



Rushden Academy Newsletter

Aspire, Explore, Succeed

08/07/2022

Message From the Principal



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Team Rushden - United we stand, divided we fall

We recently had an external review of our safeguarding procedures and the feedback was excellent. It was stated that safeguarding at Rushden Academy is extremely good, it is well managed and the culture is strong and embedded, systems are clear and understood by all, and this has led to very high levels of consistency. Team Rushden is strong, pupils identify with it as do staff. The way in which the Academy has integrated the ETHOS team is excellent and is having real impact across the Academy.

The Ethos Team supports the aspirational, relational and spiritual needs of students through our Ethos Programme. The Ethos team is made up of an Ethos Leader, Youth Worker and Family Support Worker who work alongside the pastoral, safeguarding and inclusion team as well as the wider school staff to help develop the whole person, improve student wellbeing and student outcomes. We are very fortunate to have such bespoke support for our pupils and families. The following is a summary of the work carried at Rushden Academy for the 2021-22 academic year:

- Over **20,000 student engagements** this academic year 2021-22
- Over **350 intervention group course** places taken
- Over **550 1:1 mentoring sessions** - Referral wellbeing support for over 130 students (1 in 5 Rushden Students)
- Over **1200 Family Support Interventions** - Responsible for 24 EHA's this year and has supported a total of 81 families since September.

It has been a very busy week, we have been hosting primary school sports mornings, we have had several trips one to Hunstanton, one to Warwick Castle and a residential to Kent. Year 13 performed their showcase on Wednesday evening and we have welcomed year 6 into school for 2 days to help with transition from primary to secondary school.

Next week looks like another warm one, please can you help by ensuring pupils bring in a water bottle, wear sunscreen and leave their coats and blazers at home. We have also published the last day arrangements in this newsletter and next week we will publish the return to school arrangements for September 2022.

Hopefully you will enjoy reading this week's newsletter and thank you so much for supporting the school.

Mrs J Burton
Principal



INQUISITIVE

Word Type:
Adjective

Synonyms:

- Curious
- Intrigued

Antonyms:

- Apathetic
- Disinterested

Example:

- Mr Glover has a very **inquisitive** form when it comes to the WOW (apart from one student who suggested the word should be 'stinky')..

Definition:

- having or showing an interest in learning things; curious.

End of Term Arrangements - Friday 22nd July 2022

On Friday 22nd July, the Academy is having an earlier finish to the day with pupils being dismissed at 1.00pm.

There will be an extended morning break for pupils to take their main meal for the day but there will be a 'grab and go' service available from the canteen at 1.00pm.

Should any parent or guardian wish for their child to remain in school until 3.00pm please contact school reception at your earliest convenience. Pupils who remain on site will have a break from 1.00-1.30pm and will then need to be registered in The Hub where they will be supervised from 1.30pm to 3.00pm.



Numeracy Problem of the Week



Leonard writes down a sequence of numbers.

After the first two numbers, each number is the sum of the previous two numbers in the sequence.

The fourth number is 6 the sixth number is 15.

What is the seventh number in the sequence?

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

Successful Transition Afternoon

On Wednesday 29th June an invited group of students and parents attended an additional transition afternoon at our school in preparation for the two full days on the 7th and 8th June.

The students were provided with the opportunity to talk through issues and concerns they may have had in a bid to build their confidence and provide support in coping with the practical and emotional worries they have had been experiencing about starting secondary school.

The students had a fun afternoon engaging in ice breaker activities and drama games in a bid to get to know each other. They had a tour of the school and then participated in completing a transition booklet which they took away with them for future reference.

The parents who attended met with the SENCO and Parent Support Advisor for a question and answer session, tea and cake helped also. All left feeling more confident and looking forward to the two full transition days.



Additional resources for all parents



Empowering Learning is a company who have provided a useful free resource to support parents.

They have partnered with Team Teach to bring you My Family Coach. This is a resource for parents and carers and provides support for everyday problems that parents face. As part of this they run free classes for parents, and they have one that is focussed on **"Starting & Changing Schools"**. The site is free to sign up to and 99% of the content is free, including the classes.

If you wish to participate in this free resource you can access the session via this link <https://bit.ly/3Pc9Zzr>

Please do not hesitate to make contact with the school if you require any further assistance in supporting your child before they join us in September.

Paula Smith
SENCO/ Assistant Principal/ DSL



BHVA Academies

SPECIAL OFFER!

New members sign up to Squads before August 31st and receive 25% off whole term membership!
Use code 20MMCE2022

Help us to be creative and develop friendships and confidence in a safe, nurturing and inclusive environment at local, Humal, voice and Arts. We focus on supporting you to develop your specific music goals, either in our 1:1 or squad squads or 1 to 1 lessons. Our new September timetable means you can do multiple squads on one evening.

Sing Squads for Kids

Wednesday

Dance Squads for Kids

Wednesday

Drama Squads for Kids

Tuesday

Art Squads for Kids

Tuesday

Music Production Squads for Kids

Tuesday

Week £20 per hour term of £200 per whole term

Discount and payment plans available for multi-squad bookings

Preschool & Early Movers Squads

Tuesday

Singing for Adults

Thursday

Art Classes for Adults

Monday - Rushden Lakes

Tuesday - The Yards

1 to 1 Coaching

Private available for 1 to 1 coaching to help you reach your goal or achieve goals. Whether you are just starting out or looking for more in-depth. Many and looking are excited to work with you to reach their goal.



Book your session at www.bhva.co.uk



The Place 10 Market Place, Kettering NN16 9JL
01533 616444 or 01533 616445



www.bhva.co.uk
info@bhva.co.uk

Revolution Manchester

Last week, the Ethos Team took a group of Year 10 students up to Manchester to take part in a social action residential, alongside students from other Tove schools.

The team spent the week working their socks off, undertaking a massive garden clearance and tidy-up of some flats owned by the local church, and helping to serve at a homeless banquet for members of the community, as well as having a fantastic time getting to know the other students (and managing to catch a bit of a Lewis Capaldi concert!)

Words cannot fully describe how proud we were of our students during the week - they displayed Team Rushden values throughout, whether they were chopping down brambles, cleaning windows, talking to residents, serving food, welcoming guests, making friends with other students, playing games or simply having a well-earned rest.

Numerous staff and students from the other schools remarked on how friendly our young people were, and we felt privileged to spend a week with these brilliant ambassadors of our school. Well done to Jorja, Lucy, Mya, Faith, Harry, Jamie, Toby, Harley, Rhys, Summer and Natalie!

From Rosie, Mr Noblett
and Mr Smart



Geography Field Trip to Hunstanton - 5th July 2022

This week in humanities, the Year 10's completed their physical fieldwork as a compulsory element to their AQA GCSE Geography studies.

We visited the North-Norfolk coastline and students investigated the sustainability of sea defences at 2 locations within the coastal town of Hunstanton. On the day, students were required to take photos, conduct field-sketches + different types of surveys and learnt about coastal processes and how these conflict with humans living by the coast.

The Year 10's behaviour on the day was excellent and they enjoyed being able to take their learning beyond the classroom and outside of their everyday experiences! This will be invaluable when they work through their Paper 3 assessment and will be able to apply their new learning in their exams at the end of Year 11!

Many thanks to all students and staff that attended, another very successful Humanities trip to be part of! Next week the Year 12 A-level Geographers travel to Dorset for their residential, in preparation for their N.E.A (coursework) investigations!

Mr T Duffell
Humanities Lead



Social Science Update

Sociology

Year 10

This week in Sociology students have been getting ready to start their crime and deviance topics. We have been looking at nature vs nurture to determine whether criminals are biologically more predisposed to committing crimes or whether it is due to their upbringing.

To kick off the topic students have been creating a front page on things that they associate with crime and deviance. Above we have a picture of Abbie's amazing creation.



Year 13 have just completed their A-Level!!

They are now enjoying a well deserved summer off before they start their exciting adventures either at university or work. They have worked so hard over the last two years dealing with lockdown and then being the first year back of exams after the pandemic. We are so incredibly proud of them all and wish them all the best for the future!

Year 12

Year 12 have just finished their last topic for the year and are now moving into year 13 content. They have recently completed work experience and I have had two amazing helpers supporting sociology and the humanities department.

Students will be continuing their studies moving into our beliefs in society topic. Currently we are studying sects and cults and looking at a range of examples starting with the Manson family.

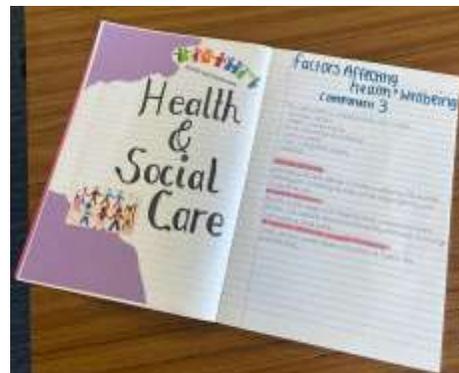
Health and Social Care

Year 10 health and social care!

This is the first year with a Level 2 group of Health and Social Care Students (year 10/11) and we have covered so much! It's great that we have a course that now leads straight into our 6th form- a 2 year Extended National Diploma in Health and Social Care.

We have delved into the lives of many celebrities and investigated the impact of their life events on their overall development. It was interesting to discover the impact of fame and fortune on emotional and social development.

Next we looked at a variety of life events and the role of health and social care professionals in supporting recovering from trauma from unexpected illness, accidents, unplanned/ planned pregnancy and prison sentences. This opened the students eyes to a variety of careers and professions within such a vast industry.



Continues on the next page...

Social Science Update

Currently we are looking at some real life case studies in preparation for our January 2023 exam! That might seem a way off but it will come around fast.

The students are working on identifying lifestyle factors that increase health risks such as diet, smoking, alcohol consumption, exercise and sleep.

Students will continue to develop their knowledge over the next two weeks of health indicators and testing protocols. Learning how to use blood pressure monitors, peak flow reader's, thermometers and calculating Body mass index which is used as a weight classification tool.



Year 10 Historians Visit Warwick Castle

On Thursday 7th July, year 10 historians took a tour around Warwick Castle and their Dungeons as part of the student's Anglo-Saxon and Norman England GCSE module.

We traced the history of Warwick Castle from its foundations as an Anglo-Saxon settlement, through to its use as a medieval fortress, a Tudor prison, a stately home and to its current role as a historic attraction. Students considered the role played by the castle across a number of periods and key events in English history, notably, the Norman Conquest.

We also witnessed some of the darkest, bloodiest and most frightening times in the Castle's history as live actors and special effects brought to life these gruesome tales in the castle's dungeons.

Our students also witnessed a magnificent bird of prey show, set to a dramatic medieval theme tune, this is the story of a local falconer Hobby and his quest to find the most magnificent birds and bring them back to Warwick Castle.

All pupils were excellently behaved and a real credit to the school displaying Team Rushden values throughout.

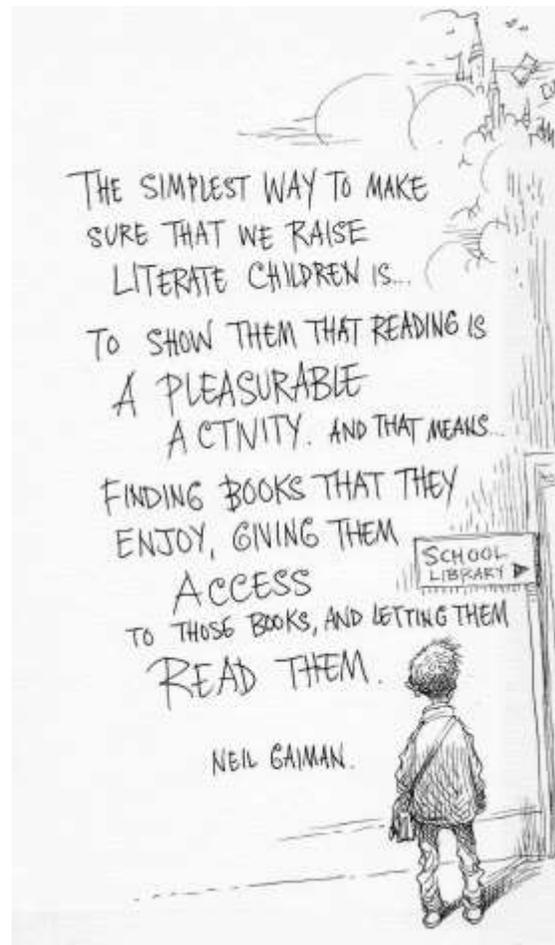


Library Update

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

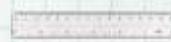
The return date for all of the library books issued is Friday 15th July 2022. This ensures our library staff can repair or replace any damaged books ready for September. Any long term overdues need to be returned or replaced by this date also. Please ensure your child reads and returns their book before 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.

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.

Time Out For Parents



Handling Anger in the Family

Sessions for anyone parenting children aged 5 to 16

Dates

Every Friday, 9:45am-11:45am
16th, 23rd, 30th September and 14th
October 2022

Venue

Montague St Family Hub, Kettering
NN16 8RX

Book your place

Contact Louise at Hope for
Families to book your place
07784 333825

louise@hopeforfamilies.org.uk

positiveparenting

Children learn, people live. A foundation and course to help
parents manage with their children and build your relationship.



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...

Clare

For your excellent research
into a region of Germany, and
the detailed presentation that
you produced about it.
Fantastic effort, well done!
Mr Ross

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
<u>Styling</u>		
Wash & blow-dry/set	£4.00	£5.00
Ladies cut	£4.00	£7.00
Restyle	£7.00	£9.00
Wash, cut & finish	£8.00	£10.00
Gents	£3.00	
Conditioning treatment	£3.00	£4.00
<u>Colouring</u>		
Quasi permanent colour		
Full head - short hair (long hair)	£11.00 (£15.00)	£15.00 (£19.00)
Semi permanent:		
Semi permanent - short hair (long hair)	£9.00 (£12.00)	£10.00 (£13.00)
Colouring and permanent tinting		
Full head - short hair (long hair)	£12.00 (£18.00)	£18.00 (£23.00)
Roots only	£9.00	£11.00
Roots & refresh - short hair (long hair)	£12.00 (£18.00)	£18.00 (£23.00)
Highlights/Lowlights		
With cap	£10.00	£13.00
Woven - short hair (long hair)	£20.00 (£25.00)	£25.00 (£28.00)
T-section - short hair (long hair)	£10.00 (£15.00)	£18.00 (£23.00)
Flashes (per pack)		£2.00
Lightening products bleach		
Full head - short hair	£20.00 (£23.00)	£23.00 (£26.00)
Spectrum (specialised tonal highlighting) extra £7		
<u>Extras</u>		
Colour mousse - £1.00		
Eraser colour remover & colour correction - Consultation needed)		

Beauty Price List	Level 2
<u>Facial treatments</u>	
Cleanse and make up	£5.00
Facial with cleanse and mask	£4.50
Luxury facial	£5.00
<u>Eye treatments</u>	
Tinting and waxing	
Lash tint	£2.50
Brow tint	£2.50
Lash extensions	£4.00
Brow wax	£3.00
Brow tidy	£2.00
Lip & chin wax	£3.00
<u>Holistic treatments</u>	
Massages:	
Indian head massage	£6.00
Hot stone (back only)	£5.00
Hot stone (full body)	£10.00
Full body massage	£8.00
Back, neck & shoulder massage	£4.50
Body treatments	
G5 massage	£5.00
Vacuum suction	£4.50
<u>Manicure & pedicure</u>	
Mini manicure	£3.50
Manicure	£4.00
Luxury manicure	£6.00
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.



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 13 students did their final practical performance to an audience. Wednesday saw our Year 13 showcase along with their final live performance of a devised performance. Students showcased work from units such as 'Theatre in Education, Acting Styles and Musical Theatre'. After the amazing showcase of work created, students set up for their final performance. Their final live performance was inspired by the play 'Lord of The Flies'. Set in a dystopian world, with a monster outside and a group of children finding ways to stay safe and alive in their playground. The performance looked at survival, trust and fear.

Year 13 Drama students have put in tremendous effort over the last few months creating this piece of performance, it was enjoyed by all watching. Well Done Year 13, you've all been amazing! Please look out in our next newsletter for photographs from the night!

Dance

Year 8 were able to perform the flash mob dances they have been working on with Miss Pilgrim. Students showcased work from Cotton Eyed Joe, Grease Lightning and even some hit TikTok songs! It was great to see the flash mob in action at sports day last week, students were amazing and it created such an enjoyable and collaborative atmosphere.

Music

KS3 have been doing their end of term assessments this week, students have been showing key teamwork and communication skills working in their bands. Mrs Brooks has been able to scout out talent from the students ready for next years KS3 & whole school musical. Well Done KS3 Music Students!

Performing Arts Career of the Week: Stage Crew

They are in charge of moving scenery, special effects such as trap doors or helping actors "fly," keeping track of props, and even operating lighting and sound systems. Most are employed on a per-show contract basis, but many midsize and large theatres use the same crew for nearly every production.

Average Salary: £19,212



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



Performing Arts Update Continued...

Legally Blonde Preview!

Tickets selling fast - only 18 left for Thursday night!



Performing Arts Update Continued...



Legally Blonde Update

ITS 11 DAYS TILL OPENING NIGHT!!! The musical ready and raring to go ahead! ALL students involved have been working so hard to put the show together. This weeks rehearsal saw our cast & chorus go over all musical numbers - especially our night skipping number 'Whipped Into Shape'. Our amazing Legally Cast are showcasing some of the show to our Year 6 into Year 7 transition day!



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!!!

Interview with the Legally Blonde Crew

Why do you want to be a stage manager?

Kitt: I've always liked Performing Arts but I felt like I had more of a connection with production arts, I felt as though this is something I wanted to pursue.

What is the most challenging part?

Toby: Working in a tight nit team and working under pressure.

Will you do crew again?

James: 100% I've found a passion!

What's been your favourite part?

Amy & Daisy: Making the set and painting - especially the washing up after!

Does crew make you want to have a career in Performing Arts?

Harry: Yes! Drama is my favourite subject, its fun and challenging.



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

Performing Arts Update Continued...



Rushden Academy's

Singing Group

Love to sing?
Want to improve your skills?
Come and join our new singing group!

KS3 - Wednesday Lunch
KS4 & KS5 - Tuesday Lunch

Location: Lecture Theatre

Starting Friday 5th November

KS3 DANCE CLUB

SWING SETS

WELCOME TO ALL YEAR 7-8-9

DAY: FRIDAY
TIME: 3:00-4PM
VENUE: THE HALL

CONTACT MISS PILGRIM FOR MORE INFORMATION



RUSHDEN ACADEMY

GUITAR CLUB

STARTING 30TH NOVEMBER

TUESDAY LUNCHTIMES PA1

ALL ABILITIES & YEARS WELCOME

YEAR 7 DRAMA CLUB

Every Thursday Lunch on the Stage
Starting from Thursday 3rd February

Come along and learn new skills



Contact Miss Grainger for more information

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

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.



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.

- ◆ 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
contraception
exam anxiety
BULLYING
alcohol
HEALTHY EATING
social networking & cyber bullying
SELF HARM
relationships

DRUGS
family issues
SMOKING
body image
MENTAL HEALTH

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

It's confidential

Northamptonshire Healthcare NHS

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

NEED TO CHAT TO SOMEONE IMPARTIAL ABOUT SOMETHING?

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 Argyle St, Corby NN17 3RU
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 277530

espresso yourself

1:1 SUPPORT AND ADVICE

ALSO AVAILABLE REMOTELY

1:1 PARENT SUPPORT IS AVAILABLE

Northamptonshire Healthcare NHS

the lowdown

St Andrew's

YOUTH WORKS

CHAT

#weareNHS

Northamptonshire Healthcare NHS

CAMHS LIVE #MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

CAMHS LIVE CAN BE ACCESSED 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/0303CAMHS/LIVE

t f

QR code

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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