

Giving Children, Young People & Adults a Voice through Positive Activities

# Cheesy Waffles Project (CIO)

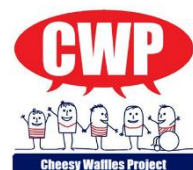
## Regular Clubs, Projects & Programmes

Belmont Community Centre, Sunderland Road, Gilesgate Moor,  
Durham, DH1 2LL

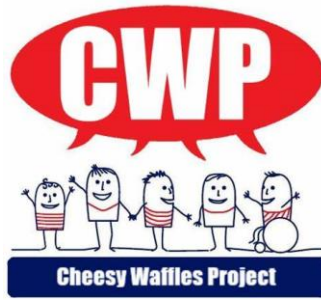
Visit our Facebook Page <https://www.facebook.com/CWYProject> and our web site [www.CWYProject.org.uk](http://www.CWYProject.org.uk) for updates on our recent activities and projects



investing in children



Registered Charity Number: 1177618



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The Cheesy Waffles Project is a registered charity for children, young people and adults with additional needs from across County Durham. Although our project is predominantly for people with learning disabilities it is not exclusive to, and everyone is welcome to attend.

We rely on funding from grants, donations and fundraising to subsidise our activities to ensure they are accessible and inclusive for all. The project continues to grow and works within the local community to support cohesion and raise disability awareness through positive events and programmes.

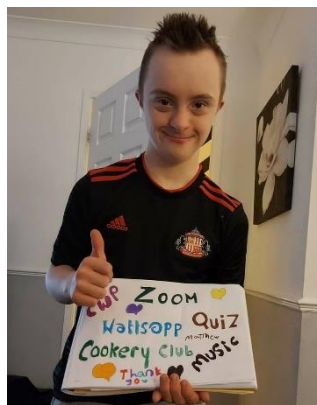
Project members can gain a variety of Awards and Accreditation delivered by our qualified staff team including ASDAN Short Courses, Arts Award, The Duke of Edinburgh's Award, V Involved Award and in house attendance and participation awards.

Members have the opportunity to take part in residentials, trips away, shopping excursions, meals out, sports activities, cookery programmes, wellbeing, performing arts and more. This gives an opportunity to go out without support from family giving respite to carers but also developing independent skills.

We encourage members to engage in community work making gifts for others, working with local trusts, fundraising for chosen charities and supporting local community projects this encourages self-esteem and confidence and raises their profile in the local community.

All members learn skills through taking part in activities that will help them with the transition into adulthood promoting self-awareness and independence.

Most importantly we believe that every person no matter what their ability, background or belief deserve to have the same opportunities in life to help promote the learning of new skills, try new activities, visit new places and most importantly have fun.



## Joining Cheesy Waffles Project

Have a look at the different clubs we deliver and think about which one you would like to join

Contact us at Cheesy Waffles to request an enrolment form we can email or post to you.

Email: [cwyproject@gmail.com](mailto:cwyproject@gmail.com) Tel: 07808 842 205

Once we receive your completed Registration Form you will go on our waiting list, and we will contact you as soon as we have a place available – you will receive a text or email

We will ask you to come along to a session to meet staff and members then you can start to attend regularly

Once you start attending a regular club you will have the opportunity to attend holiday provision, offsite trips and visits, gain accreditation & lots of other activities

<b>Fit Bits Adult Session</b> Monday 3-4.30pm	A weekly session for members aged 18 plus to engage in gentle exercise, holistic wellbeing and learn about positive health choices
<b>Junior Club</b> Monday 3-4.30pm	A weekly club for junior members to take part in fun & engaging activities together Age 7-14 years
<b>Men's Group</b> Monday 7-8.30pm	A 2 weekly social evening for our age 18+ male members to meet up & enjoy time together.
<b>Ladies Group</b> Monday 7-8.30pm	A 2 weekly social evening for our age 18+ female members to meet up & enjoy time together.
<b>Fun Fit &amp; Activities Session</b> Tuesday 5.30-7.15pm	A weekly session for members aged 13-19 to have fun taking part in different activities including games, food, art & craft, music etc. to support with feeling good and staying healthy.
<b>Top 20's Social Night</b> Tuesday 6.00-8.00pm	A 2 weekly social evening for our adult project (age 20+) members to come together & enjoy social time listening to music, having chill time, taking part in social games like bingo & quiz's.
<b>Top 20's Skills Session</b> Tuesday 6.00-8.00pm	A 2 weekly skills activity session for our adult project members to engage in art & craft, simple cookery, dance, games, science etc. – different activity each session.
<b>Making Music</b> Wednesday 6-8.00pm	This will now take place weekly in the Main Hall & adjoining room (3) so that we can meet in a larger group safely. A focus will be made on dance and drama with project members putting forward ideas for performances.
<b>Girls Group</b> Thursday 5.45-7.15pm	A 2-weekly small-focused group for girls to come together and enjoy a range of different activities in a caring and welcoming environment (maximum 6 members per session).
<b>Lads Group</b> Thursday 5.45-7.15pm	A 2-weekly small-focused group for lads to come together and enjoy a range of different activities in a caring and welcoming environment (maximum 6 members per session).
<b>Saturday Social Supported Needs &amp; younger members</b> 10.15am-1.00pm	A 2-weekly session for members to attend on a weekend to meet up with peers, enjoy a mix of Centre-based sessions and visit the local park
<b>Saturday Social Transitions</b> 1.30pm-5.30pm	A 2-weekly session for members to attend on a weekend to meet up with peers, enjoy a mix of Center-based sessions and visit local shops and parks. Members will plan their own meals and activities and decide on offsite visits to places of their choice.
<b>Saturday Social Adult Group</b>	As above but aimed at our adult members.

All Clubs are £3.50 except Saturday Sessions which are £5 morning and £7 Afternoon

**Holiday Programmes** A programme of activities is available every school/college holiday for different age groups. With everything from overnight residentials, fun days, theatre visits, competitions, discos, community work, history projects and sports activities, there is something for everyone.

**Community Work** The Cheesy Waffles Project encourages members to think about others and take part in different projects in the local community. This helps to raise their profile and give a positive image as well as raising their own aspirations.

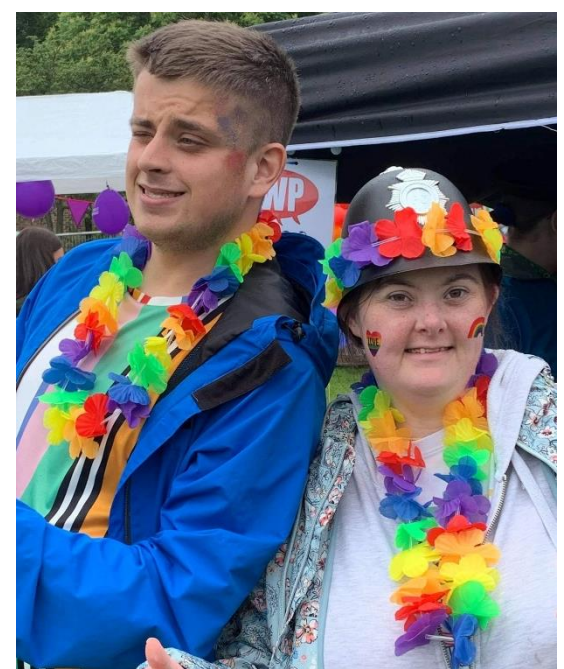
**The Duke of Edinburgh's Award Scheme** The Cheesy Waffles Project delivers the Duke of Edinburgh's Award Scheme at Bronze, Silver and Gold Level. Staff support members to complete Skills, Volunteer, Physical and Expedition Sections of the Award.

**Accreditation** Enjoying and Achieving is important to Cheesy Waffles – all members have the opportunity to gain Awards and Accreditation through participation in clubs and projects.

**Learning** Learning about where we live and the world around us is an important part of the Project. Learning Days and Activities are held on everything from Mining Heritage, Furniture Restoration and Disability rights to Remembrance and Gardening.

**Family Events** We have regular family events including fun nights, theatre visits, celebration evenings and coach trips to give all members of the family an opportunity to come together.

**Raising Aspirations** Encouraging self-confidence and raising aspirations is an integral part of the project. Showing others, the positive activities our members take part in and the many skills they learn.



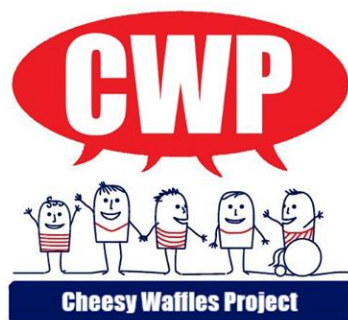
**Inclusive Work** Promoting disability awareness through inclusive work encourages new friendships and looking at disability in a positive way.

All Clubs and Projects are open to all children, young people and adults and volunteer opportunities are available for all ages.

**Fun!** We encourage project members to learn new skills, raise confidence, engage in new activities and gain accreditation through our positive activities but the most important thing is to have fun.



“We believe that every person no matter what their disability, background or belief deserve to have the same opportunities in life to help promote the learning of new skills, try new activities, visit new places and most importantly have fun”



**Giving Children, Young People & Adults a Voice through Positive Activities**

Get in contact today

Telephone: 07808 842 205 (call or text)

Email: [CWYProject@gmail.com](mailto:CWYProject@gmail.com)

If you would like further information or to discuss individual needs, please do not hesitate to contact us

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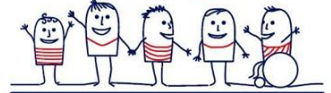
c/o Belmont Community Association, Sunderland Road, Gilesgate Moor, Durham, DH1 2LL

Email: [CWYProject@gmail.com](mailto:CWYProject@gmail.com)

Tel: 07808 842 205

'Giving Children, Young People and Adults a Voice through Positive  
Activities & Projects'

## Cheesy Waffles Project Enrolment Form (2022-2023)



**Cheesy Waffles Project**  
Registered Charity Number  
1177618

### Project Member Details

Name:		Date of Birth:
Address (Please provide alternate addresses if appropriate)		
Members Mobile (if applicable)		
Members Email (if applicable)		

### Medical Information

Medical Condition(s)	
Medication	
Dietary Requirements	
Doctors name and address	

### Emergency Contact Details (Parents/Carers)

Name	
Relationship to Member	
Contact Number	
Email Address	

Name	
Relationship to Member	
Contact Number	
Email Address	

## **Photo Consent**

We often take photographs to promote the project, please circle the appropriate response for your son/daughter/foster child	I consent to photos being taken	I do not consent to photos being taken
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## **Support Needs (any information to help us support while attending activities):**


## **Covid-19**

- To prevent the spread of contagious viruses and to help protect each other, I understand that I will have to follow Cheesy Waffles strict guidelines on social distancing and hand hygiene measures.
- I understand the COVID-19 virus has a long incubation period during which carriers of the virus may not show symptoms and still be highly contagious.
- I confirm that I will comply with all current Government Guidance on social distancing.
- I agree not to attend activities if displaying any symptoms of Covid-19 or if feeling generally unwell.

## **Activities interested in Attending**


Please sign below to confirm you consent to CWP holding the information you have provided for as long as you are a part of the project. Information you have provided will remain securely stored and treated as confidential in line with the GDPR.

Signed \_\_\_\_\_ (project member)

Date: \_\_\_/\_\_\_/2022

Signed \_\_\_\_\_ (parent/guardian)

Date: \_\_\_/\_\_\_/2022