



# ARTICLE 12 NEWSLETTER

EDITION  
NO. 3

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

We recently went over to the Sue Nicholls centre and Harlow House to tend to the gardens there, and plant new flowers. This was the first activity that has taken place in person since lockdown commenced, and it was lovely to be able to see everyone again.

We are also reviewing the CAMHS website to help it be as user friendly and informative as possible.

We are also putting together some information packs to help patients transition between services, buildings and into discharge – we hope these to be ready very soon.

### WITHIN BARNARDO'S

There is still very little going on within Barnardos as a South East region, but we are still hoping to start a blog page on Facebook so as ever, watch this space...

### In Other News

We appreciate the outstanding work that other local groups do to support young people, so have decided to talk about a different one in each newsletter.

The Walking With You group is a safe space where you can talk freely among people who are walking the same path as you, there is no judgment and it is completely confidential.

The group is open to anyone who is supporting a child/young person experiencing difficulties up to the age of 25.

If you have any further questions or you would like to join, please contact Participation Lead, Roxy Uritescu at [roxy.uritescu@oxfordhealth.nhs.uk](mailto:roxy.uritescu@oxfordhealth.nhs.uk)

## UPCOMING EVENTS

Monthly Article 12 forum meeting, 6<sup>th</sup> November at 4pm

We are still recruiting members from 11+, so please do get in touch using the contact details on the other page!

# THINGS TO KEEP YOU BUSY

## Halloween Hunt

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

ZOMBIE  
PUMPKIN  
CAULDRON  
TREAT  
SWEETS  
VAMPIRE  
SKELETON  
GRAVESTONE  
TRICK  
GHOUL

Play this puzzle online at : <https://thewordsearch.com/puzzle/1500774/>

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!

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

## Around The World

### ACROSS

- US volcano, Mount ... (2,6)
- Supersonic planes
- Taj Mahal city
- Cambridge & Oxford universities
- Treeless Arctic zone
- Coniferous tree found in Europe
- Vienna is there
- Croatian capital
- Peninsula in southwest England
- Manchurian river
- Central attraction of Piccadilly Circus
- Region that includes Japan, China and Korea (4,4)

### DOWN

- Roughly built settlements, ... towns
- Large African antelope
- Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
- Underground train system
- City of northwest India
- People from Stockholm
- Scotland's monster lake, Loch ...
- German industrial region
- Washington-based spy group (1,1,1)
- Italy's Leaning Tower of ...
- Kuwaiti ruler

1			2		3		4		5			6
7					8							
9		10			11							
							12		13		14	
15				16		17						18
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21										22		
23							24					

- Native American tribe
- Earth's glacial period (3,3)
- Bantu peoples of Natal
- Sport played at Wimbledon
- Portugal and Spain
- West African nation

### WANT TO GET INVOLVED?

Contact Roxy Uritescu, Participation Lead, on 07860 785234 or email [Roxy.Uritescu@oxfordhealth.nhs.uk](mailto: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!