



# PARENT BULLETIN

## Welcome to the Academy Bulletin – February 2026

Dear Parents and Carers,

As we reach the end of the Spring 1 half term, I would like to take this opportunity to reflect on what has been a busy, positive and productive period for our school community.

For those who joined us at the start of the year for our Supporting Success events, you will remember that by listening closely to our students' feedback, we have developed a series of strategies to optimise their engagement and enjoyment of school. I am very pleased to say that this continues to have a very positive impact on engagement and outcomes this year.

This half term has seen a continued focus on raising culture and reinforcing positive messages through our assemblies programme. Key themes have included Communication, Rewards and Recognition, Commitment to Learning and Progress and Attainment. These assemblies play an important role in shaping our shared expectations and values and it has been encouraging to see students engaging so positively with them.

Capturing and responding to student voice remains a priority for us. Regular feedback from students helps us to improve and refine our school environment and a recent example of this is the introduction of music played through our tannoy system before and after school, as well as at the end of lunchtimes. Students have been submitting requests and have told us how much they are enjoying this new feature, which has added to the positive atmosphere around the site.

We have also maintained a strong focus on progress and attainment. This has included positive and meaningful Progress Evening discussions with parents of students in Years 9 and 10, alongside Parents' Evenings for both year groups. In addition, our Year 9 Options Evening and options process have been successfully completed, supporting students and families at this important stage of their educational journey.

A particular highlight of the half term has been our continued drive to support NEA completion. We ran two 'Not Leaving 'Til' events, where staff and students stayed late on a Friday to ensure coursework was brought up to target grade or beyond. These sessions demonstrated real commitment from both students and staff and we are very proud of the effort shown.

Looking ahead to Spring 2, we have a number of key events and milestones coming up. These include data drops for all year groups, with Commitment to Learning scores for Years 7 to 9 and predicted grades for Years 10 and 11. We also look forward to the Year 7 French trip, the Year 8 Parents' Evening and our upcoming Careers Fair.

We remain incredibly excited about the work taking place across the school and the continued progress our students are making. As always, we welcome feedback from students, parents and carers and thank you sincerely for your ongoing support.

Yours faithfully,



Mr Chris Conlon – Headteacher Wigston Academy

## SCHOOL TERM DATES

### SPRING TERM 2026

Mid Term Break Monday 16<sup>th</sup> February to Friday 20<sup>th</sup> February 2026

Easter Break Monday 30<sup>th</sup> March to Friday 10<sup>th</sup> April 2026

### SUMMER TERM 2026

School Opens Monday 13<sup>th</sup> April 2026

May Day Monday 4<sup>th</sup> May 2026

Mid Term Break Monday 25<sup>th</sup> May to Friday 29<sup>th</sup> May 2026

School Closes Thursday 9<sup>th</sup> July 2026



Wigston Academy Parents & Carers

# KEY DATES FOR YOUR DIARY

Find a copy of the full calendar on our website under the [Parents](#) section.

LEARN·ASPIRE·ACHIEVE

**FEBRUARY 2026**

16	FEB, MON	All day	WAT February Half Term
17	FEB, TUE	All day	WAT February Half Term
18	FEB, WED	All day	WAT February Half Term
19	FEB, THU	All day	WAT February Half Term
20	FEB, FRI	All day	WAT February Half Term
26	FEB, THU	All day	WAT February Half Term
11	MAR, WED	7 – 9:30pm	Year 7 - French Trip Parent Information Evening
12	MAR, THU	7 – 9:30pm	WAT Productions - Prince of Egypt
13	MAR, FRI	7 – 9:30pm	WAT Productions - Prince of Egypt
14	MAR, SAT	7 – 9:30pm	WAT Productions - Prince of Egypt

## YEAR 7

Year 7 have made a fantastic return to school after the Christmas break and have settled back into routines really well. It has been lovely to see such a positive attitude to their progress, learning and a strong sense of community across the year group.

We have lots of exciting opportunities coming up, with students able to earn rewards and prizes for positive behaviour, effort and engagement; so there is plenty for them to look forward to!

We want students to focus on social time and will speak to them about ideas to support this. Encouraging calm, respectful interactions will help us keep everyone safe and focused on learning.

Thank you, as always, for your continued support.

**Miss Bhogal , Year 7 Progress Leader, and Miss Tabor-Brown, Year 7 Assistant Progress Leader**

## Year 8

Year 8 have made an excellent start to the term after the Christmas break and we are delighted with progress, commitment to learning, behaviour and attendance in lessons and around the school. They have returned focused and motivated and this is evident in the strong progress they are making.

We are also excited to announce an upcoming competition focusing on **presentation in books**.

Students will have the opportunity to win prizes for demonstrating pride, care and consistency in their work.

In addition, we are looking ahead to our next data drop on **9th March**. Students will again receive a score from **-2 to +2** from each teacher, which will contribute to their average **Commitment to Learning (C2L)** score. Our aim is for every student to show progress and current data suggests we are moving in a very positive direction.

As ever, thank you for your continued support. Please do not hesitate to contact me should you have any concerns.

**Mr Hodgkinson, Year 8 Progress Leader, and Ms Marsden, Year 8 Assistant Progress Leader**

## Year 9

Year 9 have had a lovely start to 2026, getting straight into action with the GCSE options process. We held two very successful evenings recently; one focused on option choices and another for teacher meetings. Both events were extremely well attended and we received lots of positive feedback. It was lovely for parents and carers to hear how well their child is progressing.

We also welcomed external visitors from Pathways, who spent time with students offering additional guidance and support around the options process. Alongside this, students have been learning about the different college and post-16 options available to them in the future. This process has helped to empower students to take responsibility and begin making informed decisions about their own futures.

Thank you to all parents and carers for the continued support you have given at this important stage.

**Mrs Bentley, Year 9 Progress Leader, and Miss Quinn, Year 9 Assistant Progress Leader**

## YEAR 10

We have had a very busy start to the term and it has been encouraging to see the majority of students return focused and ready for the challenge ahead.

Work experience is now well underway, with many students having successfully secured placements. This is a valuable opportunity for them to develop key skills and gain insight into the world of work.

We have also recently completed a number of mock exams in specific subjects. Students have found these assessments useful in giving them a realistic understanding of their current progress and highlighting areas for improvement.

Our second sprint has just been completed, with a focus on the presentation of books. We know how important it is for students to have neat, organised and understandable notes, particularly as they will need to revisit this work in Year 11.

Our next data drop will take place in March and students are currently working hard to make improvements from the previous one, ensuring they are doing everything possible to move closer to their target grades.

Looking ahead, our focus next term will be on attendance, motivation and effort. The more effort students put into understanding their work in Year 10 the less they will need to revisit the work whilst in Year 11.

We have had a very busy start to the term and it has been encouraging to see the majority of students return focused and ready for the challenge ahead.

Finally, please remember that the library is open after school for independent study. An increasing number of students are making use of this space to complete their maths weeklies and it is becoming a calm, academic environment with a great buzz.

Thank you for your continued support.

**Mrs Chapman, Year 10 Progress Leader, and Miss Gregory, Year 10 Assistant Progress Leader**

## YEAR 11

As we move further into the academic year, our Year 11 students are now firmly focused on working towards their GCSE examinations. This is a crucial time when consistent effort, good organisation and regular revision can make a real difference to final outcomes.

This half term has gone extremely fast; we are pleased with the majority of the year group for showing a determination to improve predicted grades. Our most improved students have been rewarded with a Domino's lunch. We have also been celebrating successes in our weekly assemblies. Blue and Yellow Bands are in serious competition with each other to be the best year-half in terms of completing homework weeklies and completing the weeklies to the best of their ability.

Helping students to establish a regular revision routine and encouraging good attendance and punctuality will all contribute positively to their progress. If students need a quiet space to study, they are welcome to work in the Hub after school. We also issue Hub lunchtime passes which has been very successful.

We have appreciated your support in ensuring your child/children attend the after-school interventions and coaching, it really does make a significant difference.

We actively encourage all students to attend lessons regularly, complete homework to the best of their ability and seek support from their teachers where needed. The year group have been provided with revision booklets which will help them focus on key areas.

Homework weeklies deadlines:

Monday= English

Monday= Geography

Tuesday= Mr Allen's Geography group

Wednesday= Maths

Thursday= Science Y Band

Friday= Science B Band

We are looking forward to seeing many parents and students in the upcoming progress meetings. We really do value your time and support!

Well done Year 11, you have worked well and we are proud of your efforts.

**Miss Bramley, Year 11 Progress Leader and Mrs Brennan, Year 11 Assistant Progress Leader**

## Please note:

From 13<sup>th</sup> April 2026, if you wish to purchase badges or ties payment will need to be made through Scopay or by card machine at the Academy reception. Cash will no longer be able to be used.

# TOP TEN STUDENTS

## Commitment to Learning Points

Year 7	Year 8	Year 9
Myah Asamoah	Sienna Beyer	Adam Atkins
Pemi Akinsuyi	Lyla Winter Blackshaw Ross	Zsofia Dickson
Skylla Beeson	Jess Emery	Jasnoor Gill
Georgia Clare	Alan Kapica	Luke Harris
Billy Day	Kimberly Kunaka	Mollie Hornsby
Maisie Gall-Bilson	Sophie Loach	Zachary Jewell
Jessica-Ioana Lapusan	Mia Muma	Kaylin Mortimer-Dunn
Laura Poplawska	Seth Norman	Lily Renshaw
Kerlana St Brice	Sophia Osborne	Lily Wells
Max Wright	Lucy Papworth	Megan Wheatstone

## SCIENCE

Please find below the QR code to access the student science website for Years 9, 10 and 11.



Scan here for the Science Student Homepage



## MFL DEPARTMENT NEWS

In November a group of Year 9 students took part in GCHQ's National Languages Challenge. Students had to crack quizzes and codes in various languages to gain points for their team. Students showed dedication and enthusiasm working after school and at home. Congratulations to The Delightful Pig team who won!

In December the MFL Department celebrated Christmas with our 12 Tasks of Christmas Challenge. Students undertook creative challenges in French, English or Spanish, gaining raffle tickets for the sprint and Commitment to Learning points. Well done everyone!



We are getting excited for the Year 7 residential trip to Château de la Baudonnière from 16<sup>th</sup> to 21<sup>st</sup> March 2026. We wish everyone a wonderful time. Bon voyage!

The MFL department

# UK RASPBERRY PI FOUNDATION BEBRAS CHALLENGE



On 10<sup>th</sup> to 21<sup>st</sup> November 2025 Key Stage 3 (Year 7, 8 and 9); Key Stage 4 (Year 10 and 11) GCSE Computer Science Students participated in 2025 **UK Raspberry Pi Foundation Bebras Challenge**

on behalf of Wigston Academy Trust. These challenges were completed during Computer Science lessons.

The following students achieved Gold Bebras certificates which means that the student scored in the top 10% nationally in the Bebras Computational Thinking Challenge, an impressive feat demonstrating strong logical, problem-solving and computational skills, often earning them an invitation to the more advanced Oxford University Computing Challenge. It signifies exceptional aptitude in areas vital for Computer Science, placing them among the best in their age group across the UK. Well done to all the students for their hard work. Subject awards will be given to Year 7 and 8 students who received a merit or distinction in the Bebras challenge.

<b>Junior (Year 7)</b>	<b>Intermediates (Year 8 &amp; 9)</b>	<b>Senior (Year 10 &amp; 11)</b>
David Dan	Stanley Atkinson	Seth Gilbert
Harry Fletcher	Jonah Jones	Ciaran Sutton
Oluchi Udoka	Kairone Johal	Viaan Naik
Eleanor Baxter	Ruben Fellows	
Daisy Glenesk	Zak Harris	
Blake Brightmore	Liam Blackett	
Krystian Szatanski	Honey Curnock	
Forrest Sherriff	Charlie Stevenson	
Lola Wolloff	Rueben Grimes	
Ivy Talbot	Georgie Williams	
Michael Walsh	Phoebe Maher	
	Charlie Bagshaw	

We look forward to 2026 Bebras Challenge and celebrating Safer Internet Day on Tuesday 10<sup>th</sup> February 2026 with the theme this year smart tech and safe choices – exploring the safe and responsible use of AI.

## ADT

Year 8 have been creating wooden desk tidies in their Design Technology lessons; learning about different joins, timbers and using a variety of machinery to create them. Students then added patterns and colours of their choice to decorate.



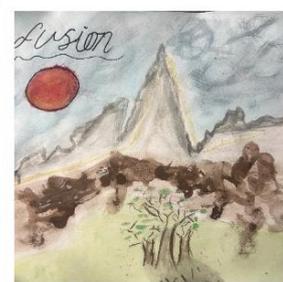
GCSE 3D design taster session: students learnt about the artist Giacometti and explored making similar sculptures from foil.

A really fun engaging lesson with really successful outcomes!





Year 9 graphics have been learning about different artists, using different media and learning about the use of fusing styles together to create an album cover.



Miss Robinson – Head of ADT

## PE AND SPORTS NEWS

The PE Department and students have been as busy as ever with lots of extra-curricular clubs, fixtures and events.

### Extra-Curricular Clubs

A reminder that all clubs are free and finish at 4pm. Even if you are not or do not want to be in a team, come along to training to have fun with friends, meet new people and develop your skills!

### Boys Football

The Year 10 Boys Football Team's amazing National Cup run, unfortunately, came to an end in January as they lost to a strong Repton side. To make it to the last 32 of over 800 schools is a brilliant achievement and the lads should be very proud. Their attention, along with the Year 8 Boys Team, now

turns to the County Cup where they'll be representing Oadby and Wigston after winning their leagues earlier this year. Good luck lads!

### **Girls Football**

The newly formed Year 7/8 Girls Football team kicked off their season with a National Cup fixture away v Woodbrook Vale. The girls put in a superb team performance to run out 5-0 winners and book a place in round 2 where they will face The National CofE Academy. Good luck girls.

The Oadby and Wigston League matches also started for all of our teams. The first fixture saw our Year 7 and Year 8/9 teams welcome Gartree to Wigston Academy. The Year 8/9 Girls dominated the match but could not find a winner as they drew 3-3. They then unfortunately lost on penalties. The new Year 7 team put in a stunning team performance to win 10-0. There was some fantastic football on display and their attitude and effort was superb. We're looking forward to the rest of the league games over the next few weeks.

### **Sports Leadership**

Our brilliant Year 10 Sports Leaders were back in action as they helped organise and run the KS2 Boccia and Primary Dodgeball Events that we hosted alongside our friends at SLSSP.

Once again, they were received extremely positive feedback and continue to represent the school in a fantastic way. Well done all!

### **MOmentum**

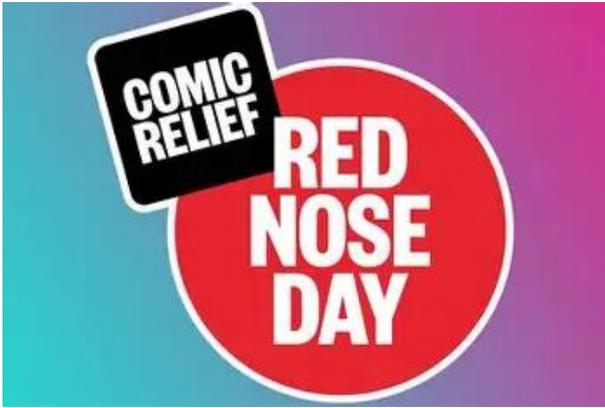
A small group of Year 8/9 Boys were lucky enough to take part in the MOmentum Intervention over this half term. This was a series of sessions delivered by former Leicester Riders basketball player Mo Walker. They focused on a variety of topics including resilience, nutrition, sport, education and overall well-being. It was a great experience for the students and they gained a lot from the sessions. We'd like to thank Mo for giving up his time to deliver this for us. It was a great experience for the students and they gained a lot from the sessions. We'd like to thank Mo for giving up his time to deliver this for us.



## COMMUNITY NEWS

### Charity events coming up in the Spring Term

On Friday 20<sup>th</sup> March it is Comic Relief/Red Nose Day: look out on our notices and the tutor powerpoint to see how we will be supporting the charity this year!



### April 2026 – Sponsor A Child Raffle

Every year we have a raffle to raise funds for our Sponsor a Child campaign. Our supported child is Jane Mwendu from Kenya who is now 16, this event will help us raise funds for Plan International.



### WA Preloved Uniform Shop

At Wigston Academy we have an excellent preloved uniform shop, would you be willing to donate any pre-loved school uniform items to be a part of our Pre-loved Uniform Shop? Look out for times on our website to come and support and grab yourself a bargain.

We are looking for any good quality, clean, non-damaged items that you would like to donate, please bring them into main reception at the academy. We will soon be announcing when and where you can purchase our preloved uniform items for a bargain price. (Damaged and soiled items won't be able to be sold and will be disposed of)

Making a change – currently only 1% of clothing is recycled, lets help to make a difference!

## CAREERS UPDATE

### Mock Interviews – 21<sup>st</sup> January 2026



What an incredible morning! With over 20 volunteers, over 250 Mock Interviews took place for Year 11 students. There was a really positive atmosphere and buzz in the hall, with lots of engaging conversations taking place. Students went in a little nervous and came out with smiles on their faces. Lots of

constructive feedback on how the students can improve and what to focus on for their next interview.



Thank you to all of the local volunteers who gave up their time to support our students. It is so important for young people to engage with local employers and experience elements of the world of work to help them prepare for their futures.

### Year 9 option workshops; 20<sup>th</sup> and 22<sup>nd</sup> January



We are currently working with our lead advisor Kirti Lad, from Pathways, on a range of careers advice, engagement and enrichment activities with the Academy and College. Kirti delivered Option Workshops to Year 9 students to help them with their GCSE option

choices. We had a really positive two days, with lots of questions from students about their future and the different routes available. Students have explored the range of GCSE options available to them at Wigston Academy and choices they need to make for their futures. Ongoing support will be given by staff to students in completing their applications for GCSE options.

### National Apprenticeship Week

This is a great opportunity for students to find out more information about apprenticeships and the pathways available. During the week there will be lots of activities for students in Years 7 to 11 to explore what following an apprenticeship involves and the wide range of apprenticeships available. This is a great way to 'earn while you learn' achieving qualifications up to and beyond degree level. Look out for more information through the WAT APP during the week.



Year 9 students will be having a presentation from EMAAN (East Midlands Apprenticeship Ambassador Network) to hear about the different pathways and opportunities available at Post 16 and Post 18 pathways.

## **National Careers Week 2<sup>nd</sup> – 7<sup>th</sup> March 2026**



This will be the fifth year we have participated fully in the NCW to raise awareness of the wide range of careers and options available to students. It will provide a focus for careers guidance activity at an important stage in the academic calendar to help support young people develop awareness and excitement about their future pathways at both Post 16 and Post 18.

All subjects will be exploring how their skills and knowledge can lead to future careers and different employment opportunities.

There will be lots of information shared through WAT APP on how students and families can get involved during the week

## **Year 10 Work Experience – Monday 27<sup>th</sup> April – Friday 1<sup>st</sup> May**

In Year 10 all students have the chance to take part in work experience for one week. This is a great opportunity for young people to find out about the world of work, which will support their development and preparation for leaving full time education.



We are still looking for local companies who are interested in supporting the programme. If you are able to offer a work experience placement for any of our students, please contact [careers@wigstonmat.org](mailto:careers@wigstonmat.org) and we will get in contact and look to identify a suitable student for the week.

## **Save the date - Careers Fair; 18<sup>th</sup> March 2026**

Wigston Academies Trust careers fair will be held at Wigston College on Wednesday 18<sup>th</sup> March 2026 from 5.00 – 7.30pm. There are many stands to support students in Year 8 to Year 11, these will include Further Education College, Universities and Local Employers. The companies who have vacancies with apprenticeships for school leavers will be advertising throughout the evening. Booking is essential so please look out for further information closer to the time.

For more information about Careers Education at Wigston Academy visit the website [Careers Home | Wigston Multi Academy Trust \(wigstonmat.org\)](#)

## **YEAR 11 INTERVIEWS**

Recently, the Sixth Form Leadership team began the process of interviewing all the Wigston Academy students hoping to gain a place in our Sixth Form. This is a really busy yet enjoyable process for the team as we get to meet so many students with such great potential. Although it is referred to as an interview this is much more of a guidance meeting and it gives us the chance to start getting to know our aspiring future sixth formers. The College continues to be popular with the best part of 700 applicants from around the city and county looking to join us in the next academic year, and with

approximately 150 places available competition remains high. Do not panic if your child has not yet had their interview as this process will be ongoing. We aim to have completed all Wigston Academy interviews by half term, if your child has missed their interview then we will attempt to re-arrange. Following the February half term, we will be meeting and interviewing all of our external applicants either in person or via MS TEAMS.

If students are successful and are offered a place, we will update this on PS@16 and they should log in and accept their offer so as not to lose their place. We will then be in touch with all offer holders with details about our Induction Day which this year will be held on **Thursday 25<sup>th</sup> June**. Induction Day is a really important opportunity for students to come to the College for the day, meet their subject specialist staff, ensure they are informed of what they need to be doing over the summer to prepare for level 3 study and gives us further chance to get to know each student.

As always, if you have any questions regarding this process please do get in touch.

## ATTENDANCE

We would like to remind families of the importance of regular school attendance and the impact that term-time holidays can have on students' learning and progress.

While we understand the value of family time, holidays taken during term time disrupt learning and can make it difficult for pupils to keep up, particularly in exam subjects. For this reason, schools are unable to authorise holidays during term time unless there are exceptional circumstances.

**Any unauthorised absence for a holiday may result in a fixed penalty notice being issued by the Local Authority. A Fixed Term Penalty Notice (FPN) is a fine issued to parents or guardians for allowing their children to be absent from school during term time without authorisation.**

We kindly ask that holidays be planned during school holidays, helping to support your child's education and future success.

If you feel there are exceptional circumstances, please contact your child's Progress Leader in advance to discuss this.

## PERFORMING ARTS

The Performing Arts department has had an exceptionally busy and successful academic year so far across the Trust, delivering two fully sold-out programmes to audiences of over 820 people.

We are currently rehearsing *The Prince of Egypt*, an epic biblical production featuring a powerful and moving score. This ambitious show showcases the outstanding talent and dedication of our students and will be performed from 11<sup>th</sup> to 14<sup>th</sup> March. With over 60 students involved on stage, this highly elaborate production represents the culmination of many months of hard work. We are particularly delighted by the number of new students participating in this year's performance and would like to extend our sincere thanks to everyone who has supported us in any way.

Alongside this, we are preparing for our KS3 Talent Show on 23<sup>rd</sup> April. Now in its third year, this event provides a wonderful opportunity to celebrate and showcase the talents of our younger performers. Looking ahead to the end of the academic year, our final concert, Summer Fiesta, will take place on 24<sup>th</sup> and 25<sup>th</sup> June.

Tickets for all productions are available via our websites at [www.wigstoncollege.org](http://www.wigstoncollege.org) and [www.wigstonacademy.org](http://www.wigstonacademy.org) by following the production ticket link. Tickets can also be purchased from the Academy reception.

We warmly invite you to come and support our incredible students—many of whom will be performing on stage for the very first time. Thank you for your continued support of Performing Arts and we look forward to welcoming you to our events.





Miss Watkiss - Head of Performing Art

**KEEP UP TO DATE ON OUR SOCIALS**

 [WATPRODUCTIONS](#)  
 [WATPRODUCTIONS](#)

**WAT PRODUCTIONS PRESENTS**  
**DREAMWORKS**  
**THE PRINCE OF EGYPT**  
**THE MUSICAL**

**TICKETS ON SALE NOW!**

**11TH - 14TH MARCH 2026**

We're incredibly proud to be the first to perform this show in the East Midlands—don't miss it!

GET YOUR TICKETS FROM WIGSTON ACADEMY RECEPTION OR [WWW.WIGSTONACADEMY.ORG](http://WWW.WIGSTONACADEMY.ORG) OR [WWW.WIGSTONCOLLEGE.ORG](http://WWW.WIGSTONCOLLEGE.ORG)

Dear Parent/Carer,

Our school is part of Operation Encompass which is a national scheme that operates jointly between schools and police forces.

Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has experienced domestic abuse and other issues that may impact upon their wellbeing.

The police force will now share details about children who are missing from home with us so that we can appropriately understand and support their needs when they return.

As a school we have ensured that a member of our staff, (Designated Safeguarding Lead) known as a Key Adult, has been trained in the Operation Encompass procedures allowing us to then use the information that has been shared, in confidence, to support the child/ren in our care.

The Domestic Abuse Act 2021 identifies children who experience domestic abuse as victims of domestic abuse in their own right.

We are keen to offer the best support possible to all our pupils and we believe this will be extremely beneficial for all those involved.

Head Teacher



OPERATION ENCOMPASS

We are an Operation Encompass School

For further information, please come and see us.

# Operation Encompass is a national scheme that operates jointly between schools and all police forces.

“ Children who live in homes where there is domestic abuse, or who experience domestic abuse in their own teenage relationships, can be negatively impacted by this experience. ”

“ Children who experience domestic abuse are recognised as victims of domestic abuse in their own right! ”

“ We have ensured that a member of our staff, (Designated Safeguarding Lead) known as a Key Adult, has been trained about Operation Encompass procedures. This allows us to use the information that has been confidentially shared with us by the police, to understand how a child may be impacted by domestic abuse and to then offer support to the child/ren in our care. ”

“ Operation Encompass means that our school will be told, prior to the start of the next school day, when police have attended an incident of domestic abuse where there is a child or young person who attends our school who is related to any of those involved in the incident. ”

“ This information means that we can understand a child's behaviour and support that child in whatever way they may need or want. ”

“ We are keen to offer the very best support possible to all our pupils and we believe that being part of Operation Encompass helps us to do this. ”

<sup>1</sup> Domestic Abuse Act 2021

[www.operationencompass.org](http://www.operationencompass.org)

**NHS**  
**MY SELF REFERRAL**  
LEICESTER, LEICESTERSHIRE & RUTLAND

Worried about seeking help for your mental health?

**Safe**

**Free**

**24/7**

My Self-Referral is a safe, confidential option for children & young people under 18 living in Leicester, Leicestershire and Rutland.

Support is a click away. Visit the new My Self-Referral website below or scan the QR code...

[MySelfReferral-LLR.nhs.uk](http://MySelfReferral-LLR.nhs.uk)