



ARTICLE 12 NEWSLETTER

EDITION
NO. 2

Welcome to the Article 12 newsletter! We are a group of young people who all have lived experience of mental health difficulties and have a passion to change mental health care. We are supported by Barnardo's but also work closely with Oxford Health NHS FT and are actively involved in policy writing, event planning and formal meetings. We've even met the CEO, Javed Khan!

We meet once a month to discuss upcoming opportunities and work on current projects.



CURRENT PROJECTS

WITHIN BUCKINGHAMSHIRE

This month, we have spoken with Diane Statham, who is leading the training on LGBTQ+ for staff within Oxford Health. She and the young people involved are doing their best to ensure that the training is as accurate as possible, and helps staff understand what young people who identify as LGBT want them to know.

We have also been offered the opportunity to return to both the Harlow House garden in High Wycombe and the Sue Nicholls Centre in Aylesbury, to help to tend to the garden. A lot of us were part of redesigning the Sue Nicholls garden last summer, and were delighted with the results, so to be asked to go back was very nice for us all. We look forward to going back to them both in late September.

WITHIN BARNARDO'S

We have been involved in creating a Facebook page for the South East Regional Forum (SERF) which has been a long process in the making, but we are enjoying the challenge! We hope to be up and running with that soon, so watch out for that update...

There is hope,
even when your
brain tells you
there isn't ♡

UPCOMING EVENTS

Article 12 youth forum meetings: happen every month on the last Friday of the month.

Follow up meetings for the LGBT training – 22nd Sep

South East Regional Forum meeting, 12th September – held over Google Meet.

VIP (volunteers in participation) training – dates to be confirmed.

THINGS TO KEEP YOU BUSY

Breeds of Dogs

Z	B	B	U	L	T	I	R	U	D	B	R	E	O
W	E	A	S	A	O	T	E	R	R	I	E	R	L
E	U	W	P	K	Z	T	R	U	S	E	U	A	L
L	L	R	R	V	H	D	A	E	A	N	P	B	B
D	L	R	E	T	R	I	E	V	E	R	E	U	E
O	H	R	W	H	U	S	K	Y	E	O	E	E	G
O	S	D	E	A	S	A	S	S	T	G	E	I	H
P	H	O	S	D	N	U	H	S	H	C	A	D	R
S	I	T	T	S	I	R	T	T	R	I	U	L	O
R	H	S	I	B	U	L	L	D	O	G	R	Y	D
B	T	B	E	T	U	R	N	I	B	S	U	S	R
E	Z	B	E	A	G	L	E	P	Y	O	A	A	B
U	U	L	R	E	N	T	A	E	R	A	D	K	A
D	A	L	M	A	T	I	A	N	L	R	A	R	L

BEAGLE
WESTIE
TERRIER
PUG
POODLE
HUSKY
BULLDOG
SHIH TZU
DACHSHUND
DALMATIAN
LABRDOR
RETRIEVER

We know how daunting the waiting room can be, so wanted to provide you with something to keep your mind off your upcoming appointment, or if you're waiting for a parent/guardian to come and get you!

3		6	5		8	4		
5	2							
	8	7					3	1
		3		1			8	
9			8	6	3			5
	5			9		6		
1	3					2	5	
							7	4
		5	2		6	3		

There are 7 differences... can you find them all?



WANT TO GET INVOLVED?

Contact Roxy Uritescu, Participation Lead, on 07860 785234 or email Roxy.Uritescu@oxfordhealth.nhs.uk

We're currently holding our sessions on Microsoft Teams, but are looking forward to being able to meet face to face again in the near future!