

Our News 12

Geraldine's welcome



Hello and welcome to **issue 12**.

I hope you will enjoy the **wordsearch** on page 2 and reading what the Keep in Touch **members** say about **bullying** on page 3.



We held our **Members Meeting** on **Zoom** and I asked members what is **important** to them.



They said they feel **forgotten** about and **lonely**.

Some people are **worried** about going out and **don't feel safe** because of the **stabbings** in Croydon.



Some people have been busy doing **exercises**. One member has **lost 2 stone**. **Well done!**

I can't wait for **Lockdown** to **end** so we can all **meet up** again.

wordsearch



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

<input type="checkbox"/>	GIRAFFE
<input type="checkbox"/>	TIGER
<input type="checkbox"/>	LEOPARD
<input type="checkbox"/>	SNAKE
<input type="checkbox"/>	ZEBRA
<input type="checkbox"/>	MONKEY
<input type="checkbox"/>	LION
<input type="checkbox"/>	CHEETAH
<input type="checkbox"/>	WOLF
<input type="checkbox"/>	POLAR BEAR



Keep in Touch project

what we said about being bullied

We talked about **bullying** and what to do if it happens to you.
We said:



Bullies pick on people they think are weak

Bullies have **less power** that's why they feel the need to humiliate others



If you **don't** react to them, they lose their power

Bullies get **upset** when you **ignore** them

We said:



Always **watch out**

Ignore them

Learn to **stand up for yourself** safely



Speak to someone you **trust** like a family member, friend, teacher, carer or the police

Report it

How to join Croydon People First

who can join?



- people with a **learning disability**
- you must be **over 18**
- you live or work in **Croydon**

what do you get?



- a choice of **meetings** to come to
- a safe place to **speak up** and have a **voice**
- **meet** new people
- a regular **newsletter**
- information in **easy read**
- hear about **new projects**
- join our **private Facebook** group

how to join?



- send us an **email** or **phone**
- **meet** up for a chat
- fill in a **form**
- **come** to a **meeting**

contact us



07395 789 108



info@croydonpeoplefirst.org.uk



Croydon People First