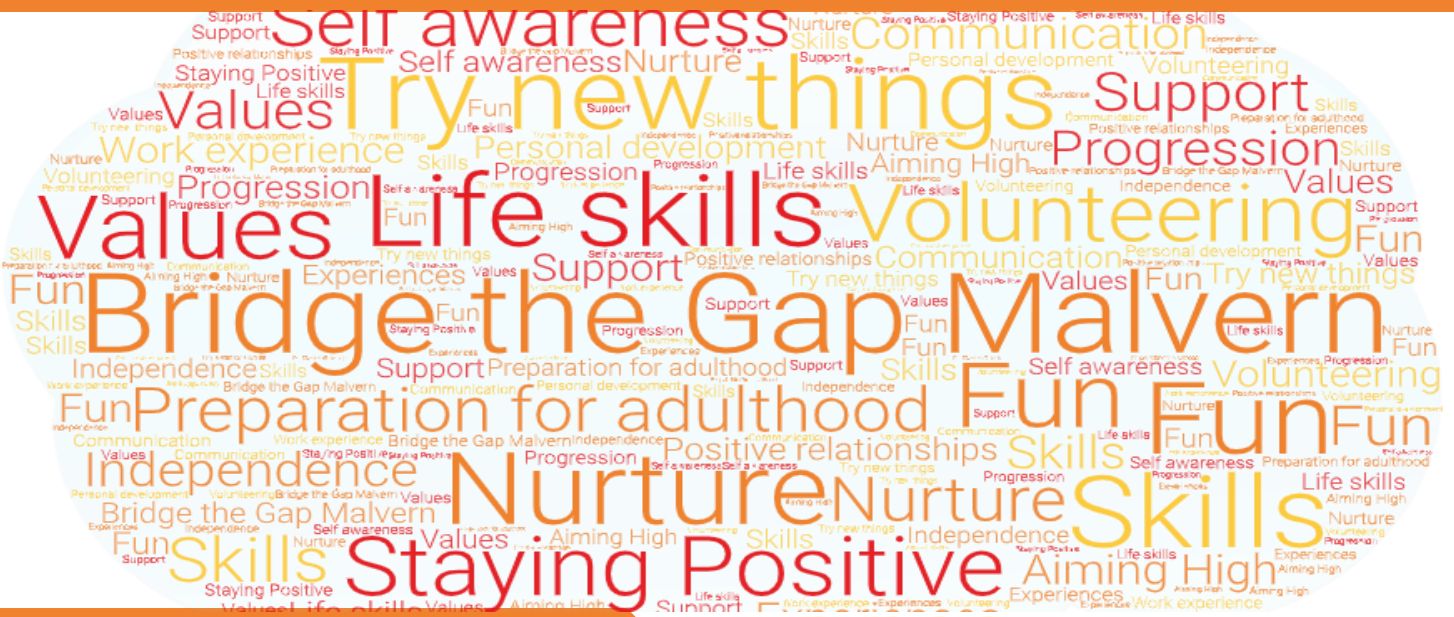




# Newsletter



Welcome to our  
April/May Newsletter!

## Independence Skills Focus

### Independent travel

Independent travel is very important to help encourage your **confidence, self-esteem** and **independence**.

Some of our students have been focusing on independent travel by applying for provisional driving licenses, taking driving lessons and using public transport such as taxis.

If you would like more support with independent travel then please speak to your Transition Coordinator.

### Summer Term 2023



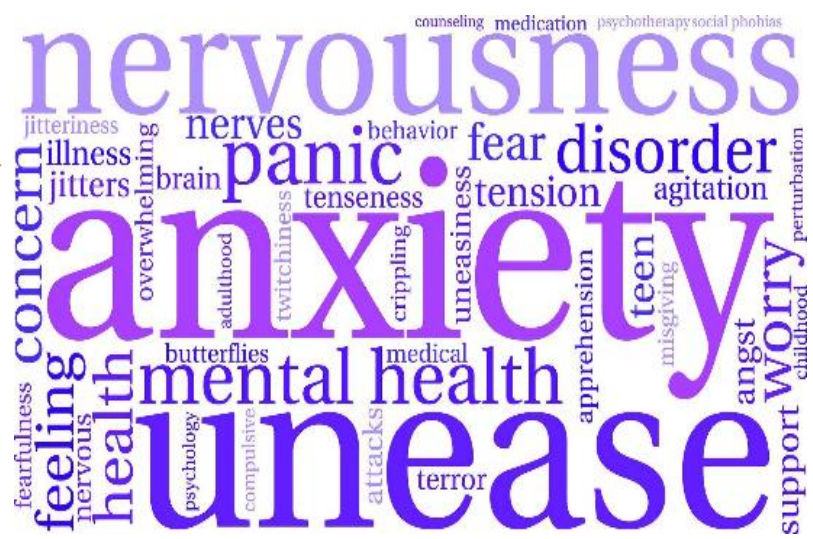
**4** Skills Builder  
Progressing in essential skills  
2022-23

*Have you been working on your Skills?*



# Mental Health Awareness Week

At BTGM, we encourage our students to take up activities which are good for our mental health and wellbeing. Recently we have set up **gym memberships**, **baked biscuits** for a Coronation party, and have been on walks around **St Ann's Well** and **Harvington Hall**. Why not speak to your Transition Coordinator to see what new activities you could try to promote a healthy lifestyle?



## Anxiety is the theme of Mental Health Awareness Week 2023

### Coping with Anxiety

Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings, such as:

- **Meditation**
- **Eating a healthy diet**
- **Quality sleep and rest**
- **Regular exercise**
- **Spending time in nature**
- **Talking about how we feel**



# Activities

## Activities at BTGM

Our students have been very busy enjoying a number of activities, including:

- A beach trip to Brean
- Visiting animals at the Cob House Country Park
  - Work Experience at Hayloft Pet Services
  - A walk up the Malvern Hills to St Ann's Well
- Recording music at the Old Smithy Recording Studios
  - Baking for a Coronation party
- A guided tour of Harvington Hall



# Upcoming Dates

**Spring Bank Holiday**  
29<sup>th</sup> May 2023

**World Ocean Day**  
8<sup>th</sup> June 2023

**Royal Three Counties Show**  
16<sup>th</sup> June 2023

**Father's Day**  
18<sup>th</sup> June 2023



# Mental Health & Wellbeing

**Young Minds** are a charity who offer support and advice for young people dealing with mental health issues. They have practical tips and advice from young people, as well as information on where to get support.

## MY SELF-CARE TODAY

I Feel...

I Need to...

Overwhelmed

Take a break

Stressed

Focus on relaxation

Anxious

Practice my coping skills

Sad

Be loving toward myself

Angry

Find a positive outlet

Drained

Rest (mind, body soul)

Broken

Practice (self)compassion

Upset

Find love & support

**YOUNG MINDS**

[www.youngminds.org.uk](http://www.youngminds.org.uk)