



Welcome to our June Newsletter!

Independence Skills Focus

Movement

Physical activity is known to support both physical and mental health.

Increasing the amount we move does not need to mean taking up an organised sport. It can be as simple as making an effort to spend less time sitting down and more time up and moving.

This month, our students have been moving more by **going for walks**, **joining gyms**, and **getting outside** to enjoy the lovely weather.



Have you been working on your Skills?



Staying Safe During Summer

As **Summer** approaches, we look forward to enjoying more time outdoors. There are some simple things we can all do to **stay safe** throughout summer as we enjoy the longer days and better weather.

From us, to you

This month, each student will receive a water bottle to help stay hydrated and keep track of their daily water intake.



Tips and Advice

Enjoying Food

Summer is a great time to enjoy a BBQ with family and friends. Follow these tips to avoid food poisoning:

- Make sure meat is not left outside of the fridge for long periods
- Cook food thoroughly
- Wash hands before preparing food and after handling raw meat and before eating

Coping in a Heatwave

- Try to keep out of the sun between 11am to 3pm, when it's strongest
- Drink plenty of fluids (not alcohol!)
- Staying in the shade, applying sunscreen regularly and covering up with a t shirt that covers your shoulders can protect you from burning
- It is a good idea to wear a wide brimmed hat while outside on sunny days

Preventing Insect Bites

Covering exposed skin and applying insect repellent can help you avoid bites.



Royal Three Counties Show

Friday 16th June
2023



Some of our students recently attended the **Royal Three Counties Show**, which was packed with entertainment and unique experiences. Our students chose activities such as visiting animals, enjoying tasty food and listening to live music from a rock choir.

Despite very warm weather, both students and staff enjoyed a wonderful day out.



Mental Health & Wellbeing



Positive Thoughts @ Malvern Cube

Positive Thoughts (Malvern Mental Health Support Group) is a small local charity which holds a regular Friday drop-in between 12.30 and 3pm at The Cube in Albert Road North.

They are a user-led group who come together to support one another by listening and showing empathy. They share information and, if necessary, help to signpost people to an appropriate support agent. One of their objectives is also to promote mental health and to help de-stigmatize mental illness.

For more information visit: <https://www.malverncube.com/positive-thoughts>



IT'S COOL TO
TALK ABOUT
MENTAL
HEALTH



Our **Bridge the Gap Malvern website** contains helpful mental health and wellbeing resources for students and families. Visit us at www.bridgethegapmalvern.com to find out more.