



# Rushden Academy Newsletter

Aspire, Explore, Succeed

03/11/2023

Message From the Principal



## In this newsletter:

- Message From the Principal
- Numeracy Problem of the Week
- Rushden Academy SAS
- Performing Arts Update
- TENC Open Evening - 8th November 2023
- Exam Timetables
- Online Safety Briefing
- Safeguarding at Rushden Academy
- Star of the Week Prize Draw
- New Ways November
- Murder Detectives in the Maths Department
- This Week in Food Technology

## Team Rushden - United we stand, divided we fall

Dear Parent / Carer

It was an absolute pleasure to welcome the students back after their half term break and I thoroughly enjoyed hearing about all of the things they got up during their week off.

The assembly this week was led by representatives of the Royal British Legion ahead of Remembrance Day. Lynn Baker started the assembly by sharing the harrowing number of people that have lost their lives whilst serving in the armed forces over the past 150 years. She then talked about Paul McKay, a soldier that served in the Falklands War as a helicopter pilot, and the impact that fighting in the war had on him. Unbeknown to the students, Paul McKay was sitting in the assembly and Lynn then handed over to him for him to share some exceedingly powerful and emotive stories of his time in the Royal Navy. It was a very moving assembly that encouraged students to reflect on the great work undertaken by the Royal British Legion in supporting war veterans and their families.

With just one week to go until our Year 11 students undertake their mock examinations, they have been working hard in lessons to ensure that they are fully prepared to perform at their best. They should all have revision timetables and should be revising regularly and if you need any support with this, please do not hesitate to contact Mr Smith or your child's form tutor. Many of you who attended the Year 11 launch evening in September would have seen the anonymised progress league table which will be updated following the mock examinations. We hope to see the significant majority of students improve their progress scores and move up the table. In addition, I want to remind you and students that eligibility to attend the prom is partly based on their progress score so they all need to ensure that they are doing everything they can to perform well in these examinations.

Next Wednesday is the TENC open evening and so if your child is in Year 11 then please come along to the evening and see all that we can offer in terms of Key Stage 5 provision. The evening will include a presentation on all things TENC as well as an opportunity to see the wide range of subjects that we have on offer.

*Continues on the next page...*

## Message From the Principal Continued...

We currently have a vacancy on the governing body for a parent governor. If this is something you would like to be considered for we will be sharing details next week for how you can register your interest. Being on the governing body is a fantastic opportunity to make a positive contribution to the school's continuing improvement journey.

Finally, as we enter the colder months, I just wanted to remind you and ask for your support in ensuring that your child has an appropriate coat for school as hooded jumpers are not allowed around the school building. If you need any support with this, please do not hesitate to contact us.

Yours sincerely,

Mr B Baines  
Principal

## Rushden Academy SAS

All the Social Action Squads met afterschool on Wednesday this week. It gave our new recruits time to meet, and find out which squads they are joining, and for everyone to get an overview of the projects planned for the term and the dates their squads will be out in the community.



We will be visiting The Beeches Care Home and the Serve Day Centre in Rushden again this term, as well as doing some more work on our reflection garden in school.

We also have an exciting project planned for the end of term... Watch this space!

## Safeguarding at Rushden Academy

We now have a dedicated mobile phone contact number for Safeguarding. The Safeguarding phone has two purposes:

1. It is for calling for Safeguarding advice, particularly outside of school hours.
2. It is for students to be able to text report bullying or concerns.

The mobile contact number is: **07428 441286**

You can also contact our safeguarding team on [safeguarding@rushden-academy.net](mailto:safeguarding@rushden-academy.net) or by using the **anonymous reporting button** on the main page of our website.



# TENC OPEN EVENING

at Rushden Academy

Wednesday 8th  
November, 5.45pm

Talks at 6pm & 7pm

Join us for a tour of  
the school and talk  
with the staff and  
students.



One Trust, Two Schools,  
One Vision of Excellence



"I enjoy the  
6th form as I get to  
be independent and  
to choose what I  
want to study".  
Student, TENC

## ✓ Choice

We offer an extensive range of academic and vocational courses. Giving students a unique breadth of offer, including the flexibility to combine both academic and vocational courses.

## ✓ Support

We pride ourselves on providing exemplary pastoral care and personal development opportunities to ensure that students have the skills, confidence and character in their lives beyond TENC.

## ✓ Success

We have an excellent track record in academic and vocational examination results. Our students successfully gain places at Russell Group universities including Oxford and Cambridge, local universities, apprenticeships and employment.



To book a time slot visit [bit.ly/TENC](https://bit.ly/TENC)  
[www.tenconline.co.uk](http://www.tenconline.co.uk)

📍 **Rushden Academy:** Hayway, Rushden, NN10 6AG. T: 01933 350391 E: [info@rushden-academy.net](mailto:info@rushden-academy.net)  
📍 **Huxlow Academy:** Finedon Rd, Irthlingborough, NN9 5TY. T: 01933 650496 E: [enquiries@huxlow.northants.sch.uk](mailto:enquiries@huxlow.northants.sch.uk)



One Trust, Two Schools,  
One Vision of Excellence

## 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	
Cody	03.10.23	University of Lincoln	Law for Business	
Jay	9.10.23	Nottingham Trent University	Primary Education	Conditional offer
Ruby	12.10.23	Sheffield Hallam University	Fine Art	Conditional offer
Andreea	16.10.23	De Montfort University, Leicester	Pharmacy	Interview
Jakub	19.10.13	University of Bath	Maths & Physics	

## Online Safety Briefing

Inappropriate content: Facts and statistics



56 % of 11-16 year olds have seen explicit material online



One-third of British children 12-15 have encountered sexist, racist or discriminatory content



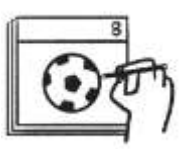


One in ten children aged 8 -11 who go online said they had seen something nasty or worrying online

Learn more about keeping your child safe online here:

<https://www.internetmatters.org/issues/inappropriate-content/>

## 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
		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
6	7	8	9	10	11	12
Try out a new way of being physically active	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 work "yet"	Be curious. Learn about a new topic or inspiring idea	Choose a different route and see what you notice on the way	Find out something new about someone you care about
13	14	15	16	17	18	19
Do something playful outdoors—walk, run, explore, relax	Find a new way to help or support a cause you care about	Build on new ideas by thing "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
20	21	22	23	24	25	26
Make a meal using a recipe or ingredient you've not tried before	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 a new TV show
27	28	29	30			
Join a friend doing their hobby and find out why they love it	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			



## Murder Detectives in the Maths Department

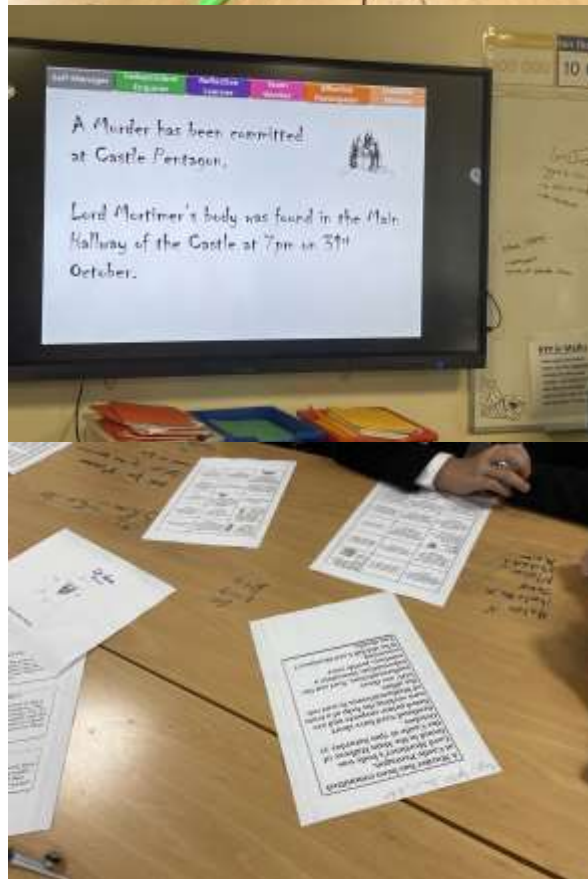
Year 8 have a murder to solve!

Using their detective skills and problem solving, Miss Webb's maths group have had to find out, using clues and strategies, who killed Lord Mortimer at Castle Pentagon.

Working as detectives, the group put their maths skills to practice. They had to work out what time the murder happened, then, used speed, distance and time to work out if the suspects could get to the castle in time. They then had to present their findings as a team.

Miss Webb was impressed by all of her class who worked fantastically in the challenge to find the evidence to prove if it was; the Macabre Family, James Durnit, Charlotte Deadworthy, Mr and Mrs Bloodshed or Malcolm Strange.

Great work and brilliant maths in practice.



## Senior Maths Challenge



The Maths Department would like to congratulate our Year 12 and 13 Further Maths students for participating in the Senior UK Maths Challenge. This is a national competition that took place on the 3rd of October.

We had one gold award winner in Year 13 Samuel who has qualified for the next round and will take part in the Senior Kangaroo Challenge later this month. Year 13 also had one silver award winner Jakub and two bronze award winners Ronan and Freddie.

In Year 12 Elliece and Mihai attained the silver award. Our bronze award winners in Year 12 were Oliver and Isobel .

We would like to wish Samuel the best of luck with the next round.

We are extremely proud of our senior mathematicians!



## This Week in Food Technology

This week, our students have been turning their hand at a bit of baking, making Rock Cakes.

So far we haven't had a single burnt cake. Whether any made it home may be debatable as around every corner there appeared another student tucking into a tupperware box of warm cake.



### KS4 Cook My Dinner Club

KS4 'Cook My Dinner Club' started on Thursday after school. We had a successful batch of bolognese from our aspiring chefs to take home and feed their families.

Each week a new recipe will be advertised for any year 10 or year 11 students to have the opportunity to use the food room under instruction from Mr Brainwood. It is limited to 12 people on a first come first served basis using the sign up sheet in CA7 from first thing on Monday morning.

Next week will be a version of fudge brownies. Recipe and ingredients to bring in will be provided at the sign up.







## Performing Arts Update

### **Drama:**

Year 9 have been continuing their exploration of the play DNA this week. They are beginning to use all of the skills they have learnt in term 1 and apply these to performance. In preparation for PR1, the year 9s will direct their own extracts of the script and demonstrate everything they have been learning.

### **Dance:**

This term Year 7 students are broadening their knowledge and understanding of dance styles and will be '*Dancing Through The Decades*'. Each lesson they will explore movements including 1920's Charleston, 1950's Rock n Roll, 1970's disco and more.

### **Music:**

It's been a great start to the new term in music, with the year 7's beginning to work on their Djembe drumming skills. Year 8 have started to delve into the world of film music and are working towards their own film music designs, for different genres of blockbuster films.

### **High School Musical Junior:**

Our cast have been working really hard on getting the final number of the shows choreography perfect. "*We're All In This Together*" is such an iconic musical number and all the students were raring to go to get the choreography down. The cast will be looking at this dance every week to make sure that it is the best it can be, and to also make sure we start as a company and collectively.

The crew have begun looking at set and props for the show as well and the meeting was successful in identifying what the show will need. Costumes have also been considered this week and the costume list has started to be compiled.

Go Wildcats!

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](mailto:j.ede@rushden-academy.net)



## Performing Arts Update

### Shrek The Musical

On Wednesday 18th October we took 93 KS3 students to the Curve Theatre in Leicester to see a performance of Shrek The Musical.

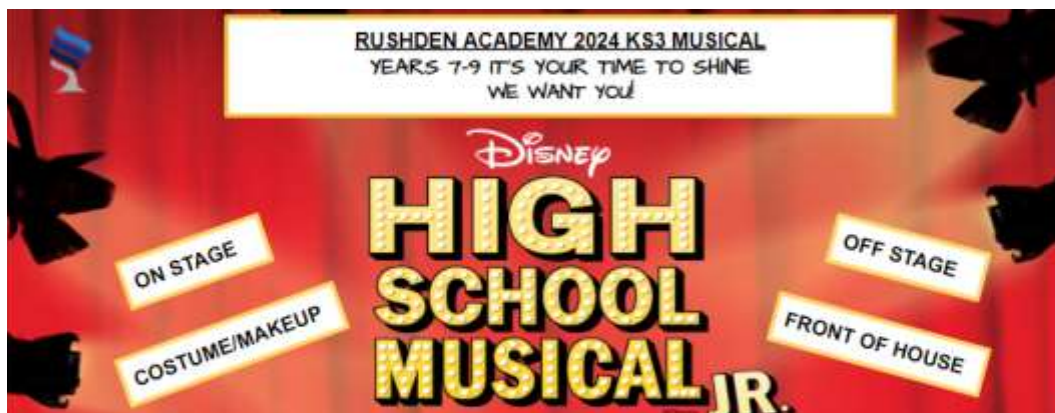
The students absolutely loved the performance, and for many this was their first time at the theatre.

The cast and crew did outstanding and there was even an opportunity to see some backstage areas and some set pieces up close!

We cannot wait for our next theatre visit.



## Performing Arts Update





## After School Clubs Timetable



Monday	Tuesday	Wednesday	Thursday
Netball (Year Groups will Train Separately)	Basketball (Year Groups will Play Separately)	Fitness Suite	Football (Year Groups will Train Separately)
<i>Please note, clubs are for boys and girls of all ages, everyone is welcome! Clubs are free and all you need to do is go to the changing rooms after school, get changed and get involved!</i>			

## Library Extra-Curricular Activities

### Monday

Lunch-time	After-School
	
Board & Card Games	Student Library Assistants Meeting

### Tuesday

Lunch-time	After-School
	
Chess	Chess



### Wednesday

Lunch-time	After-School
	
Jigsaws	Rushden Academy Newspaper

### Thursday

Lunch-Time	After-School
	
Tranquil Thursday - reading, homework, quiet voices	Role-Playing Games

### Friday

Lunch-time	After-School
	
Fill-it-in Friday - crosswords, word searches, colouring, sticky note art etc.	Closes at 3.15pm

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



## Star of the Week Prize Draw

Every time a student wins Star of the Week their name is added to a prize draw at the end of every half term. The prizes are:

- ♦ 1x £15 amazon gift voucher
- ♦ 2x £10 amazon gift vouchers
- ♦ 3x £5 amazon gift vouchers
- ♦ 5x Reward Room Access Passes per year group!

### 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 the Pastoral Team

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!

**Reward Room Passes**

<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>
Lola B Harold G-P Aria B Leo U Freya C	Leo B-H Cassius M Leah J Poppy C Owen H	Wiktoria P Joanne N Emmanuel E Lola-May K Victoria F
<u>Year 10</u>	<u>Year 11</u>	
Natalia T Dannii L Alfie G Tayla E Robert K	Meera C Tamsin H Riley B-Y Kyle F Andie W	Those who are owed a pass from the last reward assembly will be given theirs as well.

## Star of the Week Prize Draw

### £5 Amazon Voucher



### £10 Amazon Voucher



## Star of the Week Prize Draw



Well Done to Everyone!

The prize draw resets each half term!

Will you be in with a chance of winning next half terms vouchers/reward room passes?

Make sure you:

- Contribute to lessons
- Try your hardest
- Showcase our values

Then who knows, it might be YOU!



## **Numeracy Problem of the Week**

One year, there were exactly four Tuesdays and exactly four Fridays in October.

On what day of the week did Halloween, October 31st, fall that year?

Last weeks solution: 160ml

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



## Literacy Challenge

This term we are focusing on prefixes that mean not, no or opposite. NON- is a very common prefix that gives this meaning.

Which of the words on below can be affixed with non- to give the meaning of not, no or opposite?

legal

conformist

confrontational

necessary

able

alcoholic

likely

cancerous

Good to know: An affix is morpheme that is attached to a word stem to change the meaning of the word e.g. the affix un + happy = not happy.

## Literacy SUPER Challenge

Which affix would you need to add to the other words to give meaning of not, no or opposite?

legal

conformist

confrontational

necessary

able

alcoholic

likely

cancerous

# Year 11 Mock Timetable - November 2023

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

P1 + P2			P3 + P4		Reg + P5	
MON 13th NOV	BUSINESS (SH) 1hr 45 mins	56	MATHS Paper 1 (SH) 1hr 30mins (non-calculator)		155	Normal lessons
TUES 14th NOV	ENGLISH LANG Paper 2 (SH) 1hr 55mins	155	FRENCH WRITING (SH) H 1hr 20mins F 1hr 10mins GERMAN WRITING (SH) H 1hr 20mins F 1hr 10mins		23 18	Normal lessons
WED 15th NOV	COMBINED SCIENCE Physics (SH) 1hr 15mins TRIPLE SCIENCE Physics (SH) 1hr 45mins	133 22	MATHS Paper 2 (SH) 1hr 30mins (calculator)		155	Normal lessons
THURS 16th NOV	COMBINED SCIENCE Biology (SH) 1hr 15mins TRIPLE SCIENCE Biology (SH) 1hr 45mins	133 22	GEOGRAPHY (SH) 1hr 30mins		41	Normal lessons
FRI 17th NOV	MATHS Paper 3 (SH) 1hr 30mins (calculator)	155	HISTORY (SH) 1hr 45mins		49	Normal lessons
MON 20th NOV	ART (CA4) 2hrs (JC +SAN) DANCE (HALL) 2hrs (CP) DRAMA (STUDIO) 2hrs (JED) GRAPHICS (CA6) 2hrs (LH)	26 16 26 15	ART (CA4) 2hrs (JC +SAN) DANCE (HALL) 2hrs (CP) DRAMA (STUDIO) 2hrs (JED) GRAPHICS (CA6) 2hrs (LH)	26 16 26 15	26 16 26 15	ART (CA4) 1hr (JC +SAN) DANCE (HALL) 1hr (CP) DRAMA (STUDIO) 1hr (JED) GRAPHICS (CA6) 1hr (LH)
TUES 21st NOV	ENGLISH LIT Paper 2 (SH) 2hrs 15mins	155	FRENCH READING (SH) H 1hr F 45mins GERMAN READING (SH) H 1hr F 45mins	23 18		Normal lessons
WED 22nd NOV	COMBINED SCIENCE Chemistry (SH) 1hr 15mins TRIPLE SCIENCE Chemistry (SH) 1hr 45mins	133 22	SOCIOLOGY (SH) 1hr 45mins	74		Normal lessons
THURS 23rd NOV	DRAMA 11C (STUDIO) 2hrs (AG) PHOTOGRAPHY 11D (CA6) 2hrs (PS)	26 17	DRAMA 11C (STUDIO) 2hrs (AG) PHOTOGRAPHY 11D (CA6) 2hrs (PS)	26 17	26 17	DRAMA 11C (STUDIO) 1hr (AG) PHOTOGRAPHY 11D (CA6) 1hr (PS)
FRI 24th NOV	PHOTOGRAPHY 11B (CA6) 2hrs (LH) +MJ	27	PHOTOGRAPHY 11B (CA6) 2hrs (LH) +MJ	27	27	PHOTOGRAPHY 11B (CA6) 1hr (LH) +MJ

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

## 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



## Stars of the Week

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



## Stars of the Week

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



## Stars of the Week

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



## How to Access Go4Schools

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

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

Please follow the instructions below to access Go4Schools.

### Student access to Go4Schools

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

#### **First-time User?**

If you haven't logged on to GO 4 Students before, type your email address and click the "please send me a password" button.

Email address:

Please note, if you are having problems with your password please contact your school. For Data Protection reasons we are unable to divulge or set passwords for students ourselves.

Please send me a password

- ♦ This will send you an email link with your password
- ♦ Login with your new password

### Parental access to Go4Schools

- ♦ Go to the Go4Schools parent access page
- ♦ Enter your email address (the one Rushden Academy contacts you on) in the first time user box
- ♦ This will send you an email link with your password
- ♦ Login with your new password

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

You also have access to the Go4Schools app that can be downloaded from the Apple Store or Google Play.

Mr P Bocking  
Assistant Principal



## 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](mailto: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 your school nurse for more information. If you are not at school, contact your school nurse or the NHS 111. If you are in a crisis, call 999.

**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 your school nurse for more information. If you are not at school, contact your school nurse or the NHS 111. If you are in a crisis, call 999.

**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](http://WWW.NHS.UK/ABOUT/CAMHS/LIVE)

**t f**

**Camhs**  
Where Young Minds Matter

**MAKING A DIFFERENCE FOR YOU, WITH YOU**

© 2018 Northamptonshire Healthcare NHS Foundation Trust. All Rights Reserved. Version: 1.0, 1st Edition, 2018