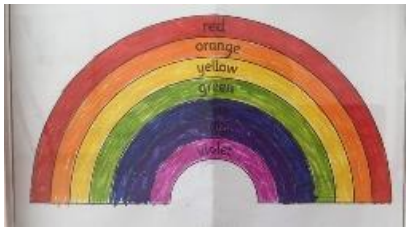
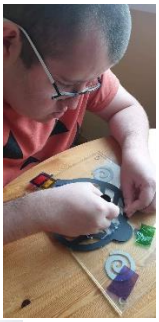
Cheesy Waffles & The Wider World

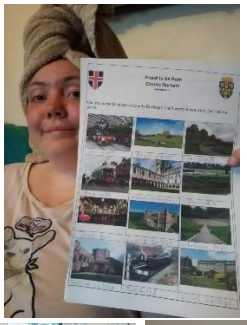
Remote Rainbow Project

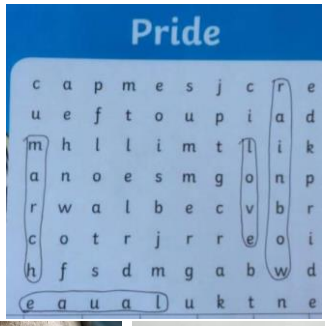
Newsletter Sunday 17th May 2020

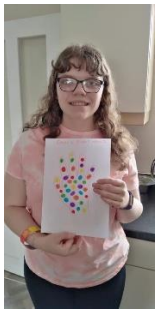


'Pride & Inclusion for All' – This week we have been learning about Pride and Inclusion, there has been an array of activitities and learning including rainbow themed cooking, exploring our qualities and traits, being proud to come from County Durham, lots of art and craft and making our new 'Inclusion Banner' which will feature project members hand prints in different colours.

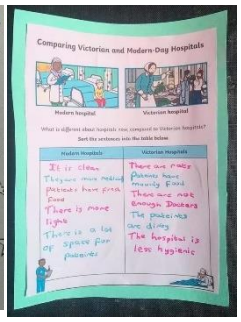








Positive Post Everyone loves getting a card or gift through the post, Bryce has sent out 82 packages this week to our members, if anyone would like to receive a small gift on our next post run please let us know.

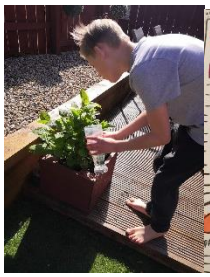


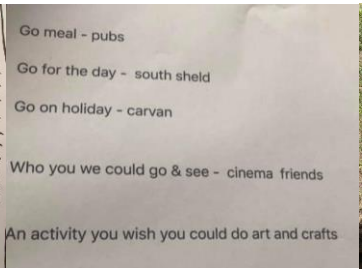
International Nurses Day

We celebrated International Nurses Day this week and did activities looking at Florence Nightingale.

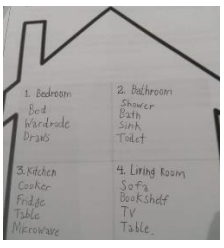
Deaf Awareness Week – We have had a go at learning some British Sign Language this week, learning a new skill, and exploring different ways to communicate.

Health & Wellbeing This week we have done Joe Wicks work outs, Wish Lists, Self Portraits and our usual Walking Wednesday, we love seeing where people have been while they are out on their walks.





Independent Living We have been looking at different rooms in our homes and what we need to furnish them, there has been some fantastic work done by the group and there are lots of skills being learnt!



SOCIAL TIME ACTIVITIES

Tuesday = Zoom Fun Group Activity Sessions **Wednesday = WhatsApp Video Sessions (Chat Time)**

Thursday = WhatsApp Video Sessions (Mini Quiz) **Sunday = One to One Phone Calls**

Doorstep Catch Up – Bryce has done a couple of home visits this week to have a catch up with project members. If you would like a member of staff to stop by, get in touch and we will try and arrange.
(social distancing will always be adhered to)

We have received a £500 Grant from Believe Housing to support with resources and home activities for project members.

We have used some of the funding to purchase 3 x Tablets with internet connection, these are now available for families to loan to enable participation in Zoom and other online activities. Please text 07808 842 208 if you would like to have one delivered to your home.

Weekly Timetable – Our timetable of activities is uploaded to the Website www.cwyproject.org.uk every Sunday evening. Project Members are welcome to join in any time.

Our **CWP Members Only Facebook Group** is open to all Project Members and their parents/carers. Join by visiting our main Cheesy Waffles Project Facebook Page.

PARENT/CARER SUPPORT - Do you need any extra support, have concerns or just need someone to chat too? Please do not hesitate to give Erika or Mandy a call.

Stay Positive - Stay in Touch - Stay Connected

But most importantly – Stay Happy!

Erika Denholm - 07808 842 205 - cwyproject@gmail.com https://www.facebook.com/CWYProject/

Mandy Stagg - 07907 831 677- thewiderworldproject@gmail.com https://www.facebook.com/WWPDurham