




Weekly Newsletter Issue: Friday 25th March 2022

Transforming Lives
Through Education

School Leadership Messages	Contents	
<p>School photographs</p> <p>Bentley Photographic visited the school this week to take individual school photos. The photographers were impressed with the conduct of our students – they were able to photograph all of years 7-11 in a morning! The sunny weather certainly made waiting to have photographs taken much more relaxing.</p> <p>Your child has been given an Access Code card that will enable you to view and purchase your photos. Please visit www.bentleypics.com for more details.</p> <p>International Evening – Ms Arrowsmith and Ms Brooks</p> <p>We are holding an International Evening on 28th April to celebrate our diverse community and also to fundraise for a charity – CanDo – which provides humanitarian support in conflict zones. There will be food, drink, guest speakers, and performances from students – poems, music, and drama. Please check your Parentmail in the next few days to find out more details and to buy a ticket (proceeds to charity). If you are able to help in any way please get in touch!</p> <p>As an addendum to the International evening, Mr Yakup has been working with Year 7 students on mapping Fortismere students’ global heritage. Please click here to see the truly international profile of our school.</p> <p>Covid Update:</p> <p>Please could parents and carers continue to let us know if your son or daughter has Covid. We pass weekly totals on to Public Health Haringey who continue to monitor numbers. Thank you to those who contacted us this week.</p> <p>Numbers have increased this week amongst students and staff. We would urge parents and carers to remind your sons and daughters of the precautions they can take to minimise the risk of infection.</p>	Co-Headteachers	
	Governing Body Notices	
	Easter Revision Y11 & Y13	
	Raising Aspirations	
	Science Department Notices	
	Drama Department Notices	
	Art & Photography	
	Library Notices	
	Music Notices	
	PE & Sport Notices	
	Calendar	
	27/3/22	British Summer Time begins
30/3/22	7X Parents Evening	
1/4/22	End of Term: half day	
19/4/22	Start of term. Normal day	
27/4/22	7Y Parents Evening	
28/4/22	International Evening	
		

Co-Headteachers

Weekly Roundup

Wednesday had an unusually exciting start. A fox had been locked in an Art cupboard overnight and a group of intrepid staff, including several members of the Senior Leadership Team, set off to free the Fortismere fox. The animal was clearly in distress and had wedged itself firmly behind some large pieces of exam art work but nothing was damaged and the fox itself had kept the space clean. We managed to coax him out of the building and he made his bid for freedom across the North Wing car park and into the land behind Eden Primary.

There is a serious point behind the incident. With a large, green site and with Coppetts Wood opposite the North Wing, Fortismere's attracts a lot of wildlife. We can generally peacefully co-exist but the amount of food waste left by students on the school site and inside the school buildings, disrupts this generally harmonious relationship. Rodents and foxes will follow food trails into the buildings, which are often open in the evenings to host clubs and competitions. With the advent of the good weather, students are not permitted inside the buildings at lunchtime (this is allowed in wet weather) other than to access the toilets. This will ensure that no food is left in the buildings but we are also concerned that students can be reluctant to put their food into the bins provided throughout the grounds of the school. We will be approaching Haringey for more bins, but please could you remind your sons and daughters that we have an expectation that our site is respected and that we don't harm our local wildlife by giving them access to food that may cause them harm.



The school photographs took place on Thursday. The behaviour of our students was exemplary. The photographers noted how exceptionally well behaved and polite the students were, in part due to how well run the whole process was by Ms Brooks, Ms Oddi and the teachers who oversaw the proceedings. While the photographs were taking place we had the NHS Vaccination Team in with Y8 and again, our students were superb.

Yesterday saw the A level music concert and the standard of performance was breathtaking. Congratulations to the students and Music Department staff for such an enjoyable and impressive event.

We wish our families a lovely weekend and hope you all enjoy the last few days of the lovely Spring weather. Don't forget to put your clocks forward!

Governing Body Notice

Parent Governor Election

Voting in the parent governor election started last week and closes next week on Friday 1 April 2022 at 5pm. You should have received an email via SurveyMonkey with a link to vote. If you haven't received an email please check your spam or junk folder for the message. If you can't find your email or would prefer to vote by paper ballot please email me as soon as possible. smurray@fortismere.org.uk Statements from the candidates are published on the website [here](#)
Sam Murray
Clerk to governors



Easter Revision Year 11 & Year 13

Revision Support for Year 11 and Year 13

A number of subjects are offering support for students with their revision over the Easter break. This will take the form of either:

- Pre-recorded revision videos alongside 2x 1hr dedicated online Q+A time during the Easter holidays.
- In person sessions held in school. Some practical/language subjects are offering open studio and support sessions for Year 11 and Year 13 students.

Further details will be shared next week and in the students' lessons, including when the scheduled online Q&A sessions will take place.

The Library will be open from Monday 4th April to Monday 7th April for all Year 13 students to use as a quiet and focused study space. Targeted Year 13 students will be invited via parentmail for a targeted revision support programme, including small group teaching, between Monday 4th and Thursday 7th April.

Subjects confirmed	Y11 revision video and Q+A	Practical in person on-site support for Y11 and Y13
Art		8 th & 13 th April 10.00-15:00
Photography		5 th & 13 th April 10.00-15:00
Biology	X	
Physics	X	
History	X	
Geography	X	
Media and Film		X
Maths	X	
Music Tech		Open throughout (see Dept for details)
Music		Open throughout (see Dept for details)
PE	X	
Spanish		Mon 4 th April 10.00am
French		Date TBC
Mandarin		Mon 4 th April 10.00am
English Literature	X	
English Language	X	

Mr Ward & Ms St Amour

Raising Aspirations

Target Oxbridge

We are really pleased to be able to congratulate two of our 6th form students, Gracie and Satini, who have both been accepted onto the Target Oxbridge Year 12 programme after a successful application and interview process.

We would also like to congratulate Alison, Bahja, Iris, Kia, Milla, Sissi and Alanna who have all been accepted onto the Target Oxbridge Year 10 programme.



Target Oxbridge is a free programme aimed at helping Black and mixed heritage students to increase their chances of getting into the Universities of Oxford or Cambridge (known collectively as Oxbridge). Since its launch in 2012, Target Oxbridge has helped over 200 students to secure Oxbridge offers. It is really fantastic that we have such a good number of students accepted on to these programmes and we are keen to build on this success in the future.

Fortismere Ambassadors

The Black Curriculum National Ambassador Scheme, is a programme that provides young people aged 14 - 18 with an opportunity to educate and advocate for Black representation in their school community. Fortismere students involved in the programme meet weekly to work on activities together and promote greater representation in their communities. One of the first actions our students took this year was to prepare and deliver individual speeches to their year group and their English classes about an issue of interest. One of our Year 12 students gave a fantastic presentation on noteworthy Black figures in our local community to her year group which was really well received. Students have also met with Mr Higgins, Head of History, to discuss their concerns and ideas about the teaching of Black history at Fortismere. After significant student-led research, the discussion was interesting, thought-provoking and fruitful. Our Ambassadors have a number of other activities planned as part of this programme. Well done to Kayla, Alanna, Lose, Tayla, Iris, Milla, Bahja, Madeleine, Alison and Sissi! Ms Butcher



Science Department Notices

Science Week Challenges

Last week we celebrated British Science Week at Fortismere. Lots of activities took place not only in Science classrooms but also all around school. The theme this year was GROWTH which links across multiple subjects making it an excellent starting point for a celebration of science. Thank you to all those that took part in the activities.

On Thursday, the growth theme led to a structure building competition in the South Wing Hall. Competing teams had a lot of fun trying to make the highest building using only spaghetti and marshmallows! We had five teams competing with the final winners coming from Year 7: Luke Nutt, William Aludden and Nathaniel Attard.

The winning team told us "It was challenging and sometimes frustrating but we helped each other and are proud of what we achieved. We would love to try it again."



On Friday, we set an engineering challenge for students to produce the paper aeroplane that could travel the greatest distance. Again, this was a very entertaining and competitive event with students showing some creative engineering skills. The winner was Milo Turnage from Year 8. Honourable mentions also go to Robert Darley and Zain Alanbar from Year 8 who were joint second place.



Fortismere's Fantastic Physicists

Five of our fantastic Year 11 physicists recently took on the British Physics Olympiad Intermediate Challenge. This is an exam constructed by the University of Oxford Physics Department to challenge young physicists and is one of the first steps towards the International Physics Olympiad competition which can be sat in Year 13. Our competitors all did fantastically well and achieved the Bronze Certificate level.



Well done to the following students: Hector Price (with the highest score in the school), Sian Flanigan, Mingus Clark, Flynn Gallichan and Laila Thompson.

Classics Department Notices

Classics Symposium at Channing School

On Monday this week, the Key Stage 5 Classics students attended a Classics Symposium at Channing School and were treated to two talks and an Italian meal. The talks were by Christiana Lucidi from King's College, London, whose lecture was on 'Fragile masculinity: the blurred line between genders in Euripidean tragedy' and Dr Christopher Burden-Strevens from the University of Kent whose lecture was on 'Champion of the People or Establishment Reactionary? Why Cicero Couldn't Save the Republic'. It was an enlightening evening and great to be able to mingle once again with those other students who share a passion for Classics from other schools in North London.

Ms J Arrowsmith

Drama Department Notices

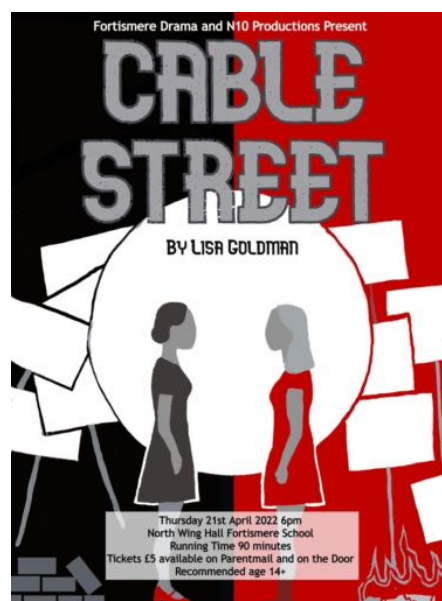
Cable Street - Year 12 Production

Don't Miss our Next Drama Production!

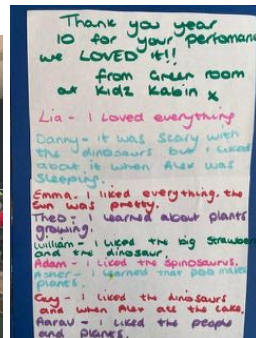
Thursday 21st April 6pm

Cable Street is about two girls growing up in London's Jewish east end in the 1930s. Leah and Kitty are blood sisters, best friends and more... but they get caught up in the political turmoil caused by Oswald Mosley's fascist Blackshirts. As tensions rise and a battle seems imminent, will Kitty and Leah be able to overcome not only the conflict in the streets, but also the conflict in their hearts?

Tickets on Sale on ParentMail Now



Year 10 Theatre in Education Project - Kidz Kabin Nursery



One of the Year 10 Drama classes performed their Theatre in Education piece to the nursery children from Kidz Kabin this week. The Kidz Kabin manager commented "What a lovely performance! Thank you so much for all the time and effort you and the students put in. It was obvious that care had been taken to meet the interests of our children and they really enjoyed it! Many children made positive comments on the costumes, the rain, sunshine and dinosaurs. The length of time, the design, the set and the approach was all very appropriate for our age group. The interaction level was great, asking the children to join in now and then helped to keep them engaged." Well done Year 10!

Year 10 Theatre in Education Project - Martins Primary

Another Year 10 class had the pleasure of working with Martins Primary. We asked the Year 6 at Martins Primary what they would like a show about. They asked for a show based on Street Child by Berlie Doherty with songs from Oliver and to make it a comedy. With six weeks rehearsal, our Year 10 students devised a twelve minute show with songs and dancing and acting. The Year 6's said it was like watching a film and were extremely impressed by the confidence of the students and how emotive it was to watch. Well done Year 10!



Drama Department does Punchdrunk

Earlier this week, Ms Overs and Ms Turner were lucky enough to get to see the first preview of the new Punchdrunk show *The Burnt City*. In a few weeks we will take all of our A Level Drama students to see this immersive new show in Woolwich. No spoilers here, but we highly recommend this amazing show based on the fall of Troy set with some huge warehouse buildings part of the Royal Arsenal estate.



Art & Photography Notices

LAST CHANCE! Royal Academy: Young Artists' Summer Show

The Young Artists' Summer Show is a free, open submission exhibition for students aged 4 - 19 studying in the UK.

You can choose to enter the competition independently or speak to your art teacher who can submit your work on your behalf. Find out more here: [Young Artists' Summer Show](#)



Picture Book Competition

The ReadingZone Picture Book Competition 2022, in partnership with World Book Day, is challenging those aged four to 18 years to make their own picture book for World Book Day.

The competition closes on Friday 22nd April 2022, and the winners will be announced in June. Prizes include £100 of books for each winner's school or library, plus a free online author event for the overall winner.

Picture books can be made by individuals, groups or whole classes, using any media and covering any subject or theme. Each picture book should be up to 24 A4 pages in length (or less), including covers. Books should be in portrait style (upright) rather than landscape.



Visit [How to make a picture book - ReadingZone](#) for more details.

National Portrait Gallery Youth Forum

14-18? Interested in art, history and portraiture, meeting new people and getting involved in the future of the National Portrait Gallery? If so, you can Join the National Portrait Gallery Youth Forum!



The benefits of joining the Youth Forum:

See behind the scenes

Explore the Gallery, find out more about what goes on and learn about creative careers

Have your say

Share your views on our [Inspiring People](#) project – from displays and refurbishment to events

Get creative

Try your hand at art activities inspired by the collection and meet artists

Add to your CV

Get involved and grow your skills and experiences

Talk about topics that matter to you

Discover inspiring stories in the Collection and connect with contemporary themes like LGBTQI+, equality, diversity and mental health.

Visit the website: [National Portrait Gallery Youth Forum](#) for more information.

Library Notices

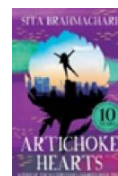
Author Visit

"When I read a book, it's like I've pressed pause on my own life and pressed play on someone else's. I then return to my own world, calmer, happier and perhaps a little wiser." It was a real coup to get the acclaimed author Piers Torday in the library on Thursday 23rd March. The students were enthralled by his talks which were about his life as a reader, the inspirations behind his stories (including "The Last Wild" trilogy where he wrote about a man-made virus killing all the animals on earth) and how books create movies inside your head. "Stories are tools which allow us to believe in things that don't exist. If you can't imagine a fairer, greener, better world, how can you make it happen?" There are still some signed copies of Piers' books available in the library at the reduced price of £5.50/6, including the Sunday Times' Book of the Week "The Wild Before", a "magical, lyrical adventure... with a powerful environmental message" [Nicolette Jones].



"Artichoke Hearts" Join a Drama Workshop

Sita Brahmachari's award winning first novel, "Artichoke Hearts" is now 10 years old! And, excitingly, the theatre rights have been bought by Sudha Bhuchar of Bhuchar Boulevard. You may know Sudha's work as an actress and also as a writer in film, TV and theatre. She will be adapting the novel for theatre over the next couple of years and has partnered with a small number of schools to do workshops around the story. The responses of students in the workshops will help her develop the story into a play. Sudha and her team are coming to Fortismere after Easter, so we are looking for fifteen Year 7 students to join the fun – it will be during school time. Please email gward@fortismere.org.uk if you are interested.



CoverUp

The next meeting of our parent/staff reading group is on Thursday 12th May, 7pm in the library. We'll be talking about "The Crossing Places" by Elly Griffiths, the first in a series of crime/thriller novels set in Norfolk. Everyone welcome, refreshments provided...



Recommended Reads of the Week

Hearing about and discussing war is never easy, but books can help us process what we hear and see. With thanks to Michael Rosen, Booktrust's Writer in Residence, here are some books he's recommended which we have in the library and which could help us think and talk about things.



Music Department Notices

Ensembles this Half Term

Day	Lunchtime	After School
Monday	Senior String Group - Concert Hall	KS3 Music Tech - MU1 School Orchestra - Concert Hall
Tuesday	Senior Choir - Concert Hall Percussion Group - MU1 Popular Guitars - MU2	Jazz Band - Concert Hall Fortismere Community Symphony Orchestra - 7pm-9pm
Wednesday	Big Band - Concert Hall	Bands (Rooms available for practice)
Thursday	Junior Choir - Concert Hall DJ Club - MU4	KS4 Music Tech - MU4
Friday	Junior String Group - MU2	Classical Guitar Group - Concert Hall
Saturday	Music Theory Classes - 11:30am-12:30pm Fortismere Community Choir - 10am-1pm	

Wonderful A Level Recital Evening

A huge congratulations to our Year 12 and Year 13 A Level Students who performed their recital pieces in the South Wing Hall last night. There were musical items from our very talented students that spanned a number of genres with pieces performed by Rock Guitarists, Classical Guitarists, Trombonists, Cellists and Vocalists. Well done to Nathan, Aaron, Sanitni, Derrin, Haru, Kitty, Nico, Angelina, Daniel and Jai. Thank you to all those who attended the evening and supported the students.



Fortismere Community Symphony Orchestra - St Andrew's Church N10 - Saturday 26th March 2022 - 7:30pm

Tomorrow night, **Saturday 26th March** the Fortismere Community Symphony Orchestra will be performing at St Andrews Church, Muswell Hill.

The concert will start with an Overture by Farrenc followed by a Double Concerto for Clarinet and Viola by Bruch featuring two local soloists, Chris Stripp and Hannah Gardiner. The performance will end with the 5th Symphony by Sibelius, a piece of epic proportions that encapsulates the sound of the Finnish Composer.

Tickets for this event cost (£12 for Adults / £8 Concessions / Under 12's Free) and can be purchased at www.fortismeremusiccentre.co.uk



Concert Tour to Salzburg - October 2022

We are pleased to inform you that the Music Department is organising a Concert Tour in the next academic year to Salzburg, Austria for our young musicians from Wednesday 19th to Tuesday 25th October 2022.



The tour will be an exciting opportunity for our students to work collaboratively in order to perform concert repertoire, experience a new culture, form friendships and create some incredible memories. Letters have gone out to students that play and sing in Fortismere, however if you play an instrument or sing and are interested in joining one of our groups please get in touch with the Director of Music Mr Jefferies by emailing ejjefferies@fortismere.org.uk

Appalachian Spring Dance Workshop

Thank you to the students that took part in the Appalachian Spring Dance Workshop. The project is multigenerational and it was really interesting to see our young dancers working with adults. Our youngest participant was Judith aged 11 whilst our oldest was also called Judith and a very young 80. The project will start after the Easter Break and run for 15 weeks so there is still time to get involved! If you are interested please contact the Director of Music ejjefferies@fortismere.org.uk



Sport & PE Department Notices

Easy as 1 2 3 – U15 GIRLS CHAMPIONS!

Our U15 Girls made it a hat-trick of County Cup Winners on Monday when they thumped their opponents in the Rachel Hankey Middlesex Cup Final. That means out of the four County Cups available for girls, Fortismere has won three of them. Absolutely Incredible! We are so proud of you girls.



Basketball Action!

On Monday afternoon, our U13 and U16 Boys Basketball teams took the short trip to Heartlands school for an early evening round of Basketball matches. The U16 Team played first and participated in an amazing game, of a really high standard, that saw them pipped by just a single point 30-31 - so close. And we even hit the rim with our last shot! However the U13 Boys, inspired by their older team mates never looked in any trouble as they took their first win in their first game 28-19. Well Played All.



Badminton Team in Action

On Wednesday, our Year 8 and Year 10 Badminton Teams were in action as they competed in the Haringey Schools Borough Championships. The standard of the tournament was very high which makes our two Runner Ups and two Third places look a very impressive achievement. Well done to all our players.



U14 Boys Hockey Champions

Also on Wednesday, our U14 Boys Hockey team headed off to compete in the London Tier 3 Competition. I'm delighted to report that, just like the U18 and U16 teams, the boys were crowned Champions. What a wonderful achievement. Well done boys we're so proud of you.



Squash is blooming at Fortismere

At the start of the year, I announced a partnership with Middlesex Squash that was going to give our students an opportunity to play some squash.

The sessions take place at Stormont Tennis & Squash Club and have seen a really good number of Fortismere students taking part. This week, the lead coach contacted me and said that some of our players are potentially good enough to enter next year's National Schools' Championships - Wow! The sessions have been so successful that Middlesex Squash want to open up the opportunity to even more Fortismere students so they are now going to run extra sessions on Tuesdays, Wednesdays and Fridays. Please see the poster for all information! Go on give it a go!

Join our
FORTISMERE
School Squash Programme

When: Starting 18th April - 23rd July 2022
Tuesdays at 4.05pm or
Wednesdays or Fridays at 4.30pm
£55 for 13 week block
(new participants only)
Join any time - fees pro rata
Payable to: Play Squash, Sort code 30-96-26 Acc 22867560

Where: Stormont Tennis & Squash Club
13 Lanchester Road, N6 4SU
www.stormonttsrc.com

Open to players
of all abilities in
Years 7 - 9 (11-14yrs)
All equipment provided
GET ACTIVE & PLAY SQUASH!

Book your place: Call Vickie Prow 07796 181286
or email: northlondonsquashcoaching@gmail.com

Stormont fortismere

  
@playsquash1

Sports Stars Update

Genevieve helps her team to the regional finals

Last weekend Year 7's sport star, Genevieve Castle, played at the Olympic Hockey Centre in the regional finals and her team, Southgate U12, came an incredible 2nd place. Although frustrating to lose the final, Genevieve did score an excellent goal. We are very proud of your achievements Genevieve.



Fortismere Sports Stars of the Month

I am delighted to announce the Sports Stars of the Month for March. The SSOTM award recognises top performance, hard work in PE lessons, sports leadership and a fantastic contribution to school sport at Fortismere. Well done to all this month's Stars!



Year 7 Kasuka Mutukwa

Year 7 Genevieve Castle

Year 8 Alex Hector

Year 8 Cece Mensah

Year 9 Lucas Klerck

Year 9 Lola-Rose Orr

Fortismere Leaders in Charge

Last Friday Fortismere hosted the Haringey Schools Quick Sticks Hockey Tournament. The event was officiated and administered by our wonderful Year 10 Hockey players and leaders and they did an awesome job. Thank you all!



Results and Fixtures

Results This Week

Monday – Basketball U13 & U16 v Heartlands (A) **U13 Won 28-19, U16 lost 30-31**

Monday – Football – U15 Girls County Schools Cup Final **Won 10-2 CHAMPIONS**

Monday – Football Y10 v Greig City (H) **Postponed**

Tuesday – Netball Y9 & Y10 v SHL (H) **Y10 lost 8-15 Y9 Won 15-8**

Tuesday – Football Y9 A & B v SHL (H) Grass **Y9 A won 4-3 Year Y9 B won 7-1**

Tuesday – Football Y7 'A' v SHL (H) Astro **Won 2-0**

Wednesday – Hockey U14 Tournament All Day **Champions**

Wednesday – Y8 & Y10 Haringey Badminton Champs **Y8 Boys 2nd Y10 Boys 3rd Y8 Girls 3rd Y10 Girls 2nd**

Thursday – Basketball U13 & U16 v APS (A)

Fixtures Next Week

Monday - Boys Football Y7 A & B v Latymer (a)

Monday - Boys Football Y10 'A' v APS (H)

Tuesday – Boys Football Y8 'A' v APS (H)

Wednesday-Boys Football 1st and 2nd XI v Cokethorpe (A)

Wednesday – Netball 1st & 2nd VII v Cokethorpe (A)

Fundraising & Development Notices

Spring Fundraising Event - Help Us Reach Our Target

Our Quiz Night taking place on **Saturday 7th May 6.30 pm** is our main spring fundraising event and we really need your help to reach our target of £7000.

By taking part in the Quiz Night not only will you have a fun night out but you will also be supporting the school to generate much needed additional income to help us meet shortfalls in funding and increasing costs. Get your tickets early for this not to be missed event hosted by award winning comedian Pauline Eyre. Don't worry if you



haven't got a full team of people as we'll make teams by combining smaller groups and don't worry if you aren't very good at quizzes as there will be lots of comedy even if you don't know any answers! Tickets are £10 per person (teams of 8-10 people). Smaller groups will be combined to make up a full team. There will be a bar but please bring food to share with you. Tickets available from <https://www.eventbrite.com/e/fortismere-quiz-night-7th-may-tickets-294461180317>

Even if you can't attend the quiz if you think you can support this event in another way please contact me.

Maria Demetriou mdemetriou@fortismere.org.uk

Head of Extended School, Fundraising and Development

Community Notices

Centre for Mental Health & Kings College London Research Project

We are exploring the **T**ransmission of experiences of **R**acism, **A**nxiety and **D**epression in families (called the **TRADE** project for short). Our aim is to produce information and recommendations for community groups, mental health researchers, and healthcare professionals, to suggest how we can better support families who are affected by racism. Your thoughts are needed to help us shape this work.

We are asking **parents (of children aged 4 – 18)** and **teenagers (aged 14 – 18)** to help support this project, to help us better understand the effects of racism on mental health in families. If you identify as belonging to a **group that experiences racism in the UK (i.e., a racialised group)**, you could you join a **1-hour online group discussion** with us on an afternoon or evening in April (during the Easter holidays).

Everyone who comes will get a **£25 Love2Shop voucher**, and teenagers will also be invited to attend two online workshops with our team, to hear more about **university and jobs in research** (these are optional and will not be used for research or data collection).

We will hold **group discussions for parents**, and **group discussions for teenagers** (all online). We will invite 15 people to each group, and we will split into smaller groups of 5 people to share thoughts. We will discuss how experiences of racism may affect parent-child relationships and mental health, and ask for your thoughts on mental health support available to families in racialised groups. (see our video here: https://twitter.com/TRADEproject_UK/status/1504770772606332954?s=20&t=DV8lJkqdSJxaqaAfmw3uww)

The project **sign-up link** is here: https://qualtrics.kcl.ac.uk/jfe/form/SV_3Q1z5KqlzxAmalC

And here are links to our

Website: <https://www.centreformentalhealth.org.uk/racism-anxiety-and-depression-families>

Instagram: [tradeprojectuk](https://www.instagram.com/tradeprojectuk)

Twitter: [@TRADEproject_UK](https://twitter.com/TRADEproject_UK)

Ms Salter