



# ARTICLE 12 NEWSLETTER

EDITION  
NO. 7

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 have an upcoming meeting with Diane Statham in regards to the LGBTQ+ training that's going on which is always exciting, we are looking forward to providing insight to those pathways.

We have also provided all staff with forms to help patients who may be anxious about the upcoming transfer from Harlow House to the Easton Street building, and we hope that those are put to good use.

As ever, we are always looking for people to join A12 – those with lived experience with mental illness, have a passion for changing mental health care and are aged 11 to 19 are encouraged to get in touch with Roxy, whose details are on the next page.

### WITHIN BARNARDO'S

We have had a fantastic celebration event run by the South East Regional Forum (SERF) youth colleagues, and we loved seeing so many service users across the South East region! Thank you to our youth colleagues and Aida for such a fantastic event.

A few of our A12 members are involved with a project within Barnardo's called B-Amplified, where we are putting together ideas for new services within the charity. We hope to write a bit more about this in the next newsletter, once we have more concrete information about what will happen with the service ideas!

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

There are 10 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](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!