

Cheesy Waffles & The Wider World



Newsletter 4th April 2020



Weekly Timetable – A timetable of activities will be available on our Website www.cwyproject.org.uk every Sunday evening with a variety of things to engage in including new Zoom and Whats App social time activities, staff check in phone calls, fitness programme, fun tasks, cookery & nature. All activities can be used towards gaining the new Pawprints Badges and/or ASDAN Short Course Accreditation.

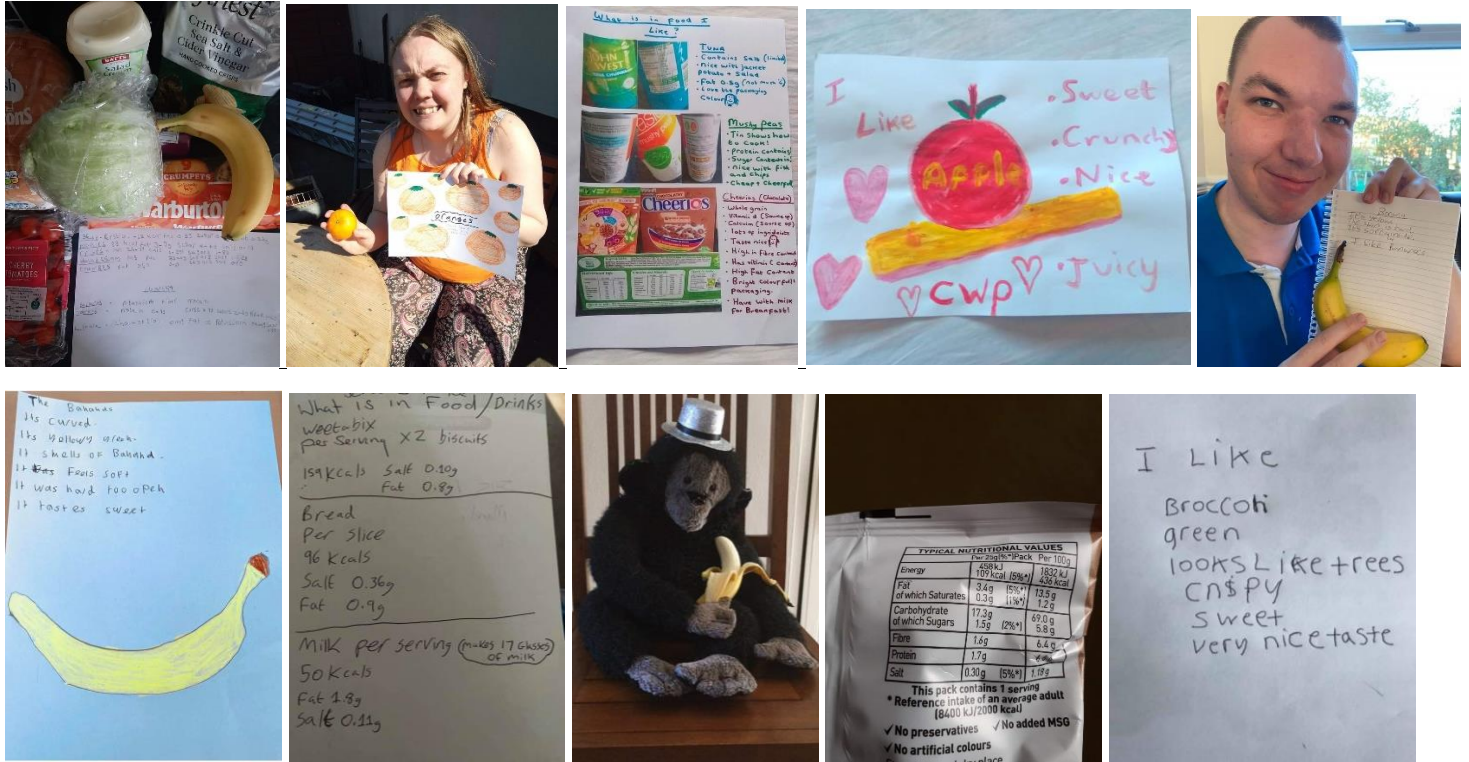


Our **CWP Members Only Facebook Group** is a fantastic way to engage in our weekly timetable activities and an opportunity for members to stay connected. Open to all Project Members and their parents/carers. Join by visiting our main Cheesy Waffles Project Facebook Page.

Happy Easter – Look at how busy our project members have been this week with lots of different Easter themed crafts and cookery taking place



Health & Nutrition – There has been some fantastic research done this week looking at food content and talking about favourite fruits.



Positive Post – Worker Bryce has started a 'Positive Post' service for members to receive different items every 2 weeks. So far members have received seeds to grow

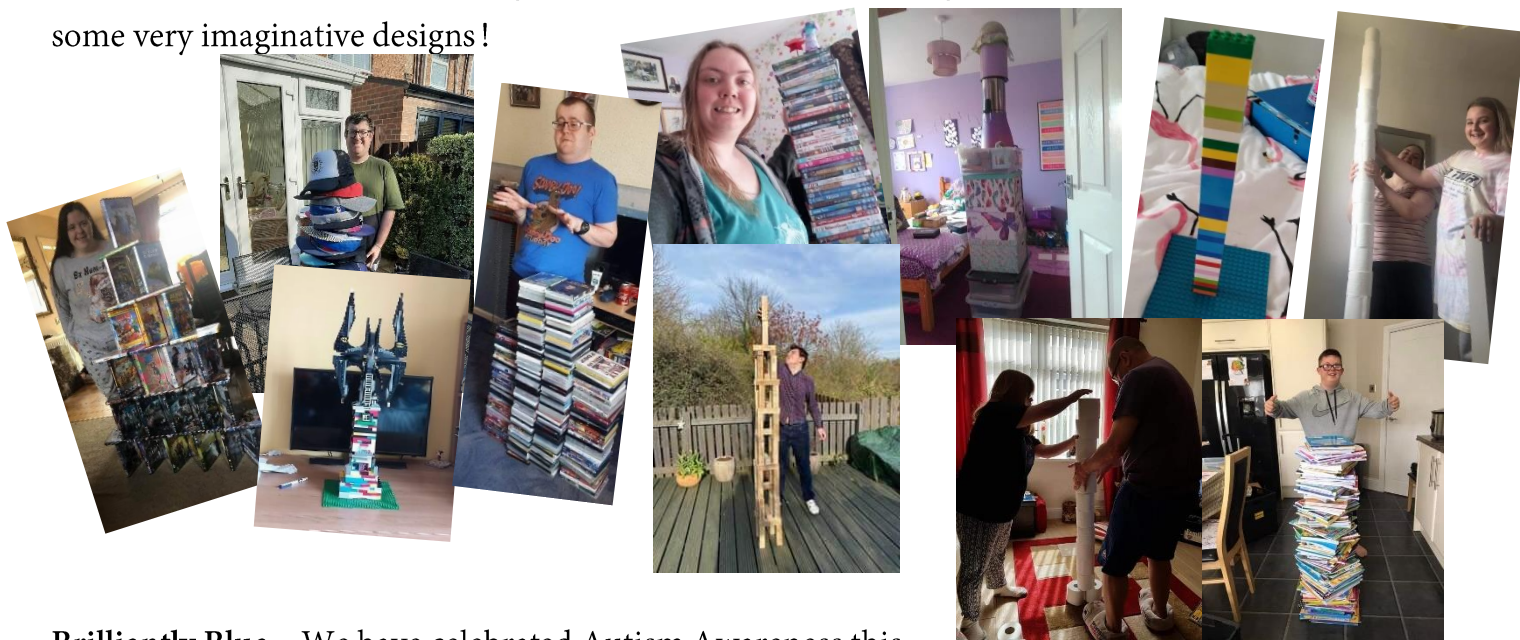


in their garden and Easter gifts. *Watch this space to see what gets posted out next!*

Special Social Time – Worker Lucy has developed a weekly social time plan with everything from one to one calls, group chats and social time activities. It is a great way for staff to stay in touch with our project members and for them to get together with friends.



Tremendous Towers – A challenge was set to build a tower using whatever was in the house, we had some very imaginative designs!



Brilliantly Blue – We have celebrated Autism Awareness this week and our fabulous group turned blue to raise awareness and celebrate inclusion and positivity



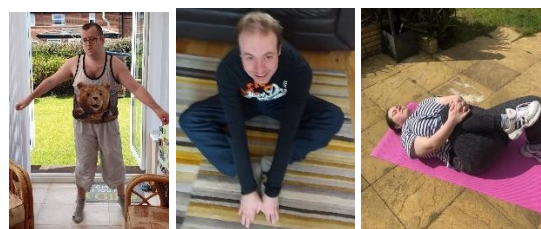
Gorgeous Gardeners – We have been enjoying the nicer weather this week and helping out in the garden & planting some of the seeds posted out earlier in the week.



Well Done Wednesday – Our Project Members have been working on their independent living skills by taking part in lots of different jobs and tasks around their homes. A great big WELL DONE to everyone.



Fun Fit Activities – Each week sees activities to promote fitness and wellbeing to take part in, we have done warm ups, stretches and yoga.



Well-being Walks – Every Wednesday as part of our wellbeing programme we encourage healthy bodies and healthy minds by going out for a walk or exercising in the garden.



Confident Cooks – We are very impressed with all the cooking that is going on amongst our project members, each week the produce looks better and better, here are some of our talented chefs.



Message from Erika & Mandy



Our Remote Rainbow Project is going from strength to strength with over forty members engaging in one or more activities each week. The work that has been done towards ASDAN and PawPrint Badges has been of a fantastic standard and we are so proud of everyone's hard work. This week there has been research carried out on what parents and grandparents did when they were younger, planning a meal for friends looking at entertainers and different acts and thinking about where we would like to go once we return to usual activities. Our Making Music Project performers have been rehearsing songs for their Show that will hopefully take place later in the year.

We now have Lucy, Bryce, Lisa, Robyn and Linda on the new staff team supporting our members and we look forward to more developments with activities and social connections.

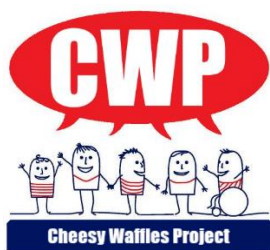
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Stay Positive

Stay in Touch

Stay Connected



But most importantly – Stay Happy!