THE BOSTIN' BULLETIN NEWSLETTER

LAST MONTH'S BOSTIN ACHIEVENMENTS



BCTC was privileged to attend the wellbeing event at West Midlands Ambulance Service this month. It was wonderful to have Heidi from Lights on Counselling with us, along with being a member of the WMAS team.

It was a pleasure to meet so many people and connect with them. We enjoyed hearing their stories, and we look forward to working together in the future in various capacities.

THANK YOU!

Stourbridge Fires

BCTC wants to express their love and support to those affected by the fires, and extend their gratitude to everyone who has been providing assistance and responding to the situation. We are here to listen whenever you're ready, offering eight fully funded sessions. These sessions can be conducted in person, online, or over the phone.

THIS MONTH'S BOSTIN' BITS



"One Boy, One Backpack, One Powerful Message About Asking for Help"



Meet Blake, a young author with a very important message to share.

Blake wrote The Backpack That Got Too Heavy to help children understand worries and difficult feelings.

A very heavy backpack symbolises the burdens we carry, and, most importantly, it reminds us that we don't have to carry them alone. Through his story, Blake encourages children to talk to someone they trust when they feel overwhelmed. This helps open up conversations about anxiety, emotions, and the importance of asking for support.

It's been wonderful to see Blake turn something that means a great deal to him into a book that can help other children feel heard and understood. Here he is, proudly sharing his book and spreading the message that it's okay to discuss what's on your mind.

Sometimes, the bravest thing we can do is tell someone that our backpack is getting too heavy.

The Backpack That Got Too Heavy — written by Blake https://amzn.eu/d/05I04Kzz