

STAY CONNECTED

Locality Newsletter

May 2021



Delivering children's early help and social care services across Northamptonshire

This newsletter focuses on the work of partner agencies, the voluntary sector and social enterprises which support children and families.

To find news from your local area click the link below.

[Family Fun Weekend – Family Learning](#)

[Supporting parental mental health](#)

[Service Six Target Conference](#)

[Hope for Families – Parenting courses online](#)

[Professional Training CAMHS Connect](#)

[Girlguiding Northamptonshire](#)

[Healthy Start - Increase in value of vouchers](#)

[Parent Child Violence Programme](#)

[Northampton Fire and Rescue Home visits and Community based support](#)

[Family Support Link – online support groups](#)

[Social Work Toolbox](#)

[Young Ambassadors Health and Well Being Conference](#)

[South Northants](#) and [Daventry](#)

[Northampton](#)

[East Northants](#) and [Wellingborough](#)

[Kettering](#) and [Corby](#)

COUNTYWIDE INFORMATION

The Big Ask – Children's Commissioner survey

The Big Ask is a survey for children and young people aged 4–17 in England. The survey has been split into different age groups, so you can fill in a version appropriate for your age. There are also easy-read 'accessible' versions as well as a version for care leavers. Please visit [The Big Ask](#) to leave your views.

Resources

There are free resources for teachers, youth groups and parents to help children complete the survey. These include posters, lesson plans and social media resources. Please visit [The Big Ask resources](#).



Family Fun Weekend – Family Learning



The banner features the text 'Family Fun Weekend' in large, stylized green and yellow letters on a light blue background. Below this, it states 'Saturday 22nd and Sunday 23rd May 2021' and 'Online with the Family Learning Team'. On the right side, there is a white box containing the 'Adult Learning' logo (a green heart with a white outline), the text 'Fun science and activity workshops', and logos for 'West Northamptonshire Council' and 'North Northamptonshire Council'.

Free Online STEM activities for families to experiment, explore and create together

12 free live online sessions to choose from such as Light Fantastic Workshops, Liquid magic and Unbeatable Bubbles!

Experiment, explore and create together, Resources or e-voucher provided for every activity.

Please sign up by 18th May by visiting [Family Fun Weekend](#)

School transitions: The Family Learning team would like to hear from any primary schools who would be interested in support for their Transitions programme in June and July (either for children starting primary, or Year 6 moving to Secondary in September). Please contact adultlearningfamilylearning@northnorthants.gov.uk

Please Subscribe to the fortnightly Family Learning email newsletter (Mailchimp) details of current course opportunities for parents and families please visit [Family Learning Newsletter](#) to sign up.

**CHANGING
MINDS IAPT**

Supporting parental mental health

IAPT have produced a useful leaflet that you can use with parents when discussing choices around supporting their mental health. Their services include being offered talking therapies, groups, computerised cognitive behavioural therapy, online wellbeing groups, telephone or face to face support. Therapeutic work takes place in GP surgeries and other suitable facilities throughout the county, and they offer workshops and webinars out of hours or during the weekend.

Who is this service for? Anyone aged 17 and half and over registered with a GP in Northamptonshire.

How to access this service: Access the service by calling 0300 999 1616 (9 to 5 weekdays) or by filling in the online form by visiting [Register for IAPT](#)



Changing-Minds-IA
PT-leaflet-final-PRIN

Recovery College also have lots of information about supporting mental health in their April newsletter.



Newsletter April
2021.pdf

Service Six Target Conference

TARGET

Targeting And Reducing Grooming, Exploitation & Trading
of Children & Young People Online

4th Annual Conference
“Pandemic: Exploiting Isolation”

28th May 2021

COMMUNITY FUND
Service Six

This year we are delighted to welcome some amazing guest speakers who are experts in their field, sharing expertise, experience and stories of Child Sexual and Criminal Exploitation and Abuse - online and offline - to safeguard children and young people.

Nazir Afzal OBE: Nazir has been the Chief Crown Prosecutor for NW England and Director of London

Gavin McKenna: Reach Every Generation.

Kenny Gibson: National Head of Safeguarding at NHS England.

Carole Fitzsimmons: Carole is a Detective Sergeant at Northamptonshire Police and a Trustee at Service Six.

Lianna McDonald, the Executive Director of the Canadian Centre for Child Protection and a global leader in the protection of the world's children.

To find out more and book your place to go please visit [Eventbrite](#)

Hope for Families – Parenting courses online

The Time Out for Parents - the Teenage Years course is an **8-session course** for parents of children aged 11-19. We will cover topics such as helping our children stay safe online, communication and handling conflict well. This is a fantastic course for those parenting teenagers, and for those who are nearly there! **Date and time:** Tuesday evenings, 7 - 9pm from 11th May - 6th July

Cost: £20 per household including accompanying parent handbook (RRP. £9.99) and additional resources and goodies. Bursary places are available for parents who qualify.

To get tickets please visit [The Teenage Years](#)



Time Out For Parents
The Teenage Years

Care for the Family

Sessions for anyone parenting children aged 11 to 19

Dates
Every Tuesday 7pm - 9pm
11th May - 6th July

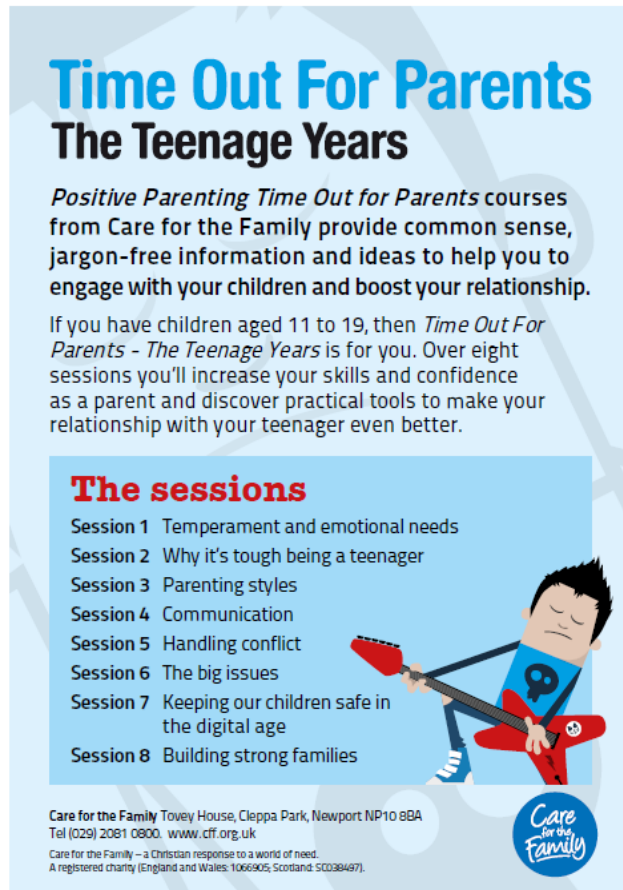
This course will be run online via Zoom

Book your place online visit hopeforfamilies.org.uk

For more information
Contact Louise Willis on
07784 333825
or email hello@hopeforfamilies.org.uk

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





Time Out For Parents
The Teenage Years


Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 11 to 19, then *Time Out For Parents - The Teenage Years* is for you. Over eight sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your teenager even better.

The sessions

- Session 1 Temperament and emotional needs
- Session 2 Why it's tough being a teenager
- Session 3 Parenting styles
- Session 4 Communication
- Session 5 Handling conflict
- Session 6 The big issues
- Session 7 Keeping our children safe in the digital age
- Session 8 Building strong families

Care for the Family Tovey House, Cleppa Park, Newport NP10 8BA
Tel (029) 2081 0800. www.cff.org.uk
Care for the Family – a Christian response to a world of need.
A registered charity (England and Wales: 1066905; Scotland: SC038497).



Handling Anger in the Family is a short **4-session course** for parents of children aged 5-16 years. We will look at how we can manage and handle anger in a safe and healthy way, starting with ourselves as parents and carers and then with helping our children. This is a really popular course and we have added extra dates due to demand so we expect to fill all 12 spaces. Please do encourage parents to book their place ASAP so they are not disappointed!

Date and time: Tuesday mornings, 9:30 - 11:30am from 15th June - 6th July

Cost: £10 per household including accompanying parent handbook (RRP. £9.99) and additional resources and goodies. Bursary places are available for parents who qualify.

To get tickets please visit [Handling Anger in the Family](#)

For more information contact Louise Willis on 07784 333825 or email hello@hopeforfamilies.org.uk

Time Out For Parents



Handling Anger in the Family

Sessions for anyone parenting children aged 5 to 16

Date
Every Tuesday, 9.30am - 11.30am
15th June - 6th July

This course will be run online via Zoom

Book your place online
visit www.hopeforfamilies.org.uk

For more information
Contact Louise Willis on
07784 333825
or email hello@hopeforfamilies.org.uk



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

Time Out For Parents

Handling Anger in the Family

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 5 to 16, then *Time Out for Parents – Handling Anger in the Family* is for you. Over four sessions, you'll increase your skills and confidence as a parent and discover practical tools to help you and your children deal with the ordinary, everyday anger that all families experience.



The Sessions

- Session 1 Managing our anger – part 1
- Session 2 Managing our anger – part 2
- Session 3 Helping children manage anger – part 1
- Session 4 Helping children manage anger – part 2

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CAMHS CONNECT

PROFESSIONALS WORKING TOGETHER TO HELP YOUNG PEOPLE

Professional Training CAMHS Connect

We continue to facilitate virtual training via Microsoft Teams. We currently have six training sessions to offer virtually and we 15 minutes at the start of each session to address any technical issues when attendees log on:

1. Staff Well-being – This is a 3 hour interactive session providing an overview of mental well-being which addresses your own welfare and incorporates management strategies including challenging our thinking, activities to improve our well-being, and mindfulness.

Next available date: 22nd June 2021 09:15 – 12:30

2. Risk Assessment and Safety Planning – This is a 3 hour interactive session providing an overview of important information to ask young people who are experiencing emotional distress and at risk of suicide or self-harm. We will look at what to consider to determine the level of risk that a young person presents with, and options for appropriate signposting. We will also review the practice of safety planning with young people and their parents/guardians.

Next available dates: 27th May 2021 09:15 – 12:30

3. Self-injury training – This is a 3 hour interactive session aiming to increase professional’s knowledge of self-injury. We will look in depth at the different categories of self-injury, why young people may purposefully injure themselves and examine the self-injury cycle. We will also discuss how to support these young people (with a brief look at assessing risk) and explore coping strategies, safety planning and the options for further support.

Next available date:

05th May 2021 09:15 – 12:30

15th June 2021 09:15 – 12:30

4. Emerging mental health in the context of childhood development – This is a three hour interactive session aiming to identify emerging mental health difficulties and how to support/make a referral for young people when needed.

Next available date: **08 June 2021 09:15 – 12:30**

5. Rethinking challenging behaviour – This is a three hour interactive session focusing on origin of challenging behaviour and exploring new ways of thinking about and addressing challenging behaviour in young people

Next available date: **13th May 2021 09:15 – 12:30**

6. NEW!! - Understanding anxiety – This is a three hour interactive session focusing on understanding the function and physiological process of anxiety and to learn practical strategies to support young people with anxiety

Next available date: **21 May 2021 09:15 – 12:30**

Please be aware that we require a minimum number of attendees for these interactive sessions so training may be cancelled at short notice if we are unable to meet minimum attendance.

To express an interest or to book on to the available training please email:

CAMHSConectTrainingandConsultation@nhft.nhs.uk



Girlguiding Northamptonshire

Girlguiding is unique

The Girlguiding units (Rainbows, Brownies, Guides and Rangers) are returning to Covid safe face to face meetings across the County, to register a young person or volunteer please visit [Girlguiding](#)

We offer a safe, welcoming girl-only space for girls and young women to try new things, help other people and discover their passions and talents. All while having fun with a ready-made group of friends!

We're dedicated to girls leading the way – they choose the activities, challenges and events that inspire them, and our volunteers support them to make it happen. Because girls shape and lead everything we do, we know that we're offering the best opportunities and experiences for girls today.

Volunteering for Girlguiding is a rewarding experience as a volunteer you'll meet people, gain skills and do something good for you and your community.

Healthy Start - Increase in value of vouchers

As 1st April 2021, the value of the Healthy Start Food vouchers has increased from **£3.10 to £4.25**. Please share this information with the families that you work with and refer them to the new [Healthy Start Website](#) for more information and FAQs.

Here is the link to [NHS resources and assets](#) to support the campaign including a toolkit, social media graphics and posters. Public Health Northamptonshire is promoting this through their social media channels so please do like and share widely.



Healthy Start
English Posters.pdf



Parent Child Violence Programme

This programme aims to help Young People aged from 11-17years who are displaying violent and controlling behaviour towards their parents/carers with an innovative approach called non-violence resistance (NVR). Through a series of 20 sessions the programme works not only with the parents/carers and young people but with other professionals and key people in the young persons life.

NVR is a series of techniques that can be used when traditional approaches to violent young people have failed. It looks to provide parents/carers with the skills and knowledge to deal with the behaviours.



Jump_Voice_CPVPro
gram_Professionals_



Jump_Voice_CPVPro
gram_ParentsAndCa



CPV referral
Form.pdf

For more information please attached documents and to refer please fill in the attached referral form and send back to bev.plunkette@risemutual.org



Northamptonshire Fire and Rescue Service Northampton Fire and Rescue Home visits and Community based support

NFRS are able to support families through several different methods, some of the areas in which we can support families, young people are as follows:

Home visit safety check

A referral should be considered when:

- Concerns around lack of or no working smoke alarms
- Older residents, living alone
- Concerns around mobility or sensory impairment which may affect ability to escape in a fire (including dementia)
- Where residents smoke inside the home and are not mobile
- Previous fires, or near misses
- A fire setter living in the home
- Concerns around electrical safety including overloaded sockets or exposed wires
- Issues of Hoarding or Clutter.

When there are fire safety concerns for a Family needing or accessing Early Help, financial hardship or living in a target area / vulnerable adult receiving or in need or care and support.

The online referral form can be found by visiting [Fire Partner Agency Referral Form](#)

This form is to be used for all referrals as it then provides us with all of the necessary information to try and progress the request. If you need to contact the team for advice, you can email us on safetycheck@northantsfire.gov.uk

As we rely on consent to be able to carry out a visit, any referrals that you send to us without consent due to significant fire safety concerns will be looked into on a case by case basis. If a referral is not required at this stage and you would like to pull a picture together of whether any other services are sharing your concerns before deciding the best course of action, then please email safetycheck@northantsfire.gov.uk and we can check our systems for any records we hold.

Firesetter Interventions – NFRS recognizes and tackles the risks caused by people who cause deliberate fires through to young people who may experiment or have a fascination with fire that puts themselves and others at risk. If there are firesetting behaviours within a family, these can impact on their ability to gain and sustain accommodation. The NFRS Arson Task Force (ATF) engage with people who are fire setters and commit offences of arson. Often our engagement will involve working in partnership with schools, social services, parents/guardians and a variety of other interested agencies. We work to motivate agencies to positive action, in order that risk concerning fire is greatly reduced.

Parents / carers or professionals can make a referral direct from our website by visiting [Arson Task Force](#)

The Northamptonshire Fire and Rescue Service (NFRS) Community Engagement team are actively involved in working with educational settings, community groups and partners with the aim of keeping our community safe through education and advice. The team covers various subjects around the themes of fire, road and water safety. Our sessions are adapted and delivered in an engaging way to suit the audience we are working with. For example, fire safety messages are delivered to younger children in a way that educates and empowers them on the importance of home fire safety without causing unnecessary worry or concern. We can work with you to deliver education and safety messages that fits your needs either ‘virtually’ or through on site visits.

Interested schools, colleges and Community Groups can get in touch with the team directly via our website by visiting [Contact Forms](#) or by telephone 01604 797000.

The Northamptonshire Emergency Services Cadets, (NESC), deliver a combined Emergency Services curriculum allowing our young people to develop skills across our Emergency Services as well as important social and life skills. Our cadet scheme is open to all young people aged 13-18 fully embracing the rich diversity of communities living in Northamptonshire. NESC is a registered charity that actively encourages adults to volunteer with our young people.

For further information please visit [Northamptonshire Emergency Cadets](#)

Family Support Link – online support groups



Online Zoom Groups coming up in MAY...

MAY		
Tuesday 4th	Wednesday 5th	Friday 7th
Coping with Anxiety 11am– 12.30pm Drop In support Group 1.30-2.30	Mindfulness for Emotional Resilience 2pm-3.30pm	Mindfulness Meditation Attention and Focus 11am-12.30pm
Tuesday 11th	Wednesday 14th	Friday 14th
Drop In support Group 1.30-2.30	Basic Communication Skills 2pm–3.30pm	
Tuesday 18th	Wednesday 19th	Friday 21st
The Drama Triangle 11am–12.30pm Drop In support Group 1.30-2.30 Setting Boundaries 7pm–9pm	The Human Givens 2pm -3.30pm	Nutrition– Food for Mood 11am–12.30pm
Tuesday 25th	Wednesday 26th	Friday 28th
Setting Boundaries 11am– 12.30pm Drop In support Group 1.30-2.30	Healthy Relationships 2pm – 3.30pm	Bereavement Group 11-12pm

Please call the support line

01933 227078

or email

contactus@family-supportlink.co.uk



Social Work Toolbox

The **Social Work Toolbox** is an online resource that brings together a wealth of content to help professionals to develop their knowledge and skills when working with families, children and young people. Over 200 worksheets, assessment tools, information handouts, storybooks and games; all sorted into thematic categories such as mental health, domestic abuse, parenting, disability and health etc. To find out more and to access content please visit [Social Work Toolbox](#)

Young Ambassadors Health and Well Being Conference

Please find below the recording to the conference that took place in April with our Young Ambassadors leading a discussion on Health and Wellbeing with various practitioners. Please do share with your networks, schools, colleges and with any organisations that work with young people. Please visit [Health and Well Being Conference](#) to watch in full.

SOUTH NORTHANTS AND DAVENTRY



South Northants
Youth Engagement

Community PLAYback Project – Community Street Play



This project will seek to offer 'Doorstep Opportunities' and bring communities together to reclaim their streets for play, activity and to improve community bonding.

South Northants Youth Engagement, funded by the London Marathon Charitable Trust, will help you to deliver 10 events at various locations across the South Northants and we are now looking for both locations in which to deliver the project and local Community Champions / Playmakers to get involved. (Full Volunteer support will be offered).

The first two locations are confirmed in Towcester and Brackley. This is available to any village in the South Northants area as well or additional streets in the towns.

If your community / location would like to host one of these events and bring families together please contact Martin Gillett, Project Manager

martin.gillett@oxonplay.org.uk / 07436 270267

This project will be based on the Playing Out model delivered in Bristol, for further information please visit [Playing Out](#)



SNYE - Community
PLAYback Project - C

HOME START – FUN AND FITNESS SESSIONS FOR UNDER 5S

Outdoor Fitness & Fun for under 5's



Monday- 1:30PM-3PM at The Rec,
Islington Road, Towcester, NN12 6AU



Tuesday- 10am - 11:30am at Eastern
Way Playing Field, Daventry, NN11 0PR
(by the iCon)



Thursday- 10.00am -11.30am at
Fishponds, Southbrook, Daventry

FREE - DROP BY SESSIONS - NO NEED TO BOOK

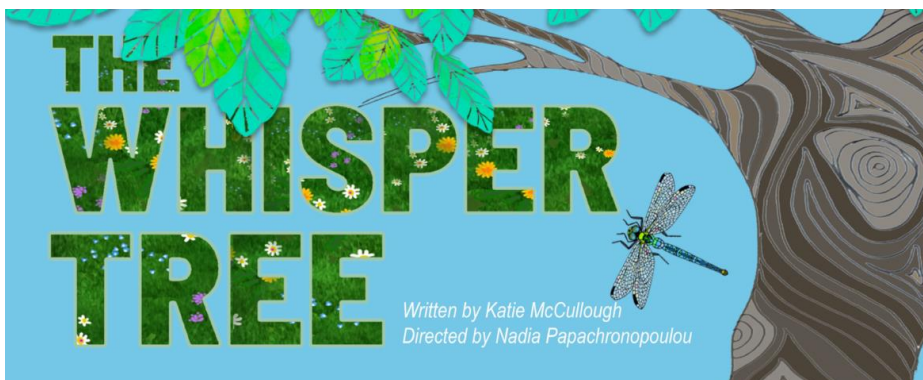
Liberty Band

Youth band sessions have re-started at Wilton Locks Go-Carting. Find out more about Liberty band by visiting their [website](#).



NORTHAMPTON

The Royal and Derngate – The Whisper Tree in Becket's Park



Rory is looking for The Whisper Tree. Tilly is ready for adventure. You have the map that we all need. Together you'll go on an adventure as you walk through Becket's Park. From Friday 30th April – 26th June 2021.

This free audio performance reintroduces children to nature with themes of friendship and kindness as you navigate your way from Royal & Derngate through Becket's Park in a new, innovative journey.

With a free illustrated map created by local artist – [Fridge Street](#) – available to download (copies also available from John Franklins, adjacent to the theatre in Guildhall Road), all you need is headphones, a pen and a phone to be ready to set off on your treasure hunt to find The Whisper Tree.

Book [here](#) and your free map and audio tour will be available to download from the Digital Content section of your account.

Once you've downloaded your audio, press play as you start your journey at Royal & Derngate, and again at the entrance of Becket's Park. To experience the full 360 degree sound, we recommend the use of headphones.

Why not join us for a **free** online workshop and delve deeper into this project? See below for full details on the workshops available to book.

Workshop – Sat 1 May 10am – 11am
To Book Please visit [Workshop ages 6-8](#)

Help to create Rory's and Tilly's next adventure in Northampton now that they have found the Whisper Tree in Becket's Park. Where do they go next and who do they meet?

Join us for storytelling workshops, working as team to make the next experience for our dynamic duo.

Workshop – Sat 1 May 11.15am – 12.15pm
To Book Please Visit [Workshop ages 9-13](#)

The Whisper Tree explore Rory's and Tilly's adventure in Becket's Park looking for the magical and incredible tree with all the knowledge of the world. It knows what the birds have for breakfast and how many leaves land on the floor. It has roots that live for miles underground. What is next?

Lets come together and use our imaginations to create an extraordinary next journey, where you are the protagonist.



Northampton Food Bank family is GROWING!

We have great news that you can now refer to even more places across the town MONDAY through to SATURDAY, with our newest Distribution Point opening at Briar Hill on WEDNESDAY.

This joins our latest Distribution Point at Far Cotton, helping us to reach more of the South/West of our town. Please remember our Sheep Street central location is now only open on a Tuesday, with the new time of 11.30am-1.30pm.

So from w/c 12th April, anyone with a valid referral code can collect from the following locations:

Monday - Spinney Hill, 12-2pm

Tuesday - Town Centre, 11.30-1.30pm

Wednesday - Briar Hill, 12-2pm

Thursday - Far Cotton, 3-5pm

Friday - Eastfield 9am-12pm

Saturday - Duston, 10am-12pm

All details, locations and updates will be on our website so please visit [Restore](#)

Please remember that anyone who is in desperate need can be referred to Northampton Food Bank, but must collect their parcel within 7 days and to a maximum entitlement of 5 per year. Any extenuating circumstances may be discussed by the Referral Agency making contact with Re:store Northampton prior to a new referral being made.

Duston Community Allotment



The Grow Together Allotment Volunteering Days

Duston Parish Council's community allotment, on Berrywood Rd, is now in its 5th year. TGTA is facilitated by a collaboration between DPC, Youth Inspired and local volunteers.

The project aims to engage people of all ages and abilities in gardening; we offer opportunities to meet new people, spend time outside and learn and share skills whilst improving your mental & physical wellbeing.

Covid distancing rules apply. Join us for some or all of the session times BUT we need to know you are coming so we can let you in! Jenny: Jenny@cypn.org or Alison 01604 583626

DATE	TIME	GUIDE; JOBS MAY VARY
11 March	10 – 2 pm	Digging & planting seeds
1 April	10 – 4 pm	Potato planting
13 May	10 – 4 pm	Planting & sorting compost bins
3 June	10 – 4pm	Celebrating Volunteer Week
23 June	6 - 10 pm	Mid-summer gardening with evening refreshments
24 June	10 – 2pm	Weeding & Planting
8 July	10 – 4pm	Weeding & Planting
11 August	6 – 10pm	National Allotments Week: Gardening with chip supper
12 August	10 – 2pm	Children & young people's summer holiday activities
16 September	10 – 2 pm	Harvest & digging
14 October	10 – 2 pm	Autumn clear up
28 October	10 – 2 pm	Half Term activities
18 November	10 – 2 pm	Shed clear up
16 December	12 – 2pm	Christmas lunch @ DCC



The Grow Together Allotment



DustonPC



@duston_pc

www.duston-pc.gov.uk

Northampton in Bloom Gold winners

YouthInspired

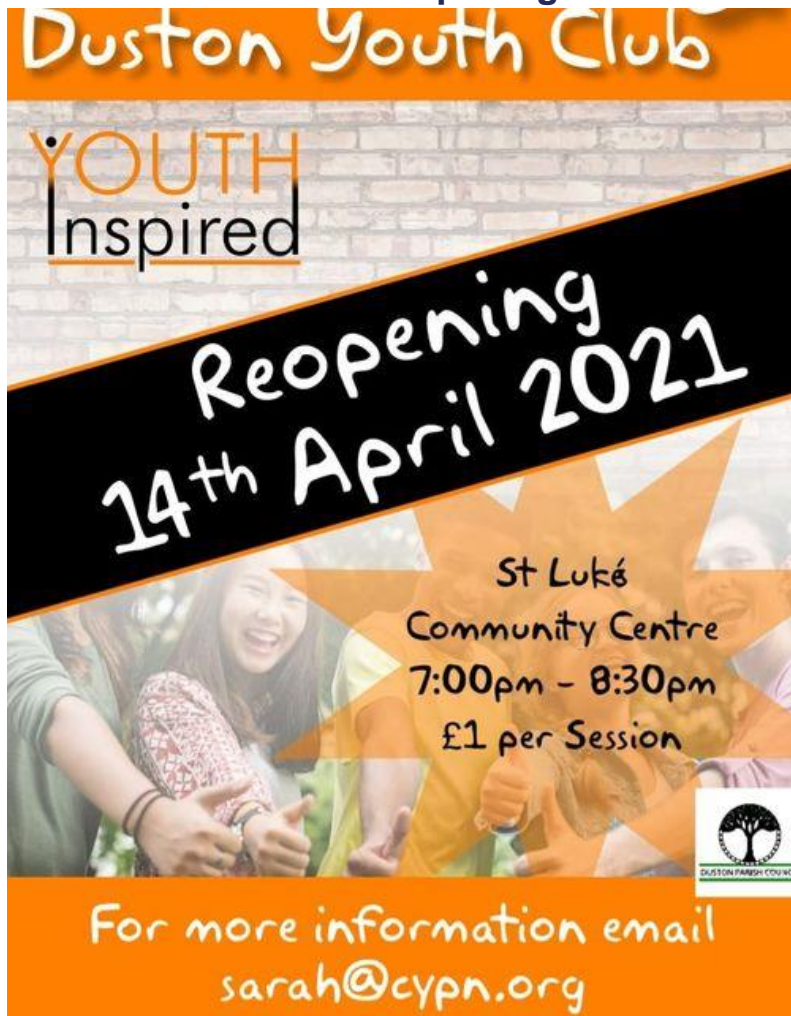
inspiring young people to realise their potential

Working in Partnership



DUSTON PARISH COUNCIL

Duston Youth Club - reopening




Duston Youth Club

YOUTH Inspired

**Reopening
14th April 2021**

St Luké
Community Centre
7:00pm - 8:30pm
£1 per Session

For more information email
sarah@cypn.org



Wellbeing Drop in at the Lowdown



the lowdown
1989 supporting young people

Wellbeing Drop in

SATURDAYS 1-3 PM
WEDNESDAYS 5-7 PM

TELEPHONE OR ZOOM CALL

Free and confidential wellbeing drop in for 11-25 year olds and their loved ones

CALL US ON 01604 634385 TO BOOK A SLOT





Street Sports is Back!!

FREE!!
MULTI-SPORTS SESSIONS

Go to the website <https://www.trilogyleisure.co.uk/junior-activities/street-sports-street-football/> to find more information and to book onto one of our sessions. You can just turn up to one of our sessions but book to avoid disappointment.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Racecourse Tennis Courts (NN1 4LG)	Blacky more Community Centre & (MUGA) (NN4 0WP)	Thorplands (MUGA) (NN3 8UN)	Far Cotton Community Centre & (MUGA) (NN4 8NG)	St. David's Church & (MUGA) (NN2 7QB)
Street Cricket Session	Multi – Sport Session	Multi – Sport Session	Multi – Sport Session	Multi – Sport session
5:30-6:30pm (8-12 Year olds)	5:30-6:30pm (8-12 Year olds)	5:30-6:30pm (8-12 Year olds)	5:30-6:30pm (8-12 Year olds)	5:30-6:30pm (8-12 Year olds)
6:30-7:30pm (13-18 Year olds)	6:30-7:30pm (13-18 Year olds)	6:30-7:30pm (13-18 Year olds)	6:30-7:30pm (13-18 Year olds)	6:30-7:30pm (13-18 Year olds)



@NorthamptonStreetSports



Northampton_street_sports

What's on at the Community Courtyard?

Some of these sessions take place at the Yard, which is at 62 Gold Street. However, at the moment you can find the team online while we transition back into the building on a regular basis.

YOUTH WORK					
MONDAY		TUESDAY			
GAMING:	12:30 - 13:30	GAMING:	12:30 - 13:30		
CHITCHATTING:	16:00 - 17:00	JUST LIVING:	16:00 - 17:00		
SHOUT OUT:	17:00 - 18:30	HAPPIFY:	17:00 - 18:30		
YARD PROJECT:	19:00 - 21:00	CRAFTING STORIES:	19:00 - 21:00		
WEDNESDAY		THURSDAY		FRIDAY	
GAMING:	12:30 - 13:30	GAMING:	12:30 - 13:30	GAMING:	12:30 - 13:30
CRAFTERNOON:	15:00 - 16:00	CRAFTERNOON:	15:00 - 16:00	CRAFTERNOON:	15:00 - 16:00
YARD CAMP:	16:00 - 17:00	YARD CAMP:	16:00 - 17:00	YARD CAMP:	16:00 - 17:00
FOREST HUB:	17:00 - 18:30	BOARD GAMES:	17:00 - 18:30	DRAMARAMA:	17:00 - 18:30
YARD HANGOUT:	18:30 - 20:30	YARD HANGOUT:	18:30 - 20:30	YARD HANGOUT:	18:30 - 20:30
HOODIES ARE GOODIES: 19:00 - 21:00		HOODIES ARE GOODIES: 19:00 - 21:00		HOODIES ARE GOODIES: 19:00 - 21:00	

COMMUNITY WORK			
MONDAY			
STORY TIME:		19:00 - 21:00	
TUESDAY			
CULTURE CLUB:		12:30 - 13:30	
WEDNESDAY			
OPEN TABLE - TEA & TOAST:		10:30 - 11:30	
CONVERSATION STARTER*:		12:30 - 14:00	
CONVERSATION CAFE:		19:00 - 20:30	
THURSDAY			
OPEN TABLE - TEA & TOAST:		10:30 - 11:30	
FRIDAY			
FAMILY SUPPORT			
ONE TO ONE APPOINTMENTS AVAILABLE		10:00 - 20:00	
SATURDAY			
CONVERSATION CAFE:		10:30 - 11:30	
ESOL CLASSES:		ALL DAY 09:00 - 21:00	
UKVI A2 & B1 / IELTS GENERAL & ACADEMIC			
SUNDAY			
ESOL CLASSES		ALL DAY 09:00 - 21:00	
UKVI A2 & B1 / IELTS GENERAL & ACADEMIC			

*LAST WEDNESDAY OF EVERY MONTH

To find out more about these projects and sessions go to [The Courtyard website](#) or [Facebook page](#)

Sports for Fitness CIC

We are delighted to announce that we are now an official Football Library. This means you can borrow a football to play with locally. For more information please contact us at info@spotsforfitness-cic.co.uk or visit Sports for Fitness for more information.

Are you age 16 + with a Learning Disability & looking for something fun, active & social to do in Northampton?



FIRST 6 WEEKS FREE!

Join us and try:

- Dance •Golf •Cricket •Football and more!



Free T-shirt!



STARTING 25TH APRIL 2021

EVERY SUNDAY 1-2PM



Location: Avery Pavilion, Fernie Fields, Moulton, NN3 7BD

TO BOOK YOUR PLACE

EMAIL: INFO@SPORT4FITNESS-CIC.CO.UK



Sport4Fitness CIC



SPORT ENGLAND

LOTTERY FUNDED



STEELBACKS IN THE COMMUNITY



mencap
The voice of learning disability



BORN TO PERFORM

EAST NORTHANTS

Kicks Football Training

Rushden is the newest site, offering free weekly football sessions for young people as a positive activity. Starting every Wednesday from 21st April, the FREE football sessions are open to everyone in years 7-13. We also target those at risk of ASB, Ganags, county lines and work alongside the police and other agencies to refer into the project as a way to provide positive diversionary activity.

For participants to sign up, they need to register before attending due to covid regulations by visiting [Rushden Kicks](#) (project information and flyer is found here too)

In addition please see below a new disability sessions starting 16th June 2021.

NORTHAMPTON TOWN F.C. COMMUNITY

Rushden & Knottwood Sports Centre

North Northamptonshire Council

Premier League Kicks

DISABILITY FOOTBALL FUN!

Come and join our coaches, Cameron and Kym, for some football fun on a Wednesday evening in a fun, safe and secure environment!

These sessions are for those who are aged 8 - 18 years old. Please register online at ntfccommunity.co.uk/pl-kicks
If you have any further queries please contact Cameron Marshall via email at Cameron.Marshall@ntfc.co.uk

**Every Wednesday starting 16th June 2021.
Inc. School Holidays
16:30 - 17:30
(INDOOR SPORTS HALL)**

The Pemberton Centre,
H.E. Bates Way,
Rushden,
NN10 9YP.

NORTHAMPTON TOWN I'M #PROUDTOBE

Rush2theDen Youth Clubs

For more information please visit [Youth Club](#)


Award winning unique youth club; the activities are varied and will meet the needs of all who wish to attend between 5 and 17 years old. Our sessions provide a learning opportunity through weekly themes including cooking, crafts, team games, music, canoeing, camping, life skills.

Given its 'inclusive policy' no young person will be denied access because of affordability. Sensitive arrangements will be put in place where and when necessary to enable our special events to be attended by all. We run throughout the school holidays closing only for Christmas week and Bank Holidays.

Rush2theDen Stay and Play Activities

Rush2theDen is now taking bookings for their stay and play activities. Please see below for more details.

To book a session please visit [Rush2theDen Book a Session](#)

MONDAY

 let's go!

Push, Pull Play

Extra energy on Mondays?

We have loads of ride on, sit on, pull along and push toys to enjoy :-)

Jolly Jingles

Come and enjoy our very popular singing session 

Little Chef's Lunchtime FUN

Every Monday 12pm - 1pm

Have FUN cooking and eating your lunchtime creations!

Storytime

Do you like curling up and reading a good book? So do children...

Tuesday

Messy Play

Come along and play at one of our fabulous Mess Around Messy Play Sessions. We provide multi sensory, messy play experiences for babies aged 6 months (or sitting unaided) to 5 years old.

With lots of activities to explore, including our famous painting wall, the little ones can squelch, pour, mix and splat until their hearts are content. All you have to do is come along and MESS AROUND and leave the cleaning up to us!

RUSH 2The DEN Messy Play is held on Tuesdays for Pre-School Children (and their carers) because making a mess is the best!

Baby Sensory

Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

Happy Wednesday

Stay N Play


Every Wednesday Play Day is an adventure for children.

We cater for all ages up to School entry level where Tots and young children enjoy a selection of toys, games, jigsaws, dress up, playing instruments, craft corner, construction toys and of course cars & dolls etc.

Play is essential to children's development.



Jolly Jingles

Come and enjoy our very popular singing session 

Storytime

Do you like curling up and reading a good book? So do children...

Hi-Tea

Wednesdays 3.30pm - 5.00pm Have fun and enjoy food...

Thursday

Crafty Fingers

Art may seem like fun and games - and it is! - but you may not realize that your child is actually learning a lot through exploring the arts and doing art activities.

Your children will gain useful life skills through art, so come along and encourage your under 5's to get creative on Thursdays at RUSH 2The DEN



Baby Sensory

Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

FRIDAY FUNDAY

Soft Play

Friday is our day for Soft Play

Large Soft Play equipment, soft bricks, soft cuddlies, beanbags to snuggle into and on and loads more!

Sensory Play

Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

Our 'inclusive policy' no young person will be denied access because of affordability. Sensitive arrangements will be put in place where and when necessary.

Get Set to GO



Northamptonshire

Our physical activities project, Get Set to Go, is relaunching in May. Research has shown that physical exercise is good for us but living with a mental health condition can reduce our desire to get up and go, especially when we're low and just not feeling it. Evidence has shown that physical exercise can improve our mental health, reduce anxiety and stress, increase our self-esteem and help us feel able to cope better with life.

We have a range of activities coming up to get people physically active whilst also supporting people through the challenges that can occur when experiencing a mental health condition.

Coming soon:

- Yoga
- Nordic Walking
- Fishing
- Swimming
- Rambling and Photography
- Football

And more...

To find out more or to sign up to our upcoming activities please contact us on 01933 312800 or email jackie.arkmud@northamptonshireremind.org.uk



WELLINGBOROUGH

Kicks Football Training

We are back up and running with our free weekly football sessions at Hemmingwell and Queensway. Our numbers are building back up slowly with our regular participants and we are always looking to invite more. Aimed at 8 – 18 year olds, interested participants, can sign up by visiting [Kicks Wellingborough](#)

For more information on times etc. please take a look at the flyers below.



Glamis Hall March
21.png



Hemmingwell
March 21.png

For more information or any further questions – please contact Cameron.Marshall@ntfc.co.uk

Service Six

Service Six are continuing to offer their virtual youth club. Just ring or message Gemma for more information or for the zoom link.

places
to people

ZOOM

Service Six
presents

**VYBZ - VIRTUAL
YOUTH CLUB**

EVERY FRIDAY
4PM - 5PM

WITH GEMMA
THE UNICORN

FOR MORE INFORMATION CONTACT GEMMA:
M: 07813 366228
E: GEMMA.MUSCUTT@SERVICESIX.CO.UK

KETTERING



YOUTH WORKS ✓

CIRCUS SKILLS IS BACK!!

STARTING TONIGHT!
7-8PM AT THE KNIBB (MONTAGUE ST, NN16 8AE)
SOCIAL DISTANCING IN PLACE
FAMILIES AND YOUNG PEOPLE WELCOME
JUST TURN UP - £1.50
EVERY MONDAY

The poster features a purple background with a red and white striped circus tent at the top left. A cartoon circus ringmaster in a red and yellow striped outfit is on the right, holding a top hat on a stick and balancing a red and white ball on his foot. The text is in bold, yellow, bubbly letters.



Student Mental Health and Wellbeing Service

The image shows a person's hands typing on a laptop. The laptop screen displays a YouTube video titled 'Talking about obsessive compulsive disorder (OCD)'. To the left of the laptop is a blue hand-drawn icon of a clipboard with a checklist.

Whether students have an existing mental health problem, or they're starting to find things difficult, the pandemic has put a huge amount of extra strain on them.

We can offer:

- Up to three 1:1 sessions with a mentor
- Online peer support
- Online mental health workshops to student groups

www.ketteringmind.org.uk
Registered charity no. 1069373

Who can apply?

Any student from Northamptonshire aged 16 years or older studying at 6th form, college or university.

How to apply

Visit www.ketteringmind.org.uk



Kettering

CORBY

Core Comedians for 12 – 18 year olds!

Do you enjoy making other people laugh? Do you want to develop your own unique comedy voice and stand up routine? Then our **Core Comedians** group is for you.

From Wednesday 12th May, 6.15pm-7.15pm at **The Core at Corby Cube** (please note, no session on Weds 2nd June), with an online welcome session via Zoom on Wednesday 5th May 6.30pm-7.30pm Working with professional, award-winning performers from the comedy circuit **Friz Frizzle** and **Hannah Silvester**, young people joining our weekly Core Comedians sessions will have the opportunity to:

Take part in improvisation and games, Develop comedy writing and performing skill, Write and perform sketches and create comedy characters, Meet other, like-minded young people, Develop stage confidence and storytelling skills, Perform alongside professional comedians at our regular family friendly **Bangers and Mash Comedy Club**, here at The Core. Previous participants have also had the opportunity to meet and take part in a Q & A session with well known comedians performing at The Core including **Milton Jones** and **Sara Pascoe**.

This term Core Comedians is **FREE**, so no fees to pay. We welcome all levels of experience and there is no audition to join this group. Just bring along your enthusiasm and comedy ideas! To register your interest please ask your parent/carer to fill fill on a short form by visting [Young Comedians](#) You will then receive a confirmation email if there is space in the group.

Corby Junior Leisure Club



JUNIOR LEISURE CLUB
AVAILABLE FOR 5-15 YEAR OLDS

JUST £12.50 PER MONTH!

**GET UP
GET OUT
GET ACTIVE**

Junior Leisure Club members can enjoy:
Swimming | Diving | Badminton | Tennis | Gym | Golf | Table Tennis
Teen Fitness | Cheerleading | NRG Inclusive Activity Club | Fitness Classes
Football Club | Kidz Club | Creative Club

NO CONTRACT REQUIRED

10% off SPLAT Holiday Club for all Junior Leisure Club members*

To join visit Lodge Park Sports Centre or Corby International Pool

*Terms and conditions apply. For more information on SPLAT holiday discount contact 01536 400033

Corby LEISURE
North Northamptonshire Council

Take part in as many sessions or activities as you like for £12.50 a month!

For further details contact 01536 464047
www.corbyleisure.co.uk/junior-leisure-club

Your Locality Connectors are here to help, please get in touch



Richard Poole

Northampton

rpoole@nctrust.co.uk

Mobile 07920 361818



Tonya Kingham

Wellingborough and East Northants

tkingham@nctrust.co.uk

Mobile Number 07920 361820



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Marcia Sinclair

Kettering and Corby

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Mobile 07920 361822

What does the Locality Connector team do?

We are your link between community services and children's social care at every level. We keep in touch with the community organisations which provide services for families.

For professionals

We keep the Family Information Service up to date. That is the first place to look for support services. However, if you can't find what you are looking for or need something specific ask your Locality Connector and we can sign post you to the right place.

For Community Organisations

We can help you to develop your services, find you the right contact within Northamptonshire Childrens Trust and work with you to provide a more integrated service to families.