



Rushden Academy Newsletter

Aspire, Explore, Succeed

30/03/2023

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

As this Spring term draws to a close there have been several reminders as to why it is an absolute privilege to lead this school.

Heads of Year led the rewards assemblies this week which saw the recognition of hundreds of students' efforts in relation to them demonstrating exemplary behaviour, positive attendance, a sustained commitment to reading and more. It is always a pleasure to see so many students being recognised and rewarded for consistently doing the right things. In addition to the regular rewards, a large number of students were awarded Rushden STARR badges for showing their dedication to the Team Rushden and Ethos Team values. The students really wear these badges with pride which is lovely to see.

It is also very important to me to acknowledge those students who always uphold the Team Rushden values and consistently demonstrate the highest standards of behaviour. In light of this, I also asked Heads of Year to identify 10-12 students from their respective Year Groups that meet this criteria. I then met with a different Year Group each day to celebrate these students and reward them with some additional sweet and savoury snacks which was a lovely end to the term!

Year 11 students have continued to work hard and have shown a real commitment to their GCSE preparations as they enter the final run up to their terminal examinations. GCSE dance and drama students also completed their final examinations on Wednesday and Thursday respectively for these subjects. After Easter, there are just 4 weeks before the first exam and so all students should have clear revision timetables now and have been provided with clear guidance on where their areas for improvement are for each subject.

Finally, a number of our Key Stage 3 students performed this week in a production of Bugsy Malone. Every time I watch one of the school productions the bar is set higher and higher and this was no exception. I was stunned by the talent on display and am grateful for all the students and staff who worked so hard to pull such a fantastic performance together.

Continues on the next page...

Message From the Principal Continued...

Just one key message for the new term in relation to parents or carers picking students up from the Hayway, please can I ask that you do not obstruct any driveways of the local residents to avoid any discontent within our school community.

I would like to wish you all a lovely Easter break and I look forward to hearing all about what our students get up to on their return in the Summer term.

Thank you all for your continued support,

Yours sincerely,

Mr B Baines
Principal



The PE Team need your help!

Do you have old pairs of trainers or boots that no longer fit?

Please bring them into school and deposit them in the tubs near the PE office for others to use!

Why?

- Better for the environment
- Helps others
- Cost of living crisis

Rushden Academy
Aspire • Explore • Succeed

This Week in MFL

Year 7 German

Pupils in year 7 German have been producing their own piece of extended writing, all about themselves and their families.

This has been a great opportunity for pupils to bring together what they have learned so far in German since joining the Academy in September.

The piece of writing is the result of a huge amount of work each week in lessons, and I am sure you will be as impressed as I am at what they have produced. Look how far they have come in such a short space of time!

Well done to Riley, Josh and Sandra for these amazing examples!

Meine Familie und ich

Guten tag! Ich heisse Riley und ich bin zwölf Jahre alt. Meine Geburtstag am 1. März. Wenn hast du Geburtstag?

Es gibt sechs Personen in meiner Familie. Meine Mutter, meine Stiefvater, meine Bruder, meine Halbbruder, meine Stiefschwester und Ich. Ich bin sehr sportlich und lustig, Ich bin nicht sehr laut und gemein. Meine Mutter heisse Emma und sie ist sehr freundlich und laut aber nicht sehr laut. Meine Stiefvater heisse Tom es war Er ist sehr lustig und gross und nicht gemein. Meine Bruder heisse Toby und Er ist klein und frech aber nicht sehr laut. Meine Halbbruder heisse Dylan und Er ist auch sehr sportlich. Meine Stiefschwester heisse Keeley und sie ist sehr nett aber nicht laut. Ich habe Hund sie heisse Dixie und sehr laut aber süß.

Meine Familie und ich 23/3/23

1. Ich heisse Josh und Ich bin zwölf Jahre alt. Mein Geburtstag ist am 6. September. Ich bin sehr sportlich und laut und freundlich. Ich habe kurze braune Haare und braune Augen.

Es gibt drei Personen in meiner Familie. Es gibt meine Mutter, meine Schwester und ich. Meine Mutter heisse Hayleigh und sie ist zweiunddreißig Jahre alt und sie hat mittellange braune Haare. Meine Schwester heisse Georgia und sie ist acht Jahre alt. Meine Schwester ist sehr nervig, laut und faul.

Hast du ein Haustier? Ja Ich habe eine Katze sie ist heisse Smudge und sie ist braunweiss und rot. Sie ist eine Jahre alt. Sie ist sehr nervig aber niedlich.

Meine Familie und ich 4/3/23

1. Hallo! Ich heisse Sandra und ich habe lange wellige dunkle blonde Haare, und blau-grüne-graue Augen. Meine Geburtstag ist am 2. Juli. Ich bin elf Jahre alt.

2. Ich habe lange wellige dunkle blonde Haare und blau-grüne-graue Augen. Ich bin nicht sehr freundlich und ich bin sehr kreativ und mude.

3. Es gibt vier Personen in meiner Familie. Es gibt meine Mutter, mein Vater, mein Bruder und ich. Meine Bruder hat kurze hellbraune Haare und grüne-grüne Augen. Er ist sehr gemein und laut. Hast du? Kannst du dich beschreiben?

MFL Spelling Bee 2023

This week, pupils in year 7, 8 and 9 have been taking part in the inaugural Modern Foreign Languages Spelling Bee.

Finalists won their place by spelling the most number of correct words in French or German in their class, before going head to head with others in the final round, spelling words in English and in the foreign language.

It has been a lot of fun and the pupils have wowed us all with their amazing spelling in English and in their foreign language!

Well done to you all!



German

Year 7: Nikola M

Year 8: Amelia H

Year 9: Harry B



French

Year 7: Angel A

Year 8: Olivia D

Year 9: Sam P

Overall winner and 2023 Spelling Bee Champion: Olivia D



Report Remove

Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

Having your nudes shared can feel scary, and it can leave you feeling worried or even ashamed. But it's not your fault.

It's against the law for anyone to share a sexual image or video of someone who's under 18, and we're working with the Internet Watch Foundation (IWF) and Yoti to help you remove any sexual image or video of you that's online.

Report Remove is safe, easy and free – all you need to do is follow these steps:

- choose your age range
- create a Childline account so we can send you updates on your report
- report your image or video to the Internet Watch Foundation (IWF)
- talk to a Childline counsellor if you want any extra support, or access support on the Childline website
- check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.

For more information, or to report a nude image, click the following link. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>



JUNIOR Art Club

Where everyone can draw, paint and create.

WHEN
Tuesdays 4-5pm
or 5:15-6:15pm


WHERE
Salvation Army Café
Church Street,
Rushden, NN10 9YT

PRICE
6 week term - £36

HOW TO BOOK
Please go to <http://ScribblePad.info>
and select Junior Art Group.





 SallyHuntArtist  Sally_Hunt_Artist <http://ScribblePad.info>

Hair & Beauty at Rushden Academy

Is your child looking for a career in the Hair and Beauty industry?

We offer level 2 and 3 qualifications here at Rushden Hair and Beauty academy, Hayway, NN106AG.

Feel free to email k.olrod@rushden-academy.net or call 01933417858 for more information.



Hair & Beauty at Rushden Academy

Please be aware we are a training salon, so appointments may be cancelled due to absences of the students.

Your hair and beauty services will be carried out by a student and will be supervised by a member of staff.

Treatments that are offered will vary, dependant upon the assessment criteria that is needed at the time by the students.

The prices for colouring does not include a cut, but does include a finish.

For any treatments with colour, a skin test needs to be completed 24-48 hours prior to the services.

Call us to book your appointment or for further enquires 01933 417858



Beauty Price List		Hair Price List		Level 2	Level 3
<u>Facial treatments</u>		<u>Styling</u>			
Cleanse and make up	£8.00	Wash & blow-dry/set		£5.00	£6.00
Facial with cleanse and mask	£6.00	Ladies cut		£5.00	£10.00
Luxury facial	£7.00	Restyle		£8.00	£12.00
<u>Holistic treatments</u>		Wash, cut & finish		£10.00	£13.00
<u>Massages:</u>		Restyle and finish		£8.00	£15.00
Indian head massage (30mins)	£7.00	Gents		£5.00	£7.00
Indian head massage (45mins)	£8.00	Conditioning treatment (with finish)		£10.00	£12.00
Hot stone (back only)	£8.00	<u>Colouring</u>			
Hot stone (full body)	£12.00	Quasi permanent colour			
Full body massage	£11.00	Full head - short hair (long hair)		£12.00 (£16.00)	£16.00 (£20.00)
Back, neck & shoulder massage	£7.00	Semi permanent:			
<u>Body treatments</u>		Semi permanent - short hair (long hair)		£10.00 (£13.00)	£11.00 (£14.00)
G5 massage	£9.00	Colouring and permanent tinting			
Infrared	£5.00	Full head - short hair (long hair)		£13.00 (£19.00)	£20.00 (£25.00)
<u>Manicure & pedicure</u>		Roots only		£10.00	£13.00
Mini manicure (file/polish)	£3.50	Roots & refresh - short hair (long hair)		£13.00 (£20.00)	£20.00 (£25.00)
Manicure	£5.00	Highlights/Lowlights			
Luxury manicure	£7.00	With cap		£12.00	£15.00
Mini pedicure (file/polish)	£3.50	Woven - short hair (long hair)		£22.00 (£27.00)	£27.00 (£30.00)
Pedicure	£5.00	T-section - short hair (long hair)		£12.00 (£17.00)	£20.00 (£25.00)
Luxury pedicure	£7.00	Flashes (per pack)			£3.00
Re varnish	£3.00	Lightening products bleach			
Nail art extra	£3.50	Full head - short hair		£22.00 (£25.00)	£25.00 (£28.00)
		Spectrum (specialised tonal highlighting) extra		£8.00	
		<u>Extras</u>			
		Colour mousse -		£1.00	
		Eraser colour remover & colour correction - (Consultation needed)			
		Toner -		£5 extra on top of the colour service	

Literacy Challenge

Vocabulary Detectives

Odd One Out

Game:

- Which of these is an intruder? Which word has no right to be in the list?

Dialogue
Diaphragm
Digraph
Dialect

Need help getting started?

Think about the prefixes for each word.

Are they the same?
Do they all mean the same thing?

Good to know: A prefix is letters attached to the beginning of a word stem that change the meaning of the word e.g. the prefix un + happy = not happy.

Numeracy Problem of the Week



How many three digit numbers have the property that the middle digit is the mean of the other two digits?

Last Week's Solution: 16

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

Cost of Living Support

Warm Spaces

Organisation	Opening Times
Salvation Army	Mondays 10am-2pm
St Mary's Church, Rushden	Tuesdays 10am-2pm
Wesleyan Church, Rushden High Street	Wednesdays 10.30am-1.30pm
St Mary's Church, Rushden	Thursdays 12 noon-4pm
Rushden Town Council (Rushden Hall)	Fridays 1.30pm-3.30pm
Rushden Library	Monday-Friday 9am-6pm Saturdays 9am-5pm
Hope Methodist Church, Higham Ferrers	Tuesdays 1pm-3pm
St Mary's Church, Higham Ferrers	Thursdays 10am-2pm

Food Bank

Encompass	
19-21 Church Street	01933 733001
Rushden	Info@encompasscharity.org.uk
NN10 9YU	

School are able to make referrals so that you receive additional support

ADDITIONAL INFORMATION INCLUDING FINANCIAL SUPPORT

<https://www.northnorthants.gov.uk/cost-living>

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.



Stars of the Week - Term 4 Winners

What vouchers are up for winning?

- ♦ 1 x £15 Amazon voucher
- ♦ 2 x £10 Amazon Voucher
- ♦ 3 x £5 Amazon Voucher

The Rules...

Only one voucher per student.

The winners will be drawn on a random number generator. Each Star of the week is allocated a number prior to the draw.

Winners will be emailed to let you know when you can collect your vouchers after half term.

The vouchers have been drawn by Mr Smart and Student Reception.

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!

And the winners are...



Stars of the Week - Term 4 Winners

£10 Amazon Voucher



George F
Year 10



Ellie L
Year 8

£15 Amazon Voucher



Ethan B
Year 7(KJ)

Year 12 Assessment Week

Students will sit their exams in homebase schools unless indicated otherwise

TUES 2nd May	WED 3rd May	THURS 4th May	FRI 5th May	
Art (Huxlow) Art (Rushden) Chemistry Paper 1 Psychology Paper 1 German	4hrs 4hrs 1hr 30mins 2hrs 1hr 45mins	4hrs 2hrs 30mins 1hr 30mins 2hrs	Chemistry Paper 2 (CH) Computer Science Eng Lang/Lit English Lit (CM paper) Graphics Psychology P1 (TI, JT)	1hr 30mins 2hrs 30mins 2hrs 2 hrs 30mins 2 hrs 30mins 2hrs
Art (Ferrers) Art (Rushden) Chemistry Paper 1 (CH) English Lit (EG paper) French Maths Paper 1	1hr 1hr 1hr 30mins 2hrs 2hrs 2hrs	1hr 1hr 30mins 1hr 15mins 1hr 30mins 2hrs 2hrs	Biology Business Core Maths	1hr 30mins 1 hr 1hr 30mins

AM

PM

KS4 Summer Exam Timetable

	Mon 15th May	Tues 16th May	Wed 17th May	Thurs 18th May	Fri 19th May
AM 9am		Biology Paper 1(CS) 1 hr 15 mins	English Lit Paper 1 1 hr 45 mins	History Paper 1 1 hr 15 mins	Maths Paper 1 1 hr 30 mins
		Biology Paper 1(Trp) 1 hr 45 mins			
PM 1.30pm		German Paper 1 & 3 F 1hr 20 mins / H 1hr 45 mins		Business Paper 1 1 hr 45 mins	BTEC H & SC Unit 3 2 hrs
		Sociology Paper 1 1 hr 45 mins		BTEC Childcare Unit 3 2 hrs	

	Mon 22nd May	Tues 23rd May	Wed 24th May	Thurs 25th May	Fri 26th May
AM 9am	Chemistry Paper 1 (CS) 1 hr 15 mins	French Paper 1 & 3 F 1hr 20 mins / H 1hr 45 mins	English Lit Paper 2 2 hrs 15 mins	Physics Paper 1 (CS) 1 hr 15 mins	German Paper 4 F 1 hr 10 mins / H 1hr 20 mins
	Chemistry Paper 1 (Trp) 1 hr 45 mins			Physics Paper 1 (Trp) 1hr 45 mins	
PM 1.30pm	Geography Paper 1 1 hr 30 mins	BTEC ICT Unit 3 1 hr 30 mins		Sociology Paper 2 1 hr 45 mins	
				BTEC Sport Unit 2 1 hr 30 mins	

Mon 29th May	Tues 30th May	Wed 31st May	Thurs 1st June	Fri 2nd June
HALF TERM				

	Mon 5th June	Tues 6th June	Wed 7th June	Thurs 8th June	Fri 9th June
AM 9am	English Lang Paper 1 1 hr 55 mins		Maths Paper 2 1 hr 30 mins		Geography Paper 2 1 hr 30 mins
PM 1.30pm	French Paper 4 F 1 hr 10 mins / H 1hr 20 mins		History Paper 2 B1-B4 1 hr 45 mins	Contingency session in the event of national or significant local disruption to exams in the UK.	Biology Paper 2 (CS) 1 hr 15 mins Biology Paper 2 (Trp) 1 hr 45 mins

	Mon 12th June	Tues 13th June	Wed 14th June	Thurs 15th June	Fri 16th June
AM 9am	English Lang Paper 2 1 hr 55 mins	Chemistry Paper 2 (CS) 1 hr 15 mins	Maths Paper 3 1 hr 30 mins	History Paper 3 1 hr 20 mins	Physics Paper 2 (CS) 1 hr 15 mins
		Chemistry Paper 2 (Trp) 1 hr 45 mins			Physics Paper 2 (Trp) 1 hr 45 mins
PM 1.30pm	Business Paper 2 1 hr 45 mins			Contingency session in the event of national or significant local disruption to exams in the UK.	Geography Paper 3 1 hr 15mins

28th June 2023 Contingency day in the event of national or significant local disruption to exams in the UK. Candidates should be available up to and including this date.

KS5 Summer Exam Timetable

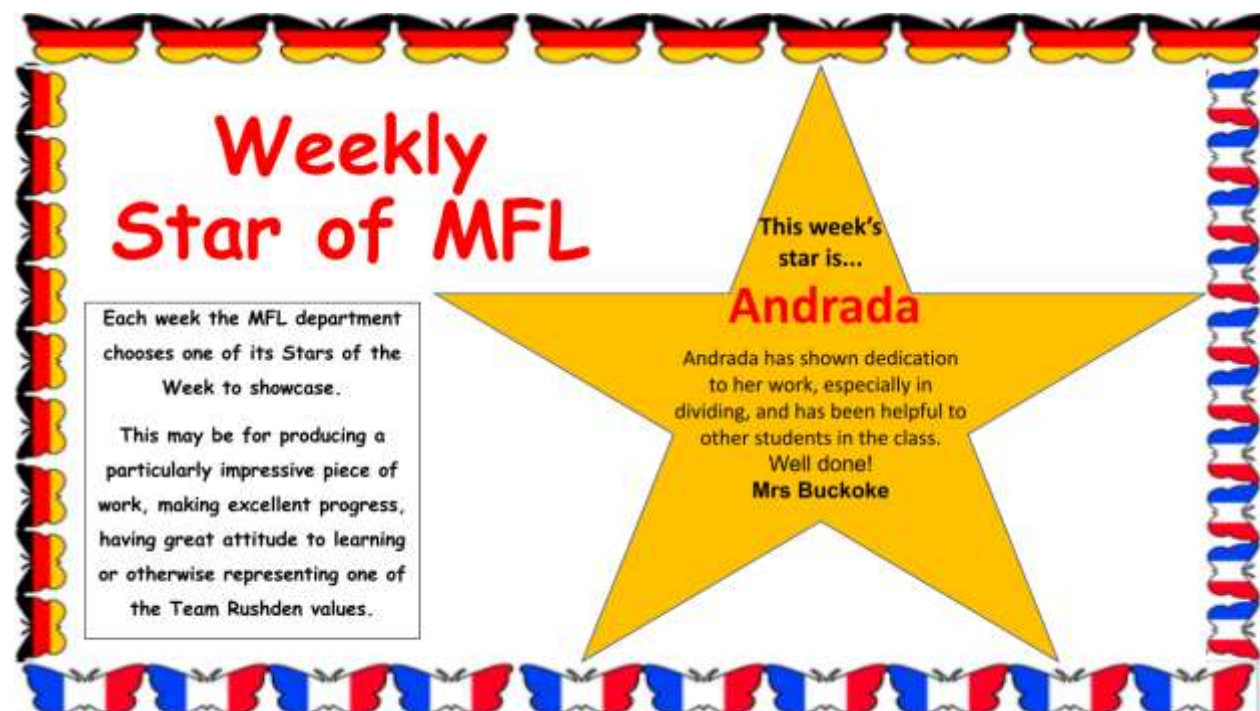
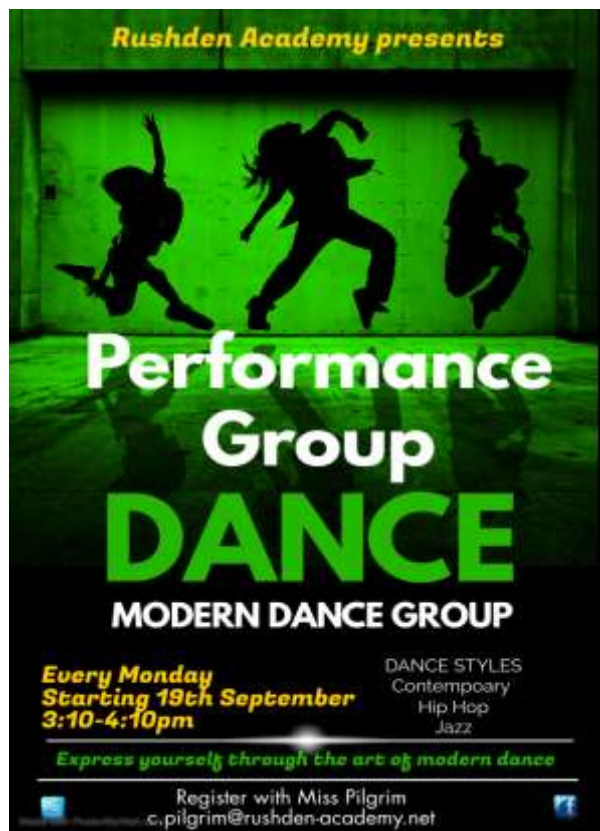
KS5 Timetable Summer 2023

	Mon 1st May	Tues 2nd May	Wed 3rd May	Thurs 4th May	Fri 5th May
AM		BTEC PA Unit 1 3 hrs		BTEC Science Unit 3 Part A - 45 mins Part B - 1 hr 30 mins	
9am				BTEC Sport Unit 2 2 hr 30 mins	
	Mon 8th May	Tues 9th May	Wed 10th May	Thurs 11th May	Fri 12th May
AM			BTEC ICT Unit 2B 2 hrs		BTEC Business Unit 2B 3hrs
9am			BTEC Sport Unit 19 2 hr 30 mins		
PM		BTEC ICT Unit 2A 3 hrs		BTEC Business Unit 2A 2hrs	
1.30pm					
	Mon 15th May	Tues 16th May	Wed 17th May	Thurs 18th May	Fri 19th May
AM			Geography Paper 1 2hrs 30 mins	BTECBusiness Unit 3 2hrs	Psychology Paper 1 2 hrs
9am			Core Maths Paper 1 1 hr 30 mins	BTEC Sport Unit 22 3 hrs	BTEC H&SC Unit 2 1 hr 30 mins
					GCSE Maths Paper 1 1 hr 30 mins
PM	BTEC H&SC Unit 1 1 hr 30 mins				
1.30pm	BTEC Sport Unit 1 1 hr 30 mins				
	Mon 22nd May	Tues 23rd May	Wed 24th May	Thurs 25th May	Fri 26th May
AM	Sociology Paper 1 2 hrs	Business Paper 1 2 hrs	History Paper 1 2hrs 15 mins	English Lang/Lit Paper 1 1 hr	BTECScience Unit 5P 50 mins
9am	BTEC H&SC Unit 4 3 hrs	Dance 2 hrs 30 mins			
		BTEC Science Unit 1C 40 mins			
PM	Media Paper 1 2 hrs	BTEC Science Unit 1B 40 mins	English Lit Paper 1 2 hr 30 mins	Fur Maths A Paper 1 1 hr 30 mins	BTECScience Unit 5B 50 mins
1.30pm			Physics Paper 1 2 hrs	Psychology Paper 2 2 hrs	
			Core Maths Paper 2 1 hr 30 mins	BTEC Science Unit 5C 50 mins	
			BTEC Science Unit 1P 40 mins		
	Mon 29th May	Tues 30th May	Wed 31st May	Thurs 1st June	Fri 2nd June
HALF TERM					

KS5 Summer Exam Timetable

	Mon 5th June	Tues 6th June	Wed 7th June	Thurs 8th June	Fri 9th June
AM 9am	English Lang/Lit Paper 2 2 hrs	Geography Paper 2 2hrs 30 mins	Business Paper 2 2 hrs	English Lit Paper 2 2 hr 30 mins	Physics Paper 2 2 hrs
	BTEC L3 H&SC Unit 3 1 hr 30 mins		Spanish Paper 1 2 hrs 30 mins		Sociology Paper 2 2 hrs
	GCSE English Lang P1 1 hr 55 mins		GCSE Maths Paper 2 1 hr 30 mins		BTEC ICT Unit 1 2hrs
PM 1.30pm	Psychology Paper 3 2 hrs	Maths Paper 1 2 hrs	Biology Paper 1 2 hrs	Contingency session in the event of national or significant local disruption to exams in the UK.	History Paper 2 1 hr 30 mins
	Fur Maths A Paper 2 1 hr 30 mins	Media Paper 2 2 hrs	Drama Unit 3 2 hrs 30 mins		
			Graphics 2hrs 30 mins		
	Mon 12th June	Tues 13th June	Wed 14th June	Thurs 15th June	Fri 16th June
AM 9am	Chemistry Paper 1 2hrs 15 mins	History Paper 3 2hrs 15 mins	Business Paper 3 2 hrs	English Lang/Lit Paper 3 2 hrs	Biology Paper 2 2 hrs
	GCSE English Lang P2 1 hr 55 mins		Spanish Paper 2 2 hrs	Physics Paper 3 2 hrs	
			GCSE Maths Paper 3 1 hr 30 mins		
PM 1.30pm	Computer Science 1 2hrs 30 mins	Maths Paper 2 2 hrs	Further Maths FM1 1 hr 30 mins	Contingency session in the event of national or significant local disruption to exams in the UK.	Further Maths FS1 1 hr 30 mins
			Sociology Paper 3 2 hrs		
	Mon 19th June	Tues 20th June	Wed 21st June	Thurs 22nd June	Fri 23rd June
AM 9am	Computer Science 2 2hrs 30 mins		Biology Paper 3 2 hrs		Chemistry Paper 3 1 hr 30 mins
PM 1.30pm	Chemistry Paper 2 2hrs 15 mins	Maths Paper 3 2 hrs			Further Maths D1 1 hr 30 mins
28th June 2023 Contingency day in the event of national or significant local disruption to exams in the UK. Candidates should be available up to and including this date.					





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 smartphone, tablet or laptop. A QR code is available. Download the app or visit our website for more information. For more information, visit our website or call 07507 329 600.

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 smartphone, tablet or laptop. A QR code is available. Download the app or visit our website for more information. For more information, visit our website or call 07507 329 600.

the lowdown **St Andrew's** **YOUTH WORKS** **CHAT**

#weareNHS

CAMHS LIVE
#MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

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

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

t f

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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