



World book day

Every student received a book or magazine from us for world book day. We hope you enjoyed them!



Easter

Monday 03rd April –
Wednesday 05th April

Centre closed to Students

Thursday 6th April –
Tuesday 11th April

Easter closure

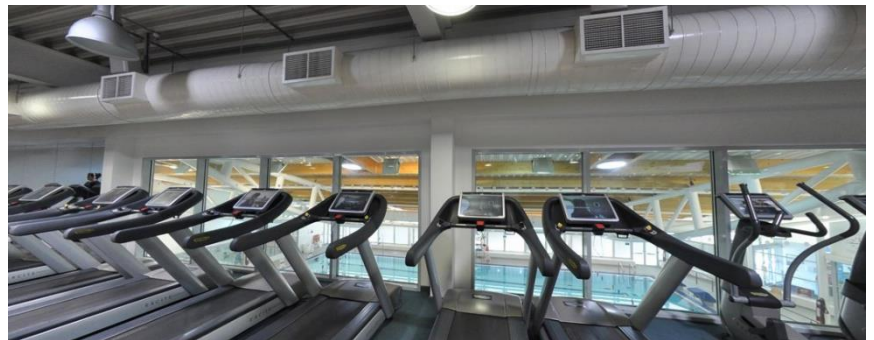
Wednesday 12th April
Reopen to students



Activities

Health and Wellbeing

Many of our students have been working on their physical health in the last couple of weeks. Some students have joined gyms while others are going on regular walks, or doing physical activities like golf. We also have more and more students cooking for themselves at home, and some even cooking for their families too. If you would like to try any form of exercise, please speak to your TC.



Work Experience



Upcoming Dates

Siblings Day = 10th April



Autism Awareness Day = 2nd April



Earth Day = 22nd April



Mental Health & Wellbeing

Accessing urgent mental health support



If you need urgent mental health support this **bank holiday**, contact the Herefordshire and Worcestershire **Urgent Mental Health Helpline**.



Your health matters
Help us help you

0808 196 9127

“

There is hope,
even when your
brain tells you
there isn't.

JOHN GREEN

Worcestershire Safe Haven

Provides telephone support and face to face appointments to Worcestershire residents who are experiencing mental health crisis. Offering a listening ear, support and signposting information we help individuals manage the difficult times. Call **01905 600400** any day of the week **between 6pm and midnight**.