



# ARTICLE 12 NEWSLETTER

EDITION  
NO. 6

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 met with Jacqueline Roberts, a leader for the St Vincent and Grenadines 2<sup>nd</sup> generation (SV2G) which is a heritage and arts organisation. It was great to talk about future collaborations with them when it is safe to meet up. We look forward to working with SV2G in the future!

We are finalising the preparation pack for patients when preparing to move from Harlow House to the new Easton Street building. This should be rolled out to professionals in March.

We are also looking to collaborate with schools, and local youth groups with things like anti-bullying, policy reviews, mental health support and reaching out to LGBT and BAME communities. If you would like to work with us, please contact Roxy on the details below!

Additionally, we would love to meet with groups that may be interested in joining Article 12, so if you feel your school or youth group may be interested in having a presentation and Q&A with us, either virtually or face to face when we can, let us know by contacting Roxy.

### WITHIN BARNARDO'S

Our youth colleague, Louise, has been a part of the project 'In Our Own Words' and has done some artwork for that policy. You can find her artwork and interview here:

<https://www.barnardos.org.uk/news/facing-real-challenges-young-artist-reflects-feelings-about-covid-19-pandemic>

We are also looking to be part of a project called B-Amplified which is very exciting! We will update when we know more.

The South East celebration event is also coming up, please find the schedule for the week attached – we look forward to seeing some of your faces on the call!

## UPCOMING EVENTS

Barnardos Celebration Event – week commencing 22<sup>nd</sup> March, running through till the 27th

# 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!

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

There are 10 differences, can you spot them all...



**Celebration and Have your Say event'  
Programme  
THEME: I Feel Better When I'm ....  
INSPIRED ENCOURAGED INVOLVED**

**WHAT:** Annual Celebrating young people's achievements & have your say event.

**Workshops and activities:** Inspiration speakers, Performing Arts, Reading, Pets, Sensory, Crafts, Comedy

**DATE:** Monday 22<sup>nd</sup> March – Saturday 27<sup>th</sup> March

**WHERE:** Virtual Event

**Invitees:** Children, young people, parents, carers and staff from South East and Central Region

**Outline of the Week:**

**Session 1 – 14:30 – 16:00**

**Session 2 – 17:30 – 19:00**

**MON**

**Inspirational Speakers & Quiz**

Session 1 & 2

**Quiz: Offline option available**



&



**TUE**

**Performing Arts**

Session 1  
(Ages 0 – 8)

Join and perform

with

Session 2  
(Ages 9+)

Jas and Beccs' choreographed dance.



**WED**

**Reading Corner**

Session 1

(Aimed at  
Ages 0 – 12)

**Session 1 – Celebrity Corner**

Pre-recorded videos of celebrities who support Barnardo's, reading different children's books

**Offline option available**



Session 2

(Aimed at  
Ages 12+)

**Session 2 – YP Corner**

'The story of lockdown' – improvised story to be written together as a collective group. All YP who want to be involved to add a sentence on to the story until a full story in complete. (If you wish to message the sentence to Aida in the please do and she will read it back to the group. Please put Your name in your message and let Aida know if you wish to remain anonymous or not.).Story will read back once completed.

**THU**

Session 1 & 2

**Pets & Crafts**



**Crafts: Offline option available**

**Session 1**

- a) Farm Tour 2.45-3.00
- b) 'Create your own sensory bottle' with Louise (items needed: empty plastic bottle, baby oil, cold water any small objects that fit in the bottle. *N.B CYP to be aided by parents/carers/support workers*)
- c) Present your own DIY sensory item
- d) 'Meet my pet'

**Session 2**

- a) Meet Lola, the Goat 5.40-6pm
- b) 'Create your own sensory bottle' with Louise (items needed: empty plastic bottle, baby oil, cold water any small objects that fit in the bottle. *N.B CYP to be aided by parents/carers/support workers*)
- c) Present your own DIY sensory item
- d) 'Meet my pet'

**FRI**

Session 1

**Comedy, performance & Raffle**



**Session 1**

- a) Stand-up comedy act by a YP and Stand-up Do-s and Don't-s
- b) Raffle

Session 2

**Session 2**

- a) Stand-up comedy act by a YP, Stand-up Do-s and Don't-s
- b) Open comedy and performing night
- c) Raffle

<p><b>SAT</b></p> <p>One session</p> <p>17:00 -19:00</p>	<p><b>Recognition Ceremony</b></p> <p>a) Jamming Session with Sycamore YP</p> <p>b) Recognition Certificates Presented to CYPF</p>
	<p><b>Overcomer</b></p> <p><b>Being Supportive</b></p> <p><b>Positive Attitude</b></p> <p><b>Perseverance</b></p> <p><b>Bravery</b></p> <p><b>Creativity</b></p>

**N.B. Attendees to attend as many or as few workshops/activities as they wish.**



