



Rushden Academy Newsletter

Aspire, Explore, Succeed

04/11/2022

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

It was great to welcome our students back on Monday as we enter the second half of the autumn term. Whether you were working or not last week, I hope that the half term break gave you the opportunity to spend some quality time with your children and wider family.

I had the privilege of leading the assembly for all students this week which centred on the idea of seeing change as a positive thing. The inspiration for the assembly came from Simon Sinek, who gave a talk to young people in America with 5 key ideas to change their lives and after watching the video I was convinced that it was worthy of sharing with our students. In case you want to explore the message further with your children, the 5 key themes were:

1. Go after the things you want
2. Recognise that sometimes you are the problem
3. Take care of those around you
4. Practise being the last person to speak
5. Remain humble

All 5 were underpinned by a compelling story to reinforce the key points of the message and it was good to listen to student's views on these.

Year 7 had a Remembrance Assembly delivered by Lynne Baker and her husband Jake Baker - a highly decorated war veteran. The assembly marked the turn of 100 years of remembrance and encouraged students to reflect on both those that tragically lost their lives defending the country as well as those that were injured or are still serving in the armed forces. Lynne will be back to deliver the assembly to other Year Groups next week culminating in a special Remembrance service which will take place on Friday 11th November.

On Friday of this week, a number of students from Years 11, 12 and 13 were given the opportunity to visit a taster day at Nottingham Trent University which will give them a taste of university life and keep them thinking about their career aspirations. Given how positive the visit to the University of Northampton was in raising aspirations, I have no doubt students will return from the trip with greater clarity over where their next steps will take them.

Continues on the next page...

Message From the Principal Continued....

The student leadership team have also been undertaking some good work to organise a collection for the local food bank. Mr Smith and the team have sent communication and spoken to students in assembly to make them aware of the types of items they could contribute. Any donations would be gratefully received and will be delivered to the food bank later this month.

Finally in relation to Homework, it is set weekly for all of the year groups at Rushden. In Years 7 to 9 pupils are assigned English, maths and science weekly and other subjects as appropriate but usually at least fortnightly. In Years 10 and 11, all subjects set homework weekly. Each department uses a different way of setting homework that is most appropriate to their subject, these include MathsWatch and Seneca amongst others. Teachers record all homework that is set on Google Classroom as an Assignment so that pupils and parents are able to access it from anywhere. If you look on Go4Schools under homework you will be directed towards Google Classroom, this is to avoid duplication and to avoid any confusion. If you have any issues please do not hesitate to contact your child's Form Tutor or subject teacher in the first instance.

Yours sincerely,

Mr B Baines
Principal



This Week in Maths

Year 7s

Next week the year 7s will be completing their first progress review assessment, to prepare them for this, teachers will spend this week recapping and revising topics they will need for the assessment. Homework has been allocated on Mathswatch to help with revision.

Progress review will be completed on Tuesday 8th November period 4.

Year 8s and 9s

Preparation is ongoing for the progress review assessments next week, students will be working with teachers revising topics needed and homework has been allocated on Mathswatch to help with revision.

Progress review will be completed on:

Year 8A – Friday 11th November period 3

Year 8B – Friday 11th November period 4

Year 9 – Thursday 10th November period 1

Year 10s

Again preparation is ongoing for the progress review assessments next week, students will be working with teachers revising topics needed and homework has been allocated on Mathswatch to help with revision.

Students in year 10 will complete 2 papers, one non calculator and one calculator paper.

Progress review will be completed on:

Year 10 – Paper 1 – Monday 7th November (non calculator)

Year 10 – Paper 2 – Tuesday 8th November (calculator)

Year 11s

Students have now received their mock timetable and Maths mock exams will be:

Paper 1 – Thursday 17th November 9am – calculator

Paper 2 – Friday 18th November 11.25am – non calculator

Paper 3 – Tuesday 22nd November 11.25 – calculator

To help prepare students for these mocks, assignments have been allocated to Mathswatch and teachers have planned lessons for the next couple of weeks to help with revision.

Students have been given a list of topics (advanced information) they need to revise for the exams.

After the mocks have been completed and marked students will be provided with details of what they need to recap/revise in preparation for their GCSE exams.

This Week in Business

Year 10s

This week year 10s have been investigating small businesses:

- ⇒ How and why new businesses are created
- ⇒ The risk and reward of small businesses
- ⇒ Adding value to new, small businesses

A progress review will be completed next week.

Year 11s

As well as the year 11s preparing for this mock exam on Monday 14th at 11.25am, they are also looking at business performance:

- ⇒ Methods of growth
- ⇒ Finance
- ⇒ Changes in the environment leading to impacts on business

After the mocks have been completed and marked students will be provided with details of what they need to recap/revise in preparation for their GCSE exams.

This Week in ICT

Year 7

Will be bridging the gap between E-Safety and dangerous malware categories. They will also be learning the fundamentals of how to navigate the Windows O.S. effectively, create a clean file directory, utilise browsers and how to navigate Google workspace.

Year 8

Will be learning about the differences between hardware and software. They will also be learning the differences between devices, peripherals and components and how these categories communicate effectively with the aid of input and output data. They will also be learning about hardware limitations and costs of hardware.

Year 9

Will be learning about the history of computing and the future potentials of it. They will be learning the key digital milestone ages, famous computing individuals and how technology has been utilised in modern age.

UK Maths Challenge

The results are in!

In October all of our further maths students took part in the Senior UK Maths Challenge. This is a national competition in which our students sit 25 challenging maths questions. Awards are given based on student scores reaching a given level and are compared with others in the country.

In year 12 Samuel received a Silver Award and Lucy attained Bronze Award.

In year 13 Lily reached the Silver Award level and Holly reached Bronze Award.

In September four of our brightest year 12 Further Maths girls took part in the Girls Maths Olympiad as well. This is a very challenging competition consisting of five questions intended to encourage girls who are very talented mathematicians.

Congratulations to all who took part in both competitions and a special well done to our Bronze and Silver certificate winners!

Careers Day

We are planning to hold a Careers Day on Thursday 9th March 2023. The pupils have put together a large and varied list of careers that they are interested in. We are now looking for people from those areas who would be kind enough to give up a few hours on the day to speak with pupils. The day would be held in one of the large spaces in school and would consist of stands with different businesses on each. The pupils will then have time to walk around and speak to employers to find out more about that career or industry.

Some of the areas that pupils have asked for are Doctor, Nurse, Physio, Beauty, Childcare, Art/Design, Acting/Dancing, Mechanics, Chemists, Surgeon, Sports, Youtuber/influencer, Programming, Motor sport engineering, Psychology, Forensics, Criminology, Logistics, Animal Care, Chef, Electrician, Plumber, Builder, Farming, Dentist, Radiology, Marine Biologist, Care/Elderly, Tattooist, Development/planning and Media.

We would also welcome anyone who is part of a large organisation or company.

If you feel that you or someone that you know would be able to help then please contact t.billam@rushden-academy.net

Many thanks,

Mr T Billam
Vice Principal

Cyber Security Reminder

We have been made aware that some parents have received what appear to be Google Classroom invites with links to potential pornographic images or adult content. In the invite messages we have seen the link to click to accept the invite is a rather obscure address that has nothing to do with Rushden Academy. If you should receive one of these invites I would recommend to delete the message without clicking on any of the links within it. If you have any questions please do get in touch and we will be happy to assist you.

Please be assured that we take cyber security very seriously at Rushden Academy and I hope the poster below has some useful information to help you stay safe online.



Stars of the Term - Term 1

Anyone nominated for Star of the Week is entered into a prize draw at the end of the term and has the chance to win an amazon voucher.



The Rules:

1. Only one voucher per student.
2. The winners will be drawn on a random number generator. Each Star of the week is allocated a number prior to the draw.
3. Winners will be emailed to let you know when you can collect your vouchers after half term.
4. The vouchers have been drawn by Mr Smart and Student Reception.
5. The draw starts with the £5 vouchers first, followed by the £10 vouchers and then lastly the £15 voucher. This order is to increase the chance of those who have more entries winning the higher voucher. Should you be chosen more than once then you will be awarded the higher value voucher and the voucher that becomes invalid will be redrawn.

Good luck everyone!

Keep scrolling to see Term 1s Winners!

£5 Amazon Voucher



£10 Amazon Voucher



£15 Amazon Voucher

Jamie C
Year 11

Christmas Selection



This half term's reward will be student's receiving a selection box for meeting the criteria below.

The criteria:

96-100% attendance for the half term

No more than 1 remove

TOP 80 of the year group on overall points from September

The challenge:

Can you get more APs to improve your place in the year leader board? Can you attend school 96-100% this half term? Could you win the top prize (50 Aps) for the enrichment event?

GOOD

New Ways November

Have a look at Action for Happiness' calendar for November. Will you try any of the ideas?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	Make a list of new things you want to do this month	Respond to a difficult situation in a different way	Get outside and observe the changes in nature around you	Sign up to join a new course, activity or online community	Change your normal routine today and notice how you feel	Try out a new way of being physically active
7	8	9	10	11	12	13
Be creative. Cook, draw, write, paint, make or inspire	Plan a new activity or idea you want to try out this week	When you feel you can't do something, add the word "yet"	Be curious. Learn about a new topic or an inspiring idea	Choose a different route and see what you notice on the way	Find out something new about someone you care about	Do something playful outdoors - walk, run, explore, relax
14	15	16	17	18	19	20
Find a new way to help or support a cause you care about	Build on new ideas by thinking "Yes, and what if..."	Look at life through someone else's eyes and see their perspective	Try a new way to practice self-care and be kind to yourself	Connect with someone from a different generation	Broaden your perspective: read a different paper, magazine or site	Make a meal using a recipe or ingredient you've not tried before
21	22	23	24	25	26	27
Learn a new skill from a friend or share one of yours with them	Find a new way to tell someone you appreciate them	Set aside a regular time to pursue an activity you love	Share with a friend something helpful you learned recently	Use one of your strengths in a new or creative way	Try out a different radio station or new TV show	Join a friend doing their hobby and find out why they love it
28	29	30				
Discover your artistic side. Design a friendly greeting card	Enjoy new music today. Play, sing, dance or listen	Look for new reasons to be hopeful, even in tough times				

Numeracy Problem of the Week



The total mass of five rugby players is 425Kg

The average (mean) mass of ten ballet dancers is 40Kg

What is the average mass of all fifteen people?

Last Week's Solution: 24

Join the Google Classroom code **f2esulr** to submit your answer



NUANCE

Word Type:

Noun

• Synonyms:

- implication
- connotation

Antonyms:

- blatant
- denotation

Definition:

nuance means:

- a subtle difference in or shade of meaning, expression, or sound.

Example:

- "Miss. Neville's students always explore the nuances of language in texts."

English Period 6 for Year 11

All year 11 are invited to the following Period 6 sessions after school to help them revise for their mock exams.

Wednesday 9th November

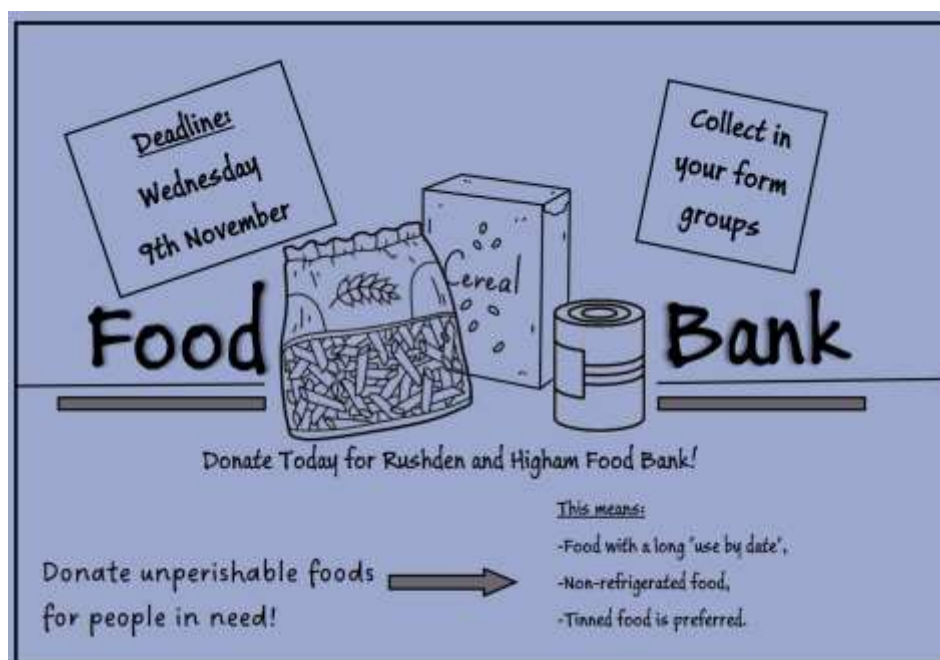
Options	What?	Details	Where?
1	Poetry - 'other' love	Exploring unconventional love in i wanna be yours, Love's Dog and She Walks	E9
2	English Language Paper 2 - Question 6	Exploring how to compare similarities and differences in perspectives.	E5

Wednesday 16th November

Options	What?	Details	Where?
1	A Christmas Carol	Exploring the main events in Staves 3, 4 and 5 plus key quotations	E5
2	A Christmas Carol	Exploring use of symbolism in the novella and how to analyse it	E3

Wednesday 23rd November

Options	What?	Details	Where?
1	A Level Literature	Calling all students interested in A level literature! An introduction to the course and what to expect.	E9



Maths Period 6 for Year 11s

All year 11 are invited to the following Period 6 sessions after school to help them revise for their mock exams.

Monday 7th November

Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Surds	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Expanding brackets (including simplifying)	Mrs Armitage, M4

Monday 14th November

Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Conversion graphs	Mr Routhorn, M1
Sets 3, 4 & 5 (Foundation)	Factorising - single and double brackets	Mr Glover, M2

Monday 21st November

Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Real life graphs	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Substitution	Mrs Gurnham, M3

Monday 28th November

Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Distance time graphs	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Two way tables	Mrs Armitage, M4

Monday 5th December

Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Perpendicular and parallel lines	Mr Routhorn, M1
Sets 3, 4 & 5 (Foundation)	Averages from frequency tables	Mr Glover, M2

Monday 12th December

Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Quadratic graphs inc. roots and turning points	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Stem and leaf diagrams	Mrs Gurnham, M3



Year 11 Mock Timetable

Dance and Drama Exams

These are your final Component 2 Exams. These marks will go towards your final BTEC grade next summer.

Clashes

Students who have 2 exams at the same time will have one of the exams moved to a session where you do not have an exam. This will show on your personalised timetable which you will receive closer to the exams.

If you do not have an exam you will be in your normal lessons

	P1 + P2		P3 + P4		Reg + P5	
FRI 11th NOV	DRAMA (LTH) 2hrs (KJ) HEALTH & SOCIAL CARE (SH) 2hrs ICT (SH) 1hr 30mins	26 29 27	DRAMA (LTH) 2hrs (KJ) SOCIOLOGY (SH) 1hr 45mins	26 47	DRAMA (LTH) 1hr (KJ)	26
MON 14th NOV	DANCE (HALL) 2hrs (CP) FRENCH WRITING (SH) H 80mins F 70mins HISTORY (SH) 1hr 45mins	14 17 47	DANCE (HALL) 2hrs (CP) BUSINESS (SH) 1hr 45mins	14 58	DANCE (HALL) 1hr (CP)	14
TUES 15th NOV	DANCE (HALL) 2hrs (CP) DRAMA (LTH) 2hrs (KJ) GRAPHICS (CA6) 2hrs (LH) CHILDCARE (SH) 2hrs	14 26 15 17	DANCE (HALL) 2hrs (CP) DRAMA (LTH) 2hrs (KJ) GRAPHICS (CA6) 2hrs (LH)	14 26 15	DANCE (HALL) 1hr (CP) DRAMA (LTH) 1hr (KJ) GRAPHICS (CA6) 2hrs (LH)	14 26 15
WED 16th NOV	ENGLISH LANG Paper 2 (SH) 1hr 55mins	134	GEOGRAPHY (SH) 1hr 30mins	77	Normal lessons	
THURS 17th NOV	MATHS Paper 1 (SH) 1hr 30mins (calculator)	134	COMBINED SCIENCE Physics (SH) 1hr 15mins TRIPLE SCIENCE Physics (SH) 1hr 45mins	118 16	Normal lessons	
FRI 18th NOV	COMBINED SCIENCE Chemistry (SH) 1hr 15mins TRIPLE SCIENCE Chemistry (SH) 1hr 45mins	118 16	MATHS Paper 2 (SH) 1hr 30mins (non-calculator)	134	Normal lessons	
MON 21st NOV	ENGLISH LIT Paper 2 (SH) 2hr 15mins	134	FRENCH READING (SH) H 60mins F 45mins GERMAN READING (SH) H 60mins F 45mins	17 16	Normal lessons	
TUES 22nd NOV	COMBINED SCIENCE Biology (SH) 1hr 15mins TRIPLE SCIENCE Biology (SH) 1hr 45mins	118 16	MATHS Paper 3 (SH) 1hr 30mins (calculator)	134	Normal lessons	
WED 23rd NOV	ART (CA4) 2hrs (DC +SAN) PHOTOGRAPHY 10C (CA6) 2hrs (LH) GERMAN WRITING (SH) H 80mins F 70mins	26 18 16	ART (CA4) 2hrs (DC +SAN) PHOTOGRAPHY 10C (CA6) 2hrs (LH)	26 18	ART (CA4) 1hr (DC +SAN) PHOTOGRAPHY 10C (CA6) 1hr (LH)	26 18
THURS 24th NOV	PHOTOGRAPHY 10B (CA6) 2hrs (LH)	24	PHOTOGRAPHY 10B (CA6) 2hrs (LH)	24	PHOTOGRAPHY 10B (CA6) 1hr (LH)	24

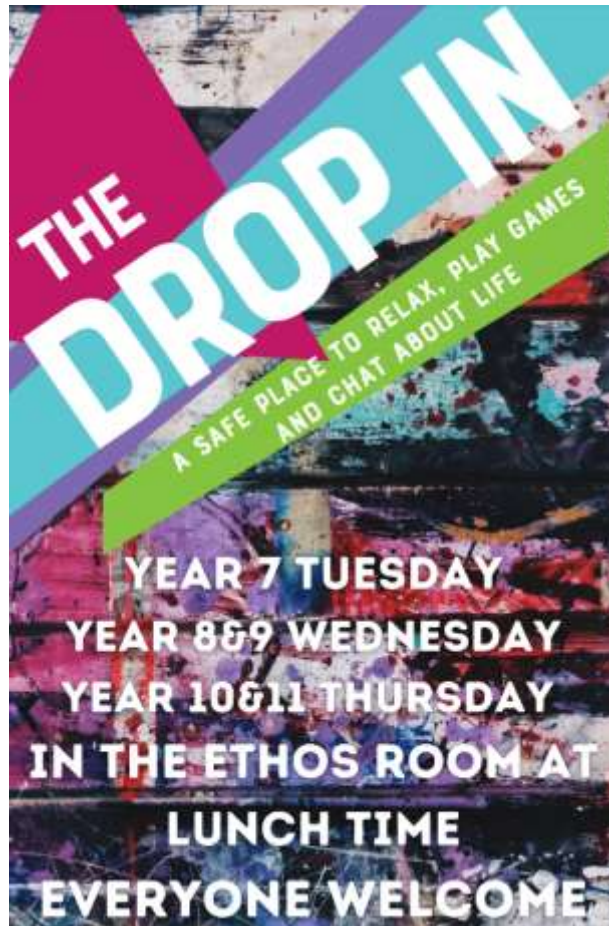
Students taking maths, science, business and geography exams will need a calculator

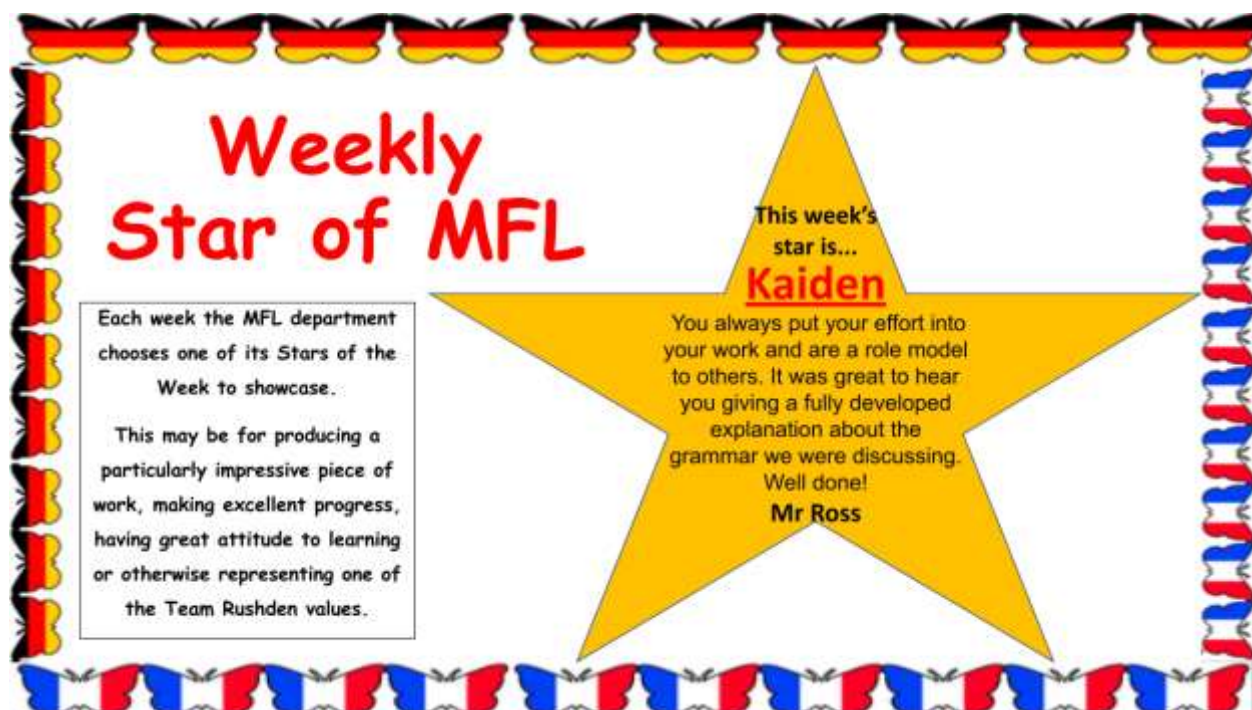
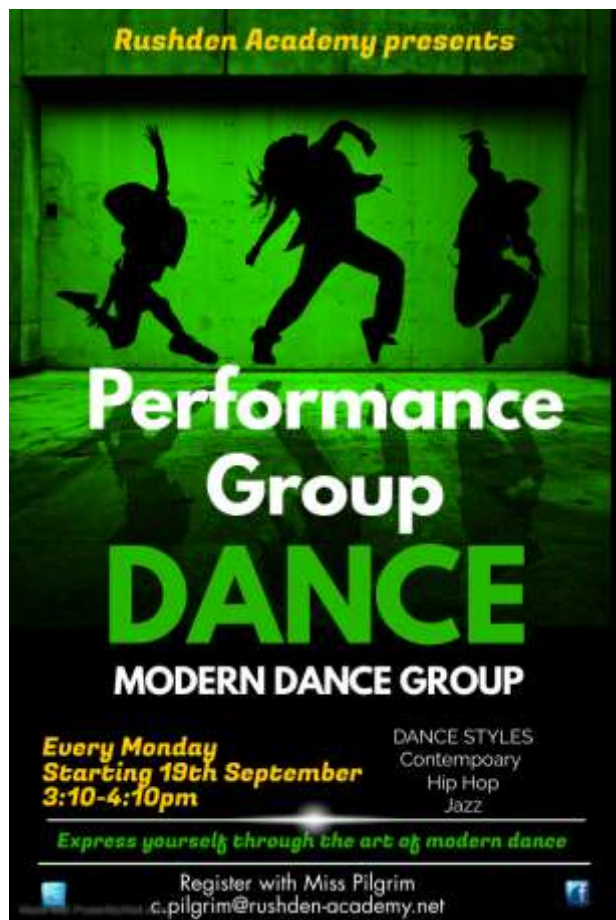
January 2023 TENC BTEC Exams

Date	Subject	Unit	Groups	Length	Venue	Start Time
Wednesday 11th January	Yr 13 PA	Unit 1	all	3 hours	Homeschool	9.00am
Wednesday 11th January	Yr 13 Health & Social Care	Unit 4	dbl/trp	3 hours	Homeschool	9.00 am
Wednesday 11th January	Yr 13 Sport	Unit 2	all	2.5 hrs	Homeschool	9.00 am
Wednesday 11th January	Yr 13 Business	Unit 2A	all	2 hours	Ferrers	1.30 pm
Thursday 12th January	Yr 13 Business	Unit 2B	all	3 hours	Ferrers	9.00 am
Friday 13th January	Yr 12 Sport	Unit 1	all	1.5 hrs	Homeschool	9.00 am
Friday 13th January	Yr 12 Health & Social Care	Unit 1	all	1.5 hrs	Homeschool	1.30 pm
Monday 16th January	Yr 13 Health & Social Care	Unit 2	all	1.5 hrs	Homeschool	9.00 am
Monday 16th January	Yr 13 Sport	Unit 22	dbl/trp	3 hours	Homeschool	9.00 am
Tuesday 17th January	Yr 13 Business	Unit 3	resits	2hrs	Homeschool	9.00 am
Tuesday 17th January	Yr 13 Applied Science Biology	Unit 1B	resits	40 mins	Homeschool	1.30 pm
Wednesday 18th January	Yr 13 Applied Science Chemistry	Unit 1C	resits	40 mins	Homeschool	9.00 am
Wednesday 18th January	Yr 13 Sport	Unit 19	trp	2.5 hrs	Homeschool	9.00 am
Wednesday 18th January	Yr 13 Applied Science Physics	Unit 1P	resits	40 mins	Homeschool	1.30 pm
Thursday 19th January	Yr 12 Health & Social Care	Unit 3	trp	1.5 hrs	Homeschool	9.00 am
Friday 20th January	Yr 13 Applied Science	Unit 3	all	2.25 hrs	Homeschool	9.00 am
Monday 23rd January	Yr 13 Applied Science Chemistry	Unit 5C	dbl	50 mins	Homeschool	1.30 pm
Monday 23rd January	Yr 13 ICT	Unit 1	resits	2hrs	Homeschool	9.00 am
Tuesday 24th January	Yr 13 Applied Science Physics	Unit 5P	dbl	50 mins	Homeschool	9.00 am
Tuesday 24th January	Yr 13 Applied Science Biology	Unit 5B	dbl	50 mins	Homeschool	1.30 pm

January/February 2023 KS4 BTEC Exams

Date	Subject	Unit	Length	Start Time
Monday 30th January	Yr 11 Health & Social Care	Unit 3	2 hrs	1.30 pm
Wednesday 1st February	Year 11 ICT	Unit 3	1.5 hrs	9.00am
Thursday 2nd February	Yr 11 Childcare	Unit 3	2 hours	9.00am







Performing Arts Update

Drama

Year 11 have been working towards their component 2 exam and are well underway in the rehearsal process. They have been working very hard in their groups and continue to develop their exam pieces to a good standard. Rehearsals will continue into next week and they will perform their exam the week after. Good luck year 11.

Dance

Year 7 is broadening their knowledge and understanding of dance styles this term. They will be 'Dancing through the decades' exploring movements including 1920's Charleston, 1950's Rock n Roll, 1970's disco and more. Students have been approaching the lessons with anticipation of which era and style they will be challenged with.

Music

The rehearsals for the school pantomime are well underway this week and the sixth formers are very excited for this year's performance of Sleeping Beauty. The cast have been very busy blocking their way through the script and are making headway with the performance. This will be performed in the last week of term and everyone is welcome to attend this Panto extravaganza.



Trips

The department has 2 trips out next week. On Wednesday we have a group of students visiting the Royal Albert Hall to see a concert. The staff and students are very excited about this. On Thursday, we have a mixed year group going to Oxford to see Frantic Assemblies 'Othello'. The performance is promised to be outstanding and focuses on the mix of physical theatre and Shakespeare. The students, and staff, are very excited for this one!

Performing Arts Career of the week: Radio Producer

They generate and research ideas for programs, source on-air contributors, write and develop scripts, select music for the show and listen to recordings to edit them into stories or segments. Radio producers may also present programs on-air or manage the presenters for pre-recorded or live broadcast content.

Estimated Annual Starting Salary: £32,896

For any students that are interested in taking up instrument lessons this term - please get in touch with Mrs Brooks! We currently offer string, piano, guitar, drum and singing lessons but if you are interested in other instrument please let us know and we will try and source the provision!

r.brooks@Rushden-academy.net

Stars of the Week

Congratulations to the following students for achieving star 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 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.

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, 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](#).

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 key service for children, young people and families. We offer confidential support and advice on a range of issues including mental health, drugs, alcohol, bullying, and relationships. We are open 9am-5pm, Monday to Friday. For more information, visit www.nhs.uk/mentalhealth

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 key service for children, young people and families. We offer confidential support and advice on a range of issues including mental health, drugs, alcohol, bullying, and relationships. We are open 9am-5pm, Monday to Friday. For more information, visit www.nhs.uk/mentalhealth

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

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