



Rushden Academy Newsletter

Aspire, Explore, Succeed

29/09/2023

Message From the Principal



In this newsletter:

- Message From the Principal
- How to Access Go4Schools
- Open Evening - Thursday 12th October 2023
- Numeracy Problem of the Week
- Literacy Challenge of the Week
- Rushden Academy SAS
- Performing Arts Update
- TENC Open Evening - 8th November 2023
- Rushden Academy Macmillan Coffee Morning
- NHFT Participation & Co-Production Groups
- Safeguarding at Rushden Academy

Team Rushden - United we stand, divided we fall

Dear Parent / Carer

It has been another busy and exciting week for our students with lots of great work being undertaken both in lessons and in the wider community.

Mr Firth led the assemblies this week which focused on the Thrive criteria of the Rushden STARR award but also looked at the attendance figures so far this year. He talked about the significant impact that low attendance has on examination results and shared the average grade for students in different attendance brackets. With reference to this I want to stress that students between 90-95% last year, on average, were an entire grade down in all subjects in comparison to those that were above 95%. Students with an attendance below 90% performed significantly worse. With this in mind, whilst some illness is unavoidable, please continue to do all that you can to ensure your child's attendance is as close to 100% as possible to maximise their life chances.

On Thursday night it was our Year 7 meet the tutor evening and it was great to see so many of you in attendance making the most of the opportunity to talk about how your children have settled in. We have an extremely dedicated team of form tutors who should always be the first port of call for any questions or concerns as they see your child each and every day. As always, we welcome your feedback as it is essential to ensure that we continue to provide the best education possible for your children.

Hopefully by now you have all heard of the Rushden Social Action Squad (SAS) and have seen what they have been up to on social media. With over 63 students already a part of this incredible team there are a large number of exciting community projects lined up. Three squads spent time clearing and reviving the reflection garden behind the Creative Arts block. However, the highlight of the week for me was one of the squads (Squad Frog) who went to The Beeches Care Home and spent time talking to and playing games with the elderly residents. They enjoyed playing games of bingo and the residents could not speak highly enough regarding the behaviour and values displayed by our students; it was genuinely heartwarming to read the feedback. A huge thank you to Mr Smart and Rosie who have spearheaded this important agenda which highlights just how incredible our students are to the wider community.

Continues on the next page...

Message From the Principal Continued...

Finally, I will be writing to you in more detail on this matter but I am deeply concerned about some of the parking both on the Hayway and in the school car park at drop off and pick up times. I appreciate that it is very busy but would appreciate your efforts in taking extra care during those times to ensure that drop off and pick up is safe for everyone and respectful to our neighbours. In relation to the school car park, there are invariably spaces at the far end of the car park so please can you park here when waiting for your child rather than parking around the roundabout section of the driveway. Thank you in advance for your support with this.

Have a pleasant weekend,

Yours sincerely,

Mr B Baines
Principal

Flu Immunisation Programme

You should have received an email with information and the link to the NHS consent form for the flu immunisations that the school nursing team will be offering on Thursday 5th October. Please remember to complete the consent form in order for your child to have the vaccine.

For more information, and to complete the form, please click [here](#).

Safeguarding at Rushden Academy

At Rushden, it is important to us that all students feel safe and valued. We know that sometimes, unkind words and actions may get in the way of this. If students are struggling, or someone has been cruel to them, we encourage students to report using one of the following methods:

- ◆ Speak directly to their tutor or Head of Year,
- ◆ Report using the button on the landing page on school computers,
- ◆ Email: safeguarding@rushden-academy.net

The Pastoral and Safeguarding teams will make every effort to support students and their families, whatever the issue.

Mrs C Ogilvie
Assistant Principal - Safeguarding

How to Access Go4Schools

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

Students and parents can access this at home to keep up to date, by checking timetables and behaviour events. 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)

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

- ♦ This will send you an email link with your 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) in 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.

You also have access to the Go4Schools app that can be downloaded from the Apple Store or Google Play.

Mr P Bocking
Assistant Principal

Rushden Academy SAS

Squads from Rushden Academy's SAS have been busy this week working on multiple projects.

Squads Blue Wolf, Phoenix and Fizzy Baguette spent 2 hours clearing weeds, flattening ground and laying sand at the back of Creative Arts. This space will eventually have paving slabs and benches and become an outside reflection area. Check out our before and after photos!



Squad Frog visited The Beeches Care Home this week, and had a brilliant time playing bingo and getting to know the lovely residents.

Well done to McKenzie and Roy, the proud bingo winners!

The students were an absolute credit to the school, demonstrating all of our Team Rushden values, and are looking forward to visiting again soon.

Go Squad Frog!



NHFT Participation & Co-Production Groups

NHFT have lots of ongoing projects around Service Developments, to enhance and improve over 39 services within NHFT NHS Children's Services Northamptonshire. They run coproduction groups for young people and at time parents/carers. As part of this they will also run regular Youth Advisory Board meetings for our young people of Northamptonshire 13+. NHFT want to create a space for young people to have a say in a safe space and a platform to not only have their voices heard but to take the lead on service development and make new connections.

NHFT run YAB's once a month face to face and once a month online.

So many young people are using or have used NHS services, e.g. ASD/ ADHD ,CAMHS pathways, MHST, School Nursing, Health Visitors etc. NHFT are really keen to hear from anyone who would like to get involved or sign up.



The poster is titled "Participation & Co-Production" with the tagline "Making a difference for you, with you". It features four main sections, each with an icon and a list of bullet points:

- Co-productive Groups** (Icon: People around a table):
 - Bring positive changes to working together
 - Use your experience of being a young person to improve services
 - Improve and develop Children and Young People's services
- Recruitment** (Icon: People on a screen):
 - Increase new staff joining NHFT
 - Gain new skills and get paid for your experience
 - Help us build an accessible and a welcoming healthcare provider
- Patient Stories** (Icon: Person at a desk):
 - Share your lived experience
 - Help us to improve services
 - Help others through your story
- Youth Advisory Board** (Icon: People around a table):
 - Get involved in activities and share your views
 - Make new connections
 - Make a difference to young and adult health and wellbeing

At the bottom, it says "Sign up" and provides contact information: "Email us your interest or scan the QR code", "Participation@nhft.nhs.uk", "www.nhft.nhs.uk/participation", and "@nhftparticipation". A QR code is also present.

Rushden Academy Canteen

Have you been into our canteen this week? Look at what has been on offer:



Rushden Academy Macmillan Coffee Morning

What a phenomenal effort from Team Rushden! Look at the wonderful creations from our young people and staff! Macmillan 2023...here we go! Who will win Rushden Star Baker this year? #MacmillanCoffeeMorning #TeamRushden #RABakeOff #Charity #Ethos

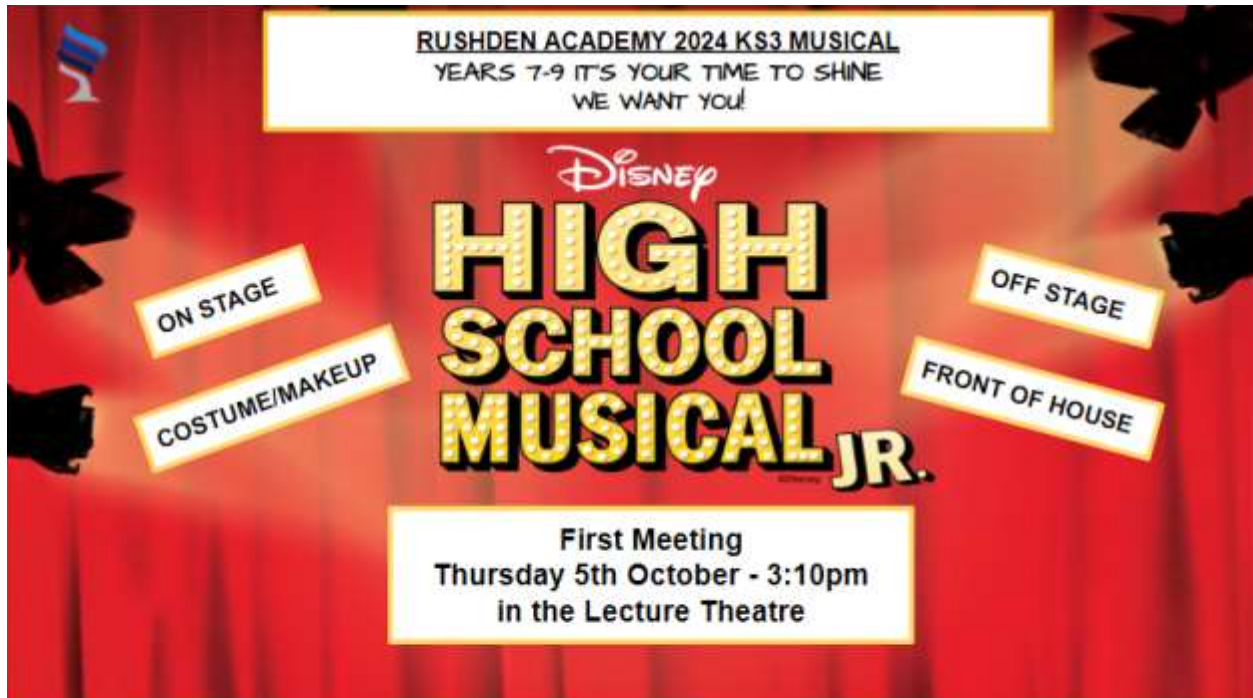


Congratulations to Libby in Year 7 for being Rushden Academy's Star Baker!

2nd Place: Joseph, Year 9

3rd Place: Poppy, Year 7





Time Out For Parents Dads

**Workshops for fathers of
children up to 16 years**

Date
Every Tuesday, 7.30pm - 9.30pm
7th November - 5th December

This course will be run online via
Zoom

Book your place online visit
hopeforfamilies.org.uk/events

For more information contact
Hope for Families
07784 333825
hello@hopeforfamilies.org.uk

positiveparenting
Online course, paper-free information and ideas to help
you to engage with your children and boost your relationship

An illustration of a father and daughter playing soccer. The father is wearing a black jacket and grey pants, holding a soccer ball. The daughter is wearing a red soccer jersey with the number 8 and white shorts, standing next to him.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy metals" such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2006 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.1 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal materials that, at source, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction in anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can sit clogs in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague language means that consumers don't know of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (Commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to make a positive, coordinated approach involving both primary and secondary schools in Cambridgeshire to smoking and vaping behaviour.



Write: <https://www.eas.co.uk/news/health-0959596>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

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Summer Term, 2023

The Rushden Academy News

Editor: Ms. Raven

Rushden Academy, Hayway, Rushden

Would you like to be part of a new school opportunity?

An exciting opportunity has arisen for anyone in the school who is interested in writing, photographing, illustrating or editing a school newspaper.

Students from all year groups are invited to apply for a role on the new Rushden Academy school newspaper.

"This will be the first student-led school newspaper Rushden Academy has ever had"



Roles

We will need:
Article writers
Feature writers
Puzzlers
Reviewers
Illustrators/Layout experts
Photographers

How to apply...

There will be a limited number of spaces on the newspaper staff and Ms. Raven, Mr. Smart and Mrs. Charlton will be choosing who will be hired.

Before the end of term, pop into the Library and write your name on the "Interested" list and state which role you would like.

Over the summer holiday:
- write an article on a topic of interest to you
- put together a puzzle/quiz
- write a book or film review
- take some photographs

COMING TO RUSHDEN ACADEMY SOON...SEPTEMBER 2023

Library Extra-Curricular Activities

Monday

Lunch-time	After-School
Board & Card Games	Student Library Assistants Meeting

Tuesday

Lunch-time	After-School
Chess	Chess

Wednesday

Lunch-time	After-School
Jigsaws	Rushden Academy Newspaper

Thursday

Lunch-Time	After-School
Tranquil Thursday - reading, homework, quiet voices	Role-Playing Games

Friday

Lunch-time	After-School
Fill-it-in Friday - crosswords, word searches, colouring, sticky note toppers etc.	Closes at 3.15pm

NB: For any after-school activities you'll need to get a parental consent letter from the Library.



Performing Arts Update

Drama:

This week year 7 has been focussing on the use of facial expressions and how to use these in performance. We have focussed on the scene where the characters Charlie and the Chocolate Factory see the candy room for the first time. The year 7s were fantastic at creating their expressions and really thought about how the characters would be feeling.

This term year 10 on the production course have been learning about set design. They have created lots of practical work including the fabulous work below.



Dance:

Our year 8's are currently looking at using the skill of characterisation within dance. They have been introduced to the renowned Micheal Jackson's 'Thriller' where they are exploring the repertoire whilst thinking how they can implement their Zombie character. Mrs O has said lots of great facial expressions and monster-like body movements are going on in the hall!

Music:

It has been a lovely start to the year in music, with us welcoming our BTEC music group in year 10 and helping them progress in their chosen specialties. Also, it has been lovely to see so many year 7's interested in extra singing and instrumental lessons with our peripatetic music teachers. As always, please let us know if you would like information on any additional lessons. It has been great to see so many of our KS3 students continue to develop their skills in music and bring their individuality into their creations. We look forward to hearing their pieces as the term continues!

For any students that are interested in taking up instrument lessons this term - please get in touch with Mrs Ede! 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!

j.ede@rushden-academy.net



Performing Arts Update

We Will Rock You School Edition:

Recalls went exceptionally well for We Will Rock You and it was an extremely tough decision when it came down to who to cast. A huge congratulations to those who had a successful audition.

Rehearsals continued this week and the cast were very eager to get scripts and get started.

Production and crew also met to discuss their commitments to the show and to begin to get ideas about how to produce the show.

The process has begun people...



PE Extra Curricular Activities

Rushden Academy PE - Inspiring ALL to participate in and enjoy Physical Activity

After School Clubs Timetable

Monday	Tuesday	Wednesday	Thursday
Netball (Year Groups will Train Separately)	Basketball (Year Groups will Play Separately)	Fitness Suite	Football (Year Groups will Train Separately)
<i>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!</i>			

Why should you get involved?

- ✓ Part of our PE Assessment - HEALTHY ME!
- ✓ Increase your Physical Activity for a healthy lifestyle
- ✓ Contribute to the school STARR award or your DofE Award
- ✓ Learn new skills and practice for fixtures against other schools
- ✓ Get outside, enjoy the weather and boost your mental health too!
- ✓ Make new friends and socialise with others
- ✓ Be part of a team!

Competitions

Football - Boys and Girls Fixtures

For the first time in years, we have entered the football leagues. We have fixtures that are every Wednesday (for the boys) starting on the 27th September! And Thursday 28th September (for the girls). So please get yourselves along. If you do not attend the clubs you will not be able to be picked to play in the competitions.

Netball Fixtures

All years groups have been entered into the leagues which start on the 26th September!

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



RUSHDEN ACADEMY

OPEN EVENING

THURSDAY 12TH OCTOBER 2023

- ☒ Meet our staff
- ☒ Meet our students
- ☒ Tour our school
- ☒ See what every faculty has to offer

CONTACT US



01933 350 391



www.rushden-academy.net

Rushden Academy is part of Tove Learning Trust, a highly successful and local academy trust.



Come to our Open Evening on Thursday 12th October!

If you would like to book onto one of the talks by the Principal, follow the link below.

<https://www.eventbrite.co.uk/e/717058389947?aff=oddtcreator>

You are more than welcome to just pop in and look around without booking onto one of the talks.



TENC OPEN EVENING

at Rushden Academy

Wednesday 8th
November, 5.45pm

Talks at 6pm & 7pm

Join us for a tour of
the school and talk
with the staff and
students.



One Trust, Two Schools,
One Vision of Excellence



"I enjoy the
6th form as I get to
be independent and
to choose what I
want to study".
Student, TENC

✓ Choice

We offer an extensive range of academic and vocational courses. Giving students a unique breadth of offer, including the flexibility to combine both academic and vocational courses.

✓ Support

We pride ourselves on providing exemplary pastoral care and personal development opportunities to ensure that students have the skills, confidence and character in their lives beyond TENC.

✓ Success

We have an excellent track record in academic and vocational examination results. Our students successfully gain places at Russell Group universities including Oxford and Cambridge, local universities, apprenticeships and employment.



To book a time slot visit bit.ly/TENC
www.tenconline.co.uk

📍 **Rushden Academy:** Hayway, Rushden, NN10 6AG. T: 01933 350391 E: info@rushden-academy.net
📍 **Huxlow Academy:** Finedon Rd, Irthlingborough, NN9 5TY. T: 01933 650496 E: enquiries@huxlow.northants.sch.uk



One Trust, Two Schools,
One Vision of Excellence

Literacy Challenge

This term's affix is the suffix "dis-", which gives the meaning of "opposite". Fill in the crossword: the answer to each of the clues is a word that is affixed with "dis-".

Match the dis- word to the relevant image.

1. Distracted
2. Disorderly
3. Discredited
4. Dislodged
5. Disloyal
6. Displeased



Good to know: An affix is morpheme that is attached to a word stem to change the meaning of the word e.g. the affix un + happy = not happy.

Literacy SUPER Challenge

All of these dis- words here are **adjectives**. An adjective is a word that describes or defines a noun or noun phrase

Can you think of a suitable ANTONYM in each case?

1. Distracted

4. Dislodged

2. Disorderly

6. Displeased

3. Discredited

Good to know: An antonym is a word opposite in meaning to another (e.g. bad and good)

Numeracy Problem of the Week



The product of four different positive integers is 100.

What is the sum of these four integers?

Last weeks solution: 4

Join the Google Classroom code **h2fcjll** to submit your answer

Stars of the Week

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



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WELLBEING 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 provided or drop in during our opening times.



Monday's & Friday's 4pm - 8pm

the lowdown, 3 Kingswell Street,
Northampton, NN1 1PP - 01604 634385

Tuesday's 4pm - 8pm

Youth Works at Corby Mind, 18 Argyll
St, Corby, NN17 1RU - 01536 518339

Tuesday's 3pm - 7pm

Service Six, Raunds Methodist Church,
Brook Street, Raunds NN9 6LP -
01933 277520

Wednesday's 4pm - 8pm

CHAT Youth Counselling, Souster Youth
Building, 30 Market Road, Thrapston,
NN14 4JU - 01832 274422

Wednesday's 4pm - 8pm

Time 2 Talk, Chantry House, 88 Watling
Street, Towcester, Northants, NN12 6BT
07385 295008 - 01327 706706

Thursday's 4pm - 8pm

Youth Works, 97 Rockingham Rd,
Kettering, NN16 9HX - 01536 518339

Saturday's 10am - 2pm

Service Six, 15 Sassoon Mews,
Wellingborough NN8 3LT - 01933 277520

Saturday's 12pm - 4pm

Time 2 Talk, The Abbey, Market Square,
Daventry, NN11 4XG - 01327 706706

NHS
Northamptonshire Healthcare
NHS Foundation Trust

the
lowdown
supporting young people

**YOUTH
WORKS**

Time 2 TALK

**St Andrew's
HEALTHCARE**

CHAT Youth
Counselling

Service Six
Changing Lives - Changing Futures

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, Assistant Principal 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](#).

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 young people. All advice is confidential. For more information, visit 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 Argyle 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 young people. All advice is confidential. For more information, visit 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

t f

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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