



# Rushden Academy Newsletter

Aspire, Explore, Succeed

01/07/2022

Message From the Principal



## In this newsletter:

- Message From the Principal
- Word of the Week
- Numeracy Problem of the Week
- Performing Arts Update
- Library Update
- Cost of Living Payment
- Join the PTFA
- Legally Blonde The Musical
- Hair & Beauty at Rushden Academy
- Duke of Edinburgh Update
- Jump Back Up July
- School Games Bronze Award
- Revolution Manchester

## Team Rushden - United we stand, divided we fall

Dear Parent / Carer

Well done to Year 10 who have conducted themselves impeccably over their mock exam period, it was good to see so many of them using revision guides and revision notes to test each other and prepare well. Year 9 have also experienced exam practice in the Sports Hall, although it is quite daunting it is important to practise these skills and they did very well.

Overnight it seems as though year 11 have transformed, they attended the sixth form induction days and seem so ready for the next stage of their education. All year groups are nudging to the next step and year 6 joins us next week for their transition days. It will be good to welcome the freshers into school and get them set for Team Rushden expectations so we have a crisp start in September.

Today we will be enjoying our Sports Day events, no doubt there will be photos in next week's newsletter. It is always such a special day with pupils getting involved in a range of different events, there really is something for everyone. We agreed for a special one off and to capture this moment of their school career to allow mobile phone use. This will revert back to the 'normal' policy on Monday.

Please be vigilant and support your youngsters with online safety, there is some very useful information online to help you: <https://www.internetmatters.org/resources/online-safety-guide/>. Please do invest time in talking to your children about this as there are predators out there who do take advantage.

Enjoy reading this week's newsletter and remember we are here if you need to get in touch for any reason. Thank you for supporting the school, we do value your feedback.

Mrs J Burton  
Principal



## DELINQUENT

Word Type:

Adjective

Synonyms:

- Lawless
- Criminal

Antonyms:

- Conformist
- Dutiful

Example:

- (typically of a young person) tending to commit crime, particularly minor crime; failing in one's duty.

Definition:

- The **delinquent** Miss Neville is often late in sending out the WOW!

## Weekly Star of MFL

Each week the MFL department chooses one of its Stars of the Week to showcase.

This may be for producing a particularly impressive piece of work, making excellent progress, having great attitude to learning or otherwise representing one of the Team Rushden values.

This week's star is...

**Mia**

For always being a role model in how to approach each and every lesson and for always having a smile. Well done! Mrs Brainwood

### Numeracy Problem of the Week



I have a maximum / minimum thermometer in my greenhouse. It records the highest and lowest temperatures reached since the time I reset it.

I reset it on Sunday when the temperature was  $4^{\circ}\text{C}$ .

Overnight the temperature fell by  $5^{\circ}$ .

Then during Monday it rose by  $6^{\circ}$  before falling by  $10^{\circ}$  during the night.

On Tuesday it rose by  $4^{\circ}$  and fell by  $2^{\circ}$  overnight.

What were the maximum and minimum temperatures recorded when I looked at the thermometer on Wednesday morning?

## Go4Schools Parent App

We have now subscribed to the parent app for Go4Schools. You can download the app from the Apple App Store or the Google Play Store, and have access to your child's timetable, progress reports, attendance and behaviour information at the touch of a button.

For more information about how to create your Go4Schools Parent Account, have a look at the guide at the end of the newsletter.

Please note, we use Google Classrooms to issue and track homework, not Go4Schools.



# LEGALLY BLONDE

*The Musical*

Tuesday 19th July  
Wednesday 20th July  
Thursday 21st July

Tickets £5 from student reception  
Doors open 7:15pm, show starts 7:30pm

Music and Lyrics by  
Laurence O'Keefe and Nell Benjamin

Book by  
Heather Hach

Based on the novel by Amanda Brown and the  
Metro-Goldwyn- Mayer motion picture



## Duke of Edinburgh Update



At the end of another busy week we are looking ahead to starting our expedition training!

On Monday we will be running our first training session for the students and will be looking at the kit that the students will need to take for a successful expedition (along with what not to take!) By completing this training session participants will understand the importance of selecting appropriate clothing and equipment and how much of a difference it can make. We will also be showing students the best way to pack their kit into the bags to ensure good weight distribution for while they are walking. Students will leave the session with a kit list ready for their expedition - many

of the larger items we can offer the students to borrow but nothing beats the well fit comfort of a pair of walking trainers/boots that have been broken in and summer is a great time to do this!



### **Do you have any volunteering opportunities for our students?**

A plea for help from you as parents and valued members of the community!

If you are involved or have any connections to places where our students can complete their volunteering section of the award we would love you to get in touch. This could be a charity, youth organisation, primary school, care home etc - anything where our students could offer an hour (or more) a week to help others in the community. This is often a section where the students struggle to find somewhere to help out; having a bank of connections that we could direct students to would be fantastic!

If you are able to offer anything or have any suggestions please feel free to drop me an email on: [r.brooks@rushden-academy.net](mailto:r.brooks@rushden-academy.net)

## Revolution Manchester

We are so proud of the students who represented Rushden Academy at the Revolution Manchester event this week. In partnership with the Grace Foundation, who sponsor the Ethos Team in school, our students went to support the community of Manchester and some of their most vulnerable residents.

Team Rushden fulfilled their mission that included sorting a humungous garden and the surrounding areas and serving a three course banquet to the homeless.





# KETT FEST 2 JULY 2022

arts, culture, music and more in our community & A WEEK EITHER SIDE

● craft markets ● KettFest crier ● workshops ● buskers ● flash dance mobs ● free events ● launch party ● live music ● spoken word ● henna tattoos ● teen market ● PYO strawberries ● skating ● local radio ● electronic sound system ● craft stalls ● art bombing ● face painting ● cosplay walk ● street performers ● yarn bombing ● sport ● historical walk ● local beer ● charities ● sculpture ● photography ● installation art ● magic show ● theatre ● local history ● KettFest food ● time travelers room ● miniature railway ● chalk drawings ● comedy ● choir ● live music ● local authors ● KettFest cocktail ● and much more across the town...

**2 JULY & A WEEK EITHER SIDE ALL AROUND KETTERING**

PLEASE SEE OUR FACEBOOK AND INSTAGRAM PAGES FOR FULL LIST OF EVENTS

**Businesses...** decorate and dress in KettFest colours, do promotions, host art and music events



**Community groups and individuals...** stalls, performances, workshops, advertise yourselves


**Artists, performers and musicians** we'll find you a place to exhibit and perform



**Everyone...** get involved and help us bring colour to our town. Invite your friends and family!

**CONTACT US TO GET INVOLVED...**

 /KettFest2022

 kettfest\_kettering

 @KETT FEST1



North  
Northamptonshire  
Council

in partnership with



Funded by  
Historic England



funded by Historic England through the Kettering Cultural Consortium and North Northamptonshire Council.

KettFest is all about promoting the good in our town. We cannot be held responsible for any event held by Kettering locals during KettFest.  
Design: [marika@tempaliving.co.uk](mailto:marika@tempaliving.co.uk)

## Jump Back Up July

Have a look at Action for Happiness' calendar for July. Will you try any of the ideas?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				Take a small step to overcome a problem or worry	Adopt a growth mindset. Change "I can't" into "I can't...yet"	Be willing to ask for help when you need it
4	5	6	7	8	9	10
Find something to look forward to today	Get the basics right: eat well, exercise and go to bed on time	Pause, breathe and feel your feet firmly on the ground	Shift your mood by doing something you really enjoy	Avoid saying "must" or "should" to yourself today	Put a problem in perspective by seeing the bigger picture	Reach out to someone you trust and share your feelings with them
11	12	13	14	15	16	17
Look for something positive in a difficult situation	Write your worries down and save them for a specific 'worry time'	Challenge negative thoughts. Find an alternative interpretation	Get outside and move to help clear your head	Set yourself an achievable goal and take the first step	Find fun ways to distract yourself from unhelpful thoughts	Use one of your strengths to overcome a challenge today
18	19	20	21	22	23	24
Let go of the small stuff and focus on the things that matter	If you can't change it, change the way you think about it	When things go wrong, pause and be kind to yourself	Identify what helped you get through a tough time in your life	Find 3 things you feel hopeful about and write them down	Remember that all feelings and situations pass in time	Choose to see something good about what has gone wrong
25	26	27	28	29	30	31
Notice when you are feeling judgmental and be kind instead	Catch yourself over-reacting and take a deep breath	Write down 3 things you're grateful for (even if today was hard)	Think about what you can learn from a recent problem	Be a realistic optimist. Focus on what could go right	Reach out to a friend, family member or colleague for support	Remember we all struggle at times - it's part of being human





### **What is the PTFA?**

We are a group made up of Parents, Teachers and Friends of Rushden Academy. We meet about once a term to discuss the organisation of fundraising events; allocation of funds to the school and have a well earned chat, coffee and the occasional cake!

### **Why do we fundraise?**

We fundraise for things that benefit the school community. In recent years we have contributed money to:

- ◆ The Uganda Team trip
- ◆ Non Fiction resources for the library
- ◆ Software for foreign languages that has helped not only with the subject but also students that have English as an additional language and have just moved to the school
- ◆ New netball posts and nets for the PE department
- ◆ The purchase of new microscopes for the Science department

### **How do we fundraise?**

Some of our fundraising activities have been:

- ◆ Beetle drive games nights
- ◆ Assisting our local Rushden Round Table with their Santa Collection
- ◆ Easter Egg Bingo
- ◆ Refreshments at Parents evenings

## **JOIN US!**

If you would like to find out more or join the PTFA please contact us via  
[L.Hunter@rushden-academy.net](mailto:L.Hunter@rushden-academy.net)

## Library Update

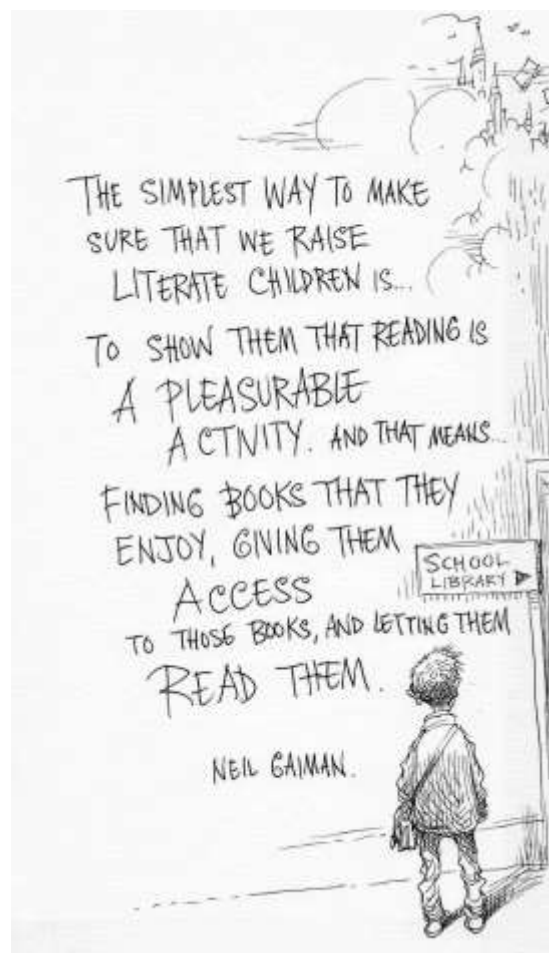
**Don't forget to return all your books before the end of the year**

The return date for all of the library books issued is Friday 15th July 2022. This ensures our library staff can repair or replace any damaged books ready for September. Any long term overdues need to be returned or replaced by this date also. Please ensure your child reads and returns their book before this date. For the last week of term they will need to bring in a book from home. All loans issued next week will be dated for the 15th July.

### Tuck Shop


Unfortunately we have decided we are not able to run the Tuck Shop next week as planned. All items left over from the previous Tuck Shop will be donated to the PTFA to be sold during Sports Day today.

Happy reading!



### Stationery for sale in the Library

Don't forget that there are stationery items available to buy in the Library, so if you've realised you haven't got your pen on the way to school or your ruler has broken, pop in to see the Library and get yourself sorted. We have:

				
Black or blue biro 15p	Pencils 15p	Small eraser 15p Large eraser 20p	Pencil sharpener 10p	Small, clear pencil case 40p Large, clear pencil case 60p
				
Protractor 15p	15cm ruler 15p 30cm ruler 30p	Calculator £9.25	Highlighter pen 40p	Set square 15p

There are a few other items too. To see everything have a look at the stationery list available on the school's library page.

## Team Rushden Achieve School Games Mark!!!



We are delighted to announce that we, Rushden Academy, have achieved the School Games Bronze Mark Award for the 2021/22 academic year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward and recognise schools engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active, and we are delighted to have been recognised for our success.

We are extremely proud of our pupils for their dedication to all aspects of physical activity and school sport, including those young volunteers, leaders and officials who made our events possible. We are committed to using the School Games to try and engage those young people who haven't previously been active or represented our school and to try and ensure that all our students have a positive experience and want to try out new activities beyond school too in our community. We believe in the power of physical activity and school sport as a school and give opportunities to those young people that need it most either as a participant, leader, official or volunteer.

As part of our application, we were asked to fulfil criteria in the areas linked to the five School Games outcomes and we are pleased that the hard work of everyone at our school has been rewarded this year.

A special thanks to all the students that have represented the PE Department in some capacity, whether it be during lessons, extra-curricular clubs or attending fixtures or events.

A particular mention goes to the PE team that have worked tirelessly to increase the amount of opportunities that students have at Rushden Academy and this award is a representation of the hard work that they have put in during the Year!

We look forward to applying once again in 2023!





## Year 11 Uniform Donations

We always find having spare blazers, ties etc. useful in school and would like to ask if you would be willing to help after the exams have finished please.

If you would be happy to donate any unwanted items of uniform please could you ask your child to drop items into Main Reception.

### Cost of Living Payment

**Guidance on getting an extra payment to help with the cost of living if you're entitled to certain benefits or tax credits.**

You may be able to get a payment to help with the cost of living if you're getting certain benefits or tax credits.

You do not need to apply. If you're eligible, you'll be paid automatically in the same way you usually get your benefit or tax credits. The payments will be made separately from your benefit or tax credits.

These payments are not taxable and will not affect the benefits or tax credits you get.

You may be eligible if you are:

- on Low income benefits
- on Tax Credits
- on Disability Benefits
- entitled to Winter Fuel Benefits

**More information is available here:**

<https://www.gov.uk/guidance/cost-of-living-payment#full-publication-update-history>

or contact Lynda King - Family Support Worker if you need any support  
[l.king@rushden-academy.net](mailto:l.king@rushden-academy.net)




## Hair & Beauty at Rushden Academy

Our learners at Rushden Hair and Beauty academy are looking for clients to achieve their practical tasks in hair ups, cuts, colour services, back neck and shoulder massage, facials and make-up to fill their own personal columns.

If anyone is interested in any of these services at our reduced prices, please call 01933 417858 to book in.

Hair Price List	Level 2	Level 3	Beauty Price List	Level 2
<b><u>Styling</u></b>			<b><u>Facial treatments</u></b>	
Wash & blow-dry/set	£4.00	£5.00	Cleanse and make up	£5.00
Ladies cut	£4.00	£7.00	Facial with cleanse and mask	£4.50
Restyle	£7.00	£9.00	Luxury facial	£5.00
Wash, cut & finish	£8.00	£10.00	<b><u>Eye treatments</u></b>	
Gents	£3.00		<b>Tinting and waxing</b>	
Conditioning treatment	£3.00	£4.00	Lash tint	£2.50
<b><u>Colouring</u></b>			Brow tint	£2.50
<b>Quasi permanent colour</b>			Lash extensions	£4.00
Full head - short hair (long hair)	£11.00 (£15.00)	£15.00 (£19.00)	Brow wax	£3.00
<b>Semi permanent:</b>			Brow tidy	£2.00
Semi permanent - short hair (long hair)	£9.00 (£12.00)	£10.00 (£13.00)	Lip & chin wax	£3.00
<b>Colouring and permanent tinting</b>			<b><u>Holistic treatments</u></b>	
Full head - short hair (long hair)	£12.00 (£18.00)	£18.00 (£23.00)	<b>Massages:</b>	
Roots only	£9.00	£11.00	Indian head massage	£6.00
Roots & refresh - short hair (long hair)	£12.00 (£18.00)	£18.00 (£23.00)	Hot stone (back only)	£5.00
<b>Highlights/Lowlights</b>			Hot stone (full body)	£10.00
With cap	£10.00	£13.00	Full body massage	£8.00
Woven - short hair (long hair)	£20.00 (£25.00)	£25.00 (£28.00)	Back, neck & shoulder massage	£4.50
T-section - short hair (long hair)	£10.00 (£15.00)	£18.00 (£23.00)	<b>Body treatments</b>	
Flashes (per pack)		£2.00	G5 massage	£5.00
<b>Lightening products bleach</b>			Vacuum suction	£4.50
Full head - short hair	£20.00 (£23.00)	£23.00 (£26.00)	<b><u>Manicure &amp; pedicure</u></b>	
Spectrum (specialised tonal highlighting) extra £7			Mini manicure	£3.50
<b><u>Extras</u></b>			Manicure	£4.00
Colour mousse - £1.00			Luxury manicure	£6.00
Eraser colour remover & colour correction - Consultation needed)			Mini pedicure	£3.00
			Pedicure	£4.50
			Luxury pedicure	£4.50
			Re varnish	£2.50

## Summer Term PE Activities & Extra Curricular Clubs

Monday		Tuesday	Wednesday
Athletics Track Events		Tennis 	Rounders 
Athletics Field Events		Cricket	Softball
Please note, clubs are for boys and girls of all ages, everyone is welcome! Clubs are free and all you need to do is go to the changing rooms after school, get changed and get involved!			

### Why should you get involved?

- ✓ Part of our PE Assessment - HEALTHY ME!
- ✓ Increase your Physical Activity for a healthy lifestyle
- ✓ PE Club Loyalty Cards available and prizes to be won for regular attenders
- ✓ Learn new skills and practice for fixtures against other schools and Sports Day
- ✓ Get outside, enjoy the weather and boost your mental health too!
- ✓ Make new friends and socialise with others
- ✓ Be part of a team!

### ROUNDERS FIXTURES

We have entered the girls rounders league and so will have fixtures coming up against other schools, like we did for netball.

### SPORTS DAY

Friday 1st July - Best day of the school year!!

Athletics events and other events for everyone to get involved in as usual throughout the day!



### INTERFORMS

Like the previous dodgeball and benchball tournaments that have taken place at lunchtimes there will be further interform competitions this term.

If you want any more information or if you have any questions then please just speak to any member of the PE faculty.





## Performing Arts Update

### Drama

This week year 9 students have been looking at devising and creating their final devised performances of year 9. Students have been looking at several different exploration strategies and have been thinking about how they can use this in performance. They are creating performances centred around a character and their experience of social media .

### Dance

Year 7 dancers have been looking at choreography and using a stimulus to do this. They have been creating dances in the style of chance dance ' Chance Dance was created by Merce Cunningham (1919-2009). He was an American modern dancer/choreographer who introduced new forms for dance movement. Students have been creative and using their imaginations to create dances.

### Music

Students are ramping up to their final assessments next week, Year 7 and 8s bands are fully in swing and are pulling their performance together. Over the remaining lessons students will be looking at how the Music Industry uses promotional tools and materials and will be applying this knowledge to create material for their own bands image.

### The Week in Photos

Year 8 have been looking at physical theatre. In lessons this week we have looked at slow motion and how we can incorporate this into transitions.

Students looked at 'Ernie's Incredible Illucinations' where Ernie's Auntie May who is 68 is having a boxing match with a kid.



## Performing Arts Update Continued...



### Legally Blonde Update

It's officially 3 weeks till opening night and we are in full swing of rehearsals and getting the show perfect for our audience. Our weekend rehearsals have started and both the cast and crew have been getting the performance ready to come on with a BANG!! Please come and support our amazing students!



### Tickets on Sale NOW from Student Reception!

Tuesday 19th July

Wednesday 20th July

Thursday 21st July

**If you are coming to watch Thursdays performance of Legally Blonde, we ask that you please wear PINK!!!**

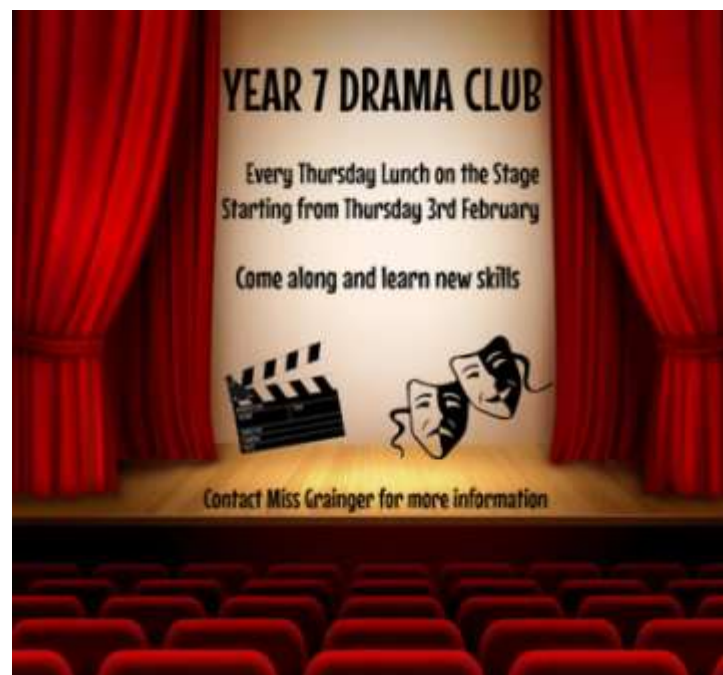
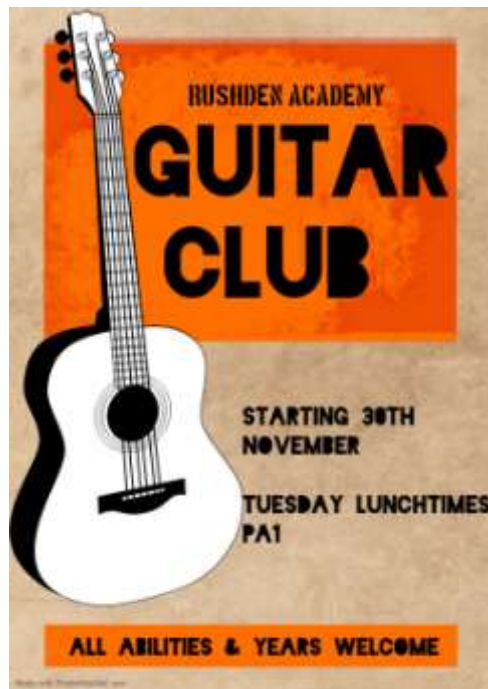
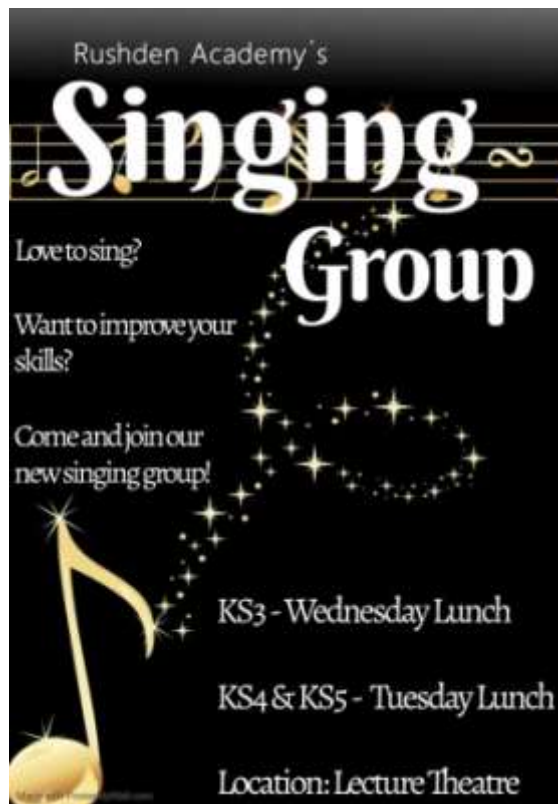


Don't forget to follow us on Instagram to stay up to date with the latest news and achievements! @RushdenAcademyPerformingArts

For any students that are interested in taking up instrument lessons this term - please get in touch with Mrs Brooks! We currently offer string, piano, guitar, drum and singing lessons but if you are interested in other instrument please let us know and we will try and source the provision!

[R.brooks@rushden-academy.net](mailto:R.brooks@rushden-academy.net)

## Performing Arts Update Continued...





## Are you looking for a career change? Are you interested in training to teach?

Rushden Academy has a proven track record in successfully supporting trainee teachers on programmes leading to QTS. Many of our staff, past and present, have been trained at the school and an even larger number have completed main placements and second placements here before securing teaching jobs elsewhere.



As a school with a strong and successful record for training new teachers to the profession, Rushden Academy works closely with School Centered Initial Teacher Training (SCITT) providers to provide fully supported and mentored school placements on a variety of routes.

If you are interested in a new career or are looking for more information about routes into teaching, then please contact Gail Brainwood, Director for Learning on 01933 350391 or by email: [g.brainwood@rushden-academy.net](mailto:g.brainwood@rushden-academy.net)

## Are You Eligible for Free School Meals?

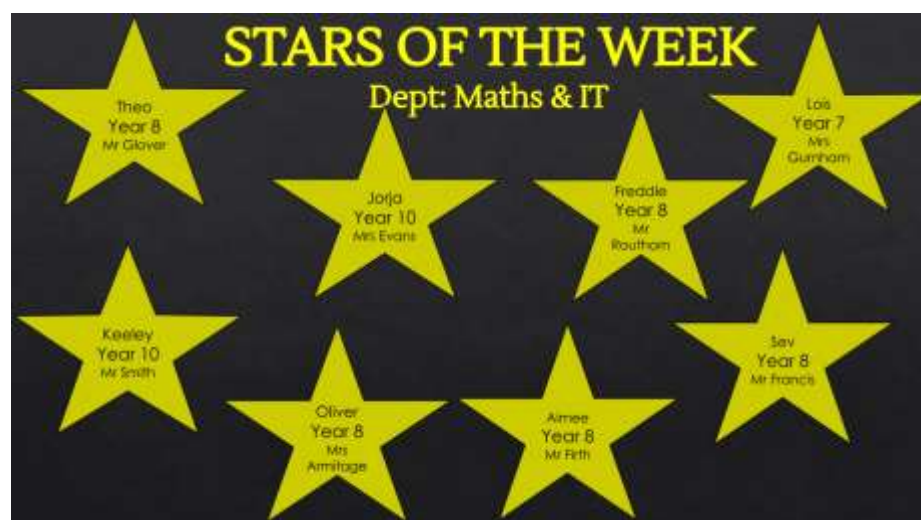
If you are in receipt of any of the following, your child may be eligible for free school meals.

- Income Support
- Income based Job Seekers Allowance
- Income related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit, with no element of Working Tax Credit, and a household income below £16,190 (as assessed by HM Revenue and Customs)
- Guarantee Element of State Pension Credit
- Universal Credit - income dependant

You can check your eligibility and apply for free school meals through Northampton County Council by clicking [here](#).

## Stars of the Week

Congratulations to the following students for achieving star of the week.



## Stars of the Week

Congratulations to the following students for achieving star of the week.





## Year 10 Mock Exams

MON 4th JULY	ART (CA4) 2hrs (DC +SAN) BUSINESS (VOC1) 1hr 30mins (Trip students)	27 4	ART (CA4) 2hrs (DC +SAN)	27	ART (CA4) 1hr (DC +SAN)	27
TUES 5th JULY	COMBINED SCIENCE Physics (VOC1) 1 hr 15mins (Trip students)	10	SOCIOLOGY (SH) 1hr 45mins (Trip students)	5		
WEDS 6th JULY	PHOTOGRAPHY (CA6) 2hrs (LH) (Trip students)	4	PHOTOGRAPHY (CA6) 2hrs (LH) (Trip students)	4	PHOTOGRAPHY (CA6) 1hr (LH) (Trip students)	4

## How to Access Go4Schools

Go4Schools is the online system that Rushden Academy uses to track student attendance, student progress and assign homework tasks.

Students and parents can access this at home to keep up to date, by checking timetables and homework deadlines. Student progress reports will be published through Go4Schools 3 times a year.

Please follow the instructions below to access Go4Schools.

### Student access to Go4Schools

- ◆ Go to the Go4Schools student access page (on the top right of the Go4Schools home page)
- ◆ Type in your school email address in the first time user box (your computer login in followed by @rushden-academy.net)
- ◆ This will send you an email link with your password



#### **First-time User?**

If you haven't logged on to GO 4 Students before, type your email address and click the "please send me a password" button.

Email address:

Please note, if you are having problems with your password please contact your school. For Data Protection reasons we are unable to divulge or set passwords for students ourselves.

Please send me a password

- ◆ Login with your new password

### Parental access to Go4Schools

- ◆ Go to the Go4Schools parent access page
- ◆ Enter your email address (the one Rushden Academy contacts you on) to the first time user box
- ◆ This will send you an email link with your password
- ◆ Login with your new password

If you haven't received an email in 5 minutes, please double check you have your email typed in correctly and ask them to send the password again. If you have any problems accessing Go4Schools do not hesitate to contact the academy.

Mr P Bocking  
Assistant Principal

WHAT'S ON YOUR MIND?

sex **DRUGS**  
contraception **exam anxiety**  
**BULLYING** family issues  
alcohol **SMOKING**  
HEALTHY EATING body image  
social networking & cyber bullying  
**SELF HARM** MENTAL HEALTH  
relationships

for friendly, helpful advice  
TEXT YOUR SCHOOL NURSE ON  
**07507 329 600**

It's confidential

See us on your mobile phone, laptop or desktop. A free service for all young people. All advice is confidential. For more information, visit [www.nhs.uk](http://www.nhs.uk) or call 0800 111 222.

**CHAT** Youth Counselling  
Starting Wednesday 3rd November

# CAFE AND CHAT

YOUNG PERSON'S EMOTIONAL WELL-BEING DROP-IN

EVERY WEDNESDAY, 4-8PM,  
30 MARKET ROAD,  
THRAPSTON NN14 4JU

IN A BIT OF A CRISIS?  
WE'RE HERE TO HELP.  
JUST COME ALONG

NEED TO CHAT  
TO SOMEONE  
IMPARTIAL  
ABOUT  
SOMETHING?

Need relationship advice? Having trouble at school? Just feeling a bit low? Come talk to us for free and confidential support and advice.

**CHAT** Youth Counselling

## MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need. Book an appointment by calling the numbers or drop in during our opening times.

**Monday 4pm - 8pm**  
the lowdown,  
3 Kingswell Street,  
Northampton, NN1 1PP  
01604 654385

**Tuesday 4pm - 8pm**  
Youth Works at Corby Mind,  
18 Argyll St, Corby NN17 9JU  
01536 518339

**Wednesday 4pm - 8pm**  
Chat,  
Souster Youth Building,  
30 Midland Road, Thrapston,  
NN14 4JU  
01832 274422

**Thursday 4pm - 8pm**  
Youth Works,  
47 Rockingham Rd,  
Kettering, NN16 9HX  
01536 518339

**Friday 4pm - 8pm**  
the lowdown,  
3 Kingswell Street,  
Northampton,  
NN1 1PP  
01604 654385

**Saturday 10am - 2pm**  
Service Six,  
15 Sassoon Mews,  
Wellingborough,  
NN8 3LT  
01935 277535

espresso yourself

1:1 SUPPORT AND ADVICE

ALSO AVAILABLE REMOTELY

1:1 PARENT SUPPORT IS AVAILABLE

See us on your mobile phone, laptop or desktop. A free service for all young people. All advice is confidential. For more information, visit [www.nhs.uk](http://www.nhs.uk) or call 0800 111 222.

**the lowdown** **St Andrew's** **YOUTH WORKS** **CHAT**

#weareNHS

**CAMHS LIVE**  
#MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

**CAMHS LIVE** CAN BE ACCESSSED VIA YOUR PHONE, TABLET OR LAPTOP AND IS A WEB CHAT. IT IS HERE TO HELP YOU ACCESS THE **MENTAL HEALTH SERVICES** YOU MIGHT NEED. SPEAK TO OUR ADVISORS ABOUT THE RIGHT OPTION FOR YOU.

LIVE AND ONLINE:  
[WWW.NHS.UK/ABOUT/CAMHS/LIVE](http://WWW.NHS.UK/ABOUT/CAMHS/LIVE)

t f

**Camhs**  
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

© 2018 Northamptonshire Healthcare NHS Foundation Trust. All Rights Reserved. Version: 1.0, 1st Edition, 2018