

B T G M Newsletter

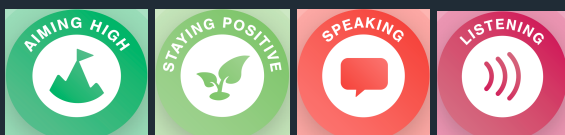
Nurture Work Experience Life Skills Support Positive Relationships Personal Development Values Aiming High Bridge the Gap Malvern Skills Knowledge Progression Self Awareness Support Aiming High Fun Progression Staying Positive Independence Preparation for adulthood Volunteering Nurture

Welcome to our November newsletter

Autumn 2022



Have you been working on your Skills?



Independence Skills Focus



Managing Time - Sleep

During puberty, into 20s, there is rapid development of both the body and brain. This means it is important to get plenty of sleep, and **develop a healthy sleep pattern.**

Sleep deprivation, and irregular sleep, can make you ill.

Sleep is affected by the body's exposure to **a cycle of light and dark.** Blue light (from all types of electronic screens) can wake the brain up and make it difficult to fall asleep.

TIPS FOR HEALTHY SLEEP

NO



YES



Winter Glow Trip



A Christmassy chance to socialise!

On Monday 19th December the BTGM team have agreed to work into the evening to take students to Winter Glow at the Three Counties Showground in Malvern.

They will be walking the Light Trail and enjoying the festive atmosphere of the Christmas market, most likely sampling some treats from the stalls.

Everyone attending will need to wrap up warm!



Activities & Plans

Cooking and Baking

We have lots of talented cooks and bakers amongst our wonderful students and we have seen all sorts of delicious creations.



Work Experience, Work Experience, Work Experience

We encourage every student to consider what work they might enjoy. Several different types of workplaces have been visited and we now have 3 students with arranged placements and several more considering their options.

We are very proud of you all and hope you enjoy the opportunities you have decided to embrace. Well done!

Driving - Theory Tests



With several students learning to drive there has been theory test fever.

We have been so impressed with the resilience of students who have needed to take the test more than once (as most people do) and now the passes have begun to come.

CONGRATULATIONS!

Next, on to passing the practical test...

Upcoming Dates

BTGM Winter Glow Trip

- Mon 19th Dec



National Christmas Jumper Day

- Thurs 8th Dec



International Human Rights Day (AND Animal Rights Day too!)

- Sat 10th Dec



OUR PLANET.
THEIRS TOO.



BTGM Christmas shut down

- Fri 23rd Dec to Tues 3rd Jan inclusive



- Transition Coordinators will be back in touch Wed 4th Jan

Herefordshire and Worcestershire
Health and Care
NHS Trust

1 in 4 adults experience mental illness.
**it's okay to
not be okay.**

Mental Health and Wellbeing

**NOW
WE'RE
TALKING**
FOR HEALTHY MINDS

www.healthyminds.whct.nhs.uk

www.camhs.hacw.nhs.uk