

# B T G M Newsletter

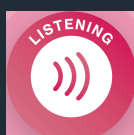
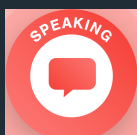
Nurture Work Experience Life Skills Support Positive Relationships Personal Development Values Aiming High Bridge the Gap Malvern Progression Skills Knowledge Self Awareness Support Aiming High Fun Progression Staying Positive Independence Preparation for adulthood Volunteering Nurture Staying Positive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

Welcome  
to our December  
newsletter

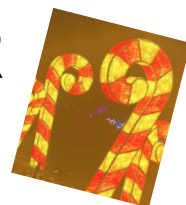
Merry Christmas and  
Happy New Year!



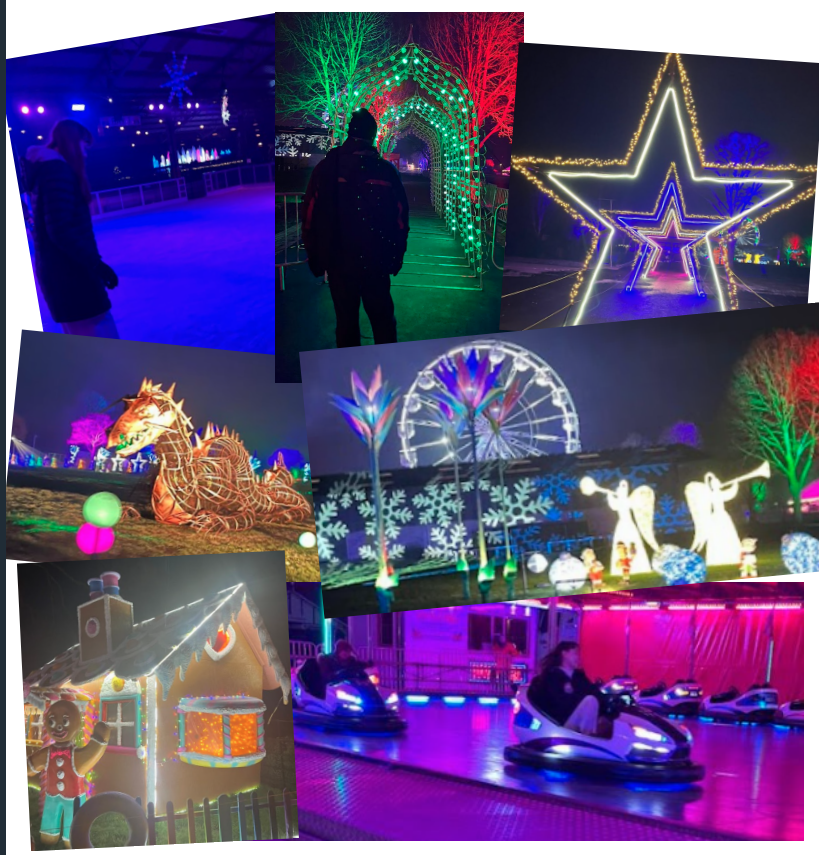
*Have you been working  
on your Skills?*



**WINTER  
GLOW**



Everyone who attended Winter Glow had a lovely time and the students were delightful company. They all enjoyed the light trail, the students showed their competitive side on the dodgems, and some people tried new activities for the first time!



# Cost of living Support - Food

## **Food banks**

### **Worcester foodbank**

7 Lowesmoor Wharf

#### **Opening times**

Mon 11.00 - 14.00

Tue 11.00 - 14.00

Wed 11.00 - 14.00

Thu Closed

Fri 11.00 - 14.00

Sat Closed

Sun Closed

### **Malvern Hills**

Spring Lane

#### **Opening times**

Mon 10.15 - 12.45

Tue 13.00 - 15.30

Wed Closed

Thu 10.15

Fri Closed

Sat Closed

Sun Closed

### **Droitwich Spa Baptist Church**

#### **Opening times**

Mon Closed

Tue 12.30 - 14.30

Wed Closed

Thu Closed

Fri 14.00 - 16.00

Sat Closed

Sun Closed

### **The Lyttelton Well**

#### **Opening times**

Mon 10.00 - 16.00

Tue 10.00 - 16.00

Wed 10.00 - 16.00

Thu 10.00 - 16.00

Fri 10.00 - 16.00

Sat 10.00 - 16.00

Sun Closed

### **St Andrews - Pershore**

Church Walk

#### **Opening times**

Mon Closed

Tue 11.00 - 13.00

Wed Closed

Thu Closed

Fri 13.00 - 15.00

Sat Closed

Sun Closed

### **Upton Baptist Church**

#### **Opening times**

Mon 10.00 - 13.00

Tue 10.00 - 13.00

Wed 10.00 - 13.00

Thu 10.00 - 13.00

Fri 10.00 - 13.00

Sat Closed

Sun Closed

## **Droitwich pantry**

At Droitwich Baptist Church, WR9 8DE

Open to all, to save food from being wasted - **no referral needed**

**Wednesdays on a time slot basis, and every Sunday evening at 6pm**  
**Link to book a timeslot is released on the Facebook page**



# Further Cost of Living Support

## Warm Hubs

Worcester Community Trust hubs are open as 'Warm Hubs' in the city to help people keep warm this winter.

Chief executive Jon Newey says "Our 'Warm Hubs' will provide a comfortable and heated space for people during the colder months. People are invited to use our community hub open spaces to sit, relax, work, chat and meet. They can **grab a free hot drink, enjoy the heating, charge their phone and use the Wi-Fi.**



### Warndon Hub

Shap Drive, WR4 9NX

- Mon 9.30am-4pm
- Tues 9.30am-4pm
- Wed 9.30am-4pm
- Thurs 9.30am-4pm

### Horizon Hub

Midland Road, WR5 1DS

- Mon 9.30am-2.30pm
- Tues 9.30am-2.30pm
- Wed 9.30am-2.30pm
- Thurs 9.30am-2.30pm

### Tolly Hub

Rowan Avenue, WR4 9QW

- Mon 9.30am-4pm
- Tues 9.30am-4pm
- Wed 9.30am-4pm
- Thurs 9.30am-4pm
- Fri 9.30am-4pm

### Ronkswood Hub

Canterbury Road, WR5 1PJ

- Mon 9.30am-4pm
- Tues 9.30am-4pm
- Wed 9.30am-4pm
- Thurs 9.30am-4pm

### The Green Hub

Gresham Road, WR2 5QS

- Mon 9.00am-4pm
- Tues 9.00am-4pm
- Wed 9.00am-3pm
- Thurs 9.00am-3pm

<https://www.worcestercommunitytrust.org.uk/worcester-community-trust-hubs-are-open-as-warm-hubs-in-the-city-to-help-people-keep-warm-this-winter/>

## Help for Households



Help for Households

Energy saving tips   Energy bills   Household costs   Childcare costs   Income support   Transport costs

See what support is available to help with the cost of living and find out how to save money with our energy saving tips.

<https://helpforhouseholds.campaign.gov.uk/>





# Upcoming Dates

**BTGM Christmas shut down**  
Friday 23rd Dec to Tuesday 3rd Jan inclusive  
Transition Coordinators will be  
**back in touch Wed 4th Jan**



To help you  
**stay organised  
and punctual,**  
and remember  
appointments  
and important  
dates try using  
a **calendar or  
diary.**



**Independence  
Skills Focus  
'Organisation'**



# Mental Health and Wellbeing

[www.healthyminds.whct.nhs.uk](http://www.healthyminds.whct.nhs.uk)  
[www.camhs.hacw.nhs.uk](http://www.camhs.hacw.nhs.uk)

**Whatever  
you're facing  
We're here  
to listen**

Call free day or night on  
**116 123**  
Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**



[samaritans.org](http://samaritans.org)

## TIPS FOR A GOOD MENTAL HEALTH



**Eat Healthy**



**Exercise**



**Enough Sleep**



**Keep Connect  
To People**



**Meditation**



**Talk With Friends**



**Be Positive**