

Issue 22

B T G M



2024-25



Address: 7 Edith Walk, Malvern, Worcestershire, WR14 4QH



BTGM News and Updates...



Macmillan Coffee Morning 19th September 2024

We thoroughly enjoyed hosting our annual Macmillan Coffee Morning at our Centre in Malvern. We also sent out baking hampers to students, so everyone could join in the fun. A huge thanks to the students, families, staff and visitors who helped us beat last year's total and raised over £60 in aid of Macmillan!

World Mental Health Day 10th October 2024

This year both students and staff acknowledged World Mental Health Day by taking time to have a catch up, enjoying some “yellow” themed foods and taking part in activities such as crafts and games. We ended the day feeling very refreshed, having taken some time for our mental health. This therapeutic day was coordinated by our wonderful Transition Coordinator, Becky!

Winter Glow Various dates throughout December

We are offering all students and families the chance to attend Malvern Winter Glow this year. We have had a fantastic turnout in previous years, and hope this will get you all feeling festive! If you haven't already received your tickets and would like some, please let your Transition Coordinator know.

Student Activities...

Students have been very busy taking part in a range of activities in recent weeks. Some of the highlights include:

- **Playing pool**
- **Work experience at W.A.S Autocentre**
- **Rock climbing at Redpoint Worcester**
- **Work experience at Tewkesbury Nature Reserve**
- **Cooking at home as well as at our BTGM Centre**

We are very happy to see students engaging so well with a range of activities, and we will continue encouraging our students to try new things. If you like the look of some of these activities, have a chat with your Transition Coordinator to see what else could be offered in your provision.





Student Achievements...



Autumn Achievements

We would like to acknowledge the following students for their recent achievements...

AP

For recognising the importance of small steps, and making a really positive start to your learning journey!

AW

For your excellent customer service skills and positive customer feedback!

JH

For your effort to improve motivation and engage with all aspects of your programme!

JW

For your brilliant start at BTGM, showing excellent motivation, attitude and engagement!

OS

For bravely stepping outside of your comfort zone to try a new activity!

You should all be very proud of yourselves! We have seen fantastic achievements from you, and we hope you can continue working towards your goals.



Tips and Advice...



Autumn Motoring Tips

As the weather changes, wet conditions and less daylight can present more dangers when driving. Using the **BLAT** checks below can help to keep your car safe and functioning properly:

Batteries

These can last up to 5 years before performance begins to fail, so remember to check they are topped up/charged.

Lights

A routine check every now and then is a good idea to make sure all your lights work. Remember to test your dipped, main, side, hazard and fog lights, as well as your indicators.

Anti-Freeze

Another regular check is to make sure your expansion tank has antifreeze above the “minimum” mark, and is the correct type for your vehicle.

Tyres

The recommended tread depth in Autumn and Winter is 3mm, so don't risk driving on excessively worn tyres, and remember to check your pressures regularly.

If you don't feel confident to do these checks yourself, places such as Halfords and Kwik Fit will do these for you free of charge, as well as checking your wiper blades and screen wash levels. Lastly, it is always a good idea to carry a waterproof coat and a fleece in the boot, as well as your usual spares, just in case!



Autumn and Winter can be difficult, with many of us suffering from Seasonal Affective Disorder (SAD). SAD is a type of depression that occurs during certain seasons of the year, and is thought to be triggered by shorter days and less daylight. This might make us feel the need to sleep for longer or find it difficult to do things we normally enjoy.

- **Look after your physical health** by doing regular physical activity during the winter. Physical activity can be very effective in lifting mood and increasing energy levels. It doesn't have to be anything too strenuous. Eating well, getting enough Vitamin D, getting good quality sleep, looking after your hygiene and staying in a routine can all be helpful for your mood during the winter.
- **Make the most of natural light** by going for walks, spending time in parks or gardens, or simply sitting near a window.
- **Plan times to relax**, particularly if winter can be a busy time for you. It is okay to take time for yourself if you feel you need to.
- **Talk to someone.** It might help to share how you're feeling. Talking to someone who understands us and listens to us can be beneficial to our mood and help validate our feelings.

Visit us at www.bridgethegapmalvern.com for more information, help and resources



Upcoming Dates...

Diwali

29th October – 3rd November 2024

Halloween

31st October 2024

Bonfire Night

5th November 2024

Remembrance Sunday

10th November 2024



BTGM Christmas Jumper Day

12th December 2024



BTGM Christmas Closure

23rd December 2024 – 1st January 2025



Christmas Day

25th December 2024

Hanukkah

25th December 2024 – 2nd January 2025



Boxing Day

26th December 2024

New Years Day

1st January 2025



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