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SUMMER Welco

Welcome to our Summer Newsletter!

As we near the end of another successful year at BTGM, we would like to say a huge **thank you** to all our students, families, partners & staff for their hard work this year. We will be saying goodbye to a number of students, and would like to wish them all the best for their bright futures ahead. 



Our Partners



Skills Builder

Progressing in essential skills

2024-26



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BTGM News and Updates...



Staff Updates

We are thrilled to welcome four new Transition Coordinators to the team! **Thea, Steffie, Idris** and **Sarah** will be joining us over the next few weeks. They all have a fantastic range of skills and professional experience, and will be great assets to the team.

We sadly said goodbye to **Caroline**, who retired in July. Caroline's hard work and dedication has had a huge impact on the students she worked with over the years. She will be greatly missed, but we wish her all the best in this exciting new chapter!

Timetable Changes

As of September 2025, BTGM will become a “**term-time provision**”. This means that the centre will be closed during school holidays, and students will either have reduced timetables for independent activities, or a break during the holidays, depending on their preferences.



Student Activities...

TRY NEW
things

Our students have been busy trying lots of new activities! One student explored a potential career path by attending a **blacksmithing course**, some tested their problem-solving skills by taking part in an **escape room**, and others have been making the most of the summer sunshine by walking up the **Malvern Hills** and visiting a **farm park**.

As a reward for the commitment and hard work students had shown this year, we arranged some fun activity days, such as **cinema trips**, **axe-throwing** and **bowling**!



Visit us at www.bridgethegapmalvern.com for more information, help and resources

Transition Coordinator Challenge...

"We challenge all students to complete our 16 Day Activity Challenge!"

We hope these ideas encourage you to use your imagination, get moving, learn new things and step outside your comfort zone this summer. You could do one activity a day, or use it as a bingo challenge for the week - can you complete all 16 activities by Day 7?!

Create	Move	Challenge	Learn
1 Draw a picture of yourself	2 Do 20 star jumps	3 Organise your room	4 Read 10 pages of a new book
5 Write a letter to your future self	6 Make up a dance routine	7 Perform a random act of kindness	8 Watch a video about a subject that interests you
9 Come up with a joke	10 Play a game of charades	11 Try a new food	12 Learn to count to 10 in another language
13 Cook a meal for someone	14 Go for a walk	15 Play a board game*	16 Complete a word search



***To help you out with number 15, we will be gifting each student a "Beat That!" game to play over the summer!**



Tips and Advice...



Water Safety

Enjoying time in or around water can be a fun way to cool off in the summer months, however, this can also be dangerous. To make sure you are staying safe around water, follow these tips:

- Avoid entering unsupervised bodies of water, especially alone. Try to visit places with lifeguards, as they are trained to respond quickly and can provide first aid if needed.
- Don't go too far into the water, and make sure you stay at a safe depth so you can still stand up.
- Don't enter the water quickly, as it can be deceptively cold, which can cause cold water shock.
- If you do get into difficulty in water, try to float on your back, stay calm, and call for help. You should never attempt to rescue someone else in the water, and should instead call the emergency services on 999.



Mental Health and Wellbeing...

HOPELINE247

HOPELINE247 provides a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

Phone Number: 0800 068 4141
Text Message: 88247

HOPELINE247
0800 068 41 41

Kooth

Kooth is a digital platform that offers free, safe and anonymous support for anyone aged 13+ who needs help with their mental health.

Website: www.kooth.com

Samaritans

Samaritans provides 24/7 support for anyone who's struggling to cope or needs someone to listen to them without judgement or pressure.

Phone Number: 116 123

Shout

Shout is a free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

Text Message: Text 'SHOUT' to 85258

Visit us at www.bridgethegapmalvern.com for more information, help and resources

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