

B T G M Newsletter

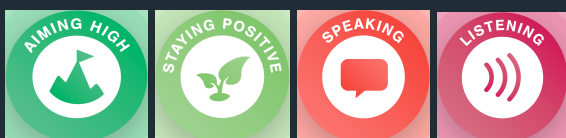
Nurture Work Experience Life Skills Support Positive Relationships Personal Development
Values Aiming High Trying new things Knowledge Communication
Values Personal Development Experience Independence
Skills Bridge the Gap Malvern Progression Communication Trying new things
Skills Knowledge Self Awareness Support Aiming High Volunteering
Fun Progression Staying Positive Self Awareness Preparation for adulthood
Fun Volunteering Preparation for adulthood

Welcome to our January newsletter

Happy New Year 2023



*Have you been working
on your Skills?*



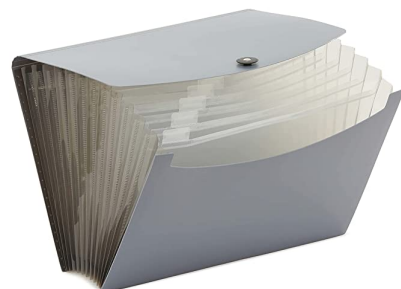
Independence Skills Focus

Self Organisation - Important Documents

As you become more independent and begin to take more responsibility for yourself and your possessions it is important that you look after any important documents carefully. We are providing every student with a **document wallet** and some support to start you off with organising it.

You should include documents like:

- Evidence of National Insurance number
- Medical information
 - Evidence of NHS number
 - Letters (GP or hospital)
- Bank information
 - Account set up letter(s)
 - Statements
- Certificates for all qualifications
- References
- Application forms/letters/copy of CV



Parent Mental Health Day

27th January

#BuildFamilyResilience

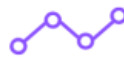
Resilience is the **positive** way in which we **adapt to challenges** we face.

It is more than 'bouncing back' when knocked down, it is the ability to adapt to hardship and to build a **reservoir of protective factors** to counterbalance any risks we might face.

Resilience building not only applies to the individual it also applies to families, relationships and the wider world, including schools and other communities.

HOW TO BUILD RESILIENCE

Embrace change



Focus on what you can control



Keep things in perspective



Minimize catastrophizing



Don't dwell on negative thinking



Take action & be proactive



Establish a support network



Remain hopeful



Practice gratitude



Ask for & accept help



Manage emotions healthily



Know your strengths



Learn from your experiences



Practice self-care



Set goals



Have a sense of humor



Believe in yourself



Keep it up!



HOPEFULPANDA.COM

STEM4 WEBINARS FOR PARENTS AND CARERS

#BUILDFAMILYRESILIENCE
LOOKING AFTER PARENT
AND CARER MENTAL
HEALTH

Thursday 26th January
7pm via Zoom

stem4's webinar will focus on how parents and carers can successfully adapt to challenging life situations, and deal with their own stress and anxiety, while navigating their family through difficult times. Speakers will explore how resilience can be built with a minimal negative impact on either the parents and carers or their children and young people.



PARENT MENTAL
HEALTH DAY
27th January

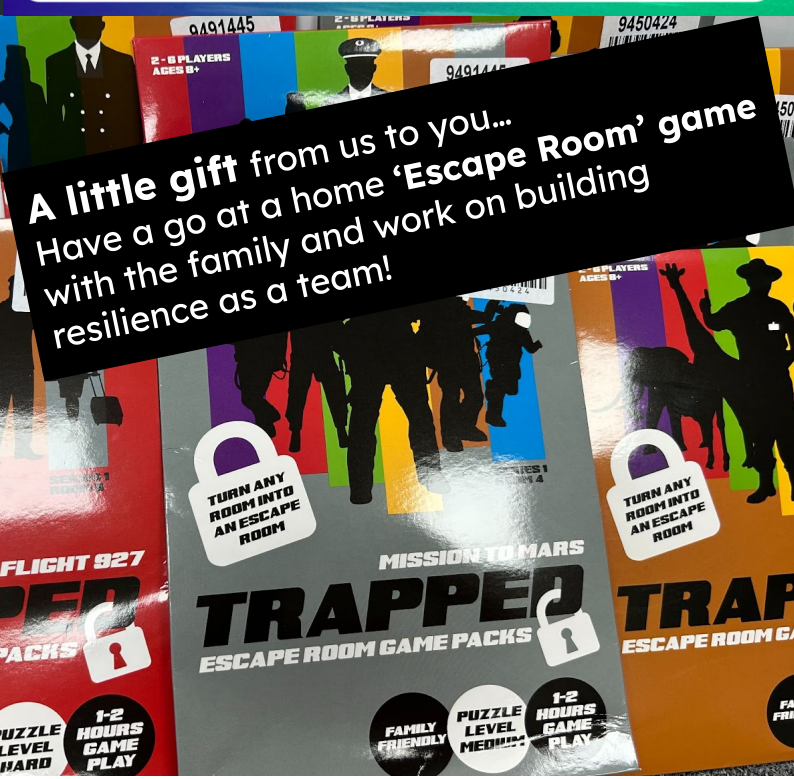
To register for the webinar please click on the link below:

https://bit.ly/stem4webinars_PMHD2023

stem4

supporting teenage mental health
registered charity NO.1144506

<https://stem4.org.uk/parentmentalhealthday/>



Activities & Advice

We encourage students to consider Therapeutic Support

Art Therapy

ART THERAPY	ART CLASS
→ facilitated by a professionally trained ART THERAPIST	→ facilitated by a skilled art TEACHER or INSTRUCTOR
→ involves a therapeutic RELATIONSHIP	→ involves a STUDENT -teacher relationship
→ takes place in a safe and CONFIDENTIAL space.	→ takes place in a CLASSROOM or STUDIO space
→ main goal is SELF EXPRESSION	→ main goal is to learn how to MAKE SOMETHING
→ art supplies are used as TOOLS for self expression	→ art supplies are used in specific ways to accomplish the TASK
→ there's NO right or wrong way to make things or to use art materials	→ there may be a CERTAIN recommended technique or a RIGHT way to do things.
→ the focus is usually on the creative PROCESS	→ the focus is usually on the final art PRODUCT
→ artwork is seen as a REFLECTION or extension of its creator. It is used for COMMUNICATION	→ artwork is evaluated for its formal qualities based on the elements and principles of DESIGN

Copyright © Art as Therapy 2017

Music Therapy

Music therapy helps:

-  Develop confidence
-  Communicate without the need for words
-  Be expressive and creative
-  Improve coordination and breathing



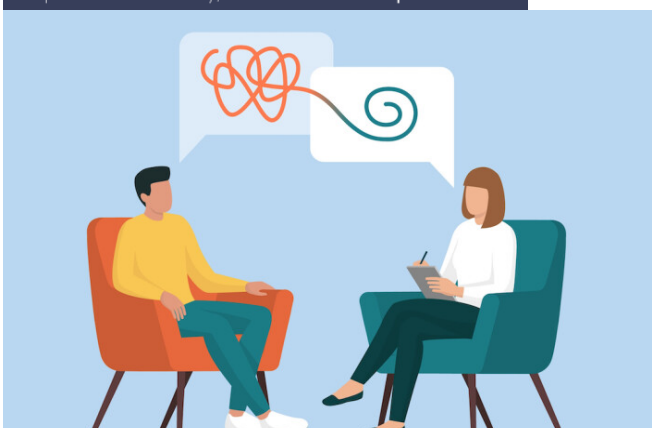
MUSIC
THERAPY WORKS

SaLT & Counselling

 www.mabletherapy.com

Speech therapy & counselling for young people

Sometimes children and young people need a little help and that's okay, we're here to help.



Some information regarding recent concerns about Strep A infections

Is it Strep A?

Look for the rash

It has a 'sandpaper' texture. On pale skin it may appear red and have a rough texture. On dark skin it may not appear red, but it will have a rough texture.



Look at the tongue

Bright red with white coating, known as 'strawberry tongue'



Other symptoms may include:

- Temperature
- Headache
- Body aches
- Feeling sick
- Flushed red cheeks
- Dehydration

It can be difficult to tell the difference between 'Strep A' (invasive Group A strep iGAS) and other infections, such as strep throat and impetigo.

The bacteria that causes these infections can usually be treated with prescribed antibiotics.

Your GP may suggest a phone consultation to avoid spreading the infection.

Call 999 or go to A&E if your child is having difficulty breathing

Upcoming Dates

Chinese New Year

- Sun 22nd Jan

Burns Night

- Wed 25th Jan

National Apprenticeship Week

- Mon 6th - 11th Feb



MENTAL HEALTH IS... ISN'T...

- Important
 - Something everyone has
 - Intrinsically linked to (+ probably inseparable from) physical health
 - On a continuum
 - Worth making time for
 - Part of being human
 - Something we need to look after
 - Positive + Negative
 - Changeable
 - Complex
 - Real
- A sign of weakness
 - Shameful
 - All in your mind
 - Always something negative
 - Something you decide to have
 - Something to think about only when it feels broken
 - An interchangeable term with mental illness
 - Feeling good all the time
 - Something you can snap out of
 - Fixed
 - Fake news



Mental Health and Wellbeing



Your online mental wellbeing community for everyone aged 11 - 24. <https://www.kooth.com/>



Free, safe and anonymous mental wellbeing support for adults across the UK <https://www.qwell.io/>



0300 304 7000

We're here from 4pm to 10pm every day of the year

www.sane.org.uk

