



# Rushden Academy Newsletter

Aspire, Explore, Succeed

15/12/2023

Message From the Principal



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

Dear Parent / Carer

The end of term and Christmas festivities are in sight as the penultimate week draws to a close.

On Saturday evening, Miss Hunter and members of the Parent, Teacher and Friends' Association (PTFA) coordinated the annual Christmas sleigh event which was a roaring success, as always, and a big thank you to anyone who contributed to this festive event.

Mr Noblett led assemblies for all year groups in which he shared the Grace Foundation's Christmas narrative. Students were encouraged to reflect on what Christmas means to them and were prompted with stories about compassion and care for those less fortunate at this time of year. Whilst Christmas is a time of joy for many, it is also important to remember that it can also be a difficult time of year for many who are less fortunate.

On Tuesday night, Lizzie and the Ethos Team invited many families into school for a movie night. The movie of choice was Elf and it was great to see so many of you in attendance. I also wanted to say thank you for sharing lots of lovely feedback about the event. Rushden is a true community school and events such as this reflect how strong the community is.

Mrs Raven hosted the library's Christmas Cracker event on Thursday afternoon which was very well attended and even benefitted from a visit from Father Christmas himself. When I went into the event, the library was truly buzzing and all the children were having a wonderful time participating in various festive activities.

Alongside the festive activities, many of our Year 11 students have been busy meeting final Btec deadlines and have worked very hard to ensure they achieve the best grades possible for the units. The progress board for all Year 11 students was also updated outside the main hall and students were keen to see where they are in the table and how much they have improved since the end of Year 10 assessment. They have all been provided with work to complete during the Christmas break to ensure that they practise and maintain key skills for different subjects. You will receive a letter detailing your child's performance in their mock examinations and an update on where they are in the progress league. Finally, in relation to Year 11, parents' evening is scheduled for the 18th January and it is vital that all parents and carers attend.

*Continues on the next page...*

## Message From the Principal Continued...

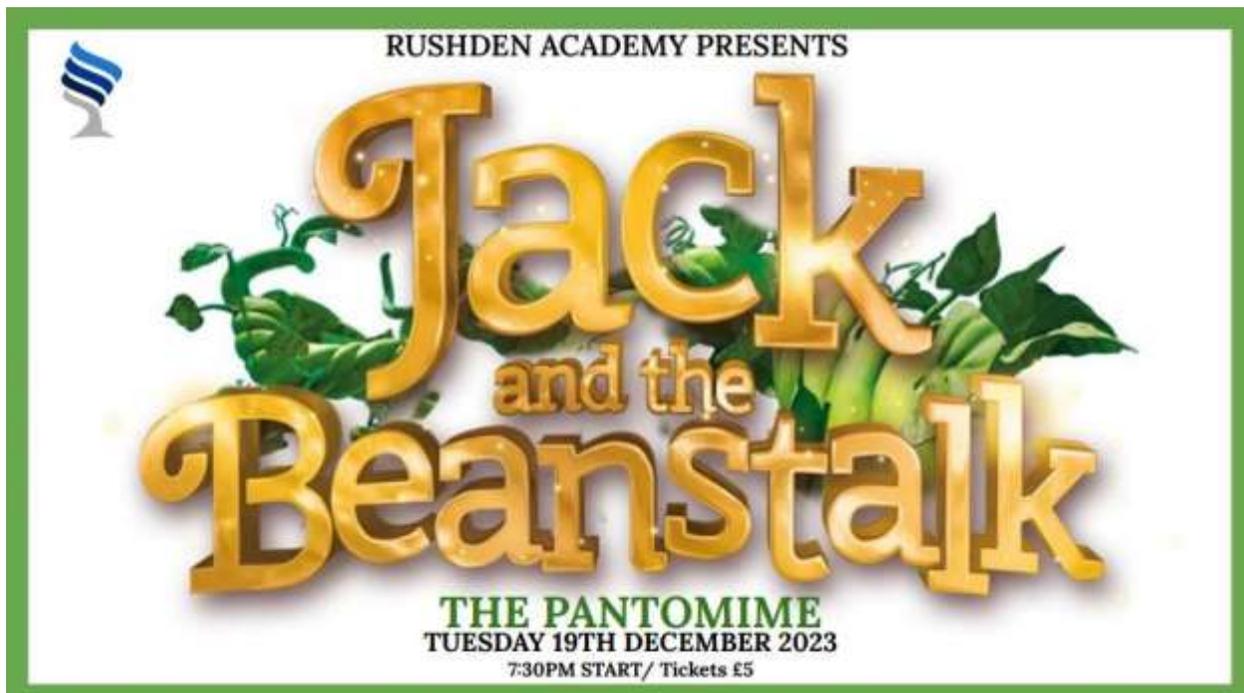
Ahead of January we will be contacting parents regarding any persistent uniform issues to ensure that they are rectified for the new year. I am also aware that there has been some misunderstanding conveyed on social media around toilet cards. For clarity, toilet cards remain in place for students but we will be requesting medical evidence to corroborate the need as the requests for such cards is increasing exponentially. I appreciate that messages via students are often misinterpreted but please can I ask that you seek clarity from the school directly rather than social media forums to ensure that you receive accurate information.

Finally, I want to thank you for your continued support as we continue to strengthen the education we provide for your children. It is a fantastic community to be a part of and I look forward to working with you to continue to ensure the very best standard of education and support for all children within our care.

Please have a warm and restful Christmas whatever your plans may be,

Yours sincerely,

Mr B Baines  
Principal



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

Book now to avoid disappointment

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

## Christmas Bauble Design Winners

Congratulations to the winners of our Christmas Bauble Design Completion! They are now displayed on our Rushden Academy Christmas Tree.



They faced some tough competition from the other entries, but their creativity won them the TRPs.

Have a look at some of the other entries below.



## Library Christmas Craker

On Thursday 14th December, after-school, the Library was filled with students ready to take part in the Library Christmas Craker. We had eight teams, who had all come up with inventive names for themselves, and they all settled in to start the first round of the Christmas quiz. There were rounds on general knowledge, food, books (of course; we were in the Library!), Christmas dingbats and music. The music round was especially fun and almost turned into a karaoke night!

Alongside the quiz we also had a treasure hunt, for each team to try and find the pieces of a picture, which would make up a photo from a film and, my personal favourite, which was to dress one member of the team up as a Christmas tree!

Half-way through the evening, the students settled down with a hot chocolate and marshmallows, a gingerbread man or a mince pie and listened to the stories *How The Grinch Stole Christmas* and *The Night Before Christmas*, which brought back some lovely memories for some of them, which they shared with everyone.

The main man himself, Father Christmas, also made an appearance and was on hand to judge the winner of the best dressed Christmas tree and to hand out prizes for the winning teams.

I'd like to thank all of the students who attended for making the night such great fun and to Miss. Attwood, Mrs. Jamieson and Mr. Brainwood for their help with the evening. A big shout out to our Student Library team too, for their help with the preparation.

### Winners:

**Best Team Name:** The Quizzletoes

**Quiz Runners-up:** The Candy Cane Elves

**Quiz Winners:** Radiohead



## Library News

Please remember to inform us if any of your contact details (such as phone number or address) change throughout the year.

This can be done by calling Reception on 01933 530391 or via the SIMS Parent App.



**TIME OUT  
FOR PARENTS**

Care for the Family

**HANDLING ANGER IN THE FAMILY**

Sessions for anyone parenting children aged 5 to 16

Dates  
Every Tuesday 10am - 12pm  
16th January - 6th February 2024

This course will be run online via Zoom

Book your place online visit  
[hopeforfamilies.org.uk/events](https://hopeforfamilies.org.uk/events)

For more information contact  
Hope for Families - 07784 333825  
or email [hello@hopeforfamilies.org.uk](mailto:hello@hopeforfamilies.org.uk)

Common-sense, jargon-free information and ideas to help you to engage with your children and boost your relationship

# Weekly Star of MFL

Each week the MFL department chooses one of its Stars of the Week to showcase.

This may be for producing a particularly impressive piece of work, making excellent progress, having great attitude to learning or otherwise representing one of the Team Rushden values.

## Efe

For the hard work he has achieved this term in improving his GCSE grades plus passing his Level 3 Entry Maths exam. Working independently on his Btec Sport and English Entry preparation.  
Mrs Buckoke

 ChatHealth

  
Northamptonshire Healthcare  
NHS Foundation Trust

Aged 13-24?

Text the NHFT  
Sexual Health team  
for confidential  
advice and  
support!

07312 263114

Chathealth.nhs.uk  
@NorthantsSexualHealth

WHAT IS

CHAT  
HEALTH?

FREE TESTING, ADVICE,  
CONTRACEPTION AND MUCH  
MORE!

# 12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like ping-pong phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season... Yule be glad you did! Merry Christmas!

## CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

## NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

## CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

## WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmas past? It'll unleash your creativity while you enjoy reliving those magical holiday moments.

## TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

## WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parceling up those presents into a creative adventure.

## WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step-count and savour the crisp winter air together.

## BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

## ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

## SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

## GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason.

## GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

## Meet Our Expert

Michelle Gooding is a former Ofsted inspector and specialist postgraduate teacher with a wealth of experience. She also provides training and support to schools and organisations on a range of issues – from empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive environments where the mental health of pupils and personnel is paramount.



[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://www.tiktok.com/@national_online_safety)

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## Rushden Academy SAS

Did anyone spot our SAS Elves spreading Christmas cheer on Wednesday? Squad Blue Wolf were out and about delivering some treats to our neighbours - Merry Christmas, Rushden! #TeamRusden #RASAS #Ethos #GraceFoundation



Rushden Academy's Social Action Squad's (SAS) are always looking for opportunities to help within the community. If you know of anywhere we could help or support please let us know. We are looking for one off opportunities, short term commitments and long term projects.

To contact the Social Action Squad, email [socialactionsquad@rushden-academy.net](mailto:socialactionsquad@rushden-academy.net).



## 6th Form UCAS Update

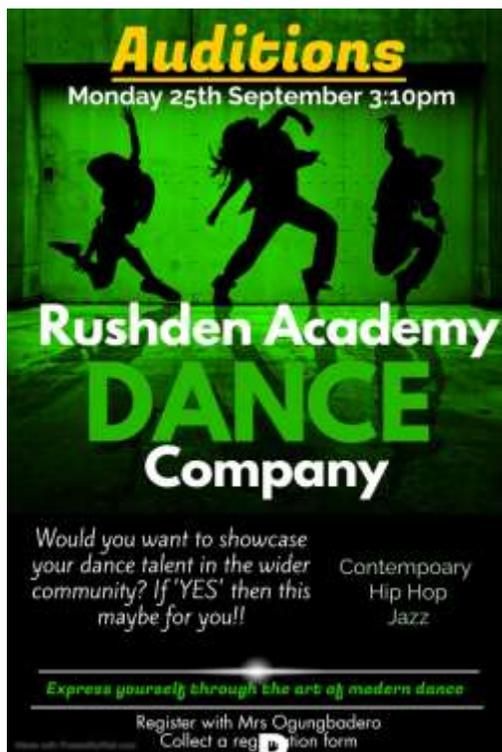
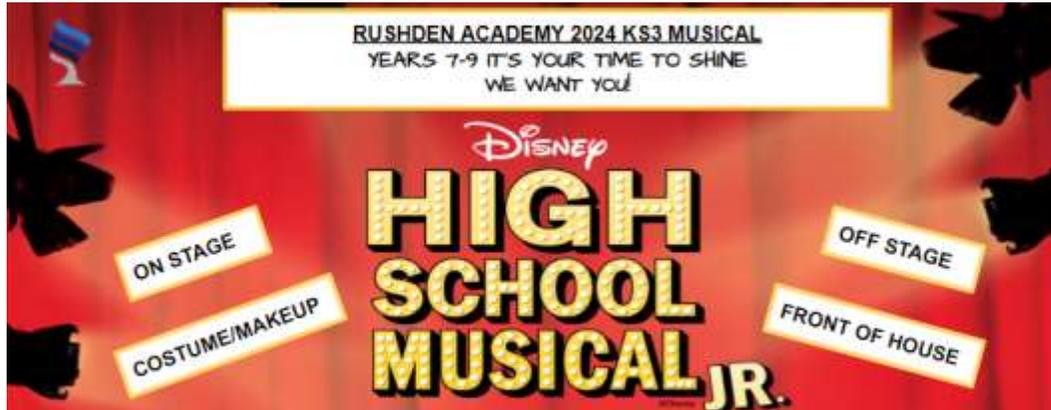
This is the term when Year 13 students are beginning to plan their post 18 pathways and applying to university.

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



Name	Date sent	First Choice	Course	Offer/interview?
Lucy	25.09.23	Imperial College, London	Medicine	Interview
Cody	3.10.23	University of Lincoln	Law for Business	Conditional offers
Jay	9.10.23	Nottingham Trent University	Primary Education	Conditional offers
Ruby	12.10.23	Sheffield Hallam University	Fine Art	Conditional offers
Andreea	16.10.23	De Montfort University	Pharmacy	Interview
Jakub	19.10.13	University of Bath	Maths & Physics	Conditional offers
Laura	2.11.23	De Montfort University	Psychology	Conditional offers
Sam	6.11.23	University of Southampton	Biomedical engineering with integrated masters	Conditional offer
Tilly	8.11.23	De Montfort University	Forensic science	Unconditional offer
Alicia	16.11.23	University of Bedfordshire	Early years education	Conditional offer
Josh	16.11.23	De Montfort University	Pharmacy	Conditional offer
Jorja	16.11.23	De Montfort University	Interior Design	Conditional offer
Leyla	30.11.23	Northampton University	Dental Nursing	Conditional offers
Holly	1.12.23	University of East Anglia	English	Unconditional offers
Amy-Kay	1.12.23	University of Lincoln	Law	Conditional offers
Malachi	1.12.23	University of Derby	Theatre Arts	Conditional offers
Kit	7.12.23	Royal Welsh College of Music & Drama	Technical theatre and stage management	Interviews
Joanna	13.12.23	University of Liverpool	Biological Science	Conditional offer
Jess	14.12.23	Northampton University	Primary education	
Abbie	14.12.23	De Montfort University	Photography	Conditional offer
Kitty	14.12.23	Leeds Beckett University	Counselling & mental health	
Saffy	14.12.23	De Montfort University	Architecture	Conditional offer
Harry	14.12.23	University of Lincoln	Business & marketing	Conditional offers
Imarnai	14.12.23	De Montfort University	Accounting & Business	Conditional offers
Ash	15.12.23	De Montfort University	Comic & concept art	

# Performing Arts Update





BASED AT RUSHDEN  
ACADEMY

# Coffee Morning Drop in



**Click**  

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**to**  

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**book**

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

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

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

We look forward to seeing you

## 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)
<p><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></p>			

## Library Extra-Curricular Activities

### Monday

<b>Lunch-time</b>  <b>Board &amp; Card Games</b>	<b>After-School</b>  <b>Student Library Assistants Meeting</b>
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### Tuesday

<b>Lunch-time</b>  <b>Chess</b>	<b>After-School</b>  <b>Chess</b>
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### Wednesday

<b>Lunch-time</b>  <b>Jigsaws</b>	<b>After-School</b>  <b>Rushden Academy Newspaper</b>
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### Thursday

<b>Lunch-Time</b>  <b>Tranquil Thursday - reading, homework, quiet voices</b>	<b>After-School</b>  <b>Role-Playing Games</b>
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### Friday

<b>Lunch-time</b>  <b>Fill-it-in Friday - crosswords, word searches, colouring, tricky dot-to-dot etc.</b>	<b>After-School</b>  <b>Closes at 3.15pm</b>
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NB: For any after-school activities you'll need to get a parental consent letter from the Library.

## Literacy Challenge

This term we are focusing on prefixes that mean not, no or opposite. Match the terms to the relevant definition.

Disengage  
Inability  
Insanity  
Unfathomable  
Unqualified  
Disregard  
Incoherent  
Unappreciated  
Ungrateful  
Unrecognisable  
Disrespect  
Inhospitable  
Unkind

- Incapable of being fully explored or understood
- Pay no attention to; ignore
- Not able to be recognised or identified from previous encounters
- (of spoken or written language) expressed in an incomprehensible or confusing way; unclear
- The state of being unable to do something
- Not fully understood, recognised or valued
- Lack of courtesy
- The state of being seriously mentally ill; madness
- Harsh and difficult to live in
- Inconsiderate and harsh to others
- Not feeling or showing gratitude
- Not fit; lacking requisite qualifications
- Separate or release (someone or something) from something to which they are attached or connected

## Literacy SUPER Challenge

Find the words you defined earlier on the grid below

There is one UN- word that is in the grid that wasn't on the list - can you find it?

Q	Z	J	Y	N	S	S	G	H	L	L	D	E	F	E
T	C	E	P	S	E	R	S	I	D	E	U	G	U	L
D	U	I	Y	Z	Y	K	Q	Z	I	T	N	A	U	B
E	D	N	N	B	V	K	S	F	Q	Z	F	G	B	A
R	E	R	G	S	Y	T	I	L	I	B	A	N	I	T
R	T	I	A	R	A	L	C	U	U	Z	T	E	W	I
E	T	R	R	G	A	N	D	Y	R	H	H	S	G	P
T	D	X	O	U	E	T	I	L	N	C	O	I	U	S
E	U	C	Q	P	K	R	E	T	U	B	M	D	N	O
D	S	N	A	Q	A	V	S	F	Y	R	A	G	K	H
N	U	N	T	X	H	Y	E	I	U	O	B	H	I	N
U	C	B	H	O	J	M	Q	M	D	L	L	D	N	I
U	N	A	P	P	R	E	C	I	A	T	E	D	D	Y
I	K	Z	H	I	N	C	O	H	E	R	E	N	T	L
E	L	B	A	S	I	N	G	O	C	E	R	N	U	L



## Numeracy Problem of the Week

Find the value of each item:

$$\boxed{\text{★}} + \boxed{\text{★}} + \boxed{\text{★}} = 30$$

$$\boxed{\text{🌲}} + \boxed{\text{★}} + \boxed{\text{🌲}} = 14$$

$$\boxed{\text{🌲}} + \boxed{\text{📦}} + \boxed{\text{📦}} = 18$$

$$\boxed{\text{📦}} + \boxed{\text{🍬}} + \boxed{\text{🌲}} = 15$$

Last Week's Solution: 5 puzzles and 2 books

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

## January TENC BTEC Exam Timetable

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

## Year 13 Assessment Week - January 2024

Students will sit their exams in homebase schools unless indicated otherwise

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

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

## Stars of the Week

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



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## How to Access Go4Schools

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

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

Please follow the instructions below to access Go4Schools.

### Student access to Go4Schools

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

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

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

Email address:

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

Please send me a password

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

### Parental access to Go4Schools

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

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

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

Mr P Bocking  
Assistant Principal

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

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



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

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

NHS Northamptonshire Healthcare  
NHS  
Youth Works  
the lowdown  
Time 2  
CHAT

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

OPEN

**CHANGE OF VENUE**

Support and Advice  
Wellbeing Activities  
Peer Support  
Parent Support is available

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

NHS Northamptonshire Healthcare  
YOUTH WORKS  
the lowdown  
Time 2  
CHAT

**MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE**

If you find yourself needing support, we're here to listen and help in your time of need. Book an appointment by calling the numbers or drop in during our opening times.

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 3RU  
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 277520

espresso yourself

1-1 SUPPORT AND ADVICE  
ALSO AVAILABLE REMOTELY  
1-1 PARENT SUPPORT IS AVAILABLE

NHS Northamptonshire Healthcare  
the lowdown  
St Andrew's  
YOUTH WORKS  
CHAT

#weareNHS

NHS Northamptonshire Healthcare

**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/01604/CAMHS/LIVE](http://WWW.NHS.UK/01604/CAMHS/LIVE)

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CAMHS  
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU