

16/07/2020



New Heights

Charity Number: 1120868

## NEW HEIGHTS WARREN FARM COMMUNITY PROJECT NEWSLETTER

### Silver Bulletin

Hi everyone!

We hope you are all keeping well.

We have some great news.....we will be returning to our offices week commencing 3rd August!

Face to face appointments with Breathe and the counselling service will commence two days per week from September. Until further notice St Johns centre will remain closed to the public with any collections being via doorstep pick up.

#### **What's New?.....**

We are pleased to announce that we will be resuming our Youth Social Action Project and Community Meals from Thursday 6th August. Pre booking is required as numbers will be limited.

**Youth Social Action:** Twice weekly activity and food packs that will include;

Youth Social action writing challenge

Cooking challenge

Colouring / puzzle sheets

Mindfulness work sheets

Book borrowing service

Each participant will receive a board game of their choice on return of each Youth Social Action Task. Activity & food packs are collection only.

**Community Meal:** A hot meal available for takeaway collection every Thursday (until further notice).

- ◆ Week 1 - Sausage and mash (pork or Quorn)
- ◆ Week 2 - Cheese & potato pie and beans
- ◆ Week 3 - Beef stew or vegetable stew
- ◆ Week 4 - Chicken or vegetable curry and rice
- ◆ Book borrowing service
- ◆ Weekly newsletter

**PLEASE NOTE: We are unable to cater for food allergies or intolerances**



## This week's riddle:

If eleven plus two equals one, what does nine plus five equal?

\*Answer will be shared in next weeks newsletter\*

Last week's riddle answer: Seven

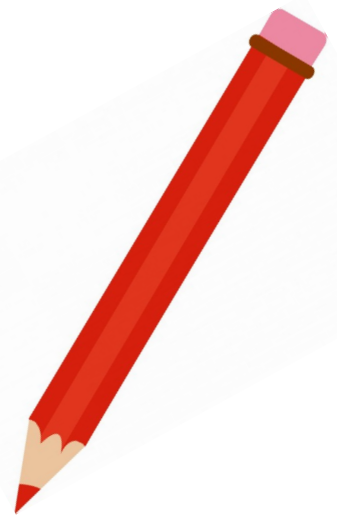
## Word search



### Types of Food

T	C	B	U	R	G	E	R	S	L	M	A	H	S
N	A	S	O	O	H	O	T	D	O	G	O	S	D
O	S	F	A	H	D	N	U	T	N	T	O	D	C
O	S	S	G	F	R	U	I	T	I	T	S	D	N
D	E	P	G	S	G	O	D	T	O	H	A	K	S
L	R	E	N	N	I	D	V	T	N	I	A	D	L
E	O	G	S	E	C	O	I	D	A	E	D	V	L
S	L	H	A	R	B	F	K	D	T	L	O	L	O
A	E	E	L	A	A	U	C	S	A	O	O	D	R
N	G	T	A	F	R	D	T	E	R	I	F	A	P
U	U	T	D	U	S	A	I	T	R	R	T	H	O
T	K	I	H	I	I	S	C	S	E	E	S	L	O
O	K	R	O	P	T	M	O	L	H	R	A	A	N
R	G	R	A	V	Y	E	E	S	H	D	F	L	H

ONION  
BURGERS  
ROLLS  
TV DINNER  
STEAK  
BUTTER  
FAST FOOD  
RADISH  
CASSEROLE  
TUNA  
CEREAL  
GRAVY  
SALAD  
HAM  
FRUIT  
SPEGHETTI  
NOODLES  
HOTDOGS  
PORK  
HOT DOG



### Did you know?.....

Our buildings may be closed, but our services continue to run remotely, via telephone, email & video chat.

**General Enquiries:** 0121 386 4345  
Enquires@new-heights.org.uk

**Breathe benefits & housing Advice:** 0121 384 2333  
Advice@new-heights.org.uk

**Counselling Service:** 07753 224 835  
Counselling@new-heights.org.uk



### Contact us



@New\_Heights\_UK



New Heights Warren Farm  
Community Project