



## Cheesy Waffles Project (CIO)

### Regular Clubs, Projects & Programmes

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

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

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

"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"

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

<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 7-13 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, sport, mindfulness etc. to support with feeling good and staying healthy.
<b>Top 20's Night</b> Tuesday 6.00-8.00pm	A 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>Making Music Project</b> Wednesday 6-8.00pm	A weekly performing arts project for all ages working together to put on regular performances with the main focus on song and dance. Children & young people age 11+ and Adults age 18+
<b>Girls Group</b> Thursday 5.45-7.15pm	A 2-weekly small-focused group for girls age 11+ to come together and enjoy a range of different activities in a caring and welcoming environment.
<b>Lads Group</b> Thursday 5.45-7.15pm	A 2-weekly small-focused group for lads age 11+ to come together and enjoy a range of different activities in a caring and welcoming environment.
<b>East Durham Youth Club</b> Thursday 6.00-7.45pm	A weekly group based at Horden Family Centre for young people age 11 to 17 years to come together and enjoy a range of different activities in a caring and welcoming environment.
<b>Saturday Social Morning</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. For children and young people 8 to 16 years.
<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. Age 16 plus.
<b>Saturday Social Adults</b> 1.30pm-5.30pm	As above but aimed at our adult members age 19/20 plus.

**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.



**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.



**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.

**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** 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.