



Welcome to our January Newsletter!

Spring Term 2024



Skills Builder

Progressing in essential skills

2023-24

Have you been working on your Skills?



Independence Skills Focus - Socialising

We are trying to encourage our students to step outside their comfort zones and try something new.

We have introduced a BTGM Social Group here at the Centre every Wednesday afternoon between 13.00 – 15.00. Our Transition Coordinators run these relaxed sessions and plan exciting activities such as crafting, gaming and cooking.



If you would like to come along to one of our sessions, please let your Transition Coordinator know.

Healthy changes start with **small** changes. Whether you want to get more active or make healthier food choices, **Better Health** includes lots of free tools and support.

The **How Are You** Quiz asks a series of easy-to-answer questions to get you thinking about how you really are, across topics including physical activity, diet, alcohol and smoking.

At the end of the quiz, you will receive a **health score** and personalised **advice** and **support** to make lifestyle changes that could help benefit your health and wellbeing.



The **Food Scanner** app is a great tool to help make **healthier food choices**.



Just scan the barcodes of your favourite foods, swipe to see the healthier options available, and see if you can make a better swap. The app will also tell you whether sugar, salt and fat contents.

The **Active 10** app anonymously records every minute of walking you do. Just pop your phone in your pocket and away you go.

The app tracks your steps, helps you **set goals**, shows you your **achievements** and gives you tips to boost your activity.

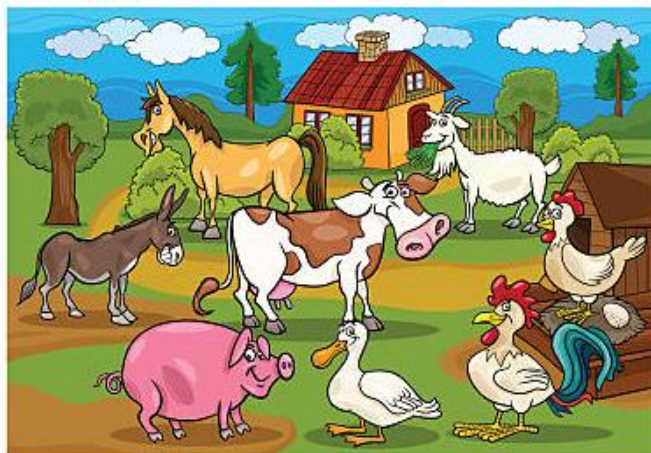


TC Challenges

Our Transition Coordinators have set some **challenges** for our students and families to complete. We hope you enjoy them and maybe learn something new!

Emily's Challenge – Spot the Difference

I challenge all students to try and spot the 10 differences in these pictures. Let us know how you got on!



Caroline's Challenge – Pancakes







I challenge all students to take part in Pancake Day (Tuesday 13th February) and make some pancakes. If you would like us to provide ingredients, please let us know.

Make sure to send us your photos!

Steph's Challenge – Dingbats Puzzle

I challenge all students to try and complete the following puzzle. See if you can use the pictures and words to work out the phrases.

1 Get it Get it Get it Get it	2 	3 Somewhere 	4 DOOR
5 	6 Blood Water	7 Beeeeeee	8 CANCELED
9 once 	10 Egg Egg HAM	11 Try Stand 2	12 TOWN

Mental Health & Wellbeing

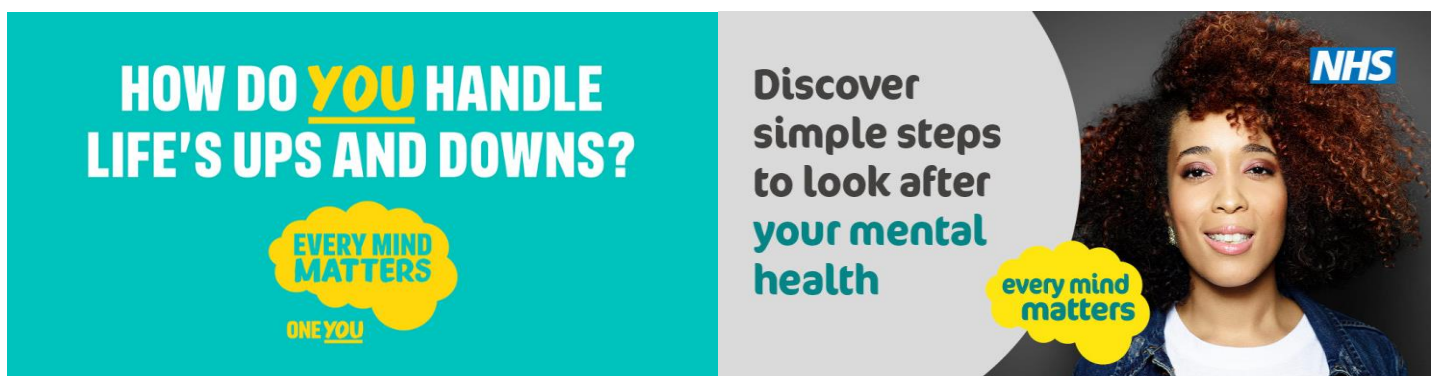
**every mind
matters**

Mental health is essential for living **happy** and **healthy** lives. Knowing what steps to take to support our mental wellbeing can help us sleep better, feel better, do the things we want to do and have more positive relationships. It can also help us deal with difficult times.

Every Mind Matters is a campaign run by NHS England. The website features **resources** and **advice** for those facing mental health problems. The aim of Every Mind Matters is to give people the **skills** and **confidence** to support their mental health.

There's lots of things we can do to look after our mental wellbeing, and taking any time we can for self-care is very important.

To find out more, visit <https://www.nhs.uk/every-mind-matters>



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.