



Rushden Academy Newsletter

Aspire, Explore, Succeed

08/12/2023

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

The antepenultimate week of school was thankfully a lot milder in terms of the weather but was equally a wet one in terms of the amount of rain we had. However, this did little to dampen the spirits as we enter the festive season.

Mr Bocking led a fascinating assembly which reviewed many significant events that occurred over the course of the year. To name just some of the events, Mr Bocking encouraged students to reflect on the catastrophic earthquakes which struck Turkey and Syria; Finland officially joining NATO; SpaceX's starship explosion; the tragic events surrounding the implosion of Ocean Gate's Titan submersible; the war between Israel and Hamas; and Storm Ciarán. He finished the assembly with the 'Pale Blue Dot' which comes off the back of Nasa's Voyager spacecraft leaving our solar system and taking a final picture of earth which appeared as a pale blue dot; truly mind-blowing.

Some of you would have attended our Year 13 parents' evening on Thursday to get an update on how your son or daughter is progressing in their studies as we enter the final stages of their Key Stage 5 education. Meanwhile, our Year 12 students visited Nottingham Trent University for a taster day which gave them a good insight into what university life is like.

As Christmas approaches, our entire Social Action Squad assembled in the hall on Wednesday period 4 where they made Christmas hampers to take to the care home and day centre. In addition to the hampers, they commenced work on a community mural for a local church and still found time to write Christmas cards to members of staff sharing festive sentiments. The hampers were delivered by members of the squad during period 5 spreading some yuletide joy to our community.

It was Christmas jumper day on Thursday and it was great to see staff and students alike embracing the opportunity to wear their festive knitwear! Next week, students can look forward to our Christmas cracker event which takes place from 3:15pm - 6:00pm on Thursday and is hosted by the library. Parents and carers can look forward to our movie night which is being hosted by the Ethos Team in our lecture theatre on Tuesday evening.

Continues on the next page...

Message From the Principal Continued...

As we reach the end of the term we appreciate that everyone is tired and to recognise students who have 100% attendance in the final few weeks we will be entering their names into a raffle to win prizes in the final rewards assembly a week on Wednesday. Thank you for your continued support with ensuring that your children's absence level remains as low as possible.

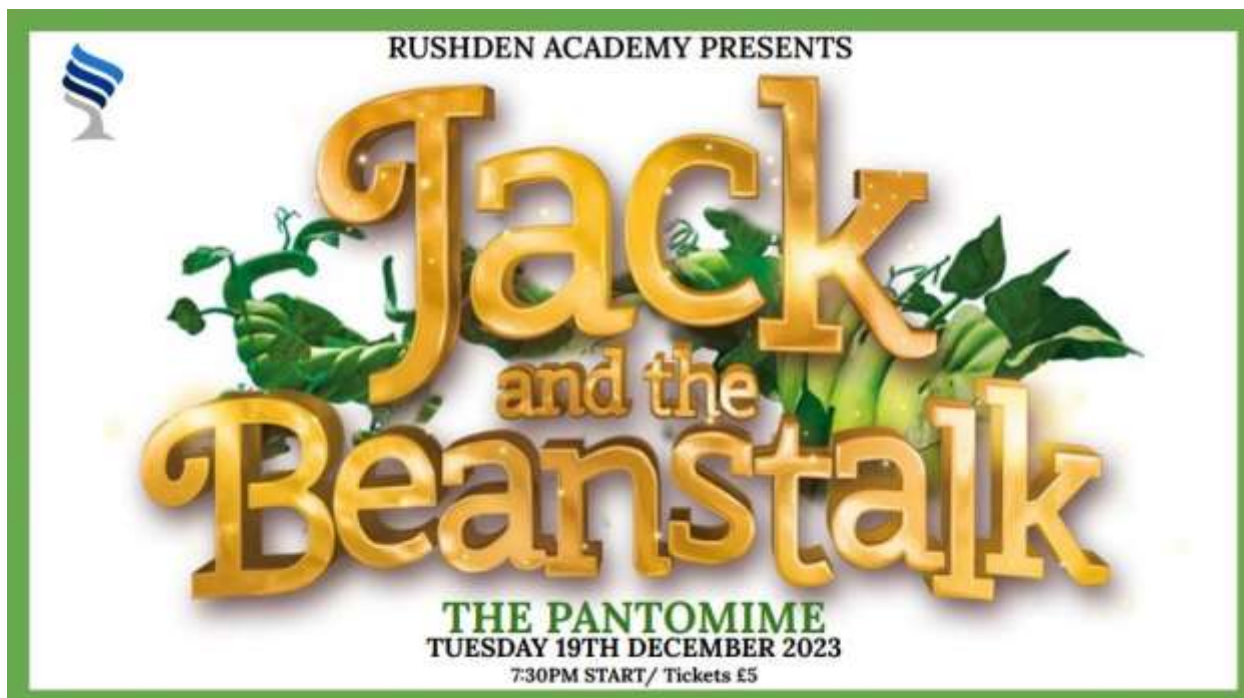
Finally, on Tuesday the 19th it is our Jack and the Beanstalk pantomime and tickets are selling fast; it would be great to see as many of you there as possible supporting our extremely talented students.

Have a long and restful weekend,

Yours sincerely,

Mr B Baines
Principal





Tickets now on sale for our Christmas Pantomime - Jack and The Beanstalk.

Book now to avoid disappointment

<https://www.trybooking.com/uk/CXQT>

School Attendance Forum

Has your child experienced school attendance difficulties? Help us understand the challenges faced by children & young people

This workshop is to enable parents and carers to have their voices heard in developing how agencies support children and young people who are experiencing difficulties in attending school.

Your voice is crucial in helping us understand the challenges faced by children and young people and will be an opportunity to meet with other parents and find solutions together.

Date: Wednesday 14th December 2023

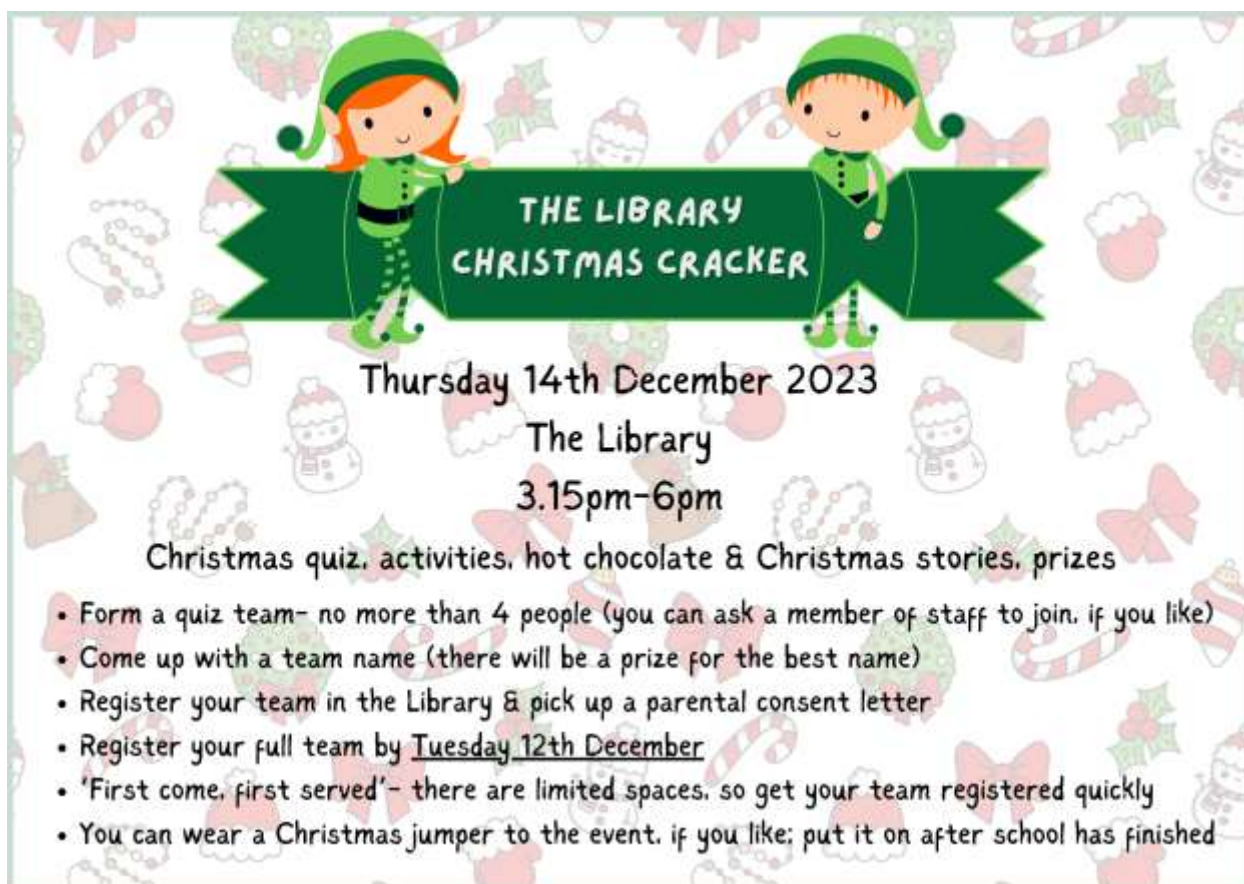
Venue: The Council Chamber, Towcester Forum, Towcester NN12 6AD

Time: 10:30am - 12 noon

[Shaping the Future of School Attendance Support Tickets, Thu 14 Dec 2023 at 10:30 | Eventbrite](#)

Library News

Library Christmas Cracker



Twelve days of Christmas

Celebrate the festive season in these last few weeks of term by taking part in the *12 Days of Christmas* competition running in the Library. Each day a student will be asked to open one of the 'doors', which will reveal a Christmas book and a sweet surprise. Alongside that, there will be a different question posed during the twelve days, which students will need to find out the answer to. They will need to come in everyday to see the new questions. Entry forms are there for them to take away and all correct forms must be given to Ms Raven or Mrs Quantrill by January 5th. All correct entries will be placed in a hat and one overall winner will be drawn and will receive a prize.



For any more information, students can pop into the Library and ask the staff there.

Rushden Academy Newspaper Team

Since the end of September a small group of students have been meeting in the Library, every Wednesday, after school. These students are forming the base of the very first Rushden Academy Newspaper. As the year goes on we plan to create a termly paper which include feature pieces, whether local or further afield, headline stories, reviews (of films, books, music, TV programmes). The students will do a variety of writing, reporting/ interviewing, photography and editing, reviewing, illustration and lots more.

As a practice run, the students looked through some national and local stories and all of them picked up on a local, environmental story about the reintroduction of beavers to Rushden Lakes. They decided to do some research on this and we discovered a contact at the local Wildlife Trust (based at the Lakes), Katie King. She generously offered to let the students go down to the visitor centre and interview her. All of the students worked together to compile some questions and then came on the trip to the Lakes to meet and interview Katie.

The students did a fantastic job and all of them not only asked the prepared questions but also asked spontaneous ones based on what Katie was telling them. They all took some photos and then contributed to the write-up.



Saanvi, Wiktoria, Katie (Wildlife Trust), William, Ben.

Jade was unable to join us on the trip but was invaluable during the photo editing process.

After the Christmas holiday, each student will start to work on a specific area of the newspaper. We would like the team to grow and so, if any students are interested in joining, please advise them to drop in to the Library and talk to Ms. Raven.

Please read and enjoy the article the team have worked hard on. We will be looking to revisit the story next Autumn, when the beavers have arrived.

Bringing Back the Beaver

Recently, our Rushden Academy Newspaper team took a trip to Rushden Lakes to meet Katie King, the communities and education manager for the Nene Wetlands Visitor Centre. We have discovered that Beavers will be reintroduced into our environment in 2024 around autumn time. Due to our interest in this we created some questions which Katie kindly answered. We have written up the answers to those questions here.



Beaver— originally native to the UK

As it will be a massive change for the beavers, since they will be imported from Scotland, they will be quarantined for some time so they can get used to the environment and then the other animals. This won't be a problem for the environment as the beavers will take down the invasive willow trees naturally instead of the wildlife staff having to use chainsaws. They will place barriers around the older trees that they don't want to be taken down.



Rushden Lakes area map

To ensure safety of the beavers there will be metal fences placed around the associated area. Not only will it protect them from natural predators it will also protect them from any poachers. Even though Katie doesn't expect there to be many poachers or predators, it is always a good idea to be careful and it will keep them enclosed.

If something does happen to the beavers and one of them dies, they would think of introducing them to another partner. However, if everything goes well and no incidents occur the beavers will be able to breed. If this is successful and they

happen to have a runt, it wouldn't be such a problem as they have enough resources for it to be independent and won't have to rely on anyone. But if the beavers do not breed naturally it also would not be an issue as they wouldn't have to relocate the pair to a bigger area.

Aside from that, the beavers will be well taken care of and cameras will be placed around the fenced out area to make sure they are happy and kept safe.

They are currently fundraising for live cameras. For more information contact the Wildlife Trust at Rushden Lakes.

-Rushden Academy Newspaper Team



Delta Pit—the area where they hope to house the beavers

Stay Connected Newsletter

Have a look at the latest newsletter from Northamptonshire Children's Trust to see what is happening in our area.

<https://sway.office.com/EZxl6KdU6wBYJNx3?ref=Link>



The poster features a teal background with a large purple eggplant illustration. The text is arranged as follows:

- Top Left:** ChatHealth logo (a stylized figure) and the text "ChatHealth".
- Top Right:** NHS logo and the text "Northamptonshire Healthcare NHS Foundation Trust".
- Left Side:**
 - "Aged 13-24?"
 - "Text the NHFT Sexual Health team for confidential advice and support!"
 - "07312 263114"
 - "Chathealth.nhs.uk"
 - "@NorthantsSexualHealth"
- Center:** A large purple eggplant with the text "WHAT IS CHAT HEALTH?" written on it in white.
- Bottom Left:** A white speech bubble containing the text "FREE TESTING, ADVICE, CONTRACEPTION AND MUCH MORE!".

Rushden Academy SAS

The SAS had a busy day on Wednesday. All members met up and helped spread Christmas cheer by making Christmas Cards for the residents and service users they have met at the Beeches Care Home and Serve Day Centre as well as for Rushden Academy staff members.



Some of our SAS members helped paint Christmas murals that will soon be on display locally.



Students also helped decorate and pack hampers that Squad Fizzy Baguette delivered to the Beeches Care Home and Serve Day Centre. These hampers included Christmas treats as well as games and colouring activities for the residents and service users to enjoy.



6th Form UCAS Update

This is the term when Year 13 students are beginning to plan their post 18 pathways and applying to university.

Each week we will give you an update on who has completed their application alongside any offers or interviews they have received.



| Name | Date sent | First Choice | Course | Offer/interview? |
|---------|-----------|--------------------------------------|--|----------------------|
| Lucy | 25.09.23 | Imperial College, London | Medicine | Interview |
| Cody | 3.10.23 | University of Lincoln | Law for Business | conditional offers |
| Jay | 9.10.23 | Nottingham Trent University | Primary Education | conditional offers |
| Ruby | 12.10.23 | Sheffield Hallam University | Fine Art | conditional offers |
| Andreea | 16.10.23 | De Montfort University | Pharmacy | Interview |
| Jakub | 19.10.13 | University of Bath | Maths & Physics | Conditional offers |
| Laura | 2.11.23 | De Montfort University | Psychology | Conditional offers |
| Sam | 6.11.23 | University of Southampton | Biomedical engineering with integrated masters | Conditional offer |
| Tilly | 8.11.23 | De Montfort University | Forensic science | Unconditional offer |
| Alicia | 16.11.23 | University of Bedfordshire | Early years education | conditional offer |
| Josh | 16.11.23 | De Montfort University | Pharmacy | conditional offer |
| Jorja | 16.11.23 | De Montfort University | Interior Design | conditional offer |
| Leyla | 30.11.23 | Northampton University | Dental Nursing | Conditional offers |
| Holly | 1.12.23 | University of East Anglia | English | Unconditional offers |
| Amy-Kay | 1.12.23 | University of Lincoln | Law | Conditional offers |
| Malachi | 1.12.23 | University of Derby | Theatre Arts | Conditional offers |
| Kit | 7.12.23 | Royal Welsh College of Music & Drama | Technical theatre and stage management | |

Performing Arts Update



Drama:

Year 10 have been working on more physical theatre techniques this week and building blocks using Frantic Assembly's *Things I Know To Be True*. They will be exploring this performance for their Component 1 exam. They have been studying how we use our physicality to create performance and the importance of movement. There has been some excellent work created over the past few weeks and we look forward to continuing this.

Dance:

Congratulations to the Year 11 dancers who successfully completed their Component 2 performances this week. Students were required to perform a piece of repertoire in the styles of Contemporary or Hip Hop dance demonstrating their level of physical and interpretive skills. All students were nervous but managed to perform with style and confidence.

Music:

Year 10 have been working on their mock exam for music, following a brief to compose work around the theme of discovery. They are definitely thriving on being able to have the creative freedom and ownership of their creations and we wish them all the best as they approach their hand in date.

As we approach the end of term, our KS3 groups are combining all the skills they have learnt across the two terms, to produce great final performances in Djembe drumming and film music.

High School Musical: School Edition

This week's rehearsal was run by our year 13 assistant director. The group focussed on the opening of the play and how to creatively transition from dance number, to dialogue, back to dance number. The dance they have been learning is complex and there has been a high amount of effort put in to really nail the choreography. Rehearsals continue next week and we are excited to see what's in store. Go Wildcats.

Jack And The Beanstalk:

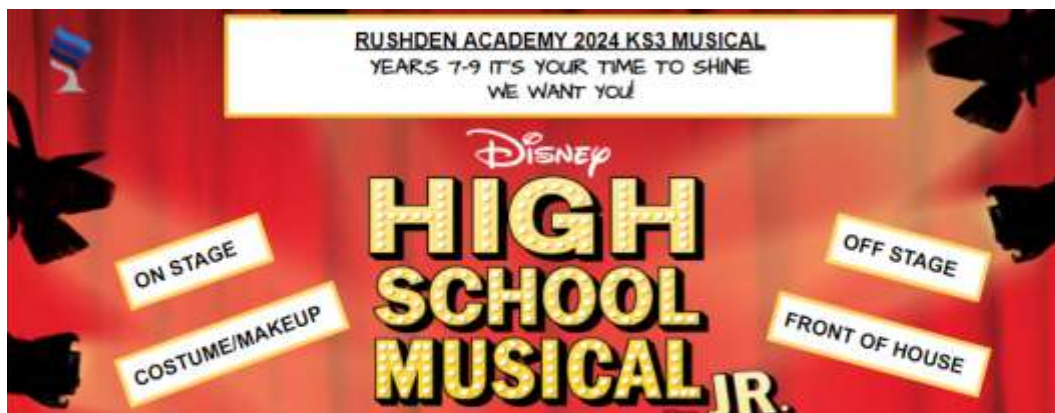
With just one week until the tech run, rehearsal pressure has been ramped up and the entirety cast are bringing it! The show has many recognisable numbers and some brilliantly written characters. Production, costume and crew have been working tirelessly sourcing props, costumes and making programmes for the event.

Will Jack sell his cow? Will the Giant make it down the beanstalk? Will Silly Billy always be so Silly? You will have to buy a ticket to find out!

Tickets are on sale via the Instagram page and by clicking [here](#).

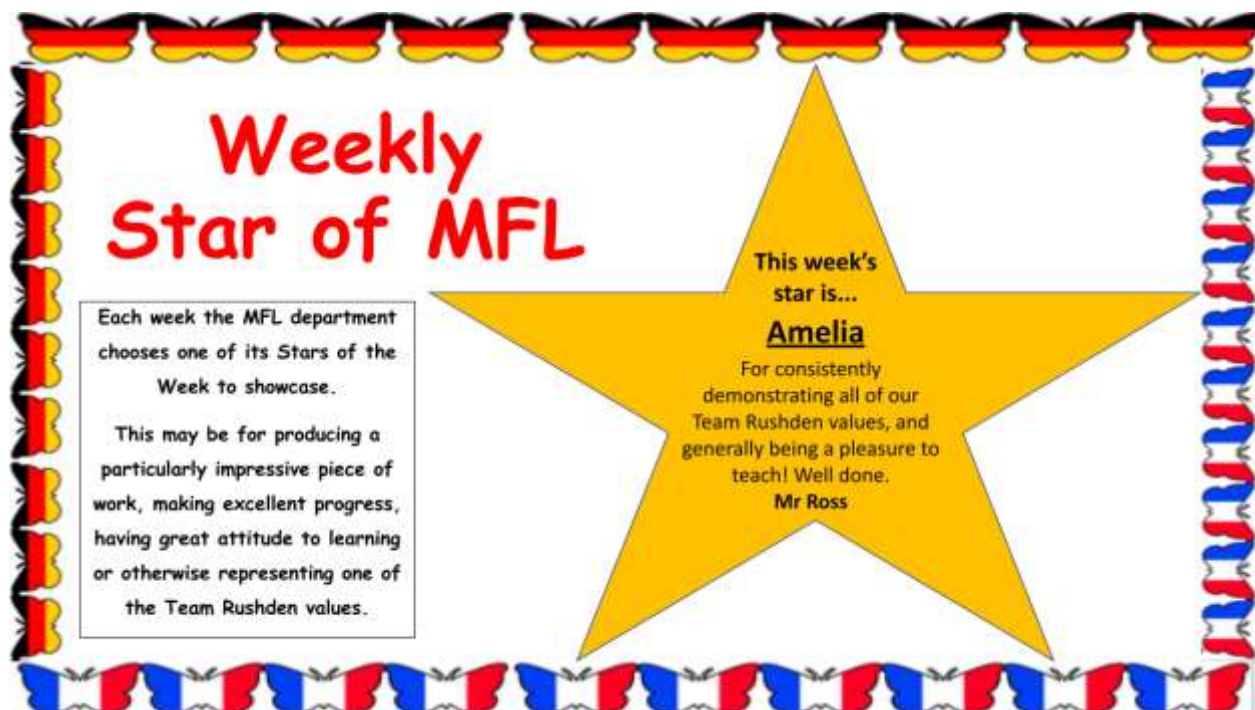
We hope to see as many of you there as possible!

Performing Arts Update



Christmas Jumper Day at Rushden Academy

Christmas came to Rushden Academy on Thursday, when staff and students sported their Christmas jumpers and raised money for Save The Children. Jet also joined in with his Christmas Jumper.





BASED AT RUSHDEN
ACADEMY

Coffee Morning Drop in



Click
to
book

COME JOIN US FOR A CHRISTMAS
COFFEE MORNING ON THE 19TH OF
DECEMBER AT 10AM

Click the link below to book your spot on our coffee morning.

[https://www.eventbrite.co.uk/e/coffee-morning-drop-in-tickets-749886981147?
aff=oddtcreator](https://www.eventbrite.co.uk/e/coffee-morning-drop-in-tickets-749886981147?aff=oddtcreator)

We look forward to seeing you

How to Sleep

There's so much information available about what you should and shouldn't do when it comes to sleep, and most of it is great, but sometimes it's easier to go back to basics - so it's time we ask ourselves, how do we get to sleep? It's important to remember that different ways work for different people but sticking to these tips will make falling asleep easier for us all.

Keep regular hours. Going to bed and getting up at roughly the same time, all the time, will programme your body to sleep better. Choose a time when you are most likely to feel sleepy.

Create a restful sleeping environment. Your bedroom should be kept for rest and sleep and it should be neither too hot, nor too cold; and as quiet and dark as possible.

Make sure your bed is comfortable. The surface we sleep on plays a key factor in getting a good night's kip. It's difficult to get deep, restful sleep on an old, uncomfortable bed. A bed with the correct support, comfort and space will ensure you wake less, move about less, are less disturbed by your partner and are less likely to wake up feeling tired or aching.

Take more exercise. Regular, moderate exercise such as swimming or walking can help relieve the day's stresses and strains. But not too close to bedtime or it may keep you awake.

Cut down on stimulants such as caffeine in tea, coffee and energy drinks– especially in the evening. Caffeine is a stimulant and its effect on sleep is well known – it interferes with falling asleep and prevent deep sleep. Try and avoid it 4-5 hours before bedtime; have a hot milky drink or a herbal tea instead.

Study Space. Make sure to have a separate space to revise and work, doing this in bed can damage your ability to sleep stress-free. Try using a desk or a completely different room is even better!

Don't over-indulge. Too much food, especially late at night, just before bedtime, can play havoc with sleep patterns.

Try to relax before going to bed. Have a warm bath and listen to some quiet music – all help to relax both the mind and body.

Turn off gadgets before bed! Blue light can affect the production of melatonin (the hormone that helps you sleep), so avoid screen time at least an hour before bed.

Deal with worries. If the minute your head hits the pillow you start thinking about your 'to do' list or worrying about something, write it down. It clears the mind making it easier to concentrate on getting a good night's sleep.











Keep a sleep diary. Why not keep a sleep diary If you find dropping off hard, it may be interesting to see what you've been doing, what you've eaten and where you've slept on the days you sleep and don't sleep well. It could help in finding the answers to some of your questions.

Still struggling to sleep? If you still can't sleep, don't lie there worrying about it. Get up and do something you find relaxing, like reading a book, until you feel sleepy again – then go back to bed. If you find that your sleep issues continue to be a problem, call our [National Sleep Helpline](#) on **03303 530 541** for direct support.

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 | | Tuesday | | | |
|---|---|--|---|---|---|
| Lunch-time  Board & Card Games | After-School  Student Library Assistants Meeting | Lunch-time  Chess | After-School  Chess | | |
| Wednesday | | Thursday | | Friday | |
| Lunch-time  Jigsaws | After-School  Rushden Academy Newspaper | Lunch-Time  Tranquil Thursday - reading, homework, quiet voices | After-School  Role-Playing Games | Lunch-time  Fill-it-in Friday - crosswords, word searches, colouring, sticky note art etc. | After-School  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

Literacy Challenge

This term we are focusing on prefixes that mean not, no or opposite. Complete the missing parts of the words denoted by the pictures below with the correct prefix.



_complete



_appropriate



_employed



_happy



_grateful



_significant



_attentive



_perishable



_existent



_inhabitable



_friendly



_qualified

Literacy SUPER Challenge

Using the words you decoded earlier...
How many terms can you define **without** using the words
“not” or “opposite”?

__employed

__complete

__happy

__appropriate

__grateful

__significant

__perishable

__inhabitable

__qualified

__attentive

__existent

__friendly



Numeracy Problem of the Week

On Christmas Eve the children of one family left a note for Santa saying that all the girls would like a puzzle each and all the boys would like a book each.

They left Santa this riddle to solve:

The girls have twice as many sisters as brothers and the boys have five times as many sisters as brothers.
How many puzzles and how many books did Santa leave for the children?

Last Week's Solution: 5

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

January TENC BTEC Exam Timetable

| Date | Subject | Unit | Groups | Length | Venue | Start Time |
|------------------------|---------------------------------|---------|---------|----------|------------|------------|
| Tuesday 9th January | Yr 13 Applied Science Chemistry | Unit 1C | resits | 40 mins | Homeschool | 9.00 am |
| Tuesday 9th January | Yr 13 Applied Science Physics | Unit 1P | resits | 40 mins | Homeschool | 1.30 pm |
| Wednesday 10th January | Yr 13 PA | Unit 1 | all | 3 hours | Homeschool | 9.00 am |
| Wednesday 10th January | Yr 13 Health & Social Care | Unit 4 | dbl/trp | 3 hours | Homeschool | 9.00 am |
| Wednesday 10th January | Yr 13 Sport | Unit 2 | all | 2.5 hrs | Homeschool | 9.00 am |
| Wednesday 10th January | Yr 13 Applied Science Biology | Unit 1B | resits | 40 mins | Homeschool | 1.30 pm |
| Wednesday 10th January | Yr 13 Business | Unit 2A | all | 2 hours | Ferrers | 1.30 pm |
| Thursday 11th January | Yr 13 Business | Unit 2B | all | 3 hours | Ferrers | 9.00 am |
| Thursday 11th January | Yr 12 CPLD | Unit 1 | all | 1.75 hrs | Homeschool | 9.00 am |
| Friday 12th January | Yr 12 Sport | Unit 1 | all | 1.5 hrs | Homeschool | 9.00 am |
| Friday 12th January | Yr 13 ICT | Unit 1 | resits | 2hrs | Homeschool | 9.00 am |
| Friday 12th January | Yr 12 Health & Social Care | Unit 1 | all | 1.5 hrs | Homeschool | 1.30 pm |
| Monday 15th January | Yr 13 Health & Social Care | Unit 2 | all | 1.5 hrs | Homeschool | 9.00 am |
| Monday 15th January | Yr 13 Business | Unit 3 | resits | 2hrs | Homeschool | 9.00 am |
| Monday 15th January | Yr 12 & 13 Sport | Unit 22 | dbl/trp | 3 hours | Homeschool | 9.00 am |
| Tuesday 16th January | Year 13 ICT | Unit 2 | all | 3 hours | Ferrers | 1.30 pm |
| Tuesday 16th January | Year 12 ICT | Unit 2 | all | 3 hours | Huxlow | 1.30 pm |
| Thursday 18th January | Yr 13 Sport | Unit 19 | trp | 2.5 hrs | Homeschool | 9.00 am |
| Friday 19th January | Yr 13 Applied Science | Unit 3 | all | 2.25 hrs | Homeschool | 9.00 am |
| Monday 22nd January | Yr 13 Applied Science Chemistry | Unit 5C | dbl | 50 mins | Homeschool | 1.30 pm |
| Tuesday 23rd January | Yr 13 Applied Science Physics | Unit 5P | dbl | 50 mins | Homeschool | 9.00 am |
| Tuesday 23rd January | Yr 13 Applied Science Biology | Unit 5B | dbl | 50 mins | Homeschool | 1.30 pm |

Year 13 Assessment Week - January 2024

Students will sit their exams in homebase schools unless indicated otherwise

Where students have clashes, the rescheduled time for the exam is shown, with their initials in brackets

| Date | Am | | Pm | |
|--------------|----------------------------|-------|------------------------------|-------|
| Mon 22nd Jan | 13 Psychology Paper 1 | 2hrs | 13 Biology Paper 1 | 2hrs |
| | 13 Business | 2hrs | 13 Media Paper 1 | 2hrs |
| | 13 German | 1hr45 | | |
| Tue 23rd Jan | 13 Chemistry Paper 1 | 1hr30 | 13 Core Maths Paper 1 | 1hr30 |
| | 13 Comp Science | 2hr30 | 13 Eng Lit/Lang Paper 1 (KK) | 1hr |
| | 13 Eng Lit/Lang Paper 1 | 1hr | 13 Physics Paper 1 | 2hrs |
| | 13 Eng Lit Paper 1 | 2hr30 | 13 Sociology | 2hrs |
| | 13 Graphics | 2h30 | | |
| Wed 24th Jan | 13 Eng Lit/Lang Paper 2 | 1hr | 13 Core Maths Paper 2 | 1hr30 |
| | 13 Geography | 1hr30 | 13 Eng Lit/Lang Paper 3 | 1hr |
| | 13 Photography (Rushden) | 4hrs | 13 Further Maths Paper 1 | 1hr30 |
| | 13 Physics Paper 2 | 2hrs | 13 Maths Paper 1 | 2hrs |
| | | | 13 Photography (Rushden) | 1hr |
| Thu 25th Jan | 13 Core Maths Paper 1 (KP) | 1hr30 | 13 Biology Paper 2 (RW) | 1hr15 |
| | 13 Further Maths Paper 2 | 1hr30 | 13 Media Paper 2 (CC, IF) | 2hrs |
| | 13 History | 2hr15 | 13 Psychology Paper 2 | 2hrs |
| | 13 Maths Paper 2 | 2hrs | | |
| | 13 Media Paper 2 | 2hrs | | |
| Fri 26th Jan | 13 Art (H/R) | 4hrs | 13 Art (H/R) | 1hr |
| | 13 Chemistry Paper 2 | 1hr30 | 13 Biology Paper 2 | 1hr15 |
| | 13 Eng Lit Paper 2 | 2hr30 | | |

Stars of the Week

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



Stars of the Week

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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

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

WELLBEING CAFÉ
A DROP-IN SERVICE FOR 11-18 YEAR OLDS

OPEN

CHANGE OF VENUE

Book an appointment by calling the number provided or drop in during our opening times.

Tuesdays 4pm - 8 pm
Rushden Mind
Phoenix House,
Skinner's Hill, Rushden
NN10 9YE
01933 277520

Support and Advice
Wellbeing Activities
Peer Support
Parent Support is Available

YOUTH WORKS
Time 2 TALK
CHAT

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.

espresso yourself

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 9RU
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

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/US/AMHS/LIVE

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CAMHS
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU