



Rushden Academy Newsletter

Aspire, Explore, Succeed

06/10/2023

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

The first few weeks of school have flown by as we approach the final fortnight before half term and there is lots to share from the week just gone.

Firstly, Mrs Ogungbadero took responsibility for all assemblies to introduce Black History Month in a way that truly challenged the status quo. She shared a video of a student talking about how many schools revisit the same themes year on year with a repeated focus on historical prejudice. The young man shared how he would like to see this change to focus on the successes of historical black figures that are less well-known and his message was very compelling. Mrs Ogungbadero set all students the challenge of researching the historical figures with an emphasis on raising awareness of less well-known black people who achieved significant things. It was a fantastic assembly which promoted the importance of celebrating diversity at every opportunity.

On Wednesday, the incredible work of our Social Action Squad continued with a number of the squad visiting Rushden's Serve Day Care Centre. Our students spent the afternoon engaging positively with people who make use of the centre and once again the feedback on how our students conducted themselves was heartwarming. This work, spearheaded by Mr Smart and Rosie, is so important for showing the wider community just how amazing the students of Rushden are and I look forward to seeing it continue to go from strength to strength.

On Thursday evening, we held our annual awards' evening which is genuinely one of, if not the most, incredible evening of the year. We welcomed a large number of you and wider members of the community to come into school to share and celebrate the individual achievements of students from the last academic year. It was humbling to see so many of our students receiving various awards for demonstrating their commitment to their education as well as their passion for individual subjects. Heads of Faculty and Heads of Year alike spoke in depth about why students had been chosen for certain awards which left both parents, students and carers alike all bursting with pride. It was a privilege to stand and watch so many students get recognition for how hard they work on a day to day basis.

Continues on the next page...

Message From the Principal Continued...

Finally, I wrote to you all regarding drop off and collections at the beginning and end of the school day and would like to thank you in advance for adhering to the bullet points shared; it is important to ensure that the car park is safe for everyone and adherence to these points will support to this end.

Yours sincerely,

Mr B Baines
Principal

Black History Month

Every October is Black History Month in the United Kingdom - a month to highlight the achievements and successes of the Black community, to celebrate their contributions to the UK and a great opportunity to focus on and learn about the important Black historical figures who helped make Britain what it is today. Black History Month is the annual celebration and commemoration of moments in history, achievements and contributions that Black people have made.

Rushden Academy will give students the opportunity to learn about the experience of significant Black British figures and the impact they have on our society in our weekly assemblies and in class. By the end, the children would have developed their knowledge around the abundance of differences that make up our rich culture in England.

If you would also like to support your child further please visit the link below.

<https://www.bbc.co.uk/cbbc/curations/black-history-month>







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.

Rushden Academy SAS

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

Squad Special Forces helped clear some weeds from outside the Pastoral Hub. This will become part of a seating and reflection area.

Squad Elf visited The Serve Day Centre this week, and had a brilliant time playing bingo and getting to know the lovely residents.

The students were an absolute credit to the school, demonstrating all of our Team Rushden values.

Thank you to Serve Day Care Centre for having us, we can't wait to go back!

Go Squad Elf!



Rushden Academy Macmillan Coffee Morning

Thank you to everyone who baked, bought and ate cake last Friday. And thank you to our 6th Form Charity Team for leading the event.

As a school, we raised an amazing £480.16. Well done Team Rushden

**WE ARE
MACMILLAN.
CANCER SUPPORT**

This Week in PE

Netball Match

The players -

Ami - goal shooter

Ashley - goalkeeper

Joanne -wing attack

Vicki -centre

Lily -wing defence

Naomi -goal attack

Ellie -sub goal defence

May -sub wing attack and wing defence

Caitlin - sub wing defence



On match days, we do warmups at the school we play against then we have a small game with ourselves. Next week is a home game so we will do our warm up and have a game while we wait for the other schools to arrive.

This week we played Sir Christopher Hatton Academy first and then we played Manor School.

Sir Christopher Hatton Academy tried to score once but didn't get the ball in. We tried to score 6 times but failed.

Then we went against Manor School and they got the ball in 2 times we failed to get the ball in but that's ok because the more we practise we get the we will become.

Next week we will be playing a home game against Wren School and Wollaston School.

We practise every Monday after school for an hour and next week we want the subs to experiment with the positions that they know they are good at to give us a better chance of beating all the other schools .

What went well is that we all showed teamwork and resilience and even though we didn't win our first game we still tried our hardest and didn't lose strength.

-May (Year 9)

This Week in Food Technology

Food Technology – A hygiene update

With a new subject on our timetable this year for KS3, there have been a few questions about what hygiene measures we must enforce in our food room. As a school, we clearly state no false nails, or nail varnish. Also, no facial piercings except two ear studs, and plaster coverings are not sufficient. These are also the rules from external agencies, and I must enforce these for all who handle food. I have copied the information below directly from the Hazard Analysis and Critical Control Points (HACCP) website and ask that these rules are followed in school.

Thank you for your support and understanding.

Mr J Brainwood

No jewellery, except for plain wedding bands

If you turn up to work dripping in gold, you will politely be asked to remove your bracelets, rings, earrings, gold chains, brooches and necklaces before being allowed into the food processing area. Similarly, if you're wearing real or fake jewels or any visible body piercing jewellery you won't be allowed into the area either. This is because jewellery, no matter how sentimental it might be, or how good you feel wearing it, presents a physical hazard.

You would hate to lose a family heirloom into some product; and the consumer certainly won't want to eat an earring or bite into a brooch. Also, no matter how often you wash your hands, bacteria can still become lodged in the nooks and crannies of ring and bracelet settings, watch straps etc. The only jewellery permitted in most food processing plants is a plain wedding band.

Body piercings – if you can see them, please remove them.

Body piercings have become more popular over recent years as a statement of individualism, but the same rule applies. Whether you're wearing earrings, nose rings, lip rings, eyebrow rings, or studs or bars through your cheeks or chin, there is still the potential for them to become detached from your face and make their way into product. Individual companies will have their own policies about tongue piercings, but as a rule, if a piercing is visible, it has the potential to contaminate food, so must be removed before starting work.



Emergency bracelets/necklaces

Identification necklaces or bracelets notifying a medical condition (such as epilepsy) and emergency contact details are a special case. Whilst they are classed as jewellery, they are also essential, so often the policy is that they should be covered. Another way around this is for the worker to wear a special patch on their uniform.

Continues on the next page....

This Week in Food Technology

False nails and nail polish

Nails can harbour all manner of bacteria which is why if you're working with food, they should be kept short and neat. Short nails are easier to clean and less likely to snag/tear gloves. Nail polish should not be worn as it can chip off and fall into food.

The fashion for false nails, gel nails or nail gems (and false eyelashes) is also something which should be kept for outside the work area. There were newspaper reports last year of a young woman biting into a pre-packed sandwich and finding a dirty false nail. Needless to say, this was extremely off-putting, but bacteria from the nail could have contaminated the sandwich contents. It's also the type of scenario where the consumer could easily have choked...

HACCP & Food Hygiene News



School Photographs - Year 7 & Year 10

Dear Parent/Carer,

Vancols Photographers are pleased to confirm that the School Photographs are ready to view using the QR code on your proof card.

If you have already scanned the QR code on the Proof and registered you will receive an auto email notification.

If you have not done it yet, don't panic, you can still view by scanning the QR code on your Proof and following the instructions.

The online cut-off date for orders to be placed for free postage back to the school is 17th October 2023.

If you did not receive your Proof with the QR code, please contact Rushden Academy reception on 01933 350391.

Regards

Vancols Photographers

Lost Property

Please remind your child to check in reception if they have lost any items. We have a selection of items that need to be claimed, including blazers, water bottles and coats.

Any items left unclaimed for 6 weeks are donated to our internal uniform stores or local charity shops.

Library News



Black History Month

This month we are supporting Black History Month within our display area. We have a wide selection of fiction & non-fiction titles that cover many topics including racism, segregation and discrimination throughout the years. Alongside the books are 9 prominent UK black people who students may know through sport, books or the news, who have changed the way the black community is perceived in this country.

AR News

The Year 7's & 8's have been busy quizzing their AR books. Each time they get 90% on a book quiz they get a TRP, but when they get 100% they get a TRP plus their name in the jar for a chance of winning an Amazon voucher, which is given out during the celebration assembly at half term. Some Year 7's have their name in the jar 3 or 4 times already! Please keep encouraging your child's reading and ask them about their quizzing.



At the end of each full term (Christmas, Easter & Summer) we will also be rewarding the Year 7 & 8 form group who has totalled the most words read with a tray of doughnuts!! After each half term the display board in the library will be updated with 'icing' being added on to the doughnut representing each form. We are hoping a friendly rivalry will ensue!



Library policy regarding loans

At the present time we have over 100 overdue library books in KS3 alone. Please may we request that you remind your child to look at the front of their library books and check the date that the book needs to be returned by. All students within the academy may borrow a book for up to 2 weeks - if they need a few extra days just to finish off the last few pages they just need to pop in to see one of the library staff where we will be happy to update their loan date period.

Continues on the next page...

Library News

Also all of our Year 7 & 8 students are required to quiz regularly so we can see how their reading is progressing, and also we can assess their strengths & weaknesses. If a child has a book for longer than the 2 week loan period they tend to forget the details at the start of the book, and this can affect their comprehension of the text. We would appreciate your encouragement at home to ensure your child is reading regularly, and quizzing their book once complete. The library is open from 8.15am each day so all students have time to return their book and choose a new one ready for the school day ahead. Many students choose to come into the library during break and lunchtime to get their quizzes done. We have laptops already signed in for them to get straight on to the AR page so it only takes 3 or 4 minutes to complete the quiz.

Ensuring there are always enough books available on the shelves in the library is a priority for Team Rushden, as they are a vital tool in our student's learning. We always try to have the latest copy from the popular authors, and endeavour to purchase the new releases of books in popular series, as we know our students will want to read them. Having students with an overdue library book may limit other students who wish to borrow them - especially if it is part of a series.

Once a library book reaches 10 school days overdue a letter will be sent home asking parents to remind their child to put the book into their school bag. and return it to the library the next day. If the book is not returned within the following 10 days an invoice will be sent requiring payment or replacement for the book. If the issue is still not resolved, a final invoice will be sent, and then the matter will be passed on to our Senior Leadership Team. Each week Form Tutors and Heads of Years are sent details of all overdue library books so they may also contact home regarding the matter. A copy of the library policy can be found on the Academy website.

If there is any issue at all with returning the book then please just ask your child to pop in and see one of the library staff, and we will talk through any issues with your child. Alternatively if you would like to contact the library directly please email n.raven@rushden-academy.net or m.quantrill@rushden-academy.net where we will be happy to advise you with any issues.

We completely understand that accidents happen and books can get damaged or lost, and these issues can be easily resolved if your child speaks to a member of the library staff. Listed below are the ways that books that are damaged or lost can be replaced:

- ◆ Replacement cost can be paid via cash, cheque or Parentpay
- ◆ Replacement copy purchased and given in to library staff
- ◆ Donate a book from home that is of similar value and is in good condition
- ◆ Buy a book from a charity shop that is of similar value and is in good condition

Can we please ask that all our students continue to take good care of any books borrowed from the library and return them on time and in good condition for the next pupil to take out on loan.

Happy reading!

Mrs N Raven & Mrs M Quantrill

Canteen This Week

Have a look at what has been on offer in our canteen this week.



To Raise Money for TENC India Trip for the SOTE charity

Chocolate and Sweet Tombola

Thursday 12th October
Outside the main hall
During breaktime

TICKET

3 tickets for £1
Or 50p each

Gresham College Free Webinar Lectures

Every year Gresham College offer a fantastic opportunity for students to stretch and develop their understand of a subject area they want to know more about. They host online lectures, covering a multitude of fascinating subjects, which students can watch for free.

These are particularly good resources for students considering A-levels in particular subjects and gives them a taste of University life with the lecture experience.

Please see below the lectures available in October and let us know which ones you have signed up for!

For more information, please visit: <https://www.gresham.ac.uk/whats-on?see-all>

Or contact Miss Neville: j.neville@rushden-academy.net

Date	Time	Topic	Link
Mon 2 nd Oct	6pm	Understanding Net Present Value Subject link- Business	https://www.gresham.ac.uk/whats-on/net-present-value
Tues 3 rd Oct	6pm	Writing after Windrush Subject link- History and literature	https://www.gresham.ac.uk/whats-on/writers-windrush
Weds 4 th Oct	6pm	A Small History of Big Evolutionary Ideas Subject link- Biology	https://www.gresham.ac.uk/whats-on/evolutionary-thinking
Thurs 5 th Oct	6pm	Women of the Harlem Renaissance Subject link- History	https://www.gresham.ac.uk/whats-on/women-harlem
Weds 11 th Oct	6pm	How AI Disrupts the Law Subject link- Technology	https://www.gresham.ac.uk/whats-on/technology-law
Thurs 12 th Oct	6pm	Literary Activism in Contemporary Africa Subject link- History, literature	https://www.gresham.ac.uk/whats-on/literary-africa
Tues 17 th Oct	6pm	Iran Constitutional Revolution of 1906 Subject link- History	https://www.gresham.ac.uk/whats-on/iran-1906
Weds 18 th Oct	4pm	Astronomy and the Forging of Mathematical Communities Subject link- Mathematics	https://www.gresham.ac.uk/whats-on/bshm-2024
Thurs 19 th Oct	6pm	Plato and the Idea of Political Office Subject link- Politics, ethics	https://www.gresham.ac.uk/whats-on/plato-office
Tues 24 th Oct	6pm	Brain Computer Interfaces Subject link- Technology	https://www.gresham.ac.uk/whats-on/brain-computer
Weds 25 th Oct	6pm	The Marvels of the Solar System Subject link- Astronomy	https://www.gresham.ac.uk/whats-on/solar-marvels
Thurs 26 th Oct	6pm	Twentieth- Century Divas: Barbra Streisand Subject link- Music	https://www.gresham.ac.uk/whats-on/streisand
Tues 31 st Oct	6pm	Markets and Marxism: USA, USSR and China Subject link- Economics	https://www.gresham.ac.uk/whats-on/ussr-china

Rush2TheDen

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Room	Main Hall	Snug	Main Hall	Snug	Main Hall	Snug	Main Hall	Snug	Main Hall	Snug	Main Hall	Main Hall
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Performing Arts Update

Drama:

This week year 10 have been introduced to physical theatre and the practitioners Frantic Assembly. They have been looking at some Frantic Assembly work and having a go at creating some of their own chair duets using physicality. The year 10s have approached this with an open mind and have been really intrigued into how different styles of theatre can be portrayed.

Dance:

Year 11's are currently learning their dance repertoire for their component 2 performance. All dancers have been challenged with diverse movements in which they **MUST** execute in their routines showing precision and fluency. Year 11s have been resilient and are trying their best to ensure they demonstrate the best performance skills by reflecting in each lesson and setting targets.

Music:

Creative projects in music are in full swing this term, with year 7 singing and directing songs like "Happy" and "I'm still standing" for their first performance in class. The year 8's are enjoying the process of becoming rappers with their creations on BandLab. Year 9 and 10 are getting ready to put all of their skills, hard work and determination into practice for their first end of term performances.

High School Musical Junior:

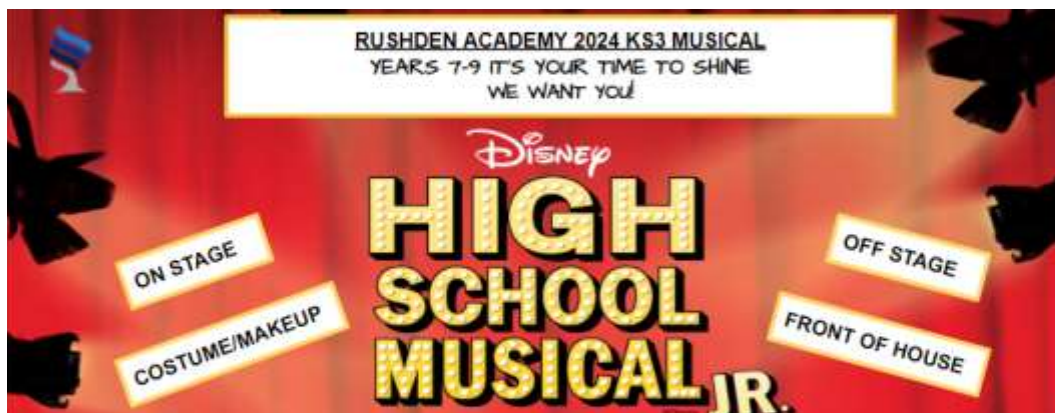
We had our launch meeting for High School Musical this week and were delighted at how many KS3 students we had who showed an interest in the show. Everyone seemed really excited and the amount of students already singing along to the songs was absolutely incredible to watch.

A reminder, we have auditions for all 7 main characters on **FRIDAY 13TH OCTOBER**. We will be holding an audition prep session on **Monday 9th October** for any students who need some time to rehearse and anyone who has not rehearsed before and needs some advice on how best to approach it.

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





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>			

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 art etc.	Closes at 3.15pm

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

Rushden Academy

Library



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". Affixing "dis-" allows you to reverse the meaning of many verbs, e.g advantage □ DISadvantage.

Arm

Act

Appear

Mount

Respect

Which of these verbs can be affixed with dis- to reverse their meaning?

Deter

Continue

Mask

Behave

Allow

Credit

Connect

Agree

Merit

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

Those verbs which do not form their opposite with the prefix dis- do so with an alternative prefix, e.g inform □ MISinform.

Arm

Act

Appear

Mount

Respect

What alternative prefixes do the remaining verbs use?

Deter

Continue

Mask

Behave

Allow

Credit

Connect

Agree

Merit



Numeracy Problem of the Week

In a magic square, each row, each column and both main diagonals have the same total.

In the partially completed magic square shown, what number should replace x?

18			
13	15		
	10	11	17
	x	16	14

Last weeks solution: 18

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.



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 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

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 - Creating 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

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

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/ANDCAMHS/LIVE

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Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU