

STAY CONNECTED

Locality Newsletter March 2021

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.

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[Family Learning – fun weekend](#)

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[Kettering and Corby](#)

COUNTYWIDE INFORMATION

Strong Start Team – developing service to meet lockdown demands

The Strong Start Team is a group of qualified and experienced Early Years professionals commissioned by Public Health. We work closely with the Health Visiting and Infant Feeding teams across Northamptonshire to support families with babies and children under 5. Due to high demand we are now offering **virtual groups** to cover a number of our Universal topics eg sleep, toileting and behaviour expectations. We are also still able to offer 1:1 support as needed.

To refer to our service we have our online referral form [Strong Start Referral](#)

The Strong Start website also has a range of helpful videos and resources linked to safety, school readiness, wellbeing and healthy children. For more Information please visit [Strong Start](#)

The leaflet embedded below outlines all the support available.



Strong Start Team
Leaflet February 202

Family Learning – Fun weekend

Family Learning courses offer free, fun learning opportunities for parents, carers and children to learn together. All Family Learning courses are taught by experienced and qualified tutors who will help to identify personal learning aims, for you and your children, in a safe and welcoming environment.

For further information about Family Learning courses and to enrol, please visit [Family Learning](#)

Family learning are offering a special weekend of events on 13th and 14th March 2021. You can learn to crochet a flower and friendship bracelet, make paper flowers, take part in a

Pizza workshop, make some mug cakes, have a go at some exciting outdoor science activities and much more. All of the the resources will be provided or a voucher given to purchase the items needed to take part. To receive these please register by 10th March. To book please open up the document below and click on the links to each activity or visit [Book March Activities](#) or email al-familylearning@northamptonshire.gov.uk



Crafts, cooking and fun activities for all the family

Live online sessions - Free to join - Resources provided

Take a break from home learning and do something fun together online!

- ★ Choose from 12 free online activity sessions - come to as many as you like
- ★ Enrol by Wednesday 10 March to have resources delivered to your door

When you have enrolled, we will send you a confirmation email with full details of how to join your chosen sessions.

Find more details and enrol at

northamptonshire.gov.uk/familylearning

Email: al-familylearning@northamptonshire.gov.uk



Part of Northamptonshire Adult Learning Service
E: adultlearning@northamptonshire.gov.uk
W: northamptonshire.gov.uk/adultlearning



Northamptonshire
County Council

For full details of times and classes please click on the PDF below.



Family Fun
Weekend Flyer 13 at



Mind Northamptonshire New Courses

This group is an online peer support group for parents with children of any age. Join to find some help and support with some of the challenges of parenting, some adult conversation or just a general chat. To register your interest please email us at courses@northamptonshiremind.org.uk

Parenting through the Pandemic

About the course

A weekly online peer support with tips and tools provided to help parents who are looking for help or support with the challenges of parenting, adult conversation or general chatter. Each session is 60 minutes.

This group is designed for parents with children of any age and will be hosted on the Zoom platform.

How to register

Please email us to register your interest at: courses@northamptonshiremind.org.uk

Alternatively, you can ring our Northampton office on 01604 634310 (Mon-Fri)

Group cost: FREE.

All applicants will need to have a simple 10 minute assessment prior to booking.

Stress Management is 4 or 5 weekly 90 minute sessions with the aim to understand what is causing or exacerbating your stress, how it affects you and how to manage it better. To register your interest please email courses@northamptonshiremind.org.uk



Stress Management Course (Online)



About the course

Our online wellbeing courses are hosted via Zoom and be split into either 4 or 5 weekly, 90 minute sessions

The aim of this course is to help you to understand what may be causing or exacerbating your stress, how it affects you and how to manage it better.

How to register

Please email us to register your interest at courses@northamptonshiremind.org.uk

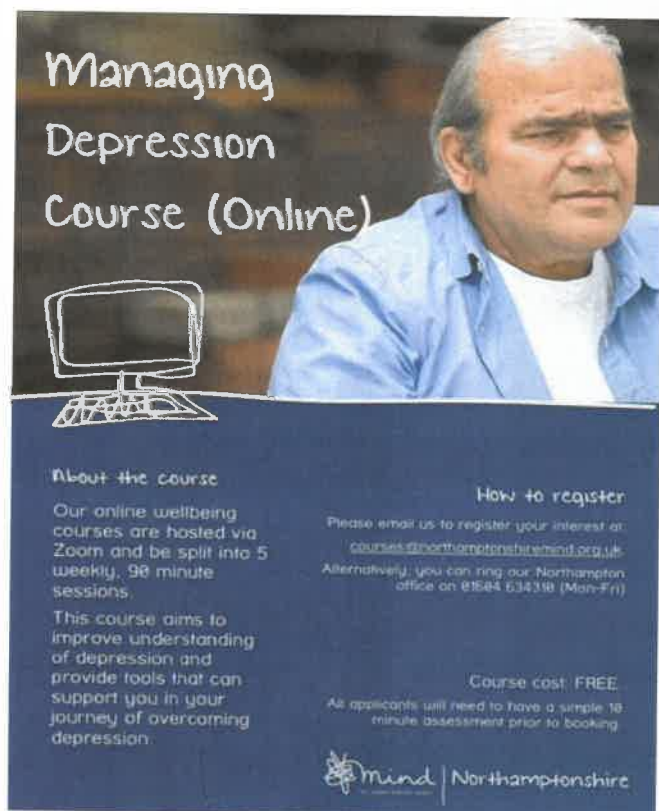
Alternatively, you can ring our Northampton office on 01604 634318 (Mon-Fri)

Course cost: FREE


All applicants will need to have a simple 18 minute assessment prior to booking.

 Mind | Northamptonshire

Managing Depression course is held over 5 weeks for 90 minutes each week. It aims to improve understanding of depression and provide tools that can support you in your journey of overcoming depression. To register your interest please email courses@northamptonshiremind.org.uk



Managing Depression Course (Online)



About the course

Our online wellbeing courses are hosted via Zoom and be split into 5 weekly, 90 minute sessions

This course aims to improve understanding of depression and provide tools that can support you in your journey of overcoming depression.

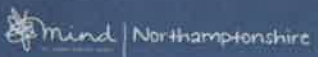
How to register

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Alternatively, you can ring our Northampton office on 01604 634318 (Mon-Fri)

Course cost: FREE

All applicants will need to have a simple 18 minute assessment prior to booking.

 Mind | Northamptonshire



Happy at Home Telephone Befriending

If you know someone who would benefit from having a telephone befriender, give us a call.

Happy at Home Northampton.

Tel: 07718 651631

Email happyathome@voluntaryimpact.org.uk

We have volunteers waiting!



Believe the Youngers Project

Believe the Youngers is a youth led campaign to voice Northamptonshire young people's experiences during the pandemic.

Young leaders will be listening and speaking out about what young people need now and in the future.

We want young people to help explain the social distancing guidelines, understand track and trace, what vaccines are all about and how to stay safe. They will myth bust, call out fake news and reach out to help other young people.

Funded by Northamptonshire County Council young people will also be leading 2 youth conferences, creating artwork, music and media to communicate their experiences of the pandemic and explain health information.

Join us now: message on insta or twitter on [free2talkcic](#) or email: enquiries@free2talkcic.org

For more information please open the embedded documents below.



Believe the
youngers - Story



Believe the
youngers - Project L



The Sleep Charity

The Sleep Charity have produced an ebook for teenagers who are having difficulty with their sleep. To download this please visit [The Teen Sleep hub website](#). Both the website and ebook have been co-produced with input from teenagers and have a great look and feel as well as being packed with information.

[The Sleep Charity](#) are also running a project to have a trained Sleep Champion in every school look on their website for details.



Public Health
England

PHE launches new Psychological First Aid training

Staff and volunteers that come into contact with children and young people, including their parents and caregivers, can access a new psychological first aid training course developed by Public Health England (PHE).

The free online course will help staff develop skills and confidence in providing psychological support to children and young people during crises situations such as COVID-19. The training focuses on helping them feel safe, connected, and supported, and prevent problems from occurring or worsening.

Key things to know:

- The course is free for all frontline workers and volunteers who care for or are regularly in contact with children and young people aged up to 25 (**including parents and caregivers**).
- The course takes three hours to complete and is split into three sessions that the learner can complete at their own pace.
- No previous qualifications are required.
- A certificate of achievement will be issued on completion of the course.

Please visit the [Future Learn website](#) for more information.

Community Ambassadors Project

The aim of this Public Health project is to recruit volunteers from various backgrounds and communities in the county and equip them to be able to share up to date information in relation to COVID-19 and on how to protect themselves and others against the virus.

Reflecting the diversity of the county, they will be a trusted source of information on current COVID-19 guidance, able to dispel the myths and rumours surrounding the virus, testing, the vaccine and anything else COVID-related.

Nothing compares to hearing information from family, friends and trusted people within your community and we will work with Ambassadors to understand the barriers people experience in accessing information and complying with guidelines, as well as making sure everyone knows what they need to do to in the coming days, weeks and months ahead.

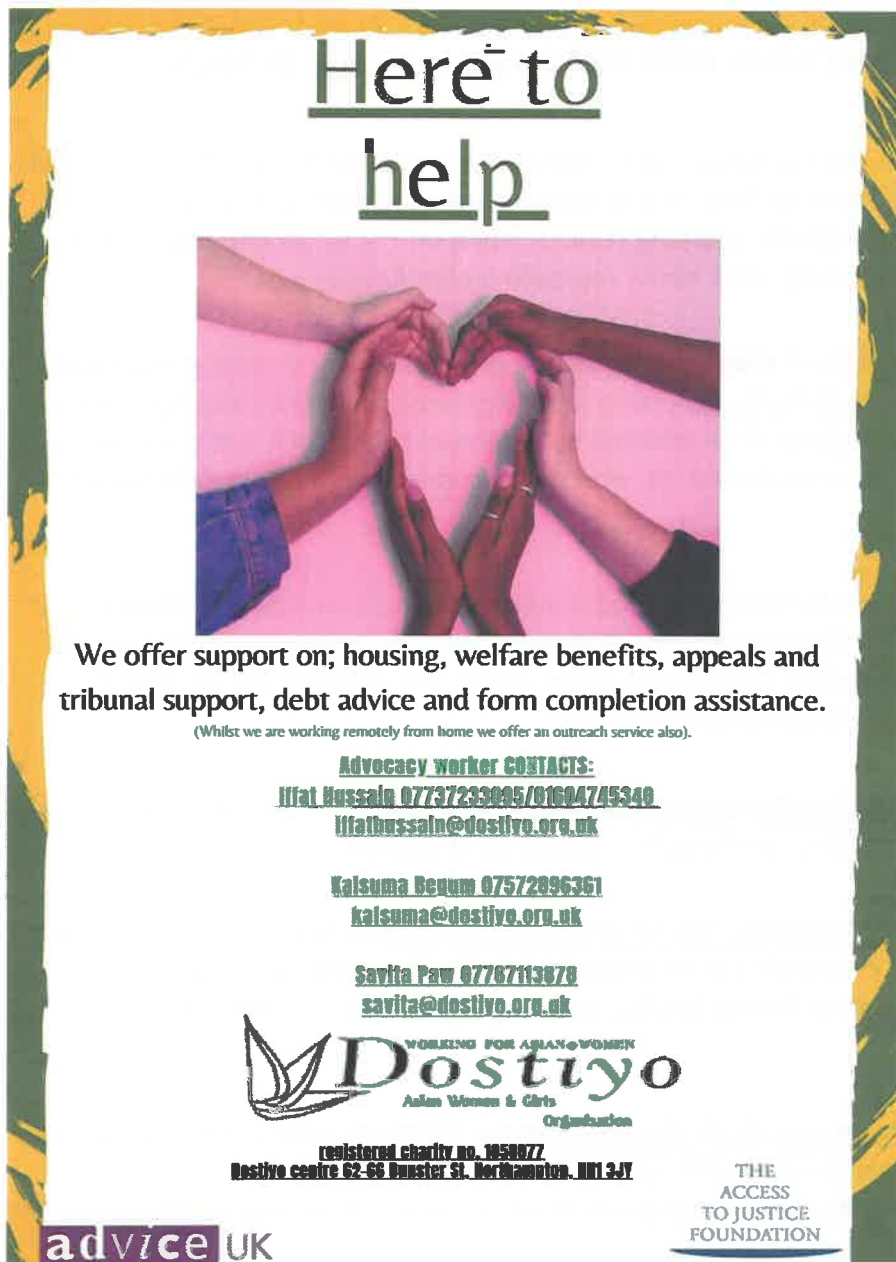
Ambassadors will have access to a Community Empowerment Fund, this is a great opportunity for ambassadors to find solutions that will work for their community. For more information please click on the document below.




7286 COVID
Community Ambass:

Dostiyo

Dostiyo provide advocacy and support on a wide range of issues and have also developed wellbeing activities for people feeling isolated during the pandemic. They are part of the BBO project helping people overcome barriers to work.



Here to help



We offer support on; housing, welfare benefits, appeals and tribunal support, debt advice and form completion assistance.
(Whilst we are working remotely from home we offer an outreach service also).

Advocacy worker CONTACTS:
Ilfat Hussain 07737233005/01604745340
ilfat.hussain@dostiyo.org.uk

Kalsuma Beum 07572896361
kalsuma@dostiyo.org.uk

Savita Paw 07767113070
savita@dostiyo.org.uk

**WORKING FOR ASIAN WOMEN**
Dostiyo
Asian Women & Girls
Organisation

registered charity no. 1058077
Dostiyo centre 62-66 Dunster St. Northampton. NN1 3JY

advice UK

THE
ACCESS
TO JUSTICE
FOUNDATION



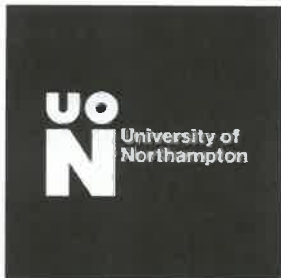
Lowdown Parents and Carers Social Group – LGBTQ

This zoom event is for any parents/carers of LGBTQ young people who would like to meet other parents/carers on similar journeys with their young people.

You will also find out about the support their Out There group offers, ask questions and share stories.

For more information contact Helen on 07585 737482 or email

lgbtgsupport@thelowdownnorthampton.co.uk



Keep CoOL and calm with lockdown learning project

Those who want to learn something new, get extra support for home teaching or advice about their mental and physical health can, from this week, log-in for free, online learning sessions from University of Northampton (UON) experts. Community of Online Learning (CoOL) starts on Friday 26 February to give people information, direction and top tips to help them better navigate a pandemic planet.

Sessions will cover psychological wellbeing and stress management, physical health or getting youngsters to eat their greens. Others will shine a light on home schooling to help parents and carers support children with topics such as English, maths and art. Given in an informal but informed style, CoOL sessions last between 30 minutes to an hour and are open to all over 18, whether they are from Northamptonshire or not.

No prior knowledge is needed and there will be time at the end of each learning event for questions and answers. Post-session notes with ideas for further learning will also be provided. Space can be reserved for each event by booking using the links below. Links to the virtual rooms the sessions will be held in on each day are located there, but will also be emailed to attendees:

3 March (1-1:30pm) – Please visit [Emotion and emotion regulation](#) to book. Dr Pourseied's second session will look into the complexity of emotions and emotion regulation strategies.

4 March (12-12:45pm) – Please visit [Wild writing: Taking English outdoors](#) to book. Joanne Barrow will show you a range of ways that skills in English can be taught outdoors. All aspects of the curriculum will be covered, helping you to feel confident in taking English outdoors and exploring imaginations and possibilities creatively.

5 March (11-11:45am) – Please visit [He always finds the vegetables!](#) To book. Sharon Smith will focus on the importance of nutrition for young children's health. She will explore breastfeeding, recommendations for the introduction of solid foods and the role of early diet in preventing childhood obesity.

16 March (1-1:45pm) – Please visit [Introducing Digital Learning Across Boundaries](#) to book. In this session, Associate Professor Helen Caldwell and Emma Whewell will share fun and practical ideas for using a range of digital technologies and apps to learn about the world and about each other.

18 March (11am-12noon) – [Ideas for arts outdoors.](#) Michelle Bugby will explore ideas for exciting interactive experiences outdoors to inspire children, or as a creative resource from an artist's point of view.

David Cousens Deputy Dean of the Faculty of Health, Education and Society and Dr Jane Murray, Associate Professor, developed the 'CoOL' programme.

Specialist Perinatal Mental Health and Maternal Mental Health Service

Please see below link for a webinar which will discuss the rapid review of the evidence about the Covid impact on new and expectant mums mental health. Please can you share across your areas for those who may be interested. To book a space on this Webinar please visit [Maternal Mental Health During a Pandemic](#)

In Autumn 2020, the MMHA commissioned the Centre for Mental Health to conduct a rapid research review of all the evidence about the impact Covid-19 is having on the mental health of new and expectant mothers and their families, and what services are being provided across the UK to provide support.

In this webinar we will discuss the important findings from this review and share key recommendations for ensuring that women and families can receive the maternal mental health care they need and deserve throughout the pandemic and beyond.

Speakers and panellists will include Luciana Berger, Dr Graham Durcan and Rachel Papworth.

Please join us on 16 March at 10:50AM for an 11AM start.

SOUTH NORTHANTS AND DAVENTRY

Princes Trust – TEAM programme recruitment is open

RECRUITMENT IS NOW OPEN FOR THE PRINCE'S TRUST NORTHAMPTON SOUTH TEAMS:

The Team Programme is for young people aged 16-25 who are unemployed who want to improve their confidence, skills, gain a qualification and take opportunities to progress.

It's a free programme and will not affect their benefits if in receipt of any, for the 12 week programme a bus pass will be provided to help with travel. Below is a brief outline of the up coming courses.

PRINCE'S TRUST NORTHAMPTON SOUTH TEAM 52 - 4 WEEK ONLINE COURSE- 15TH MARCH 2021

This 4 week course is full time from Monday - Friday starting at 10am -3pm. The young people will require a device to do the programme as there is a written element to enable them to gain a qualification. The course is delivered online through Microsoft Teams and will cover 3 units

- Planning for Personal Development
- Career Planning
- Presentation Skills

PRINCE'S TRUST NORTHAMPTON SOUTH TEAM 53 - 12 WEEK PROGRAMME - 26TH APRIL 2021

The 12 week programme is also full time Friday from 9am -4pm.

This will be delivered as normal (face to face) within the team room (The Abbey Centre) with social distancing measures in place to ensure everyone's safety.

Some of the programme will also be adapted to meet requirements so we may not do a residential.

To make a referral you can call 07766365211 or email Siobhan Peters speters@bedford.ac.uk, alternatively you can pass her details onto the young person to contact her themselves.

For more information please click on the embedded documents below.



N.South Poster
2021.docx



Online -4week
course.doc

GLK Club is Back – FREE football coaching

On Saturday 3rd April 2021 10.30am-12.30pm at the Pattishall Playing Fields, Towcester, NN12 8NN. For children aged 4-11 years.

Just turn up and play for FREE. If you want to find out more email GLKcoaching@hotmail.co.uk



GLK FOOTBALL SATURDAY CLUB
FEEDER TO ALL GLK UNITED TEAMS
ONE OF THE MOST SUCCESSFUL TEAMS IN NORTHAMPTONSHIRE

PRESENTS
A VERY SPECIAL SATURDAY MORNING CLUB!
IF YOUR CHILD IS LOOKING TO START OR LOVES
PLAYING FOOTBALL COME AND JOIN US FREE ON THIS
ONE OFF SATURDAY MORNING SPECIAL!!!

SATURDAY 3RD APRIL
2021
AGE - 4-11
GIRLS & BOYS

LOCATION - NN12
8NN
PATTISHALL PLAYING
FIELDS
10:30-12:30

TO BOOK ON PLEASE EMAIL - GLKCOACHING@HOTMAIL.CO.UK

NORTHAMPTON



My Great First Job – NN5 project

Young people from the NN5 postcode area of Northampton, who are struggling with unemployment, can now access My Great First Job's Careers Support Programme completely free of charge.

- ✂ CV produced for them that really sells their skills
- ✂ Introductions made to local Apprenticeship providers
- ✂ Support with marketing their information to local employers

✦ 1-2-1 coaching for every interview

✦ On-going support and coaching when employment is found.

If you know an unemployed young person who lives in the NN5 postcode area and who could use some support to help him/her get into work, tell them to get in touch.

Kings Heath. Ryehill. Duston. St James. Upton. Dallington. Spencer

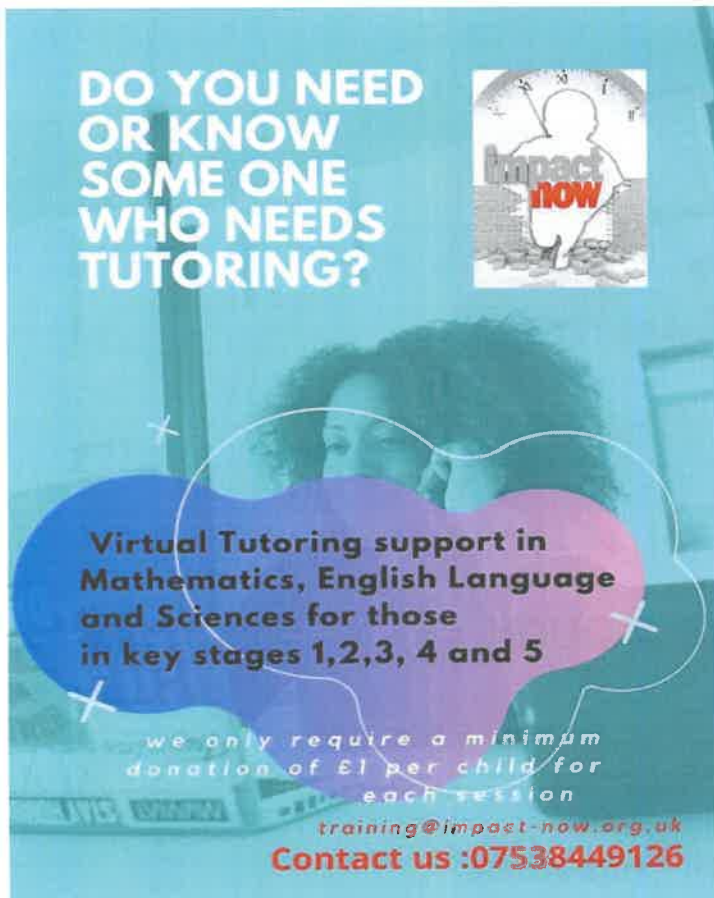
Please visit [My First Great Job Website](#) more information

The programme is funded by SEMLEP's Community Grants. My First Great Job also runs a very popular FREE weekly webinar for any young person looking for a job or an apprenticeship.

Find them on Instagram [My First Great Job](#) for lots of videos and career tips.

Impact Now

Impact now are offering virtual tutoring in Maths, English and Science for children and young people from key stage 1-5. They do require a donation of at least £1.00 for each session. For more information contact them by telephone 07538 449126 or email training@impact-now.org.uk

A promotional poster for Impact Now tutoring. The background is a teal color with a faint image of a woman's face. In the top left, white text asks 'DO YOU NEED OR KNOW SOME ONE WHO NEEDS TUTORING?'. To the right is a cartoon character with 'Impact NOW' written on its chest. A large, multi-colored speech bubble in the center contains text about virtual tutoring support in Mathematics, English Language, and Sciences for key stages 1, 2, 3, 4, and 5. At the bottom, it states a minimum donation of £1 per child per session, provides the email training@impact-now.org.uk, and a contact number: 07538449126.

DO YOU NEED OR KNOW SOME ONE WHO NEEDS TUTORING?

Virtual Tutoring support in Mathematics, English Language and Sciences for those in key stages 1,2,3, 4 and 5

we only require a minimum donation of £1 per child for each session

training@impact-now.org.uk

Contact us :07538449126

Northampton Tennis Coaching

For more information on Northampton Tennis Coaching please visit [Northampton Tennis Coaching](#)

Free 30 minute Tennis Lessons are being offered via Facebook, Instagram, YouTube and their app every Monday at 10am. They have different lessons for different ages 3-6 years, 7-10 years and 11-18 years.

NORTHAMPTON TENNIS COACHING

FREE TENNIS LESSONS

What are we doing?

- We will be releasing 30 minute tennis lessons to every child in Northamptonshire.
- Lessons will be available on Facebook, Instagram, YouTube and our app.
- We are doing our bit to keep children active and upbeat through the last stage of lockdown.
- Competition and prizes available after completing each lesson!

When are the lessons?

- All lessons will be uploaded to all our channels on Monday at 10am.
- Different lessons available:
3-6 years, 7-10 years, 11-18 years

Where are the lessons?

- Facebook - @NorthamptonTennisCoaching
- Instagram - @tennisnorthampton
- YouTube - Northampton Tennis Coaching
- App - download our free app on App Store or GooglePlay called Northampton Tennis Coaching "BEST METHOD"

www.northamptonfenniscoaching.co.uk

EAST NORTHANTS AND WELLINGBOROUGH



Grendon Young Farmers March Programme

If you are interested in rural life, horses, agriculture aged between 10-30 years and want to try something new why not give Young Farmers ago.

You do not have to be a farmer to be a young farmer. At the moment we are holding virtual weekly meetings with Wellingborough Old Grammarians, NN8 6BS being our meeting place when we are open to face to face meetings again.

For more information please contact Wes Coe (club chairman) on 07974 935292 or use their social media pages to make contact. For more general information about young farmers and the benefits of joining please visit National Federation of Young Farmers Clubs



GRENDON YOUNG FARMERS CLUB MARCH PROGRAMME

3rd — Quiz Night

10th — Towcester Vets Talk

17th — West Lodge Farm Park Tour

24th — Oddballs Foundation Talk

31st — The Great Grendon Bake
Off Competition

Are you aged between
10-30?

Virtual Meetings every
Wednesday! Subject to
change

FOLLOW US:



GRENDON YOUNG FARMERS



GRENDON YFC



The Good Plate Earls Barton

The Good Plate in Earls Barton is part of the Real Junk Food Project. They hold a market stall in front of the library every Thursday from 10.20am-12 noon.

They have different food on offer each week and please bring your own tubs and bags and of course wear a mask. They give you the opportunity to offer a donation and to be generous according to your circumstances. Any monies raised goes to other community causes and the growth of the real food junk project.

On Saturday 6th March, 11.00am-12.30pm they are celebrating Fair Trade Fortnight with a Fairtrade Afternoon Tea to take home.

There will be a selection of cakes and savouries. Dietary items will be available such as gluten free, vegan, dairy free etc.

Any money raised from this will go towards the All Saints Church Hall refurbishment and Tradecraft Exchange.



The Good Plate and EARLS BARTON FAIRTRADE SHOP *It's Only Fair*
are celebrating Fairtrade Fortnight with the

Fairtrade Afternoon Tea at Home

Saturday, 6th March 2021
11:00am - 12.30pm
Earls Barton Library

Find a delicious selection of cakes and savouries, made from "junk food" and Fairtrade ingredients. Come and support us as we raise funds for the All Saints Church hall refurbishment and Tradecraft Exchange.

Please bring your own reusable tubs!

Special dietary cakes available: Gluten-Free Vegan Dairy-Free
(and other dietary options on request by email to thegoodplate@yahoo.com)

KETTERING AND CORBY



New Social Group for those with ASD and ADHD

A new social group for young people aged from 11-14 with Autism, ADHD and Aspergers every Friday 4-5pm at Keystone, 97 Rockingham Road, Kettering, NN16 9HX.

Face masks need to be worn when moving around and social distancing must be adhered to. Starts from Friday 26th February.

For more info ring 01536 518339 or email hwatts@youthworksnorthamptonshire.org.uk



A social group for young people
aged 11 to 14
with Autism, ADHD or Aspergers.

Fridays 4pm - 5pm
at Keystone
97 Rockingham Road,
Kettering. NN16 9HX
(With social distancing
and face masks when moving around)

Starts Friday 26th February

Email
hwatts@youthworksnorthamptonshire.org.uk
or ring 01536 518339
to find out more or book a place



Kino Lounge

The Kino Lounge are offering a soup kitchen on the first three Sundays of every month and all the food is FREE. Both meat and vegetarian options will be available. 1-3 Market Place, Kettering NN16 0AL from 3.00-5.00pm.

KINO LOUNGE

HOSTING

THE SOUP KITCHEN

FOOD
FOOD
FOOD

FREE

HOT FOOD

HOT DRINKS

TAKEAWAY MEALS FOR THOSE IN NEED

THE FIRST 3 SUNDAY'S OF THE MONTH

MEAT & VEGETARIAN OPTIONS AVAILABLE

3PM - 5PM

KINO LOUNGE
1-3 MARKET PLACE
KETTERING
NN16 0AL

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



Rachel Wheeler
Daventry, South Northants and NN4
rawheeler@nctrust.co.uk
Mobile 07721 128655



Marcia Sinclair
Kettering and Corby
masinclair@nctrust.co.uk
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.