



Rushden Academy Newsletter

Aspire, Explore, Succeed

11/02/2022

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

Once again Team Rushden have had a very productive week. We had a fire drill practice and the pupils were impeccably behaved, so much so we had the whole school out registered and back to lessons in 7 minutes. There have been a variety of events ranging from speed dating careers to Medical Mavericks. The Performing Arts team has been out and about performing in local primary schools which has gone down very well. Many pupils in both Year 10 and Year 11 have also been sitting external examinations this week too.

Not only are we proud of the curriculum that we offer but the personal development offer is excellent. We provide many opportunities to develop character and prepare our pupils for life beyond Rushden Academy. We hope that you continually get a sense of this from our weekly newsletter.

Just to note that when we return after the half term break, Year 11 will begin their second round of mock examinations so next week they will need to continue with their revision activities. We are 99% sure that 'normal' exams will take place this summer so exam practice is crucial. The more papers they can practice at home the better.

Finally, as you are aware the NHS have delivered a vaccination programme in school for 12-15 year olds. If you have not managed to sign up for this, over the half term break there are vaccination centres offering appointments. You can find the walk in offer here: <https://www.nhs.uk/service-search/find-a-walk-in-coronavirus-covid-19-vaccination-site>

We sincerely hope that you have a good half term break and we look forward to welcoming the team back on Monday 21st February. If you do have any issues remember you can still contact school on info@rushden-academy.net

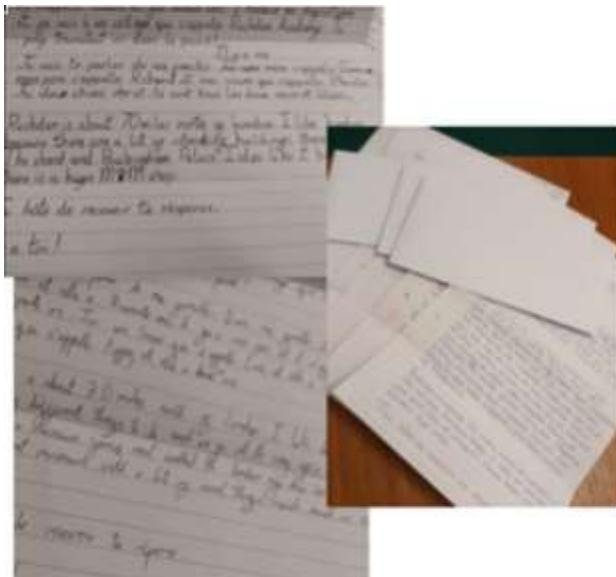
Mrs J Burton
Principal

Year 7 French Pen Pals



Our year 7s have been **très occupés** this term, learning how to talk about **leur famille** and give the names and ages of family members. Last week they were finally ready to use all that hard work and create letters to send to their new pen pals on the other side of the Channel!

Our year 7s were really interested to learn about some of the ways that **la vie scolaire** differs in France and are looking forward to learning even more from their pen pals.



We are sure the students in sixième at Le Collège Quatre Vents, who are currently learning about **Londres**, will be delighted to hear from us with our descriptions of our families.

We can't wait to hear back from them with everything they have been learning about our capital city!

We are sure you'll agree that the French students will be **très impressionnés** with the quality of our work!

PTFA Notice

Rushden Academy are very pleased to announce that £388 was raised from the Rushden Round Table Santa Sleigh collection in December. This money will be going to the PE department for them to buy replacement equipment for the students to use. A huge thank you to everyone that helped us on the evening, students, staff and especially to Rushden Round Table for holding the event and giving us the £388.

Thank you from everyone on the PTFA.



Library News - We Need Your Donations

Following on from last week's Library News article regarding the amount of books that we are having to replace, we are asking if any of you would like to consider donating any unwanted books to the school library.

During the half-term period if you or your child are having a Spring clean and find any books that you would like to re-home, please consider us!

We are after any fiction books that are:

- recently published (since 2015)
- of interest or enjoyment to students here at Team Rushden
- ideally with a reading age from 9-18
- in good condition

You can send your child in with any of the books you would like to donate. Alternatively, if you would like the books to be collected from your house at a time that would suit you then please contact me at M.Quantrill@rushden-academy.net to arrange a collection.



OPFCC Targeted Youth Service

Dear Parents & Carers,

On Friday 11th February, members of the OPFCC Targeted Youth Service will be in Spencer Park at 3pm to speak with some of our students.

You may already be familiar with this team as they have been operating in Rushden for 12 months now. Their goal is to offer targeted support to young people and they have been interacting with students between the ages of 10-18 on the high street and surrounding parks, providing informal education around the topics affecting them and provide learning in areas such as: substance misuse, drugs, alcohol, knife crime, anti-social behaviour, hate crimes, racism, sexual health and many other areas.

We have been informed that the members of OPFCC will be wearing lanyards to identify themselves.

Should you have any further questions surrounding this, please contact me at the Academy.

Yours sincerely

Mrs G Brainwood
Assistant Principal



Cinema Trip

 Wednesday 30th March

How to earn your golden ticket:

- ★ 96-100% Attendance
- ★ Top 20 for APs
- ★ No more than 5 NNs

Further Information

- ★ We will be going during school time in the afternoon of Wednesday 30th March.
- ★ You do not need to pay anything.
- ★ The film is still to be decided as we await the release of new films!
- ★ The criteria will be measured from the start of next term (21/02/22) so you all have the chance to earn that ticket!
- ★ You will be handed, by your HOY, a golden ticket invitation to this trip at the end of the penultimate week.

20 Places available per year group

GOLDEN TICKET EVENT

Stay Connected Newsletter

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

<https://www.nctrust.co.uk/help-and-protection-for-children/protecting-children-information-for-parents/Documents/Stay%20Connected%20Newsletter%20NCT%20February%2022.pdf>

Personal Development - Half Term Round Up

It's been a busy half term for our students with lots of Personal Development opportunities both in and out of lessons. We're certainly making up for the restrictions of the last two years.

Here's a summary of the opportunities open to students since January:

A full extra-curricular provision during lunch times and after school. This has included a wealth of sports clubs, school show rehearsals, dance club, music club, art club, enrichment sessions in MFL, lunchtime library activities, interventions sessions for year 11. Many of these are showcased weekly in our newsletter.

- Hub and Ethos groups
- Unifrog sessions and careers talks during Thursday morning tutor times
- TTF (Think for the Future) sessions for selected students
- University taster days and careers events (6th form)
- Resilient Me workshop (6th form)
- Year 11 Geography trip
- Desert Rats - Team building and problem solving workshops for year 10
- Building Healthy Relationships Day for year 9 and 10
- Medical Mavericks workshop for year 11
- Student forum meetings

We have also asked form tutors to collate information on their tutees' interests both in and outside of school. Although we know a lot of them participate in sport or clubs, it's been interesting to find out a bit more about what our students enjoy doing outside of their lessons.

Keep your eye on the weekly newsletters for more updates on the Personal Development opportunities available throughout next term.

Mrs G Brainwood
Assistant Principal



Theatre In Education Performances

Tuesday and Wednesday our Year 13 BTEC Performing Arts students had the opportunity to take their Theatre In Education performance 'Add Me' to Whitefriars and Southend Primary Schools to show Year 5 and 6.

The piece looks at the importance of online safety, highlighting the dangers and how to stay safe online.



6th Form Careers Speed Dating Event

In support of National Apprenticeship week, Year 12 and 13 students at Rushden Academy have been inspired by an array of visitors from local industry and business via a careers speed dating event which was facilitated by Northampton University.

They welcomed visitors from:

| | |
|--------------|--------------------------|
| Navy | RAF |
| Police | NHS |
| Cummins | IGUS |
| VW Group | Evolve Business Coaching |
| Ortec | Scott Bader |
| Howdens | Satra |
| AFP Services | Whitworths |
| NLIVE! | Northampton University |



The 6th form students had 7 minutes with each professional to discuss careers, qualifications, experiences and future plans, with a view to informing their post 18 career plans and university choices. Many also got the opportunity to discuss work shadowing placement possibilities for when they take part in their Futures Week later in the year.

The students were actively involved in the event which is the second one to run this academic year and were ambassadors for the academy.

“This event has been a huge success and the students were ambassadors for the academy. We would like to thank all of the visitors for taking time out of their busy schedules and Northampton University and the Aspire Higher team for coordinating this event. Their contribution to our PSHE and careers program this year has been outstanding. The professionals that attended have inspired our students and opened their eyes to careers that they maybe wouldn’t have considered previously”.



Safer Internet Day



Dear Parents/Carers,

On **Tuesday 8th February** we joined schools and youth organisations across the UK in celebrating **Safer Internet Day 2022**. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to join together in helping to create a better internet.

Using the internet safely and positively is a key message that we promote in Rushden Academy, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. Students engaged in a variety of activities during tutor times.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, you may be interested in downloading the free Safer Internet Day Resources for Parents and Carers which is available at: saferinternet.org.uk/sid-parents.

There are top tips, quizzes, and films which you can use at home with your child. Some other resources which you may find helpful in supporting your child online are:

- Tips, advice and guides for parents and carers from the **UK Safer Internet Centre** (saferinternet.org.uk/parents)
- Advice for parents and carers from **Childnet** (childnet.com/parents-and-carers)
- Reviews and information about games, apps, TV shows and websites from **Common Sense Media** (commonsense.org)
- Help on using parental controls and privacy settings from **Internet Matters** (internetmatters.org./controls)
- Information and reporting of online grooming or sexual abuse from **CEOP** (ceop.police.uk)

Online safety is an important issue which as a school we're committed to teaching our pupils about.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's form tutor or myself, Mrs Paula Smith - Designated Safeguarding Lead.

Kind regards,

Mrs Paula Smith
Assistant Principal /DSL /Senco



IMPECCABLE

Word Type:
Adjective

Synonyms:
Faultless
Flawless

Antonyms:
Imperfect
Sinful

Example:

- He had **impeccable** manners.
- Your work is **impeccable!**

Definition:

- in accordance with the highest standards; faultless.

Site Notice

Please be aware that we are a smoke free site, and kindly ask visitors to not smoke anywhere on our premises. This includes in our car park.

Check Your Contact Details are Correct

Please ensure the contact details Rushden Academy has for you are correct. You can do this via SIMS Parent Online or via the SIMS Parent App. If you have not received an invitation to login, please contact main reception.

Numeracy Problem of the Week



A small ink cartridge has enough ink to print 600 pages.

Three small cartridges can print as many pages as two medium cartridges.

Three medium cartridges can print as many pages as two large cartridges.

How many pages can be printed using a large cartridge?

Calling all parents/carers!



Join us on one of our parent webinars where a GCSEPod expert will give you lots of hints, tips and advice on how you can use GCSEPod to support your child.

FREE

Webinars are free to all parents

12 January @ 5pm

26 January @ 5pm

09 February @ 5pm

23 February @ 5pm

09 March @ 5pm

23 March @ 5pm

Your child already has access to our award-winning platform

How to join

gcsepod.com/podup-presents-webinars

gcsepod.com | info@gcsepod.com | 0891 3367930

Stationery for sale in the Library

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



Black or blue biro
15p



Pencils
15p



Small eraser 15p
Large eraser 20p



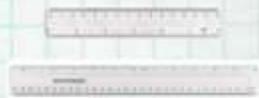
Pencil sharpener
10p



Small, clear pencil case 40p
Large, clear pencil case 60p



Protractor
15p



15cm ruler 15p
30cm ruler 30p



Calculator
£8



Highlighter pen
40p



Set square
15p

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

Performing Arts at Update



Drama

Year 12 BTEC Performing Arts students have been preparing their final performance for their storytelling unit. Students have prepared a short story telling performance of 'The Little Mermaid' for Year 7 students. Good Luck Y12!

Dance

It's the last week of dance, assessments have been completed and Miss Pilgrim has designed lessons which are filled with fun topical games for all year groups. Well done to Year 11 Dance students for completing part of their BTEC exam on Wednesday!

Music

Year 9 finished their Music for Media coursework by completing the addition of sound effects to their silent film clip. They also made use of Bandlab software to create tension by adding music by way of pre-recorded musical loops and adding these as an mp3 file to the clip in Windows Media Editor. In total there were 15 separate mp3 files needing to be added to the silent clip and the class found the addition of the musical loops created a significantly enhanced viewing experience. All in all students found the project interesting as to the different components that make up the film experience.

Performing Arts Career of the week: Composer

Create original pieces of music, though they often also rearrange existing musical pieces to make them feel new. Composers also lead performances of their scores and record them for TV shows, movies, and theatre productions.

Average salary: £25,000



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 Continued...



Rushden Academy's

Singing Group

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

KS3 - Wednesday Lunch
KS4 & KS5 - Tuesday Lunch

Location: Lecture Theatre

Starting Friday 5th November

KS3 DANCE CLUB

SWING SETS

WELCOME TO ALL YEAR 7-8-9

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

CONTACT MISS PILGRIM FOR MORE INFORMATION



RUSHDEN ACADEMY

GUITAR CLUB

STARTING 30TH NOVEMBER

TUESDAY LUNCHTIMES PA1

ALL ABILITIES & YEARS WELCOME

YEAR 7 DRAMA CLUB

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

Come along and learn new skills



Contact Miss Grainger for more information

Legally Blonde Update

Tuesday saw the cast and chorus of Legally Blonde do a full run of Act 1 so far! It was amazing to see all of Mrs Ede, Cast and Chorus hard work come to life. The big numbers are looking fabulous and the story of Elle and Harvard Law School is really unfolding. Miss Taylor and her crew have been working out all of the set changes, entrances and exits. Students were also able to collect their Legally Blonde Merch this week so rehearsals are now filled with lots of pink!



Well Done to everyone involved with Legally Blonde this half term, your commitment and dedication is admirable.

See you all after half term!

KS3 Musical Update

It was merch week at Matilda rehearsals this week! Our cast and chorus did a full run of what was blocked so far, both musical numbers and dialogue. Miss Pilgrim and the costume team were preparing all of the school kids with their uniforms. Assistant Choreographer and Director Lottie and Maddie, were working their magic getting the cast into character and giving 100% effort in rehearsal!

Half Term Rehearsal -

9:30-3:30pm Thursday 17th February



Please remember to check the Performing Arts notice board and also the Google Classroom for updates and rehearsal schedules!

Dates for the diary:

Tuesday 29th March

Wednesday 30th March

Tickets on sale 1st March from Student Reception!

Sneak Peak From Matilda and Legally Blonde Rehearsals



Operating Theatre Live

On Saturday 26th February 2022 MED-SOC will be coming to Rushden Academy providing the opportunity for students to experience clinical careers first hand.

The event is delivered by the award-winning human anatomist Samuel Piri who has been featured on the BBC, The Discovery Channel & Medicplayer.

At the event, Sam and his team will provide the opportunity for students to participate in the dissection of real organ specimens including a head & brain, lungs & heart as well as a digestive tract showcasing the stomach, liver, gall bladder, pancreas and intestines. The day is rigorously academic with students receiving award-winning insight into how the body works and the challenges faced by the next generation of medical professionals.

All of the content is carefully matched to the main GCSE, A-Level & BTEC specifications and is relevant to the study students are undertaking in the classroom. The event operates in such a way that it appeals to the students considering both medicine, dentistry & veterinary science as well as those considering; nursing, midwifery, paramedic science, occupational therapy, pharmacology, biomedical science and sports sciences.

This event is open to all students at Rushden Academy who are aged 14+, and tickets can be booked through [ParentPay](#).

Students and parents are advised to visit the website www.med-soc.co.uk for full details of the modules covered on the day.



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

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



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

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

Are You Eligible for Free School Meals?

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

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

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

Stars of the Week

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



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Stars of the Week - Voucher Winners

A massive well done to everyone who has won a star of the week this term. As you are aware, every star of the week is entered into a prize draw at the end of the term for a chance to win Amazon vouchers.

Winners can collect their vouchers after half term.



Stars of the Week - Voucher Winners

£15 Amazon Voucher



Year 11 Mock Exams - February 2022

MOCK EXAMS

From 21st Feb until 3rd March, if you do not have an exam you will be in your normal lessons. More information will follow later. ***
Students taking German or French will be given a 30min slot for their exam.

| | P1 + P2 | P3 + P4 | Reg + P5 |
|-----------------------|---|---|---|
| MON 21st FEB | ENGLISH LIT (SH) 1 hr 45mins | COMBINED SCIENCE B2 (SH) 1 hr 15mins | FRENCH LISTENING (VOC) H 45mins F 35 mins |
| TUES 22nd FEB | MATHS Paper 1 (SH) 1hr 30mins (non-calculator) | COMBINED SCIENCE C2 (SH) 1 hr 15mins | GERMAN LISTENING (VOC) H 45mins F 35 mins DANCE (HALL) 1hr (CP) |
| WED 23rd FEB | MATHS Paper 2 (SH) 1hr 30mins (calculator) | HISTORY (SH) 1hr 15mins | DANCE (HALL) 1hr (CP) |
| THURS 24th FEB | COMBINED SCIENCE P2 (SH) 1 hr 15mins | GEOGRAPHY (SH) 1hr 30mins | |
| FRI 25th FEB | BUSINESS (SH) 1hr 45 mins DRAMA (Stage + Studio) 2hrs | MATHS Paper 3 (SH) 1hr 30mins (calculator) | |
| MON 28th FEB | ART (CA3 + CA4) 2hrs (DC + SAN + AO) ***FRENCH SPEAKING F (VOC) (TC) | ART (CA3 + CA4) 2hrs (DC + SAN + AO) ***FRENCH SPEAKING F (VOC) (TC) | ART (CA3 + CA4) 1hr (DC + SAN + AO) ***FRENCH SPEAKING F (VOC) (TC) |
| TUES 1st MARCH | PHOTOGRAPHY 11A (CA6) 2hrs (LH + DC) PHOTOGRAPHY 11C(CA6) 2hrs (AO) (selected students only) ***GERMAN SPEAKING H (VOC) (GB) | PHOTOGRAPHY 11A (CA6) 2hrs (LH + DC) PHOTOGRAPHY 11C(CA6) 2hrs (AO) (selected students only) ***GERMAN SPEAKING H (VOC) (GB) | PHOTOGRAPHY 11A (CA6) 1hr (LH + DC) PHOTOGRAPHY 11C(CA6) 1hr (AO) (selected students only) ***GERMAN SPEAKING H (VOC) (GB) |
| WED 2nd MARCH | GRAPHICS (CA6) 2hrs (DC + LH) ***FRENCH SPEAKING H (VOC) (TC) | GRAPHICS (CA6) 2hrs (DC + LH) ***FRENCH SPEAKING H (VOC) (TC) | GRAPHICS (CA6) 1hr (DC + LH) ***FRENCH SPEAKING H (VOC) (TC) |
| THURS 3rd MARCH | ***GERMAN SPEAKING F (VOC) (GB) | ***GERMAN SPEAKING H (VOC) (GB) | ***GERMAN SPEAKING H (VOC) (GB) |

Students taking maths, science, business and geography exams will need a calculator

How to Access Go4Schools

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

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

Please follow the instructions below to access Go4Schools.

Student access to Go4Schools

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



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.

- ◆ 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) to the first time user box
- ◆ This will send you an email link with your password
- ◆ Login with your new password

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

Mr P Bocking
Assistant Principal

Check if You or Your Child has Coronavirus Symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- ◆ **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- ◆ **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- ◆ **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Use the NHS 111 online coronavirus service if:

- ◆ you're worried about your symptoms
- ◆ you're not sure what to do

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 654365

Tuesday 4pm - 8pm
Youth Works at Corby Mind,
18 Argill St, Corby NN17 1BU
01536 518339

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

Thursday 4pm - 8pm
Youth Works,
97 Rockingham Rd,
Mattersey, NN16 9EX
01536 518339

Friday 4pm - 8pm
the lowdown,
3 Kingswell Street,
Northampton,
NN1 1PP
01604 654365

Saturday 10am - 2pm
Service Six,
15 Sossoun Mews,
Wellingborough,
NN8 2LT
01935 277520

espresso yourself

1:1 SUPPORT AND ADVICE

ALSO AVAILABLE REMOTELY

1:1 PARENT SUPPORT IS AVAILABLE

NHS Northamptonshire Healthcare
the lowdown
Dr. Elizabeth Crowther
YOUTH WORKS
CHAT

#weareNHS

CAMHS LIVE #MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

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

LIVE AND ONLINE:
WWW.NHS.UK/CAMHS/LIVE

t f

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU