



CHEFS LONG TABLE LUNCH SWR OUTREACH PROJECT



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Dear Rainbow Gold,

On behalf of the Chefs Long Table Lunch SWR Outreach Project, we would like to thank you for facilitating an art therapy session at our Breast Cancer Awareness lunch held on the 23rd of October, 2008.

The event was a great success, with all participants getting involved in creating their own piece of artwork and then decorating it in the colours of their choice. All participants were interested in the meaning behind the colours that they used, and enjoyed discovering how colours can be used to enhance their daily lives.

Since the event, we have visited a number of the clients who attended the lunch, and have seen their pieces of art displayed in their homes. Of those who attended, we have received many positive comments such as "I didn't know how colour could affect my daily life", "I thought it was interesting and useful" and, "I didn't realise that by wearing certain colours or having colours in your environment could promote health and well-being".

All participants expressed interest in being involved in further group sessions, and your input has prompted many thoughts on the range of projects we could explore in a group setting.

Thanks again for sharing your knowledge with us. Your time has been invaluable to us in many ways and we hope to learn more from you in the future.

Yours sincerely,

Sophie and Leann.