



Welcome to our Summer Newsletter!

Summer Term 2024

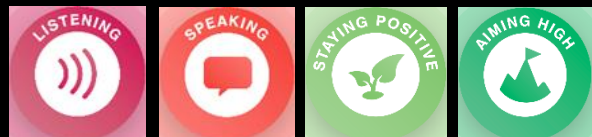


Skills Builder

Progressing in essential skills

2023-24

Have you been working on your Skills?



TC Challenge: Growing Flowers!

Gardening offers many great benefits like:

- Providing physical exercise, fresh air, sunlight, and a connection with nature
- It can reduce stress and anxiety levels
- It's a great way to set goals for yourself, and to nurture something
- It can also help the wildlife in your garden by providing a habitat for them

We will be sending out seeds to grow, and we challenge all students to see if they can get them to produce flowers. Seeds are great as they can be planted in pots, gardens and borders, and are very simple to look after. Please keep us updated on your progress!



Macmillan Coffee Morning



We will be holding our annual Macmillan Coffee Morning on **Thursday 19th September 10.00 – 11.30**. All students, families and visitors are welcome to pop in to our Malvern office to say hi and enjoy some refreshments in aid of Macmillan.

We will be sending out hampers closer to the time, so students can have a go at baking and show off their skills!

BTGM Questionnaires

Receiving feedback is really helpful so that we can recognise what we are doing well, and work on areas that may have room for improvement.

Enclosed are two questionnaires; one for parents and carers to complete, and one for students to complete. We have included a return envelope addressed to our Head of Centre. The questionnaires can be completed confidentially if you wish.

Thank you for your assistance with this.



BTGM Annual Awards

'Work Experience' Awards go to...

AW
CB
LW



We would like to acknowledge the achievements that these students have made this year. We have seen lots of **fantastic progress** from you and hope you can continue working towards your goals!

'Resilience' Awards go to...

JB
ML
OS
SL



'Independence Skills' Award goes to...

AW



'Personal Development' Awards go to...

CF
JH
LW
OS



'Academic Awards' go to...

CB
CF
CJ
CT
LS



'Best Overall Progress' Award goes to...

CF



Upcoming Dates

August Bank Holiday
26th August 2024

BTGM Summer Closure
26th August – 30th August 2024

Macmillan Coffee Morning
19th September 2024



Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

Mental Health & Wellbeing

Weekly Mental Health Checklist

- ☐ Move your body
- ☐ Try something new
- ☐ Go outside, get some fresh air
- ☐ Do something you enjoy
- ☐ Connect with a loved one
- ☐ Be present and breathe

@edasuk.org



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.