

Welcome to our March newsletter!

Spring Term 2023





Have you been working on your Skills?









Independence Skills Focus Goal Setting and Planning

Sometimes actively **setting some goals** (long term, or even just for that day), and planning how we will achieve them, helps with **motivation** and helps us recognize our **accomplishments**.

Some students have started using planners to help them set themselves goals and plan their days. If you would like us to provide you with a planner to try please speak to your TC we have plenty available.

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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



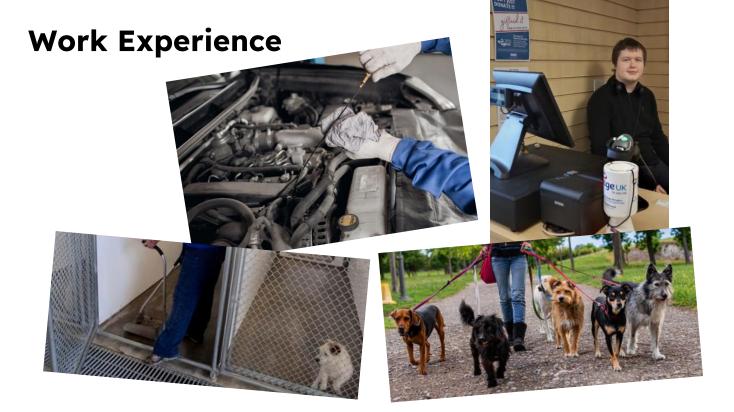


Many of our students have been working on their physical health in the last couple of weeks. Some students have joined gyms while others are going on regular walks, or doing physical activities like golf. We also have more and more students cooking for themselves at home, and some even cooking for their families too.

If you would like to try any form of exercise, please speak to your TC.







Upcoming Dates

Siblings Day = 10th April



Autism Awareness Day = 2nd April



Earth Day = 22nd April



Accessing urgent mental health support

NHS

Mental Health & Wellbeing

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

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**.