



cademy

The Spectrum Academy has partnered with neighbouring schools and colleges to provide free health awareness seminars. Spectrum Health is providing this on a voluntarily basis in a bid to integrate itself into the local community and help promote health awareness and encourage a healthy lifestyle.

The Academy has a menu of seminar topics outlined in its prospectus below and we have committed to quarterly seminars at each establishment. For further information and enquires, the Academy can be contacted by submitting an enquiry form on our website, or by emailing spectrum.health@nhs.net.



All of our seminars involve real life experiences and the impact on home, social and school life. We also share accounts of controlling certain health conditions and habits.

- Health, weight and young people
- Epilepsy and young people
- Acne and young people
- Depression and low mood in young people
- Drugs, Alcohol and young people
- Eating Disorders and young people

- Seeing your GP and tips for young people
- Long term health conditions and young people
- Psoriasis and young people
- Psychosis and young people
- Sexual health and young people
- Preventing diabetes from a young age
- Young people and cancer
- Learning difficulties and young people
- Stress and young people
- Sleep hygiene and young people