul liked helping collect bales to feed the cows.

**25. Did they do work on the farm or help out on the farm?**

Stephen, Paul, and David were very interested in the cows and the tractors on the farm. They liked watching the cows being fed and sometimes helped guide them into the field. The boys were especially excited about the tractors. They loved sitting up in the tractor seat with Grandad Sean and learning how it worked. For them it was a big adventure because they had never been so close to farm machinery or animals like that before.

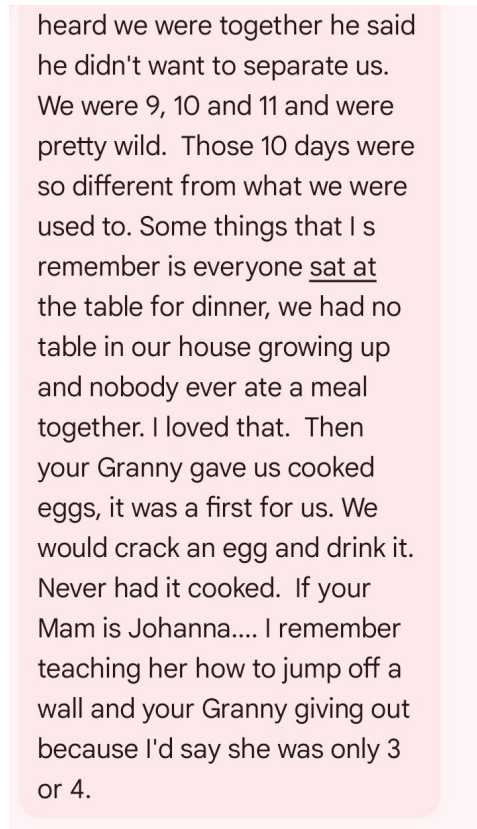
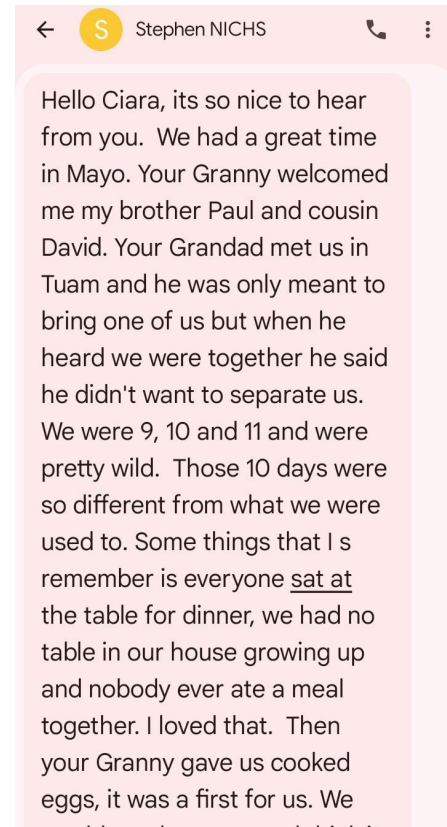
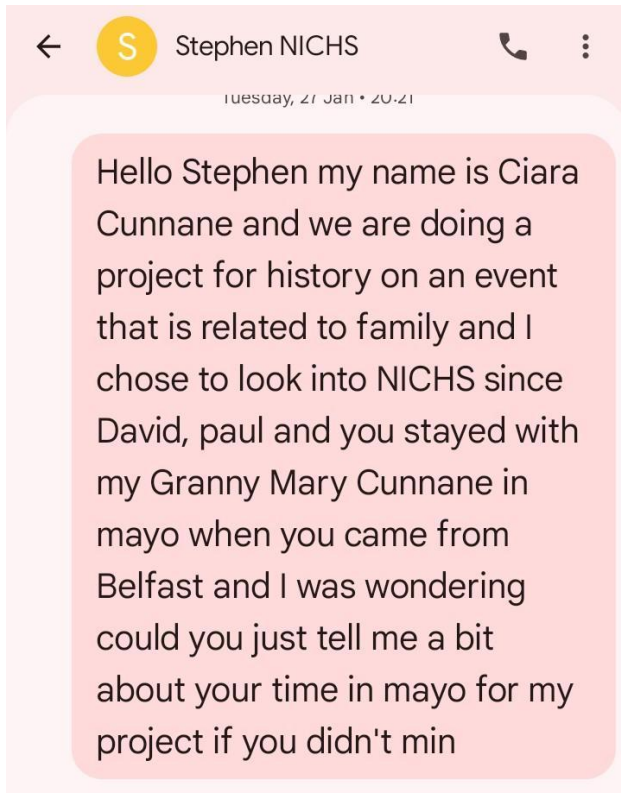
**26. Could you understand their accents?**

At first it was a little difficult to understand the boys' Belfast accents. Stephen, Paul, and David spoke quite quickly and used some words that were different. After a few days though, it became much easier to understand them, and everyone got used to the way they spoke. Sometimes their accents even made funny moments when certain words were misunderstood.

The interview had a very positive impact on my project because it gave me real, personal information that I could not get from books or websites. Hearing about Stephen, Paul, and David and their experiences made the topic feel more real and helped me understand what life was like for children during that time. It also gave my project personal stories and details, which made it more interesting and meaningful. The interview helped me see how programmes like NICHS made a real difference in children's lives by giving them a safe place to stay and a chance to enjoy being children.

# Text Message With Stephen

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By communicating directly with Stephen, I was able to gain first hand information and insights that I could not have learned from books or online sources alone. This interaction improved my understanding of the topic and gave my project a more personal and accurate perspective. It also helped me develop my communication skills and confidence in reaching out to others for information.

# What I Learned

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Through researching this project and interviewing my Granny, I learned that hosting children involves more than just practical care. It takes empathy, patience, and courage. Small acts of kindness like keeping siblings together or giving emotional reassurance can have a big impact on children's lives. I also realized that history feels much more real when it is connected to personal stories, showing the human side behind historical events. My Granny and Grandad's experience taught me that ordinary people can make extraordinary differences, even in quiet, everyday ways.



# Conclusion

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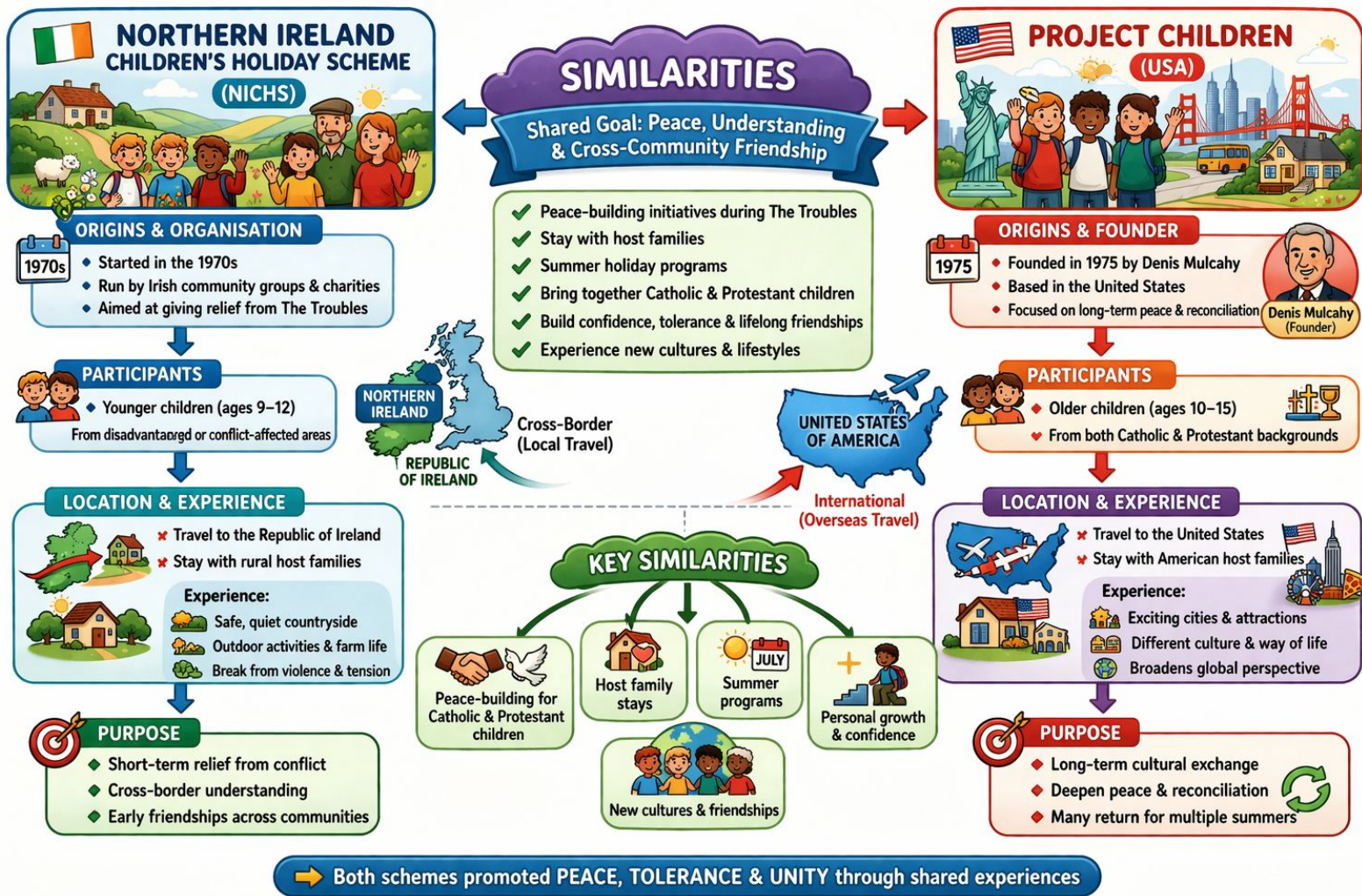
Through this project, I learned that hosting children required more than just practical care. It needed empathy, patience, and courage. Linking big historical events with my grandparents' personal experience showed me that history is shaped by ordinary people who choose to act with kindness during hard times. It also reminded me that listening to these personal stories is important, as they reveal the real, lived experiences of the past.

The Northern Ireland Children's Holidays Scheme played a vital role in protecting and supporting children during the Troubles. My Granny and Grandad's choice to host three siblings shows that compassion and empathy can overcome challenges, providing safety and happiness to children in need. Their story proves that ordinary families, through care and understanding, can make lasting differences in other people's lives. This project taught me the value of combining historical research with personal stories, helping us see history not just as events, but as real experiences shaped by real people.



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With the use of AI created this mind map to show the similarities and differences between NICHS and Project Children



(Verse 1)

We're the lucky ones,  
From Ireland we come,  
North or South, Catholic or Protestant,  
We pack up our bags,  
Wave goodbye to our folks,  
And fly to the land of the free!

(Chorus) Project Children, off to the USA!  
Making new friends in the American way.  
Together we'll laugh, together we'll play,  
Project Children, off to the USA!

With the use of  
AI created this  
project  
children song  
verus

This is a video of my project

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# From Belfast to Biscuits: A House Full of Havoc



Young Historian 2026

By Ciara Cunnane