



# Welcome to our September Newsletter!

## Independence Skills Focus

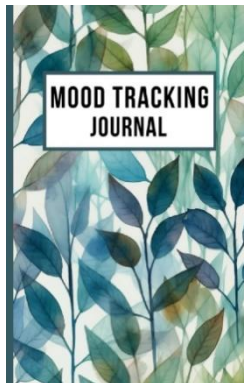
## Self Care

This month we have encouraged our students to try to be more independent in managing their self-care by focusing on goal setting, physical health, personal hygiene and diet.

Each of our students will receive a mood and wellness tracking diary to help stay on target with their self care.



## ***Have you been working on your Skills?***





# Macmillan Coffee Morning



A big **thank you** to all our students and families who attended our Macmillan Coffee Morning, and for your generous donations to support this special cause. It was lovely to see so many of you in our new BTGM space and we hope you enjoyed it as much as we did!

We are really pleased to have raised over £50 so far to support people living with cancer. If you would like to make a donation you can still do so by scanning the QR code below or visiting:

<https://coffeefundraising.macmillan.org.uk/fundraising/cm23030126>



# BTGM

## Parent/Carer Questionnaire

Thank you to everyone who has returned their questionnaire. For those who haven't, we would be very grateful for your support with this.



Receiving feedback is really helpful so we know what we are doing well, and can work on areas that may have room for improvement.

The questionnaire can be completed confidentially if you wish. If you have any questions about the questionnaire, or need a new one, please speak with your Transition Coordinator.





# Upcoming Dates

## October Half Term

(BTGM open as normal but some activities/times may be different)

**27<sup>th</sup> October – 6<sup>th</sup> November 2023**

## Halloween

**31<sup>st</sup> October 2023**

## Bonfire Night

**5<sup>th</sup> November 2023**

## BTGM Christmas Closure

**22<sup>nd</sup> December 2023 – 1<sup>st</sup> January 2024**



**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**

## Mental health & Wellbeing

**CALM** is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason. If you need support, you can call CALM on 0800 585858 (daily from 17.00 to midnight)

Our **Bridge the Gap Malvern website** contains helpful mental health and wellbeing resources for students and families.

Visit us at **[www.bridgethegapmalvern.com](http://www.bridgethegapmalvern.com)** to find out more.