The Red Nose Day logo, featuring the words "RED NOSE DAY" in bold, black, sans-serif capital letters. A large, bright red nose is positioned over the word "NOSE". The entire logo is set against a white circular background, which is itself on an orange square.

Spring Term 2024



Skills Builder

2023-24

Have you been working on your Skills?



Red Nose Day

This month we would like to show our support for Red Nose Day. Each student will receive a red nose from us; these have already been paid for, and the proceeds will go towards Comic Relief.

If you would like to take part,
please send us some red nose
selfies!



Red Nose Day

Friday 15th March 2024



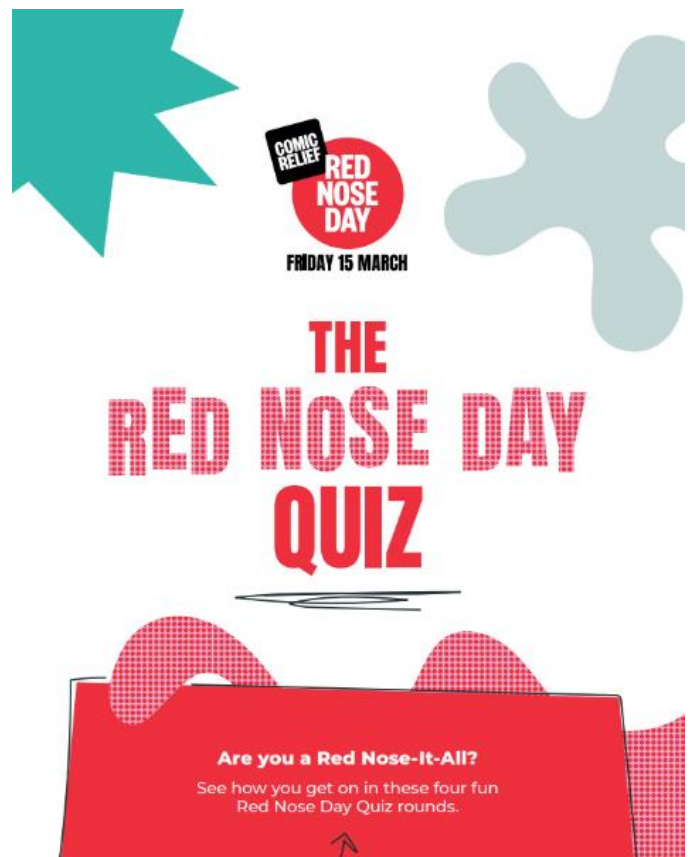
Red Nose Day is an annual fundraising campaign created by Comic Relief to end child poverty throughout the world. The organisation funds programs which help keep children safe and healthy, whilst providing them with support and education. Fundraising events are held throughout the day on Red Nose Day to raise as much money as possible.

Red Nose Day uses the power of comedy and entertainment to bring people together to have fun and, of course, raise money for the children who need it most.

Transition Coordinator Challenge

Along with your red nose, you will also receive a fun quiz to test your knowledge and show your support for Red Nose Day.

We hope you enjoy this challenge, please let us know how you got on!



Local Activities & Events

Worcester Jobs Fair

Friday 12th April, 10.00 – 13.00

Job Fairs are a great way to find out about local opportunities for work experience and employment.

If you are interested in attending, please speak with your Transition Coordinator who can arrange tickets.



Sky Autism Support

Sky Autism Support has now helped over 100 families in the Malvern and Upton areas. Their aim is to help autistic people and their families by offering support such as signposting, facilitating social opportunities, and encouraging interest.



The Monday Night Club

The Monday Night Club provides social and recreational activities for people with learning disabilities and/or autism. Their aim is to improve health and well-being.

They host activities such as discos, karaoke evenings, talent shows and games, to name a few.



If you are interested or would like to find out more information about these events, you can speak with your Transition Coordinator who would be happy to arrange something for you.

Mental Health & Wellbeing



The Health Benefits of Laughter

Laughter is more than something that just feels good in the moment. It can have many physical, mental and social benefits, such as boosting immunity, lowering stress hormones, and easing anxiety.



Laughter Yoga

Laughter yoga combines laughing exercises with yoga poses and clapping. Overall, the practice is childlike and a bit silly, but it can drastically increase positivity, mood, and energy.

Simple Laughter Yoga at Home

1. Warm up by clapping your hands

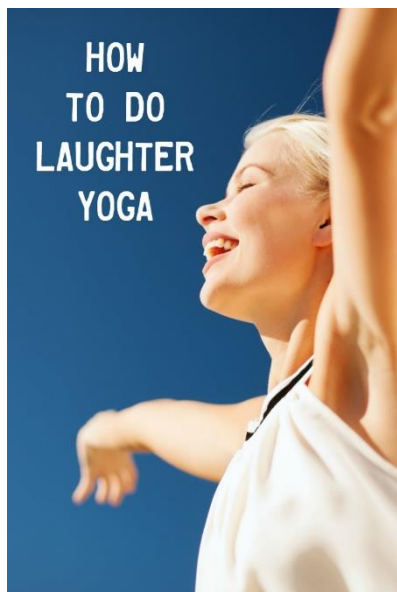
Begin by clapping with your hands parallel. This stimulates the acupressure points on your hands.

2. Do a “lion laughter” exercise

Stick your tongue out fully and keep your mouth open, then roar and laugh from your belly

3. Do playful exercises

Loosen up by trying playful, silly exercises to encourage laughter and joy to motivate yourself to laugh.



Once you have finished your practice, take a moment to reflect on how you are feeling, and if your mood has changed at all!

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.