

14 May 2021

Penwortham Priory Post

A Message From The Headteacher

Dear All,

Fundraising @ Priory

We just wanted to take the opportunity to say a particular word of thanks to those of you who have contacted us, asking whether you are able to support the school in some way. We know that several people donated or contributed some funding towards laptops for example over the lockdown period. Please be assured that all donations, no matter how small, are crucial to our efforts and so if you have been able to donate, thank you for any contributions you might have made. They have been very much appreciated.

On that note, it is not unusual for people to contact us throughout the year, asking how donations could be made to school, the proceeds of which might benefit our current and future generations of pupils. Therefore, should you wish to explore this further, we do have a 'Fundraising @ Priory' page on our website, which details the various ways you might support us in our vision of:

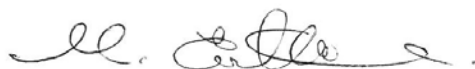
'Creating inspiring learning spaces and experiences for our current and future generations of pupils'

So please do take a look if you so wish at

www.priory.lancs.sch.uk/fundraising-priory

If you can't give, but still want to support our cause, please share our page with your friends, family members, and co-workers.

Your support continues to be crucial to our efforts so thank you in advance for any contributions you might be able to make and as ever, for the ongoing support you continue to show for us as a school.



Mr M Eastham
Headteacher



Key Dates

Diary Dates

Did you know that the term dates for this academic year, as well as the following year, are available to view and download from our website?

www.priory.lancs.sch.uk/parents/termdates

Tues, 25 - Weds, 26 May
Prospectus Photography

Fri, 28 May
Year 11 Last Day / Alton Towers Trip
Last day of term.

Mon, 31 May - Fri, 4 June
Half term break

Various dates from 8 June - 26 June
Year 9 & 10 Geography Wycoller Field Trip

Weds, 23 June
Year 10 Preston's College visit.

Thurs, 24 June
Learning for Life Day 5
Early lunch followed by school closure at 1.10pm.

Mon, 23 - Fri, 27 August
Summer school - new Year 7 intake

Learn to succeed



Year 7, 8 & 9

Creative Arts Rotations

There will be the usual rotation of classes in Art, Drama and Music from Mon, 24 May

Pupils in Years 7-9 will therefore have lessons and receive homework from their new subject from that date.

The staffing / subjects will be...

Miss Howell
E1 / W1 - Drama

Mr Taylor
E2 / W2 - Music

Mrs Hopes - Art
E3 / W3
(9W3 - Tues P1 HU2 Fri P4 SC6)



DfE Scheme for Home Learning Year 11 Laptops To Be Returned

Last year a number of pupils were provided with a laptop under the DfE scheme for home learning. As per the signed agreement, these laptops were a loan with the provision that they were returned when the pupil leaves school.

As our pupils are coming to the end of Year 11, we now require these devices to be returned to school.



Department for Education

The laptop, charger, and bag (also dongles for those that were given them) should be **returned by next Fri, 21 May at the latest**, making sure that any personal data has been deleted.

Pupils can bring their equipment into school to leave with Mr Evans or Mrs Eastham in the science prep room at break/lunch or, alternatively, parents may return them to Reception.

Families affected have also been contacted directly regarding this matter and there is a small cohort of pupils where this instruction doesn't apply (they will know who they are).

If you have any queries, please contact Miss Conway, Business Support Officer, by email g.conway@priory.lancs.sch.uk



Learn to succeed

Mrs Elliott's Recommended Read - May

Do you ever get the feeling, as you climb the stairs in the evening on your way to bed, that there's something behind you? Something you can't quite see, or hear, or touch but you know it's there? Well, that's what Cassidy lives with day in day out except for one small detail. Ever since a near fatal accident, she can see and hear exactly what's behind her. Ghosts. Everywhere. In fact, one of them, Jacob, has become her best friend.



AR Level : 4.8 (Red)

Cassidy's parents are 'ghost-hunters' in the States. They're offered the chance to make a TV show about their exploits, but it means up-rooting to Edinburgh with Cassidy (and Jacob) in tow.

What follows is a nightmare for Cassidy as she comes face to face with some of the horrors of Edinburgh's ghost world. This time though Cassidy is out of her depth and her exploration of the ghost world finds her tangled up in the terrifying other world where she fights for her very existence.

A great read if you like ghosts, or if you've ever visited Edinburgh! Just make sure the next time you're walking up those stairs to bed, you don't look back...



Mrs Elliott
English Teacher



Update on face coverings

Following the Government's announcement this week, from Monday (17th), **pupils and staff will no longer have to wear face coverings in classrooms** if they do not wish to do so. Nobody will be prevented from wearing a face covering if they wish.



Face coverings, however, **must continue to be worn by staff, pupils and visitors outside of the classroom** (for example, when moving around in corridors and communal areas) and therefore pupils must all continue to bring face masks into school.

Please also note, pupils must **still wear a face covering on public transport and on school buses**.

All other Covid protocols at Priory have not changed and we thank you as ever, for your ongoing support.

Not applicable to those exempt due to medical reasons

Learn to succeed



Mental Health Awareness Week is an annual event that recognises the importance of emotional wellbeing and is a great time to think about how we're feeling.

The national lockdown has been difficult for many of us and now that restrictions are easing there may be new challenges to consider. Mental Health Awareness Week will help conversations about mental health and the things in our daily lives that can affect it.

Throughout the week assemblies and Learning for Life lessons have been focussing on mental health with additional recourses added to MS Teams by Mrs Hopes and Mrs Holland.

Did you know that nature can support good mental health?

This year the theme is Nature, to encourage people to use fresh air and exercise as a source of wellbeing management. During long months of the pandemic, millions of us turned to nature. Research taken place during the pandemic showed that going for walks outside was one of our top coping strategies and 45% of us reported being in green spaces had been vital for our mental health.

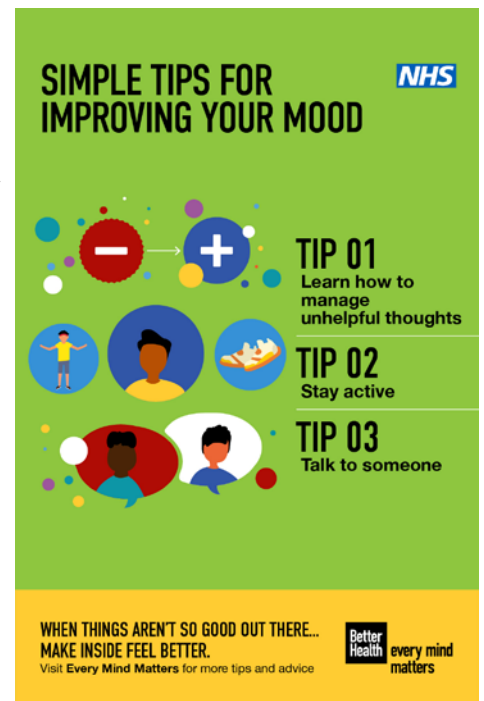
Nature is so central to our psychological and emotional health, that it's almost impossible to realise good mental health for all without a greater connection to the natural world.

During Mental Health Awareness Week, pupils were asked to try and do three things:

Experience nature: take time to recognise and grow your connection with nature. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!

Share nature: Take a photo, video or sound recording and share the connections you've made during the week, to inspire others.

Talk about nature: To discuss in your family, school and community how you can help encourage people to find new ways to connect with nature in your local environment.



And finally...who can you speak to in school about mental health?

- A teacher that you feel most comfortable with, who may pass you onto one of the following -
- Pastoral Team – Mrs Holland, Mrs Clementson, Mr Shipton or Mrs Swire.
- Your Head of Year - Mrs Farley, Mrs Bailey, Mrs Ham, Mr Faulkner and Mrs Eastham.
- If you are in Years 7 & 8 you can also ask to speak to Humanities teachers Miss Ackers or Miss Makinson.
- One of the school counsellors or school nurse (ask a member of the pastoral team for a referral)



During the week, Mrs Holland, wanted to see how creative and inspiring we can be.

Pupils were asked to think of ways in which we can be more involved with nature, to take a picture and send it to her via MS Teams or email a.holland@priory.lancs.sch.uk.

Competition closes Fri, 21 May | Prizes for the best three!

Learn to succeed

Children and Family Wellbeing Service

Get advice and support

Someone to talk to
Problems at home/school
Jobs and training
Apprenticeships
Staying safe online
Sex and health
Relationships

Mental Health
Self Harm
Bullying
Drugs and alcohol
Things to do
Housing, rights and money
What age can I?

[facebook.com/LancashireYPS](https://www.facebook.com/LancashireYPS)
twitter.com/LancashireYPS
You can contact us 365 days a year
2pm to 10pm

Age 0-19
(up to 25 for young people with learning difficulties or disabilities)

talk zone
Text 07786 51 11 11
Talk online lancashire.gov.uk/youthzone
Call 0800 51 11 11

Lancashire
County Council

www.lancashire.gov.uk

Quick Draw Rewards

Each week, teachers will nominate individuals who have particularly impressed them with their effort, attitude and engagement with their learning - giving a brief reason why. Heads of Year will then draw a name at random from the list, one per year group. Parents of the lucky pupils will then be contacted by Miss Thornton and pupils will receive a £5 gift voucher.



Randomly chosen winners from w/e 30 April and 7 May were:

Year 7

Tegan C - Nominated by Mrs Elliott for excellent contributions in English

Kira S - Nominated by Mr Taylor for excellent chord duet in Music

Year 8

Lucas R- Nominated by Mr Taylor for excellent town translation in French

Cameron H - Nominated by Mr Kenrick for continued effort and progress in Maths

Year 9

Aimee W and Ethan G - Both nominated by Mrs Isherwood for great word count in AR

Year 10

Owen L - Nominated by Mr Eccles for excellent attitude to learning in History

Laura B - Nominated by Mrs Massey for excellent attitude to learning in Biology

Year 11

Jasmine R and Courtney K-W - Both nominated by Mrs Massey for a great attitude towards Biology revision

Miss Thornton
English Teacher and
Specialist Leader for Education



Kooth is an online mental wellbeing community where you can access free, safe and anonymous support.

If you are not ready to talk then you may find accessing the Kooth website a great resource where there are other young people who have similar stories to yourselves and it will give you access to trained counsellors.

www.kooth.com

Watch this clip about Kooth:

www.kooth.com/video

Learn to succeed

Coming Soon!

Can you believe it has been over a year since Priory's last production, 'We Will Rock You'? Well, I can confirm that we are now gearing up to putting on another in December 2021.

It has been a hard year for many people and our students have missed the stage and their production family. So, we are calling all students that love to sing, dance and act to get their vocal cords warmed up, dance shoes out and acting skills sharpened. We will also need all our talented designers; without you the show can't go on.

This will be a show to remember!

As always, I like to keep everyone in suspense so I'm not just going to tell you what the show is - you are going to have to solve the title teaser.

DRUM ROLL PLEASE

HERE IS YOUR FIRST LETTER>>>>

Please look out on Teams for how to sign up for the production. I can't wait to see all the amazing talent we have on one stage. We had so much fun last time and everyone made me unbelievably proud.

Miss Howell
Lead Teacher for Drama





Class of 1989/90

This photo was kindly sent to us this week by former English teacher, Mr Hunter.

We think the photo was taken around 1989/1990. Our longest serving member of staff, Geography teacher, Mr Watters recalls many from his early career with us.



Our alumni have had much fun trying to identify their old teachers! Some of our current older pupils may remember MFL teacher, Mrs Bradley (second row, first left) who retired in 2017 and Food Tech teacher, Miss Lewis-Lavender (first row, second left) who retired in 2019.

Where you will learn things you will need and will use, now and in the future.



At Penwortham Priory Academy the Learning for Life curriculum is designed to support the promotion of excellence for pupils and do all it can to improve their life chances.

Pupils have two 20 minute Learning for Life lessons each week where they will participate in the curriculum shown opposite.

This term's Priory focus is:

Staying Safe: This can be while out and about on your own or in groups. It can also be regarding locations such as water sources in hot weather (canals, rivers, reservoirs, docks).

On the curriculum w/c 17 May

Year 7	Summer Term - Theme: 'Making Good Decisions' The importance of goals and achievement
Year 8	Summer Term - Theme: 'Committing to Growth' Why it is important to see each other as human first?
Year 9	Summer Term - Theme: 'Growing in Confidence' Turning set backs into success
Year 10	Summer Term - Theme: 'Owning My Decisions' Confidence in speaking
Year 11	Summer Term - Theme: 'Finishing with Pride' ---

Learn to succeed

MEET THE GOVERNOR

Dave Barnes

Parent Governor

Earlier this year the school appealed for three new parent governors as the four year term for our current representatives was coming to an end.

There were three vacancies and three qualified applicants so no ballot was required.

Governors are volunteers who work together with the executive leaders of the school to set its vision, ethos and strategic direction. They hold the executive leaders to account for the school's educational and financial performance for the good of all pupils

Clerk to the Governors, Mrs Spencer, said: ***"Each parent took up their four year term of office after the full governing board meeting in March, when the current serving parent governors vacated their positions. Parent governors bring a wealth of experience and knowledge to the governing body, and use their perspective as a parent to help the board understand a parent's viewpoint."***

Here we meet the third new parent member of the board, Mr Barnes, who has a son currently in Year 7 at Priory.



Mr Barnes has been employed within the Aircraft Engineering industry for the last 20 years. For the first 15 of those years he served in the Royal Air Force as an Avionics Engineer and left as a Senior Non-Commissioned Officer (SNCO).

Mr Barnes tells us, *"Throughout my career I have worked on the Tornado aircraft and was based at RAF Marham in Norfolk working with people of all ages, from the under 18s to those closer to retirement. I really enjoyed the mentoring of the younger generation coming through the ranks and helping them develop their natural talents and skills."*

"When I left the RAF my family moved back to the North - I am originally from Bolton - and settled in Preston where I now work at BAE Systems as an Integration Engineer."

Talking about why he took on the role at Priory, Mr Barnes said, *"As the pandemic hit I saw the enormous amount of work and effort the staff were putting into trying to keep some semblance of normality for their pupils, then when the post as a Parent Governor arose, I took the opportunity to help and support the school as a whole."*



The Friday Challenge

These short general knowledge quizzes are set fortnightly as part of Friday's Learning for Life lesson.

Pupils in Year 7-10 are given this as a homework assignment, via MS Teams, to revise for the test at the end of the week. The assignment is also visible on Synergy for parents. The content of these quizzes will enhance learning across all subjects and widen Tier 2 vocabulary.



Here's this week's challenge. Parents - How would you get on?

1. Stratus, cirrus, cumulus and nimbus are types of what?
2. What is the chemical formula for salt?
3. What is the job title of a scientist who studies weather?
4. What did the Romans call Scotland?
5. What year did Britain join the European Union?
6. In golf, where does the Masters take place?
7. Which vitamin is the ONLY one you won't find in an egg?
8. What replaces meat in a Glamorgan sausage?
9. True or false...The can-opener was not invented until 45 years after the tin can.
10. Who is the ONLY musician ever to have been awarded the Nobel prize for literature?

See page 12 for answers.



Accelerated Reader is a computer-based program that schools may use to monitor reading practice and progress. It helps teachers guide pupils to books that are on their individual reading levels. Pupils take short quizzes after reading a book to check if they've understood it. Further information at www.priory.lancs.sch.uk/pupils/online-learning-platforms

Here are this week's leaders:

Year 7

Ethan R	7W2	339,677
Niamh P	7E3	256,215
Lexie L	7E3	190,858

Year 8

Troy C	8W1	163,901
India P	8W1	137,986
Lucy B	8W1	93,157

Year 9

Lexi-Jade U-R	9E1	180,320
Ceri D	9E2	123,500
Millie H	9W3	120,149

A huge well done to 8W1 who have taken all 3 top spots for the highest word count.



Learn to succeed



LEADERBOARD



This week's Bedrock leaders are:

Points

Chloe B	8E2	1506
Lily McM	8E2	1261
Abigail M	8E3	596

Average Improvement

Keale C-M	8E1	302%
Junior D	8E3	133%
Akram R	8E1	79%

Chloe and Lily are holding on to their 1st and 2nd place for the most points on Bedrock - let's get that challenge out there!!

Extra achievement points will be issued to all these pupils. Postcards, quickdraw entries and certificates will be awarded to those students who are doing well.

Mrs Webster
Acting Assistant Head of English

This week pupils were learning these word trends ...

Attitude

a settled way of thinking or feeling about something; "he was questioned on his attitude to South Africa"

uncooperative behaviour;

"I asked the waiter for a clean fork and all I got was attitude"

Feeble

lacking physical strength or strength of character; "by now, he was too feeble to leave his room"

"I know it's feeble but I've never been one to stand up for myself"

Antagonist

a person who actively opposes or is hostile to someone or something; an adversary

"he turned to confront his antagonist"

Beseech

ask (someone) urgently to do something;

"they beseeched him to stay"



Learn to succeed



Now that the PE changing rooms are back in use we have updated the information on PE kits.

SPORTS REPORT

Year 7 & 8

Pupils should come into school in their PE kit on the days they have a PE lesson and remain in their kit all day.



Year 9, 10 & 11

Pupils should all now come to school in their uniform, even if they have PE Period 1, and they are to get changed into their PE kit as they would for a normal PE lesson.

Well done to Year 10 pupil, Jazmin!

Last week Jazmin was offered another contract for the u16s Blackburn Rovers Ladies 21/22 season whilst also being selected for the Lancashire Schools FA Girls squad representing Priory in last weekend's national schools district cup opening game.

The U16s LSFA Girls won their game and are into the next round of the national cup.

Well done Jazmin, you're a wonderful ambassador for our school!



English Department



Learn to succeed

We invite our new Year 7 pupils to

Summer School

Join us for a virtual holiday to Paris
FREE to attend

Mon, 23 August - Fri, 27 August
9.30am - 2.30pm

Range of activities include:

Team building

Getting ready for high school

Q&A sessions

Outdoor activities

Puzzle solving

Games

Competitions

Curriculum linked activities

FUN!

Enrol Here

Please scan the QR code below to take you to the booking form or click on this link >
<https://forms.office.com/r/3HmCpXLqf4>
ENROLMENT CLOSING 28 MAY.



For all our new Year 7 pupils...

Have you received your Summer School invitation?

We're taking you on a virtual trip to Paris. You'll have lots of fun whilst meeting new friends and finding out all you need to know before starting Priory.

Pupils are invited to join us for the whole week ideally, but if this is not possible, then any days they can attend would be of benefit to them and their transition to high school.

To enrol, scan the QR code on the poster opposite or go to <https://forms.office.com/r/3HmCpXLqf4>.
Deadline 28 May.

Transition Manager and Head of Year 7, Mrs Farley, has started her transition visits into primary schools to meet our new pupils and their current teachers.

Enquiries can be emailed to Mrs Farley at:

l.farley@priory.lancs.sch.uk



Time to get outdoors.

Do You want to Learn New Skills?
Do You want to Get Creative?
Do You want to Get Outdoors?

Do You want to have Fun?

For More information and how to get involved, follow the link below.

westlancsscouts.org.uk/want-to-join/



The Friday Challenge

1. Clouds
2. NaC1
3. A meteorologist
4. Caledonia
5. 1973
6. Augusta National
7. Vitamin C
8. Cheese
9. True
10. Bob Dylan

Learn to succeed

Sports Facilities at Priory

3G Pitch Available For Hire

**Half Price
Offer**

**For junior football
clubs.**

**3G Pitch Hire
only
£15 per hour***

**June and July 2021
Junior Football Clubs Only**

*Half price saving - normal cost £30 for one hour third pitch hire.

Offer valid for third pitch bookings by junior football clubs only during June and July 2021.

FA registered pitch.

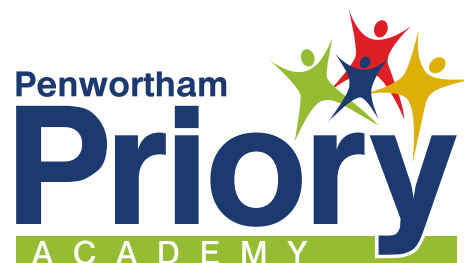


**BOOK
NOW**



We have a new online booking system, simply click, pay and play <https://pitchbooking.com/partners/penwortham>

Further information on all our facilities go to www.priory.lancs.sch.uk/facility-hire-at-priory or email enquiries lettings@priory.lancs.sch.uk





**Do you need
careers
advice?**



Independent Careers Adviser
Mrs Khan

*Available for 1:1 Careers Appointments & Drop-In sessions in
The Careers Room*

Careers Advice in School

Priory's Careers Adviser, Mrs Khan, has revised some of the dates she will be in school over the summer term.

Appointments and drop-ins will continue on the dates indicated >>

Pupils and parents may email Mrs Khan at s.khan@priory.lancs.sch.uk or pupils can also see their Head of Year.

Drop In sessions Times:

Morning : 8.15am to 8.50am
Lunchtime : 1.15pm to 1.50pm

Careers Adviser Dates:

May 2021	Friday 14 th May 2021 Tuesday 18 th May 2021 Tuesday 25 th May 2021
June 2021	Friday 11 th June 2021 Friday 18 th June 2021 Friday 25 th June 2021
July 2021	Friday 2 nd July 2021 Tuesday 6 th July 2021 Tuesday 13 th July 2021

To support Year 11 pupils, Lancashire County Council has produced two documents setting out information from individual sixth forms, colleges and apprenticeship providers based in Lancashire. The information is listed by provider to help young people make informed decisions about their next steps, such as on how to apply for a place, where to find information on courses and how to prepare for Year 12.

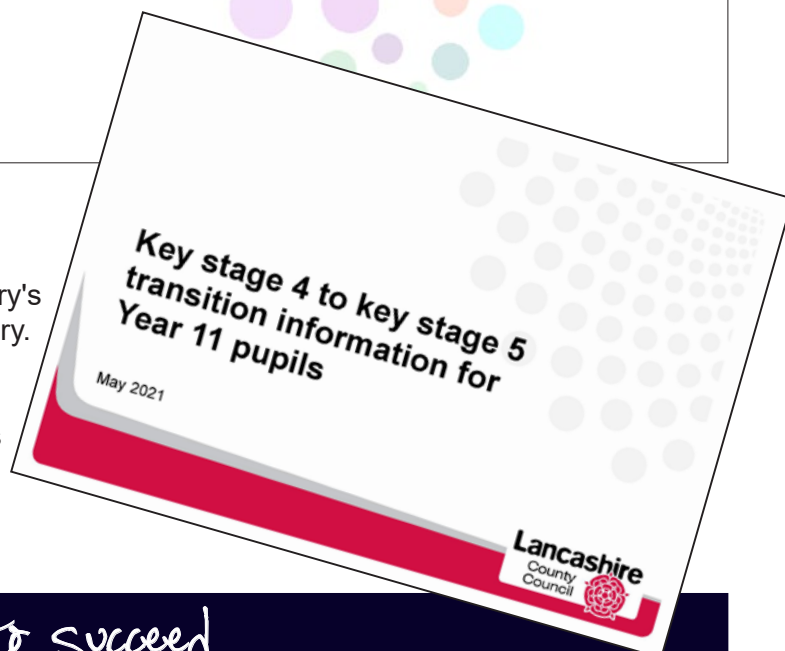
These documents will support the careers education, information, advice and guidance already provided in school. Whilst many pupils have already applied for a place at a school sixth form, college or apprenticeship provider, a number may still be undecided or have not yet applied. Therefore, we have been asked to share these documents with our Year 11 pupils and their parents/carers to support you at this time.

You will also note from the booklets that a number of schools and colleges have included information on bridging work and transition activities. Pupils may wish to use these to ensure they remain engaged between leaving Priory and taking their next career step.

Pupils requiring any careers advice may contact Priory's careers adviser, Mrs Khan, via email at s.khan@priory.lancs.sch.uk, or see their Head of Year, Mrs Eastham.

These documents have been emailed to Year 11 pupils and their parents and can also be downloaded from the school website at>>

www.priory.lancs.sch.uk/pupils/CEIAG



Learn to succeed



Health Education England

FREE VIRTUAL EVENT

NORTH WEST 350+ CAREERS IN HEALTH & SOCIAL CARE VIRTUAL TASTER DAY

JUNE 2 2021

9:45 - 15:00

Explore Careers in:

- Psychological Professions
- Finance
- Dental
- Estates and Facilities
- Ambulance Service
- Healthcare Science
- Public Health
- Innovation Agency
- Pharmaceutical medicine

'Do you know there are over 350 careers available in the Health and Social Care. Join us to hear more about what opportunities there are, the different routes in, and how to apply for roles with us. maximise your chances in health careers. There's something to suit everyone. It's not just about doctors and nurses!'

[CLICK HERE TO SECURE YOUR PLACE](#)

PATHWAY
Careers Training & Mentoring

North West NHS Careers Information Virtual Event

2 June 2021

Hosted by Health Education England and taking place during the half term break.

Gain insight into the various routes into the NHS and what a day in the life of NHS employees entails.

There are over 350 potential careers in the NHS and one of them could be yours, so make sure to register for your FREE ticket.

To learn more about the event or to secure your place please visit:

www.eventbrite.co.uk/e/virtual-taster-day-work-for-the-nhs-tickets-149729678499

If you have any questions or queries about this event please contact

info@pathwayctm.com

For support with careers advice in school, please contact Priory's careers adviser Mrs Khan or see your Head of Year.

s.khan@priory.lancs.sch.uk

Personal

Guided

Tours

runshaw.ac.uk/guidedtour

**RUNSHAW
COLLEGE**

Guided Year 11 Tours

Slots are now available for 1:1 Year 11 Guided Tours throughout May.

These will run 4.10pm–4.55pm from 4 to 28 May 2021.

Click here for more information or to book:

www.runshaw.ac.uk/guidedtour



Training 2000 - A Guide To Apprenticeships & Traineeships



Pathways to... Healthcare & Nursing Apprenticeships Virtual Event

An opportunity to help you reach your full potential
Begin a fulfilling and attractive career in nursing

Wednesday 16th June 2021
Main Event: 4.00pm to 6.00pm
Parent/Guardian Q&A: 6.00pm to 6.45pm

Would you like to...

- learn more about pathways into Healthcare & Nursing Apprenticeships within Health & Social Care?
- hear from organisations offering Healthcare & Nursing Apprenticeship pathways and how to access them?
- interact with current and former Healthcare & Nursing Apprentices and learn from their experiences?

To register go to >> www.eventbrite.co.uk/e/pathways-to-healthcare-nursing-apprenticeships-virtual-event-tickets-150496758857

Training 2000 has produced a very useful step by step guide on how to secure an apprenticeship or traineeship, the courses available as well as employability skills such as CV and cover letter writing and how to prepare for an interview (face to face or online).

This document has been emailed to all Year 11 pupils and it is also available to download from the school website at >> www.priory.lancs.sch.uk/pupils/CEIAG

Training 2000 is one of the largest training associations in the UK and offer a range of Apprenticeships, full time courses, Traineeships and training courses. They have over 50 years' experience and have excellent links with employers. Their recruitment team can offer pupils support in the apprenticeship process, can advise on which vacancies / programmes are the best options for you, what the next step of your journey could be like and how best to get there.

Contact Vicki Webster, School Liaison Officer at Training 2000 - 01254 54659 or email vicki.webster@t2000.co.uk.
www.training2000.co.uk

Learn to succeed

Myerscough College's next online advice evening is Tuesday, 25 May from 6.30pm to 8.00pm

Instructions on how to book are through the "What's On" section of Myerscough's website - www.myerscough.ac.uk/whats-on or pupils can simply visit the website on the evening.

You can hear from tutors directly and ask questions at the event which is ideal for those hoping to start this September or considering applying for next year.

Pupils needing support with applications or post 16 decisions beforehand, can get in touch with Priory's Careers Adviser, Mrs Khan at s.khan@priory.lancs.sch.uk.



Myerscough College

Virtual Course Advice Evening (Online)

6.30pm-8.00pm



**Tuesday
25th May**

The North West centre for land-based & sports education

www.myerscough.ac.uk  @myerscoughcoll  MyerscoughColl



Better Health every mind matters



Discover simple steps to help look after your mental wellbeing



Search Every Mind Matters

Learn to succeed