



From all the team here at Bridge the Gap Malvern, we would like to wish you and your loved ones a very **Merry Christmas** and a **Happy New Year**. We are incredibly proud of your achievements, and look forward to seeing what 2024 will

A photograph of a decorated Christmas tree standing against a plain white wall. The tree is adorned with gold and blue ornaments, a gold star on top, and a gold garland. At its base are several wrapped gifts in red and white striped paper, tied with red ribbons. A small, wrapped gift is also visible on the floor to the right of the tree.

Our last day will be Thursday 21st December. Transition Coordinators will be in touch with their students when they return, from Tuesday 2nd January 2024.



2023-24



Christmas Activities

Christmas Wordsearch

There are 14 hidden words here, can you find them?

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

Words to Find

Angel

Baby

Bethlehem

Cattle

Donkey

Jesus

Joseph

Manger

Mary

Nativity

Present

Shepherd

Stable

Star

Christmas Activities

Spot the Difference



There are **5** subtle differences in these Christmas scenes. Are you able to spot them all?

Please let us know how you got on with these festive activities!

Mental Health & Wellbeing

Mental Health Support

24 hour **urgent mental health helpline** is available to anyone needing urgent mental health support. It's free to call and open 24 hours a day to people of all ages – call **0808 196 9127**.

Worcestershire Safe Haven provides telephone support and face-to face appointments to Worcestershire residents who are experiencing a **mental health crisis**. Call **01905 600 400** any day of the week between 18.00 to midnight for support and signposting.

Call **116 123** to talk to **Samaritans**



COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.

 0300 123 3393 Helpline mind.org.uk	 Text SHOUT to 85258 24/7 text service giveusashout.org	 116 123 24/7 helpline samaritans.org
 Text YM to 85258 24/7 text service youngminds.org.uk	 0800 58 58 58 Helpline for men thecalzone.net	 0800 068 4141 Under 35s Helpline papyrus-uk.org

Holiday Self-Care Tips

 Make space for messy feelings like grief.	 Learn to say no without feeling guilty.
 Create your own holiday traditions.	 Keep your stress levels in check. It's okay to step back or delegate.
 Set realistic expectations for yourself and the holiday.	 Make a plan and try to stick to it. Organization is key.
 Keep your self-care routine or begin a new one.	 Give yourself permission to let it be a normal day.

BlessingManifesting



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

Visit us at **www.bridgethegapmalvern.com** to find out more.