

North Northamptonshire May 2026 Stay Connected



This newsletter focuses on all the amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend.

This is a live document and will be updated throughout the month with new events added and events that have happened removed so keep checking back.

To navigate to the location you wish to search for use the small grey box in the righthand corner of the screen.

Countywide



Wild Skills, Bright Futures Half Term Adventure

Stanwick Lakes is inviting children and young people who are care experienced or are a child with a social worker, to join their new Wild Skills team!

The Wild Skills, Bright Futures project is based on the beautiful nature reserve at Stanwick Lakes in Northamptonshire and will enable young people to explore the wild, learn new skills and connect with nature.

You'll have adventures, meet new people, learn practical skills and take action to protect nature!

What will you get up to during Wild Skills, Bright Futures sessions?

- *Animal tracks and trails
- *Campfire and environmental action
- *Nature Arts & Crafts
- *Bird watching, butterfly counts and pond dipping.
- *Learn how to lino print with artist Lizzy Ault of Tales from the Fen
- *Exploring and adventuring

Tuesday 26th May:

Morning session is for 7-11year olds

Afternoon session for 11-18 year olds.

Wednesday 27th May:

Morning and afternoon sessions for all ages 7-18 year olds.

Thursday 28th May:

Morning session is for 7-11year olds

Afternoon session for 11-18 year olds.

For full information and to book please visit [Wild Skills, Bright Futures Registration | Stanwick Lakes | Nature, Heritage, Adventure](#)



Family Support Link. Online Group Every other Tuesday

Family support link Zoom group.

As of January 6, our online support group will be moving to Fortnightly. The group will run every other Tuesday from 7pm to 9pm. It offers a safe and welcoming space for family members affected by someone else's substance misuse.

General enquiries: 01933 224632

Support Line: 01933 227078

Email: contactus@family-supportlink.co.uk

www.familysupportlink.co.uk



ONLINE GROUP
Every other Tuesday 7PM-9PM
Family Support Link Zoom group



As of Jan 6th, our online support group will be moving to fortnightly. The group will run every other Tuesday from 7pm - 9pm. It offers a safe and welcoming space for family members affected by someone else's substance use.

General Enquiries: 01933 224632
Support Line: 01933 227078
Email: contactus@family-supportlink.co.uk
www.familysupportlink.co.uk

Connect to Work Programme

Adult Learning are currently delivering a **select number of free courses** as part of the **Connect to Work programme**. These courses are designed to support people into work or improve their confidence and skills, and include learning in:

- **Maths**
- **English**
- **Microsoft applications**
- **Artificial Intelligence (AI)**

All courses are **free of charge**, subject to eligibility. If you are supporting someone who may benefit, please **refer them to sign up directly via the Connect to Work website**. This ensures they receive the right support and can be assessed for eligibility as part of the programme.

Please visit [Connect to Work – South Midlands Authorities](#) for more information

Participants in Connect to Work receive:

- One-to-one support from an **Employment Specialist** who understands individual challenges and recognises strengths
- Help to identify existing skills and match them to realistic career goals
- Support with **CV writing, job searching, applications and interviews**
- Access to **training courses and local services** to boost confidence and employability
- Joined-up support linking **employment, health and skills**, working with employers to help participants succeed in work

We need young aviators... Sywell Air Scouts

Sywell Air Scouts take part in an amazing range of activities both on the ground and up in the clouds.

We help young people develop skills for life, including the practical, employability and character skills they need to succeed.

Find out more about what we do, including volunteering opportunities for adults too.

Cub places available for ages 8 to 10.5 years.

Scout places available for 10.5 to 14 year olds.

please visit [Join The Adventure](#) Be prepared to rise above the rest.

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Find out more about what we do - including volunteering opportunities for adults too.

Cub places available 8 - 10.5 years
Scout places available for 10.5 - 14 years

sywellairscoutgroup.co.uk/join-us

Be prepared To Rise Above The Rest!

Phone: 01949 402213

Scouts
1st Sywell Air Scouts

Chester House Roman Fest Free Tickets Book Now

We are thrilled to announce that tickets to this year's Roman Fest are live!

The Romans will return to The Chester House Estate on the 25th & 26th of July this year for an action packed day full of activities for the whole family to enjoy:

- Roman army displays.
- Roman crafts activities and demonstrations.
- Stalls with family friendly activities run by museums, local societies and professional archaeologists from Northamptonshire and beyond.
- The Northamptonshire Archaeological Resource Centre Open Day.
- Tours of our excavation.
- A pop-up Laboratory run by University of Leicester School of Archaeology and Ancient History.
- Art exhibition inspired by the Roman World by students at Northampton College.

Admission to the event is FREE for the whole family to enjoy, but please ensure that you prebook your free tickets so that we can manage numbers for this very popular, previously sold out event

If you are able to, you can also make a £5 donation when getting your tickets. Your support helps bring local history to life - this donation will help us to continue delivering free heritage events like this in the future

To book please visit [Roman Fest 2026](#)



Educational support for children with SEND - Driving Digital Inclusion

By [Contact - for families with disabled children](#)

Tuesday, June 23 • 10 AM - 12 Noon online

Find out what educational support is available in school for children with additional needs or disabilities.

This workshop is for parent carers of school-aged children with additional needs or disabilities (with or without a diagnosis) in England.

It is very natural to be concerned about securing the right educational support for your child, particularly if they have additional needs.

This online workshop will cover:

How SEN Support works

Laws that impact your child's education

The process behind Education, Health and Care (EHC) plans

How to challenge decisions about your child's educational needs

There will be time for questions, as well as signposting to further sources of advice and support.

To reserve your free space please visit the Eventbrite page [Educational support for children with SEND - Driving Digital Inclusion Tickets, Tuesday, June 23 • 10 AM - 12 PM GMT+1 | Eventbrite](#)



Free Download of Sibs Support Leaflets

Behaviours that challenge can feel overwhelming **for siblings who have a disabled or neurodivergent brother or sister.**

These booklets help children make sense of what's happening, reassures them that their feelings are valid, and shows them they're not alone

Download the booklets at [When to be concerned about your sibling child - Sibs](#)

**Big behaviours
can feel confusing**

Download our leaflets for siblings
helping children understand behaviours that
challenge and who they can talk to for support.

sibs.org.uk/behaviour

YoungSibs®

Healthy Start Card

What is Healthy Start? If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

Healthy Start vitamins – these support you during pregnancy and breastfeeding

vitamin drops for babies and young children – these are suitable from birth to 4 years old

Healthy Start programme FAQs can be found here [Frequently asked questions \(FAQs\) – Get help to buy food and milk \(Healthy Start\)](#)



I'm Being Exploited

'I'm Being Exploited' is a powerful short film launched by the [Northamptonshire Safeguarding Children Partnership](#) (NSCP), and produced in conjunction with Northamptonshire Police and partners across Northamptonshire, to raise awareness to parents of a growing issue in the UK – known as 'Child Exploitation' (CE).

Child Exploitation is when a child or young person is targeted by an individual or criminal gang and manipulated or coerced into committing crimes or sexual acts.

This film seeks to help parents and other trusted adults spot the signs of a problem, and highlight the crucial part they can play by taking appropriate action.

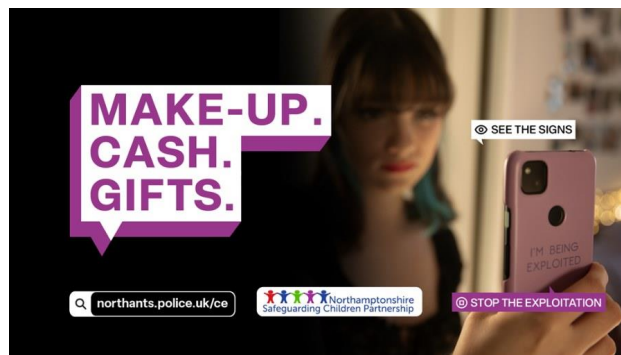
To access the film please visit [I'm Being Exploited | Northamptonshire Police](#)

“We want to encourage parents and others to watch the film and consider if a child’s change in behaviour could be due to adults criminally or sexually exploiting them. If something doesn’t feel right, it might not be. If any parents are concerned that their child is being exploited please report your concerns.”

If you think someone you know might be being exploited, there are people you can talk to who can help. The following links and numbers can offer advice and guidance.

- Police: 101 (or 999 in an emergency)
- [Crimestoppers: 0800 555 111](#)

- If you are under 18, [Fearless: 0800 555 111](https://www.fearless.org.uk/)
- [NSPCC: 0808 800 5000](https://www.nspcc.org.uk/)
- [Childline: 0800 1111](https://www.childline.gov.uk/)



Northamptonshire Children's Trust Positive Parenting Programmes

Positive Parenting Programme for parents of children 0-12 with additional needs

Programme attendance is for 9 weeks, every Tuesday from 12:30-14:30 from 12th May through to 14th July 2026, Term Time only at Blackthorn Children Centre

SURVIVAL GUIDE FOR FAMILIES WITH A CHILD WHO HAS A DISABILITY AGED 0 -12

A free 9 week programme for parents/carers positive parenting group to support parents and carers of disabled children aged up to 12 years with a developmental delay, including those with sensory or physical impairments. Stepping stones is delivered by the NCT Children and Family Support Services in various ways, either virtually online or at children's centres across Northamptonshire.

It helps you to encourage the behaviour you prefer; cope with stress; teach your child new skills and build better family relationships.

POSITIVE PARENTING PROGRAMME FOR PARENTS OF CHILDREN WITH DISABILITIES CAN HELP YOU WITH:

Developing a safe, interesting and positive learning environment

Ways to manage misbehaviour and challenging behaviour

Adapting to having a child with a disability

Having realistic expectations

Encouraging you to be part of the community

Taking care of yourself as a parent

GROUP STEPPING STONES IS A GREAT CHANCE TO MEET OTHER PARENTS IN SIMILAR SITUATIONS FACING SIMILAR ISSUES. SOMETIMES JUST KNOWING YOU ARE NOT ALONE IS VERY IMPORTANT.

At Group Stepping Stones, you'll be given tips and suggestions to suit the needs of your family. Your provider will guide you every step of the way and even provide backup phone support as you put your new skills into practice. your workbook will give you the tools you need to start positive parenting right away.

To book please visit [Positive Parenting Programme for parents of children with additional needs Tickets, Tuesday, May 12 to Tuesday, Jul 14 | Eventbrite](#)



POSITIVE PARENTING PROGRAMMES
Children with additional needs
0 to 12 years

- Adapt to caring for a disabled child
- Take care of yourself as a parent
- Develop a safe, interesting and positive learning environment

Stepping Stones
Children with additional needs 0-12 yrs


Parenting a child with additional needs can be both rewarding and challenging, but you don't have to do it alone. The Triple P Parenting for Children with Additional Needs course offers practical strategies and support to help you create a positive, nurturing environment for your child to thrive.

For parents of children with additional needs (0-12 years)

- Learn tailored strategies to manage challenging behaviours
- Improve communication and understanding with your child
- Build strong, supportive connections
- Boost your confidence in meeting your child's unique needs

Whether it's navigating sensory challenges, emotional support, or everyday routines, Positive Parenting gives you the tools to empower both you and your child. Together, we can help your child grow, learn, and flourish.

For more information about support for parents and carers visit nctrust.co.uk - support for children and families - parenting support and resources or use the QR code



Free Music Project for young people affected by bereavement

Calling young people aged 11–18 who love music (or want to try!) 4 day 'Pop up Studio Residency'

You don't need any music experience to take part. Whether you love writing, producing, singing, rapping, or you're just curious to try something new this is for you.

Tues 26th – Fri 29th May 2026 (inclusive) 11am – 4pm

NMPAT, 125 Kettering Rd, Northampton (NN1 4AZ) What3Words:///cooks.rang.voting

- Co-produce an original EP with professional artists
- Write original lyrics, make beats & record your own tracks
- Build confidence, skills and creative connections

Click the link to register your interest: [Concept Music Project Registration Form](#)



CONCEPT
FREE MUSIC PROJECT

CALLING
YOUNG PEOPLE WHO
ENJOY PLAYING AND/OR
MAKING MUSIC

YOUR
MUSIC.
YOUR
WAY.

DATE: TUES 26TH - FRI 29TH MAY
2026 (INCLUSIVE)
TIME: 11AM - 4PM
LOCATION: NMPAT, 125 KETTERING RD,
NORTHAMPTON, NN1 4AZ
WHAT3WORDS: ///COOKS.RANG.VOTING

11-18
YEARS

- 4 day 'Pop Up Studio Residency'
- Co-produce an original EP with professional artists
- Write original lyrics, make beats and record your own tracks.
- To sign up scan the QR code or visit <https://tinyurl.com/TNAPConcept26>

pedestrian Never Alone Project LANCASTER COLLEGE ASPIRE YOUTH

ENFEST Enfold's Family Fun Day 9th May

Join us for our annual Family Fun Day with SEND Marketplace.

All proceeds go towards supporting Northamptonshire's Autistic community.

9 May 2026. 10.30am to 2.30pm

Christ the King Church, Kettering, NN15 7AA.

Fete Games & Bouncy Castle. Refreshments, Craft Stalls. Information Stalls.

For more information please visit [Enfold - Your local autism information hub](#) or [Facebook - Enfold Northamptonshire Autism Support](#)

Email: info@enfold.org.uk



What's on at Northamptonshire MIND

We have community hubs in Wellingborough, Rushden, Corby, Daventry, Towcester, and Northampton and you can see what's on at each hub by visiting our website.

We offer a year-round crisis café, counselling, and a selection of groups designed to improve mental health.

Visit our website to find out more: [Northamptonshire Mind timetables](#)


Mind
Northamptonshire

What's on

Visit our website to find out what's available in
our community hubs.

 northamptonshiremind.org.uk



North Northants



Help shape healthy lifestyle support in North Northamptonshire

North Northamptonshire Council is asking residents to share their views on food, nutrition, and healthy lifestyles.

There are two short online surveys:

- Parents and carers – to understand what supports healthy family lifestyles and the challenges faced
- Children and young people (aged 11+) – to hear young people’s views and ideas for support

Parent/carers survey:

[Healthy lifestyles - food and nutrition: views of parents/carers - North Northamptonshire Council - Citizen Space](#)

Children & young people (11+) survey:

[Healthy lifestyles - food and nutrition: views of children and young people - North Northamptonshire Council - Citizen Space](#)





School Holiday May Half Term. Tuesday 26 to Friday 29 May.

Join us for a wide range of activities across North Northamptonshire.

Visit our website: [Half term activities | North Northamptonshire Council](#)

May Half Term fun for all the family

This May half term, children and families can enjoy a range of activities across North Northamptonshire, taking place from Tuesday 26 May to Friday 29 May. Sessions will run in Kettering, Thrapston, Corby, Wellingborough and Rushden, using local leisure centres and outdoor spaces. There is something for different ages and interests, whether you prefer outdoor play or indoor sports. Activities include FREE Xplorer outdoor sessions, fun and float pool sessions with inflatables, leisure swimming, and sports such as football, basketball and racket sports. Families can also join a FREE nature walk. Full details are available at www.northnorthants.gov.uk/holidayactivities.

FREE Family Xplorer Event at Corby Boating Lake.

NNLeisure's Active Families team invite families to take part in a fun Xplorer challenge. Xplorer is a family activity that mixes gentle physical activity with problem solving. Using a simple map, families explore the area, find markers, and complete challenges together. It takes place at Corby Boating Lake, meeting outside the café area, NN17 2UN, on Friday 29 May from 10:00am to 12:00 noon. The event is free and no booking is needed. Children must be supervised by a parent or guardian. For more information, email activefamilies@northnorthants.gov.uk.

FREE Family Nature Walk in Irthlingborough.

Active Families invite families to a free, guided Family Nature Walk with The Wildlife Trust BCN and Irthlingborough Library. The activity helps families enjoy nature, stay active, and learn about their local area. The walk takes place on Wednesday 27 May 2026, 10:30am to 12:00pm, starting at Irthlingborough Library, NN9 5PU, and exploring nearby wetlands. The guided route includes nature discovery, local history, species spotting, and a craft where children make a journey stick. Suitable for all ages; children must attend with an adult. Wear outdoor shoes and clothing. Free places must be booked by emailing activefamilies@northnorthants.gov.uk with booking details.



KGH wellbeing walk with Midwives.

Connect with nature.

KGH wellbeing walk with Midwives.

Get active and have fun. Time to bond with baby or bump and meet other parents. Silings welcome. Chat with a specialist midwife.

14 May at 11am. Irchester Country Park, Gypsy Lane, Little Irchester, Wellingborough, NN2 7DL.

Meeting point at the Cafe.

Car parking charges apply



Starlight Group for Bereaved Children

The next Starlight Group for May is on Saturday 9th May at 12.30pm-2pm at Diana's Health & Fitness Studio D3 (Upstairs)

The group is open to all bereaved children but please book your attendance via the link on Eventbrite

If you know a child or family experiencing bereavement and would like to know more, please do not hesitate to get in touch.

New families welcome as well as the usual faces

Safe, simple space to come together

[The Starlight Group | Facebook](#)

[The Starlight Group - May Tickets, Saturday, May 9 • 12:30 PM - 2 PM | Eventbrite](#)

Diana's Health & Fitness, 109E Finedon Road, Wellingborough NN8 4AL



Update about NCT (Northamptonshire Children's Trust) Stay and Play sessions.

Important Update: Stay and Play Sessions

We'd like to share an update about NCT (Northamptonshire Children's Trust) Stay and Play sessions.

From the week commencing 18 May 26, a few changes will be taking place at Wellingborough and Kettering Family Hubs.

Wellingborough Family Hub

Our NCT Stay and Play session at Wellingborough Family Hub will be coming to an end. However, there's no need to miss out — the Family Hub continues to offer a wide range of fantastic activities for families, including:

- Over 1's Play and Learn
- Tea and Toast
- Buggy Walks
- Sing, Story and Sign
- 0–5s Play and Learn

...and much more!

Please note that some sessions require booking, as spaces are limited.

You can view and book available sessions via. [Courses, Events and Things to Do](#)

Kettering Family Hub

We're delighted to confirm that the Stay and Play session at Kettering Family Hub will continue and will now be delivered by the wonderful Family Hub team, who are looking forward to welcoming you and your families.

To explore all activities available across our Family Hubs, please visit [Courses, Events and Things to Do](#)

We look forward to welcoming you and your families soon!

NCT (Northamptonshire Children's Trust)



Use Heating Oil - Get Support

Did you know that applications are open for emergency financial support to North Northamptonshire residents who use heating oil as their main or only heating source?

"Unlike for those who use gas and electricity for their domestic fuel, prices for households using oil are not capped by regulator Ofgem. Since the start of the war, some people using heating oil have seen their bills double..."

Households can register online to apply for Heating Oil support.

Find out more >>[Financial support applications go live today for North Northamptonshire households who rely on heating oil | North Northamptonshire Council](#)

Your Voice Matters

Are you an unpaid carer or local person who is passionate about how care services are delivered in North Northamptonshire? Have you accessed Adult Social Care services?

Do you live with a disability or a long term health condition? Do you identify as part of a community that is often underrepresentation

We want to hear from you.

Share your experiences, influence real decisions and make a difference in your community, learn and grow, connect with others

Interested - contact us to find out more by emailing expertsbyexperience@northnorthants.gov.uk

call 0300 126 3000 option1, then 2, then 1

Or visit [Get involved with Adult Social Care | North Northamptonshire Council](#)



Your voice matters

Are you an unpaid carer or local person who is passionate about how care services are delivered in North Northamptonshire?

Have you accessed adult social care services?

Do you live with a disability or long-term condition?







Do you identify as part of a community that is often under-represented?

We want to hear from you!




Why take part?


-  **Share your voice and experiences** – your story can help to create better services for everyone
-  **Influence real decisions and make a difference in your community** – shape policies, projects and services in our area
-  **Learn and grow** – build skills and confidence with provided training and support
-  **Connect with others** – join friendly, welcoming people with shared experiences


How to get involved

-  Attend our monthly Together for Care Forum
-  Join in workshops and focus groups
-  Take part in staff recruitment and training
-  Help to design new services or improve existing ones
-  Share your views on policies and budget-setting
-  Testing new ideas and solutions

Interested? Contact us to find out more:

-  ExpertsbyExperience@northnorthants.gov.uk
-  0300 126 3000 (Option 1, then 2, then 1)
-  www.northnorthants.gov.uk/ASCgetinvolved



 **Co-production**
North Northamptonshire Council

New Phone Number for Family Hubs North Northants

Our new Family Hubs phone lines is live! **The number to call is 01536 805244.**

Our staff will be able to assist you with any queries that you may have about upcoming sessions and where to find the right support for you. Our lines will be open from 9:00am to 5:00pm, Monday to Friday.



Northamptonshire Carers - Parent Carer Wellbeing Hub North.

Kettering, Corby and surrounding areas.


We meet on the third Thursday of the month. 10.30am to 12.30pm. Venues alternate between Corby and Kettering.

Corby Saxon Crown (Weatherspoons). 100, Elizabeth Street, Corby, NN17 1FN. Alternate months starting 19 February 2026.

Earl of Dalkeith (Weatherspoons) 13 to 15 Dalkeith Place, Kettering, NN16 0BS

Alternate months starting 15 January 2026. Join us for a break, enjoy refreshments, activities, a chance to share the load and make friends with other carers.

Option to join Parent Carer WhatsApp information only group. **For further information phone Lucy at Northamptonshire Carers on 01933 677907. Please ring before attending if you are a “new to us” Carer**



Northamptonshire Carers
PARENT CARER
WELLBEING HUB NORTH

Kettering Corby and Surrounding Areas

We meet on 3rd Thursday of the month
 10.30am – 12.30pm

Venues alternate between
 Corby and Kettering

Corby Saxon Crown (Wetherspoons) 100 Elizabeth Street Corby NN17 1FN Alternate months starting 19th Feb 2026	Earl of Dalkeith (Wetherspoons) 13 - 15 Dalkeith Place Kettering NN16 0BS Alternate months starting 15th Jan 2026
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Join us for a break, enjoy refreshments, activities, a chance to share the load and make friends with other Carers.

Option to Join Parent Carer What's-App information only group

For further information phone Lucy at Northamptonshire Carers on 01933 677907. Please ring before attending if you are a "new to us" Carer

Registered Charity Number: 1061417 Company Limited by guarantee No:3328459

Relaxed Singalongs by NMPAT. Northamptonshire Music and Performing Arts Trust.
 NMPAT Kettering Spring/Summer Terms 2026 **Specifically designed for children and young people with special needs.**

Multi-sensory effects, switches, Makaton signing and instruments.

Relaxed and supportive atmosphere. Family groups encouraged!

FREE for all attendees! Time: 10.30am to 11.30am Dates: 16 May, 13 Jun, 4 July (NB: all dates are Saturdays)

Place: The Masque Theatre, Latimer Arts Collage, NN15 6ST.

NMPAT

Northamptonshire Music and Performing Arts Trust

Relaxed Singalongs

NMPAT Kettering - Spring/Summer Terms 2026

- ★ Specifically designed for children & young people with special needs
- ★ Multi-sensory effects, switches, Makaton signing and instruments
- ★ Relaxed and supportive atmosphere
- ★ Family groups encouraged!

FREE for all attendees!

Time: 10:30am-11:30am

Dates: 17th Jan, 7th Feb, 7th Mar, 16th May, 13th Jun, 4th Jul

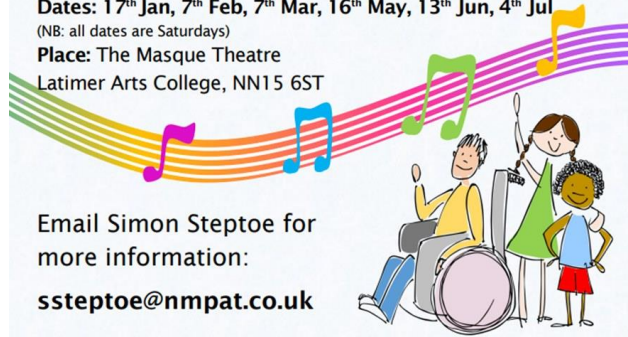
(NB: all dates are Saturdays)

Place: The Masque Theatre

Latimer Arts College, NN15 6ST

Email Simon Steptoe for
more information:

ssteptoe@nmpat.co.uk



Wellingborough



*Wellingborough and Surrounding Villages, Finedon, Wollaston, Irchester, Bozeat, Great
Doddington, Earls Barton and Grendon*

Wellingborough

Future Sounds - Unleash your creativity with beat making and modern music production

Create record and produce your own music – explore song writing, instruments and studio recording.

No previous experience is needed. All equipment is provided, and young people are welcome to take part at their own pace.

Free for young people aged 12-17

Wednesdays 4.15-5.45pm

Weekly through June and July starting on 3rd June

At the Compound, Hemmingwell Community Centre, 127 Nest farm Crescent, Wellingborough, NN8 4TU

To register your interest please visit [Musical Inclusion Programme - NMPAT](#)

A vertical poster for 'Future Sounds' with a dark blue background. At the top, the title 'FUTURE SOUNDS' is in large white letters. Below it, the subtitle 'Unleash your creativity with beat-making and modern music production' is in smaller white text. The main text describes the program: 'Create, record and produce your own music - explore songwriting, instruments and studio recording. Free for young people aged 12-17'. It lists the time as 'Weds, 4.15pm to 5.45pm', dates as 'Weekly throughout June and July - starting 3rd June', and venue as 'The Compound, Hemmingwell Community Centre, 127 Nest Farm Crescent, Wellingborough, NN8 4TU'. It provides a registration link 'https://bit.ly/futuresounds26', contact info for Simon Stepoe, and a QR code. The bottom features logos for NMPAT and Northamptonshire Community Foundation. Two images are included: a DJ setup and a person performing with a microphone and headphones.

FUTURE SOUNDS

Unleash your creativity with beat-making and modern music production

Create, record and produce your own music - explore songwriting, instruments and studio recording.
Free for young people aged 12-17

Time: Weds, 4.15pm to 5.45pm
Dates: Weekly throughout June and July - starting **3rd June**
Venue: The Compound
Hemmingwell Community Centre
127 Nest Farm Crescent
Wellingborough, NN8 4TU

Visit <https://bit.ly/futuresounds26> to register your interest
or contact Simon Stepoe:
sstepoe@nmpat.co.uk
07838160686

NMPAT
Northamptonshire Music and Performing Arts Trust

Northamptonshire Community Foundation
Getting back to our community

45th International Waendel Walk: Friday 8th to Sunday 10th May 2026.

NEW Accessible Green Route Launch! Get ready to stroll, roll, and explore!

Join us for the International Waendel Walk Weekend and be among the first to experience our brand-new 10km accessible green route — designed for everyone to enjoy the beauty of our community and surroundings.

Scenic town paths & peaceful green spaces

Saturday 9th – Sunday 10th May 2026

Whether you're walking, wheeling, or just soaking up the atmosphere, this is the perfect event for all ages and abilities.

Book your tickets today!

Online bookings close midnight 6th May In-person tickets available from The Castle Theatre from 9am, Friday 8th May

Let's get moving together

Start and Finish at the Castle Theatre, Castle Way, Wellingborough, Northamptonshire, NN8 1XA

Online tickets available now until midnight Wednesday 6th May 2026 but can be brought from the Castle Theatre on the Day

Friendship walk on Friday The Friendship 5km route encompasses a walk around the town centre using footpaths and is accessible by all. £2.50 a ticket from 6pm [International Waendel Walk – Friendship Walk, Friday 8th May 2026 | Wellingborough Town Council](#)

To book tickets for Saturday 9 May walk [International Waendel Walk – Saturday 9th May 2026 | Wellingborough Town Council](#)

To book tickets for Saturday and Sunday visit [International Waendel Walk – Both Saturday 9 and Sunday 10 May 2026 | Wellingborough Town Council](#)

To book tickets on Sunday [International Waendel Walk – Sunday 10th May 2026 | Wellingborough Town Council](#)

For more information visit the website: [45th International Waendel Walk, May 2026 | Wellingborough Town Council](#)

For more information, please contact us via email: waendelwalk@wellingboroughtowncouncil.gov.uk.

Wellingborough Town Council

INTERNATIONAL WAENDEL WALK
Wellingborough, England

BRITISH WALKING FEDERATION

IML WALKING ASSOCIATION
KIDS FUNGAT AMBULARE

NEW!!

Accessible
GREEN
Route

Roll, or stroll along scenic accessible town paths celebrating our community and surroundings.

Join the International Waendel Walk Weekend and discover our brand-new 10km accessible green route. Perfect for everyone!

**Saturday 9th May -
Sunday 10th May 2026**

Explore more routes from 5km to 42km walking through open fields and along public paths, taking in the breathtaking Nene Valley views.

Book your tickets today!
Scan the QR code or search Waendel Walk at www.wellingboroughtowncouncil.gov.uk

SCAN ME

Wellingborough Town Council

45th
INTERNATIONAL WAENDEL
Walk

Wellingborough
8th - 10th May 2026
TICKETS ON SALE NOW!

Wellingborough & District Athletic Club (WDAC) is open to new members

Wellingborough & District Athletic Club (WDAC) is open to new members, and with our new membership year just starting in April, it's the best time to join us and get maximum benefits and great value for money

As a WDAC member, you'll get:

- Coaching from qualified coaches
- Weekly group training runs every Tuesday & Thursday
- Access to our WDAC Facebook group
- Membership of England Athletics and insurance while training
- Reduced entry fees for affiliated races
- A free club vest with first-year membership
- Free entry to all races in the Three Counties Cross Country League
- Entry into the club's London Marathon ticket raffle (after one year)

We offer 4 FREE trial sessions, so you can come along and meet the team.

Find out more and join here: [Joining – WDAC](#)



Gen Z Creative Enterprise

Youth Borough CIC, in partnership with Greatwell Homes, is launching Gen Z Creative Enterprise— a free 4-week programme for young people aged 16–25 designed to help build confidence, develop new skills and explore future opportunities in a creative and supportive environment.

The programme will include:

- Drama
- Music
- Spoken Word
- Enterprise Skills
- Confidence Building

We know many young people have talent and potential but sometimes just need the right space, support and encouragement to grow.

Castle Theatre, Wellingborough

Starts 30th May Two age groups: 16–18 | 19–25

If you know a young person who may benefit, feel free to tag them below or message us for more information at Info@youthborough.com

To register please visit [Youthborough Gen Z Creative Enterprise](#)

**GEN Z
CREATIVE
ENTERPRISE**
From Self Doubt to Self Made

**FOR 16-25 YEAR OLD
ASPIRING ENTREPRENEURS**
Step into a space where creativity meets entrepreneurship.

This programme helps you build confidence, unlock your voice, and transform your ideas into action.

Explore your potential through:
Drama • Music • Spoken Word

Two age groups each session:
16-18 | 19-25

www.youthborough.com

**4 WEEK PROGRAMME
STARTING
30TH MAY**
VENUE: THE CASTLE THEATRE,
WELLINGBOROUGH

QR CODE
**LIMITED SPACES
SCAN TO SIGN UP**

or email: info@youthborough.com
In partnership with **Greatwell** Homes

Thriving in Life (11–19) Drop-In at Wellingborough Library

Thriving in Life Service

Drop in and talk to us about what ever's on your mind like:

- Emotional Health, for example anxiety, depression, self-harm, stress and bullying
- Healthy Relationships, we can advise on things like family issues, sexual health and contraception.
- Reducing Risk Taking Behaviour and making healthy choices. So things like sleep, food/diet, vaping, puberty and continence.
- Transition to Adulthood including understanding education and work options, finance and living independently.

Young people aged 11–19 are welcome to drop in and talk to a Youth Support Worker about whatever's on their mind—from emotional wellbeing and relationships to healthy choices and preparing for adulthood.

Dates:

- **Tuesday 12 May**
- **Monday 22 June**

Time: 3:30pm – 6:00pm

These sessions are free, confidential, and informal—no appointment needed.

You can also text ChatHealth on 07507 329 600 (Monday–Friday, 9am–4pm).

Thriving in Life 11-19 Service

Drop in and talk to us about whatever's on your mind, like:



Emotional health including anxiety, depression, self-harm, stress, school worries and bullying

Healthy relationships including family issues, sexual health and contraception

Reducing risk-taking behaviour and making healthy choices including sleep, food/diet, vaping, puberty and continence

Transition to adulthood including understanding education and work options, finance and living independently

Your Youth Support Worker:

Date: Monday 20th April
Tuesday 12th May
Monday 22nd June
Time: 3:30pm - 6pm
Location: Wellingborough Library



Text ChatHealth
on **07507 329 600**
Monday to Friday
9am to 4pm



Our conversations are confidential. We will not share anything unless you or someone else is at risk of harm. We will tell you first if we need to share information. We store your information on electronic records which will be seen by other health professionals who follow the same confidentiality rules. Scan the QR code to read more about our service in North Northamptonshire or visit nhft.nhs.uk/11-19northnorthants



Daylight Centre Fellowship Emergency Food Support

We are here to help. Providing Emergency Food Aid for Wellingborough, Irchester, Finedon and Earls Barton.

Self refer for your first four food parcels. After this, a professional referral is required from a housing officer, Job centre, School etc.

Not a walk-in foodbank. Call or email us for support. Our volunteers deliver direct to your door.

Call: 01933 446490

Email: foodbank@daylightcf.org

We also offer help with budgeting and benefits.

Emergency food support, not long-term assistance.

People can self-refer their first four food parcels. **After** this a **professional referral is required** from either a housing officer, job centre, school etc.

Contact: **01933 446490**. Email: foodbank@daylightcf.org



Wellingborough Library. Family Activities In May

Monday

10.30am to 11.15am Buggy Walk. Children's Area. 11th May

3.30pm to 4.30pm Coding Club (8 to 11) Bookable. YA Area. 11 and 18 May.

3.30pm to 6pm D&D (Ages 11 to 17). Lm Zone. 11 and 18 May.

3.30pm to 5pm Junior Book Club. Children's Area. 11 May

Tuesday

2pm to 3pm. Under 1s Fun. Children's Area. 12, 19, 26 May

4pm to 5pm. Anime and Comic Club. Lm Zone. 12 and 26 May.

Wednesday

9.45am to 10.15am Library Rhyme Time. Children's Area. 13, 20, 27 May

11am to 11.30am. Library Bounce and Rhyme. Children's Area. 13, 20 and 27.

2pm to 4pm. Half Term Craft Event Spoon Characters (bookable) Children's Area. 27 May

Thursday

9.30am - 10.30pm 10.30am to 11.30am. Preschool Play. Children's Area. 7, 14, 21 and 28 May.

3.30pm to 5pm. Next Gen Crochet Group. Ages 7- to 16-year-olds. Library Floor. 7, 14,21,26 May.

Friday

9.30am to 10.15am Storytime Children's Area. 8, 15, 22 and 29 May

Saturday

10.30am to 11.30am Family Fun Club. Children's Area. 9 and 23 of May

10am to 4pm. Construction Corner. Library Floor. 9, 16, 23 and 30 May

LibraryPlus

May 2026

Activities for Families

Monday		Chi's Area	Dates in Mar.
10.30-11.10	Buggy Walk	Chi's Area	11th
3.30-4.30	Cooling Club (8-11) Basketball	YA Area	11th, 18th
3.30-6.00	D & D (11-17)	Lib Zone	11th, 18th
3.30-5.00	Junior Book Club	Chi's Area	11th
Tuesday			
2.00 - 3.00	Under 16 Fun	Chi's Area	5th, 12th, 19th, 26th
4.00 - 5.00	Anime and Comic Club	Lib Zone	12th, 26th
Wednesday			
9.45 - 10.15	Library Rhyme time	Chi's Area	6th, 13th, 20th, 27th
10.30-12.30	ACE Parent Support Group	Pod 2	6th
11.00 - 11.30	Library Bounce & Rhyme	Chi's Area	6th, 13th, 20th, 27th
3.00 - 4.00	Half Term Club (Year 1-6) - Soccer/Chess/Board games	Chi's Area	27th
Thursday			
9.30 - 10.30 & 10.30 - 11.30	Preschool Play	Chi's Area	7th, 14th, 21st, 28th
3.30 - 5.00	Next Gen Crochet Group (7-16 yrs)	Lib Floor	7th, 14th, 21st, 28th
Friday			
9.45 - 10.15	Storytime	Chi's Area	1st, 8th, 15th, 22nd, 29th
Saturday			
10.30 - 11.30	Family Fun Club	Chi's Area	5th, 23rd
10.00 - 4.00	Construction Corner	Lib Floor	2nd, 9th, 16th, 23rd, 30th

Key: White = Under 5s Purple = 5 and Up Blue = Older Children/Teens
Green = Family friendly Orange = Parents



Comets Disability Football Sessions for 5-11year olds

Wellingborough Town are excited to announce the launch of their Comets Disability Football sessions!

Comets is a recreational, pan-disability football programme for disabled boys and girls aged between 5 and 11 hosted by [WTFC Limitless](#). Pan-disability is the largest format of disability

football, which sees players with a broad range of impairments and health conditions play together. Coaches have received extensive training on supporting players with additional needs and delivering inclusive football sessions.

Comets offers a new, flexible and inclusive way of playing, one that's all about playfulness, friendships and having fun. More than anything, Comets is football that breaks the old rules and replaces them with a brand new one: JUST BE YOU.

- Day and Time: Tuesdays from 6pm to 7pm (starting 14th April)
- Location: Wellingborough School, London Road, NN8 2BX
- Cost: First month FREE! Then just £3 per session

Contact Coach Steve to sign up: wtfclimitless@gmail.com



The poster features a central photograph of two children playing football on a field. The child in the foreground is wearing a yellow and blue 'COMETS' jersey and is kicking a ball. The child in the background is wearing a blue and white 'COMETS' jersey and has their hands raised. The poster includes several callouts: 'Your place to play' with a subtitle 'A safe space for disabled children aged 5 - 11 to kickstart their football journey'; 'Just be you!' in a speech bubble; 'First Month FREE!' in a yellow banner; and two icons labeled 'kick ball' and 'happy'. At the bottom, there is a detailed text block with contact information and a 'STARTS 14TH APRIL' badge.

COMETS
Disability + Football

Your place to play
A safe space for disabled children aged 5 - 11 to kickstart their football journey

Just be you!

First Month FREE!

Comets Disability Football with Wellingborough Town FC Limitless
Inclusive Football Opportunities for children aged 5-11 with special educational needs, disabilities, health conditions, or any other support needs or adjustments

Day and Time: Tuesdays from 6pm to 7pm
Location: Wellingborough School, London Road, Wellingborough, NN8 2BX
Contact: Steve (Coach) at wtfclimitless@gmail.com
Cost: First month FREE! Then just £3 per session

STARTS 14TH APRIL

Get in touch to book your first session!

FREE Pre School Music and Movement

18months to 4 years Local childminders also welcome Please call on 01933 677300 to book your spot

1 May 9.45am and 8 May 9.45am.

Join us for a fun-filled music and movement session on Friday mornings from 9.56am to 10.30am. This engaging event is designed for children aged 18 months to 4 years and is completely free of charge. It's a wonderful opportunity for little ones to explore rhythm and dance and coordination through playful activities and lively tunes. Come and let your child experience the joy of movement in a welcome and nurturing environment. We look forward to seeing you there.

Olympic Primary School, Olympic Way, Wellingborough



Community Gathering – Made with Many

We are planning for the next 3 years of Made With Many and would love your input and bright ideas!

No need to book - doors open 30 minutes early, and light refreshments will be available for free.

Community Gatherings | Wellingborough Museum Thursday 14th May from 6pm to 8pm

12 Castle Way, Wellingborough NN8 1XB

Please note that Community Gatherings are aimed at adults – children are welcome to come along but must be supervised by an adult throughout the evening. Find out more by visiting:

[made with many - community](#)



MADE WITH MANY

Community Gatherings

Got any bright ideas? We'd love your input!

Help shape the next three years of the Made With Many programme by joining one of our Community Gatherings
Light refreshments will be available. Community Gatherings are primarily for adults; children are welcome if supervised throughout the event.

Saturday 18th April | 1pm – 3pm (Doors open 12:30pm)
WACA, Rock Street, Wellingborough NN8 4LW

Thursday 23rd April | 6pm – 8pm (Doors open 5:30pm)
The Raven Hall, 63 Rockingham Road, Corby NN17 1AG

Thursday 14th May | 6pm – 8pm (Doors open 5:30pm)
Wellingborough Museum, 12 Castle Way NN8 1XB

Visit: www.madewithmany.org/community

  Supported using public funding by 

New Youth Club in Wellingborough Every Friday

Exciting News! **A brand new Youth Club is launching at Swanspool Pavilion for young people aged 14-18!**

Every Friday from 4 PM to 6 PM.

It's FREE to attend, and we'll have drinks and snacks provided!

Don't miss out on the fun, friends, and activities! See you there!

For more information, please contact Jo on 07824665455 or Pep 07813366222



Daylight Centre will be a regular location for Citizens Advice Community Help & Information Point (CHIP) sessions.

If you need help finding a way forward, you can drop in and speak to someone who can:

- Listen and support
- Signpost you to the right services
- Connect you with expert advice



Daylight Centre, 10 High Street Place, Wellingborough, NN8 4HP

Every Tuesday 11:30am – 1:30pm

No appointment needed If things feel complicated or overwhelming, you don't have to navigate them alone. Just come along.

Find your Local Citizens Advice

Community Help & Information Point - CHIP






Your nearest CHIP:
Location: Daylight Centre Fellowship
Address: 10 High St, Place, Wellingborough NN8 4HP
When: Every Tuesday
Time: 11:30am – 1:30pm
No appointment necessary

Need help finding a way forward?
 Community Help & Information Points (CHIPs) are here for you.
 We can:

- ✓ Signpost you to the right services
- ✓ Connect you with expert advice
- ✓ Listen and support you

Find locations & times Scan the QR code or visit: cawnac.org.uk/access-our-services

 West Northants & Cherwell



Wellingborough Tabletop Games

Every Friday Games Night from 7pm to 11pm

At Kingsway Centre, Wellingborough.

Welcoming community. A variety of games played. Event nights. Intro/Demo Games. Hobby Corner.

First night is free. For ages 13+ but under 17's must be accompanied by an adult.

Gard games, board games, war games, roleplay games. We have an active community on Facebook and Discord. Find us online at [Wellingborough Table Top Games](#)

WAR GAMES - ROLEPLAY GAMES	 <p>EVERY FRIDAY GAMES NIGHT FROM 7PM - 11PM</p> <p>AT KINGSWAY CENTRE, WELLINGBOROUGH</p> <p>WELCOMING COMMUNITY A VARIETY OF GAMES PLAYED EVENT NIGHTS INTRO/DEMO GAMES HOBBY CORNER</p> <p>FIRST NIGHT FREE</p> <p>13+ UNDER 16'S ACCOMPANIED BY AN ADULT</p>	CARD GAMES - BOARD GAMES
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SUPPORTED BY   ACTIVE COMMUNITY ON  

www.wellingboroughtabletopgames.co.uk

Autism Kids Club is on Every Saturday

A fun, relaxed space where autistic children can play, explore, and just be themselves. No pressure, no expectations, come and enjoy at your own pace.

We've got: Creative activities & crafts, Puzzles & board games, Lego & bricks, Reading area, Toy house & pretend play kitchen, Educational table, Big toy box

Parents and carers can enjoy tea & coffee, with free fruit for the kids Free to attend, no need to book, all ages welcome!

Autism Kids Club. Learning to make friends through play.

A huge thank you to Sue, the Speech and Language Therapist, for joining us at Autism Kids Club!

Don't miss Sue at the club on: 9th May and 6th June

Sue's sessions are a great chance for parents to get practical tips and guidance on supporting communication.

A big thank you to [Reporting Data Systems - RDS](#) for making these sessions possible

We offer a welcoming, free Saturday morning space at Mill Road Baptist Church (64 Thomas Street, NN8 1DU)

Every Saturday, typically 10:00 AM - 11:00 AM (sometimes extended to 12:00 PM).



Kinship Carers Wellbeing Hub

Are you a Kinship Carer? Would you like to meet other Kinship Carers? If so, please join us on the **2nd Tuesday of the month** at Northamptonshire Carers, 123 Midland Road, Wellingborough, NN8 1LU, from 10am to 12 Noon. This is an adult only group running term time only. Refreshments and a warm welcome and a warm welcome provided.

For more information, please contact Northamptonshire Carers on 01933 677907.

Northamptonshire Carers, supporting Carers countrywide.

For more information please visit [Northamptonshire Carers Association](#)

A colorful poster for a Kinship Carers Wellbeing Hub. The background features a stylized landscape with trees in various colors (blue, yellow, orange), a white dog, and a group of people walking. The text is centered and provides details about the event.

**Kinship Carers
Wellbeing Hub**

Are you a Kinship Carer?
Would you like to meet other Kinship Carers?

If so, please join us on the 2nd Tuesday of the month at **Northamptonshire Carers**,
123 Midland Road, Wellingborough,
NN8 1LU
From 10.00am-12.00pm
This is an adult only group.
Term time only.
Refreshments and a warm welcome provided.

For more information please contact
Northamptonshire Carers on
01933 677907

Northamptonshire Carers, supporting Carers countywide.
www.northamptonshire-carers.org
Registered Charity number 1061417.



Finendon, Wollaston, Irchester, Bozeat, Great Doddington, Earls Barton and Grendon Clay Faces at Irchester Country Park

Join us in our Wild Zone to create your own Clay Face! Let your imagination run wild in this hands on fun craft activity.

Join us in the Wild Zone to create your own clay face.

£5 per child, must be accompanied by an adult

Normal car parking charges apply.

[Clay Faces at Irchester Country Park Tickets, Multiple dates | Eventbrite](#)

Irchester Country Park Little Irchester, England



Happy Hedgehogs Activity Morning at Summer Leys

By [Wildlife Trust BCN](#)

Summer Leys Nature Reserve, Summer Leys Visitor Centre, Wollaston NN29 7TD

Thursday, May 28 • 10:30am to 12 Noon.

Member £5.73. Non-member £8.39

Learn all about hedgehogs, decorate a hedgehog highway sign, and make a footprint tunnel to monitor hedgehogs at home

Ever wanted to learn more about hedgehogs and help them out in your garden? Hedgehogs will be out of hibernation this spring and it is the perfect time to look out for them and give them a helping hand. Join us to learn all about our prickly friends, decorate a hedgehog highway sign and create a footprint tunnel to monitor hedgehog and other small mammal activity in your garden.

CAR PARKING: Car parking charges apply for Summer Leys and can be paid for on the day (card payments only). Parking for members of the Wildlife Trust BCN is FREE - Members MUST register their vehicles to access free parking, for more information please visit [here](#).

Are you a member of The Wildlife Trust BCN? Our members get discounts on events, free parking at Summer Leys and more. Join today to get your perks, and to help us fight the rapid declines in wildlife across Bedfordshire, Cambridgeshire and Northamptonshire. [Join here](#).

[Happy Hedgehogs Activity Morning at Summer Leys Tickets, Thursday, May 28 • 10:30 AM - 12 PM | Eventbrite](#)



Free Girls Cricket Sessions

SIX Free Dynamo places for Girls this summer Starting 8th May from 6.30-7.30pm

[Clubspark / Dynamos / Coaching / Course](#)

Coach: Chris Goode

Email: fdccsecretary@gmail.com

Phone: 01933681117

Did you know parents and carers can get involved and play cricket with their children too? It's a great way to spend time with your child and create memories that will last a lifetime.

Parent Activators (helpers) will support the fully accredited lead Activator in delivering the sessions, supporting and encouraging children as they learn new skills. It's completely optional and you do not need to be a cricket expert to be involved.

Finedon Dolben CC Avenue Road, Finedon, NN9 5JJ

[Finedon Dolben Cricket Club](#)

Finedon Dolben CC



We're delighted to announce we've been gifted 6 FREE places on our upcoming **GIRLS ONLY DYNAMOS** programme! 🎉

Starting 8th May | 18:30–19:30, this is an amazing opportunity to get involved in cricket in a fun, supportive environment.

A huge thank you to Steelbacks Foundation for making this possible and continuing their mission to grow the girls' game 🙌

Spaces are first come, first served – if you'd like to take advantage of this fantastic opportunity, drop us a message via our socials ASAP! 📩

Sign Up



FAQs



Please remember registration for Dynamos is completely separate from becoming a member of Finedon Dolben Cricket Club and everyone is welcome!

utile **prop-search.com** **T&K45**
AWARD WINNING COMMERCIAL PROPERTY SOLUTIONS Home Improvements

Wollaston Victoria Youth Football Club

Under 10 players wanted for season 2026/2027.

Join our Wollaston Football Club.

Play in the Weetabix league.

Matches on Sundays

Mid-level players welcome.

Contact Coach Patto on 07508 952274



UpLiftHours New Drop In Youth Group Finedon Community Centre

Ages 10-18 (up to 25 with SEND)

Mondays and Thursdays 3.00pm-6.00pm

Saturdays 12.00pm-4.00pm

Just Walk in - Arts and Crafts, Table Tennis, Boxing, Podcasting and Social Media, Basketball, Guitar Lessons, CV Writing, DJing, Open Mic, Poetry

Free Entry Finedon Community Centre, 71 Wellingborough Road, Finedon NN9 5LG

For more information please contact admin@bacupcic.co.uk or telephone 01933 698347

Open Now!

UPLIFT HOURS

Million Hours Fund



Delivered by
BAK UP CIC

Funded by:
Department of Culture, Media & Sports
(DCMS) and National Lottery Fund

For ages 10-18 up to 25 with SEND

Monday - 3.00pm - 6.00pm Saturday 12noon - 4.00pm
Thursday

**Free Extra Hours
Activities**

just **Walk-In**.

- ✓ Art & Craft
- ✓ Table Tennis
- ✓ Boxing
- ✓ Podcasting & Social Media
- ✓ Basket Ball
- ✓ Guitar Lessons
- ✓ CV Writing
- ✓ DJ
- ✓ Open Mic
- ✓ Poetry

Parents with youngsters can book or just turn up on any of the days. **Free entry and exit!**

Location:

Finedon Community Centre,
71 Wellingborough
Road, Finedon NN9 5LG

@uplifthours_

uplifthours_27

uplifthours



01933-698347

admin@bakupcic.co.uk

www.bakupservices.co.uk

East Northants



Rushden and Higham Ferrers, Raunds, Irthlingborough, Thrapston, Oundle

Rushden and Higham Ferrers

New Children's Stay and Play sessions!

Higham Ferrers Town Council Community Library and Wellbeing Hub.

Starting from Friday 8th May...

Book your space here:

[Stay and Play higham-ferrers](#)

Children and their adults can come and enjoy a variety of rhyme time, story time, crafts, play and refreshments for free.

Booking Required for all children's activities using the QR code or ticketsource link. Adults and children must be added to your booking to ensure that we do not exceed capacity and have enough resources for the sessions.



AFC Rushden & Diamonds are pleased to confirm we will be hosting open trials for our Women's and Girls' Pathway.

Interested in playing in the Junior Premier League?

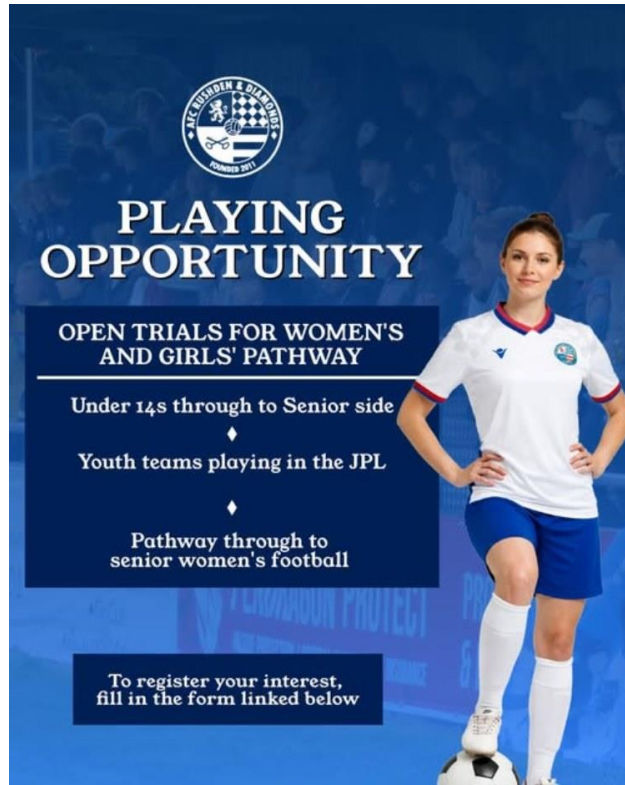
Or wanting to be part of a new senior women's side?

We are looking for aspiring and talented female footballers in and around Northamptonshire to join our structured Women's and Girls' performance pathway, a new section of the AFC Rushden & Diamonds family.

Dates of the trials will be confirmed at a later date, but register your interest by completing the online form linked below:

[AFC Rushden & Diamonds Women & Girls Pathway expression of interest form](#)

We will contact you with details, including the locations which days the individual team trials will take place closer to the time.



Rushden Soap Box Derby 2026 – ENTER NOW!

With the Bank Holiday here, why not get building and start creating your very own soap box kart ready for race day?

Sunday 7th June Racing starts at 2pm Hall Park, Rushden

Download your application form and enter now: [Entry Form & Rules and Regulations 2024](#)

Spaces are limited, so gather your team, get creative, and join us for one of Rushden's biggest family events of the year!



Nene Wetlands Family Eco Gardening Club - 16th May

By [Wildlife Trust BCN](#)

£3.61 member £6.80 non-member

Saturday 16 May • 10:30 AM - 12 PM

Join us for our monthly family eco-gardening club at the Rushden Lakes community garden to get stuck into a range of gardening activities!

Join us for our monthly Family Eco-Gardening club! These sessions provide fun for all the family and give you the opportunity to get stuck into a range of gardening activities. You'll help us with looking after the garden, plant seeds, grow plants and veggies, learn all about wildlife gardening, have a go at different crafts and more.

Please meet us at the Rushden Lakes community garden - you'll find it next to the Entertainer at the start of the Greenway.

Are you a member of The Wildlife Trust BCN? You can get a discount on your tickets and other benefits too. Join today to get your perks, and to help us fight the rapid declines in wildlife across Bedfordshire, Cambridgeshire and Northamptonshire. [Join here.](#)

We will usually be outside so please ensure you wear suitable footwear and clothing. If the weather is particularly bad we'll head to our visitor centre for an indoor activity. Children must be supervised by a responsible adult at all times. Most suitable for ages 5+

For full event terms and conditions, including our refund policy, please visit our website [here.](#)

[Nene Wetlands Family Eco Gardening Club - 16th May Tickets, Saturday 16 May • 10:30 AM - 12 PM | Eventbrite](#)



Music in the Walled Garden

- Sunday 24th May 2026
- 14:00 – 16:00
- The Walled Garden, Hall Park, NN10 9ES

Rushden Town Council invites residents and visitors to enjoy an afternoon of traditional brass band music in the beautiful surroundings of Hall Park's Walled Garden as part of our summer programme of events.

Bring along a picnic, a blanket, or a chair, and relax in a welcoming, family-friendly atmosphere while enjoying music from The Rushden Mission Band.

Angie's Ices will be in attendance - a lovely way to spend a Sunday afternoon.



Rush2TheDen Rushden Swap Shop

Rush2TheDen Rushden Swap Shop. Free Entry

Every first Saturday of the month 2pm to 4pm The next one is Saturday 2nd May

Please ensure all items donated are clean and in good condition.

Donations to support storage costs gratefully received. Fitzwilliam Street, NN10 9YW.

Fitzwilliam Street, NN10 9YW.

Free parking at Duck Street Car Park.

For more information on this and all of the groups that Rush2The Den offer please visit [RUSH2The DEN](#)



Raunds and Ringsted

Pond Dipping at Stanwick Lakes

Join our rangers for a pond dipping session this May half term!

Using nets, trays and magnifying glasses and guided by one of our rangers, come and discover the creatures that live in the ponds at Stanwick Lakes! After a safety briefing and an introduction to the creatures we're likely to find, we'll head to the pond dipping platform where you will be given a pond dipping kit! The Ranger will be on hand with identification keys to help you work out which creatures you have caught as well as to share knowledge about the pond ecosystem and the many species that call it home.

This activity is suitable for children aged 4+.

Sessions last approx. 30 minutes and a responsible adult must be present throughout.

Meet at the Ranger Cabin 5 mins before and your chosen, ticketed start time.

Please check our website on the day of your session for information regarding flooding – wellies may be advisable!

Please take a moment to check the date and time and make sure they work for your plans before booking, as tickets are non-refundable.

[Pond Dipping - 26th May | Stanwick Lakes](#) 10:30 AM - 12:30 PM £4.50

[Pond Dipping - 28th May | Stanwick Lakes](#) 11:00 AM - 1:00 PM £4.50



Raunds Youth Drop In

A place for those in Years 7 to 13. (ages 11-18)

Most Fridays during term-time. We open up for table tennis, pool, games consoles, board games, crafts and more. The best part? It's all totally free!

The only thing that you'll have to do is pay for Tuck Shop (Items from 10p).

Fridays 3.30pm to 5pm. Saxon Hall, Thorpe Street, Raunds, NN9 6LT (Behind Town Hall).

Free

Step right up for The Raunds Mayor's Show!

Get ready for circus-themed fun for the whole family.

Whether you're looking for high-energy entertainment, adorable animals, or just a great local day out, there is something for everyone. Best of all? Entry is FREE!

When & Where

- Saturday 16 May 2026 12pm – 5pm
- Bassfords Recreation Ground, Marshalls Road, Raunds (Free Parking at Millfield)

What's On

Get ready for an afternoon packed with action:

- Fair Rides, Circus Entertainment and Giant Bubble Show.
- Meet Reptiles and Birds of Prey, or cheer on the pups at the Dog Show!
- Tug of War, Children's Races, and local School Performances.
- Browse a variety of Food, Drink, and Craft Stalls.
- Don't miss the incredible Take That Tribute Act!

A Huge Thank You

This event is proudly organised by Raunds Town Council and sponsored by Raunds Hardware & Pet Supplies.

Bring your family & friends down for some community fun!



Free Let's Fish-Ringstead-Mill Cotton Fishery

Mill Cotton Fishery, Mill Cotton, Station Road Ringstead NN14 4TU

When signing up for this event please ensure that the ticket is booked under the details of the Participants

This event is funded by [Fishing in The Nene Valley - Wellingborough & District Nene Angling Club](#)

Learn to fish with our team of professionally qualified and licensed angling coaches. All bait, equipment, permits and licence are provided, saving you the cost of buying an Environment Agency daily rod licence. You'll be taught the basics of fishing tackle, how to correctly hold a pole, bait the hook, recognise bites, land and unhook fish and much more. We'll also advise on best value for equipment to help you get started on your own and point you in the direction of a suitable local club or academy when you are ready for it. All you need to do now is to book in and turn up on time on the day.

Booking information Please book one time slot per person, ensuring the ticket is in the correct name of the actual participant who intends to fish. Multiple bookings using the same participants name won't be accepted. On event day, arrive 5 to 10 minutes before your allocated start time. All children must be accompanied by an adult. If you sign up to our national celebration development programme you may return to Let's Fish events as many times as you wish.

Directions: What 3 Words: <https://w3w.co/rezoning.backers.ranged>

Who are these events for? The one-hour sessions are open to all adults and children aged from SIX years old and upwards who are seriously interested in trying out a fascinating new hobby. Experience shows these introductory learn to fish events are absolutely brilliant for children between the ages of 6 & 15. We encourage parents to book in and have a go too, so you can learn to fish as a family. We welcome participants returning multiple times especially those on their journey towards the national celebration of young people and fishing.

What do I need to bring? All fishing equipment and bait is supplied, however, you should wear appropriate clothing for the expected weather conditions and you MUST bring a chair for anyone who is spectating and they must sit behind the participant.

[Free Let's Fish-Ringstead-Mill Cotton Fishery-26/04/2026 Tickets, Sunday 26 April • 9:30 - 16:30 | Eventbrite](#)

[Free Let's Fish-Ringstead-Mill Cotton Fishery-10/05/2026 Tickets, Sunday 10 May • 9:30 - 16:30 | Eventbrite](#)

[Free Let's Fish-Ringstead-Mill Cotton Fishery-17/05/2026 Tickets, Sunday 17 May • 9:30 - 16:30](#)
[| Eventbrite](#)

[Free Let's Fish-Ringstead-Mill Cotton Fishery-31/05/2026 Tickets, Sunday 31 May • 9:30 - 16:30](#)
[| Eventbrite](#)



“Shoots” Nature based play for you and your family.

Kinewell Lake Trust [Kinewell Lake | Home](#)

Station Road, Ringstead, NN14 4DT.

Free sessions and car parking.

Kinewell Lake is nestled within one of the largest pocket parks in Northamptonshire. Recognised as a site of special scientific interest, we take pride in our park and community orchard. Join us for our family sessions to connect with friends and explore nature together!

Balsam bashing and litter picking All Ages 9th May 10am

Muddy Meander – lakeside walk and scavenger hunt 0-5s 13th May 10am

Muddy Meander – lakeside walk and scavenger hunt 0-5s 10th June 10am

Fairy and Elf Lakeside Procession and crafts ages 5-10 21st June 10am

Kinewell Lake Trust

Station Road, Ringstead, NN14 4DT

Free sessions & car parking



Nature based play for you &
your family

Kinewell Lake is nestled within one of the largest pocket parks in Northamptonshire. Recognized as a site of special scientific interest, we take pride in our park & community orchard.

Join us for our family sessions to connect with friends and explore nature together!

2026

Muddy Meander - lake side walk & story	0-5s	8th April	10am
Balsam bashing & litter picking	All ages	9th May	10 am
Muddy Meander - lake side walk & scavenger hunt	0-5s	13th May	10am
Muddy Meander - lake side walk & den building	0-5s	10th June	10am
Fairy & Elf lake side procession & crafts	5-10	21st June	10 am
Muddy Meander - lake side walk & teddy bears picnic	0-5s	8th July	10am
Balsam bashing & litter picking	All ages	11th July	10 am
Muddy Meander - lake side walk & pond dipping	0-5s	12th Aug	10am
Bat Walk: lakes side walk & bat detecting	8+	28th Aug	8pm
Muddy Meander: lake side walk & bug house building	0-5s	9th Sept	10am
Muddy Meander - lake side walk & autumnal craft	0-5s	14th Oct	10am
Autumn Nature Walk with bark & leaf rubbings	5-10s	30th Oct	10 am
Muddy Meander - Lake side walk & den building	0-5s	11 Nov	10am
Muddy Meander: bug bugs and lovely bugs	5-10s	9 Dec	10 am
Mid winter walk & carols around the fire pit	All ages	21st Dec	3pm

Book at: kinewell.lake.enquiries@gmail.com

Feeding Friends. Bringing together expectant and new parents for feeding support.

Come and meet the Infant Feeding Team to discuss all things infant feeding. For anyone expecting a baby or caring for an infant up to 1 years old.

We provide a safe, supportive space to: Ask questions about infant feeding. Share experiences with other families. Gain confidence and reassurance in your feeding journey.

Open to Expectant Parents. Parents and carers with babies and young children up to 1 year old. Everyone is welcome, however you feed your baby.

Raunds Methodist Church, Brook Street, Raunds, NN9 6LP.

On the third Thursday of the month. Next session 21st May Drop in at anytime between 10am and 11.30am. On street parking and carpark nearby.

To find out more: Phone: 07795 110109 Monday to Friday, 9am to 5pm (please do not text this number) or Email: infantfeedingteam@nhft.nhs.uk

Feeding Friends

Bringing together expectant and new parents for feeding support




What is it?

Come and meet the Infant Feeding Team to discuss all things infant feeding! For anyone expecting a baby or caring for an infant up to 1 years old

We provide a safe, supportive space to:

- Ask questions about infant feeding
- Share experiences with other families
- Gain confidence and reassurance in your feeding journey



Who can come?

- Expectant parents
- Parents and carers with babies and young children up to 1 year old
- Everyone is welcome, however you feed your baby

When and Where?

First Group 19th March



Rounds Methodist Church
Brook Street
Rounds
NN9 6LP

On the 3rd Thursday of the Month
Drop in at anytime between 10am and 11.30am
On street parking and carpark nearby

Find out more

Phone : 07795 110109 Monday to Friday, 9am to 3pm (please do not text this number)
Email: infantfeedingteam@nhft.nhs.uk

Irthlingborough

What's on in May Irthlingborough Library

Free NHS Health Drop In – designed for adults aged 40 to 74, it helps identify your risk of conditions such as heart disease, stroke, diabetes and kidney disease.

Tuesday 5 May 10am to 4pm. Tuesday 19 May 10am to 4pm.

Author Talk: Lorna Marlow. Free, drop in. Lorna talks about her debut novel 'Finding Home'. Refreshments available. Monday 11 May 2pm.

Police Surgery. Meet with your local Community Support Officer to discuss concerns. Wednesday 13 May 1pm to 3pm.

Half Term Crafts and Wildlife Book Den. Explore our wild den and get busy with an animal themed craft available until 4pm each day.

25 to 30 May. During Opening Hours.

Half Term Fun! Family Wildlife Walk. Wednesday 27 May 10.30am

Calm Cafe for Mental Health Awareness Week. Free refreshments from our warm space, mindfulness activities and music to relax. 11 to 15 May, during opening hours.

Local and Community History Month. A special exhibition by Irthlingborough Historical Society 'The Old Bridge'. Pick up a 'just for fun' quiz from the desk.




What's on in May at Irthlingborough Library

Activity	Details	Day/Time
Free NHS Health Check Drop-in	Designed for adults aged 40-74, It helps identify your risk of conditions such as heart disease, stroke, diabetes and kidney disease	Tuesday 5 th May 10-4pm Tuesday 19 th May 10-4pm
Author Talk – Lorna Marlow Free, Drop-in	Lorna talks about her debut novel, Finding Home. Refreshments available.	Monday 11 th May 2pm
Police Surgery	Meet with your local Community Support Officer to discuss concerns.	Wednesday 13 th May 1.00-3pm
Half Term Crafts and Wildlife Book Den	Explore our wild den and get busy with an animal themed craft available until 4pm each day.	25 th -30 th May During Opening Hours
Half Term Fun! Family Wildlife Walk	See reverse for details	Wednesday 27 th May 10.30am
Calm Café for Mental Health Awareness Week	Free refreshments from our warm space, mindfulness activities and music to relax	11 th -15 th May During Opening hours
Local and Community History Month	A special exhibition by Irthlingborough Historical Society 'The Old Bridge' Pick up a 'just for fun quiz' from the desk	Throughout May



MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026




Irthlingborough Food Bank

We have moved from Thursday 12 March.

Our new location is Warren Close NN9 5TJ. Please note: Access is at the end of the close on the left via several steps.

Access the Food Bank's website [Home](#) and Facebook page [facebook irthlingborough foodbank](#)

For more information or call 07804 857 119



Irthlingborough
Foodbank
07804 857 119




**WE HAVE
MOVED**

FROM THURSDAY 12TH MARCH
NEW LOCATION
WARREN CLOSE
NN9 5TJ



**Please note : access is at the end of the close on
the left via several steps - please ring door bell**

ACCESS THE FOOD BANK'S WEBSITE AND FACEBOOK PAGE
FOR MORE INFORMATION OR CALL 07804 857 119.

- WEBSITE: WWW.IRTHLINGBOROUGHFOODBANK.CO.UK
- FACEBOOK PAGE: [IRTHLINGBOROUGH FOOD BANK 07804 857 119.](https://www.facebook.com/IRTHLINGBOROUGHFOODBANK)



11:43



Irthlingborough
Foodbank
07804 857 119

WARREN CLOSE NN9 5TJ

Thrapston

Nene Valley Parents Support Group

You are warmly invited to join the Nene Valley Parents Support Group, led by Nene Valley Surgery and hosted at Hermitage House care home.

This friendly group is for parents and carers of children aged 0 to 4 years. We hope it will be a welcoming and supportive addition to the Thrapston community, a space to meet others, share experiences, and enjoy time together.

All sessions start 10am. A suggested donation of £1 is appreciated to help cover the cost of refreshments, kindly provided by Hermitage House Care Home.

Dates for your diary: **Monday 11 May**, Monday 22 June, Monday 3 August, Monday 14 August, Monday 26 October and Monday 7 December.

Learn more on: 01832 732456, Kingfisher Road, Thrapston, NN14 4GN. [Country Court Care](#)

We're pleased to be launching a new Parent Support Group at Nene Valley Surgery for parents and carers of children aged 0–4 years. This group will be a welcoming space to connect with other families, share experiences and access support during those early years.

Hermitage House
A Country Court Care Home

Nene Valley Parent Support Group

You're warmly invited to join the Nene Valley Parent Support Group, led by Nene Valley Surgery and hosted at Hermitage House Care Home.

This friendly group is for parents and carers of children aged 0-4 years. We hope it will be a welcoming and supportive addition to the Thrapston community a space to meet others, share experiences, and enjoy time together.

All sessions start at 10am.

A suggested donation of £1 is appreciated to help cover the cost of refreshments, kindly provided by Hermitage House Care Home.

nene valley surgery

UC Universal Credit

Baby Basics

Family Hubs

Northamptonshire Maternity and Neonatal Voices Partnership

North Northamptonshire Council

Dates for your diary:
**Monday 30th March, Monday 11th May,
Monday 22nd June, Monday 3rd August,
Monday 14th August, Monday 26th October
and Monday 7th December**

Learn more on: **01832 732 456**
Kingfisher Road, Thrapston, NN14 4GN
www.countrycourtcare.com

Souster Youth Drop In's

We're back! Open to all young people

- Monday 3.45pm to 6pm
- Tuesday 3.45pm to 6pm
- Friday 3.45pm to 6pm

30 Market Road Thrapston. For more information please visit [The Souster Youth Trust](#)



Oundle

Free half term craft session at Oundle Library.

Thursday 28th May 10.30am to 12 Noon.

Join us at this fun craft session to celebrate some of the special themed days that occur in May. We will have various craft stations positioned around the library for your child to create different works of art!

Suitable for ages 3+.

The session is free to attend but booking via our Eventbrite page is essential:

[Half term craft session Tickets, Thursday 28 May • 10:30 - 12 | Eventbrite](#)

Tickets will be available from Thursday 30th April.

[Half term craft session | Facebook](#)

LibraryPlus

**Free half term craft session
at Oundle library**

Thursday 28th May
10.30am-12.00pm



Come and celebrate some of the special themed days in May with us!

For ages 3+

To book a place please visit our Eventbrite page at
<https://www.eventbrite.co.uk/o/oundle-library-121137754795>
or scan the QR code below:



 North Northamptonshire Council

Wildcats Girls Football

Don't forget, Wildcats Girls' Football is back this evening! It's the perfect place for girls aged 5-11 to get active, learn new skills, and make a whole new squad of friends.

Whether she's the next superstar or has never kicked a ball before, everyone is welcome!

Make Friends, play Football, have fun!

Who: For girls aged 5 to 11

When: Thursdays 6 to 7pm

Where: Oundle Town FC.

£2.50 per session. Message Amy on 07850 429815 for further information or to secure your place.



Come see the Social Inclusion Team for Advice on Benefits and Support, Household Budgeting and Credit Union

Stop the wolves from knocking on your door. Come and see the Social Inclusion Team for advice on:

Benefits and Support: We can offer advice on how to claim housing benefit, council tax support and Department of Work and Pensions benefits.

Household Budget We can help you look at your household budget and discuss ways to reduce your bills, apply for charity grants, reduce your household bills and make arrangements with creditors.

Credit Union Account We can help set up a Credit Union account and help arrange for your income to be paid directly in and your bills to be paid out of the account.

Drop-in Surgery at Fletton House, Glapthorn Road, PE8 4JA from 1pm to 3pm. 8 May 2026, 8 June 2026, 3 July 2026, 31 July 2026. 28 August 2026. 25 September 2026, 23 October 2026, 20 November 2026, 18 December 2026.

The Credit Union is open Monday to Friday 9am to 5pm at North Northamptonshire Council offices on Bowling Green Road. Appointments are available outside of those hours by prior arrangement.

The Email is: creditunion.KBC@northnorthants.co.uk Telephone: 01536 534 247



Stop the wolves from knocking on your door. Come along and see the Social Inclusion team for advice on:

Benefits and Support
We can offer you advice on how to claim housing benefit, council tax support and DWP benefits.

Household Budget
We can help you look at your household budget and discuss ways to reduce your bills, apply for charity grants, reduce your household bills and make arrangements with creditors.

Credit Union Account
We can help set up a Credit Union account and help arrange for your income to be paid directly in and your bills to be paid out of the account.

Drop-in Surgery at Fletton House, Glapthorn Rd, PE8 4JA
From 1.00pm to 3.00pm

- 16 January 2026
- 13 February 2026
- 13 March 2026
- 10 April 2026
- 8 May 2026
- 8 June 2026
- 3 July 2026
- 31 July 2026
- 28 August 2026
- 25 September 2026
- 23 October 2026
- 20 November 2026
- 18 December 2026

Contact Details
The Credit Union is open Monday - Friday, 9am - 5pm at North Northamptonshire Council offices on Bowling Green Road. Appointments are available outside of these hours by prior arrangement.

 creditunion.KBC@northnorthants.co.uk 
01536 534 247

Comets – Your Place to Play -A safe space for disabled children aged 5-11 to kickstart their football journey

Inclusive Football Opportunities for children aged 5-11 years with special educational needs, disabilities and health conditions, or anyone that needs support and adjustments.

Fridays from 7pm-8pm

Oundle School Sports Centee, Milton Road, Oundle, PE8 4AB

Contact Mark comets_oundletown@outlook.com

All Sessions are FREE



Your place to play

A safe space for disabled children aged 5 - 11 to kickstart their football journey



Just be you!



All sessions free!

Inclusive Football Opportunities for children aged 5-11 with special educational needs, disabilities, health conditions, or any other support needs or adjustments

Time and Date: Fridays from 7pm to 8pm, on:
7th November, 14th November, 28th November, 5th December,
and 19th December (recommencing in the New Year)

Location: Oundle School Sports Centre, Milton Road, Oundle, PE8 4AB

Contact: Mark

Email: comets_oundletownfc@outlook.com



Get in touch to book your first session!

Kettering



Kettering, Burton Latimer and Barton Seagrave, Desborough and Rothwell

Kettering

Kettering town SEN Football for 8-18yrs

Kettering town SEN 8-18yr olds are looking for players.

Unfortunately on the verge of folding which would be very sad indeed.

There are spaces available for girls and boys aged 8 to 18 with, SEND who'd love to join a football team.

Kettering Town SEN team meet on Tuesdays between 6.30 to 7.30 at Kettering Science Academy on Deeble Road, its £5 a week.

If anyone is interested please contact: Dave Dent :
07921086433 Email:ketteringtown1@hotmail.co.uk

For more information please visit [Multi Disability Football | Kettering Town FC Community Trust](#)

Multi Disability Football



Magical Multiples

Whether you're expecting multiples, caring for newborns, or finding your way through the toddler years, our free Mums & Babies Group for Multiples is here to support you

Join us for connection, friendship, and a community that understands the unique joys and challenges of life with multiples

All parents and carers of multiples are warmly welcome — we'd love to meet you!

Friday May 8 and Friday 22 May.

Kettering Family Hub Montagu Street Kettering



Thrive together. Family Relaxation and Wellbeing Courses

Discover a new way to learn, relax and connect as a family with our courses. **These courses are designed to help families with children 11+ years to build everyday wellbeing and stress relieving skills together.**

Come and try something new together

Indian Head Massage for families

5th May 7pm to 9pm

Bach flower remedies for families

19 May 7pm to 9pm

Aroma therapy for Families

26 May 7pm to 9pm

Scan the QR code on the poster above the register or visit [Kettering Family Hub](#) (look under events)

Kettering Best Start Family Hub, Montagu Street, Kettering, NN16 8RX

Thrive Together: Family Relaxation & Wellbeing Courses

Discover a new way to learn, relax and connect as a family with our Courses. These courses are designed to help families with children 11+ years to build everyday wellbeing and stress relieving skills—together.



Hand Massage for Families
28th April 2026 7:00- 9:00pm.

Indian Head Massage for families
5th May 7:00- 9:00pm.

Bach flower remedies for families
19th May 7:00- 9:00pm.

Aroma therapy for Families
26th May 2026 7:00- 9:00pm.

Scan the QR code
to book your
place



Kettering Best Start
Family Hub,
Montagu Street,
Kettering, NN16 8RX

<https://familyhubs.northnorthants.gov.uk/fh-kettering>



HEALTHY
BABIES

Free 12 Week Women's Self defense and Protection workshops Kettering

By [North Northants Sports & Welfare Club](#)

St John Hall Community, Edith Road, Kettering, NN16 0PZ

Calling all women - Get ready to learn key safety techniques and boost your confidence at this 12-week self-defence workshop in Kettering!

North Northants Sports & Welfare Club is set to host a Women's 12 week self-defence course in Kettering as part of an ongoing 'BE SAFE' programme to be a Safer you in May 2026.

Keen to develop your confidence levels and learn self-defence skills to become a safer you? This FREE 12 Week workshop blends situational awareness and practical tactics for real-world self-defense. This workshop is designed for people who want realistic, usable skills they can apply under stress — whether avoiding danger, de-escalating, or defending themselves when necessary.

The course will be tailored by the instructors each week to suit attendees, so new attendees are welcome to join at any time, when spaces are available. NNSW will be offering the classes at St John Hall Community, Edith Road, Kettering, NN16 0PZ to help women become more confident

and aware of their surroundings. Empower and bring a friend or family member too! Limited Spaces Available.

Before joining, please make sure you are committed to the course

To reserve your free space please visit our Eventbrite page [*FREE* 12 WEEK WOMEN'S SELF DEFENCE & PROTECTION WORKSHOP - KETTERING MAY26 Tickets, Multiple dates | Eventbrite](#)



Groundwork Northamptonshire Youth Forum 7th May

Ages 10+. Free. 1st Thursday of the month.

Your town, your voice, your summer!

We are officially inviting you to the next **Youth Forum meeting on Thursday, 7th May**. We've secured a great space at **The Business Exchange on Rockingham Road**, and we want you there to help us call the shots on some major upcoming events.

What's on the table?

- **Exam Season Support:** How can we help you stay sane during exams? Think animal therapy at The Green Patch or "study & snack" zones.
- **YouthFest 2026:** We're starting the blueprint for the biggest youth event of the year. We need your ideas on music, food, and vibes.
- **Summer Scopes:** Planning activities for the summer holidays and beyond in Kettering and at Green Patch

The Details:

- **When:** Thursday, 7th May | 4:00 PM – 6:00 PM
- **Where:** The Business Exchange, Rockingham Rd, Kettering.
- **Perks:** Free snacks, drinks, and a chance to boost your CV/UCAS points.

Can you make it? Please reply to Edgeworth.Taderera@groundwork.org.uk or drop us a DM 07738070681 so we know how many pizzas to order!

GROUNDWORK
NORTHAMPTONSHIRE

YOUTH FORUM

AGES 11+
FREE

CHALLENGE EMPOWER SUPPORT INSPIRE
1ST THURSDAY OF THE MONTH
4PM - 6PM

A community conversation about issues impacting young people.

Delivering your own projects and activities
Representing your peers
Facilitating conversations with key decision makers!

JOIN US @

THE BUSINESS EXCHANGE

07738070681 www.groundwork.org.uk edgeworth.taderera@groundwork.org.uk

Shiny's Tentacle Tribe SEND under 11's no diagnosis needed

Where every arm has a hand to hold. Reaching out, Jumping In, Having Fun! Making connections, one Suction Cup at a time.

Toys, Puzzles, Sensory Room, Arts and Crafts.

Join us each month for a morning of fun, for under 11's however siblings are welcome and parents to stay as well. There will be special interest themed sessions too. This is a SEND event, no diagnosis needed.

Sunday 17 May, 10am to 12 Noon. Family Hub, Montagu Street, Kettering.

s.o.s.kettering@gmail.com

[Sea of Support](#)

www.facebook.com/profile.php?id=61575033577611

Sea of Support
CIC 16431857

Themed Sessions

- Toys
- Puzzles
- Sensory Room
- Arts & Crafts

SHINY'S TENTACLE TRIBE

Where every arm has a hand to hold.
Reaching out, Jumping In, Having Fun! Making connections, one Suction Cup at a time.

Join us each month for a morning of fun, for under 11's however siblings are welcome and parents to stay as well. There will be special interest themed sessions too. This is a SEND event, no diagnosis needed.

Sunday 17th May 10-12am
Family Hub, Montagu Street Kettering

s.o.s.kettering@gmail.com | www.seaofsupport.co.uk

Clay Faces at Fermyn Woods Country Park

[Fermyn Woods Country Park Kettering, Northamptonshire](#)

Join us in our Wild Zone to create your own Clay Face! Let your imagination run wild in this hands on fun craft activity.

Join us in the Wild Zone to create your own clay face.

£5 per child, must be accompanied by an adult

Normal car parking charges apply.

Fermyn Woods Country Park, Lyveden Road, Brigstock Kettering NN14 3HS

[Clay Faces at Fermyn Woods Country Park Tickets, Multiple dates | Eventbrite](#)



Social Media Involvement Group

Youthworks. Ages 14 to 16. Based in Kettering/Corby. No experience needed to apply).

Help create social media content on our different platforms.

Be part of a youth-led social media team.

Work together on videos, trends and campaigns.

Share your ideas and shape what we post?

Any questions? Email pgibson@youthworksnorthamptonshire.org.uk

Scan the QR code on the poster to sign up/register interest.

SOCIAL MEDIA INVOLVEMENT GROUP

YOUTH WORKS **AGES 14-18**

[Based in Kettering/Corby | no experience needed]

- Help create social media content on our different platforms
- Be part of a youth-led social media team
- Work together on videos, trends & campaigns
- Share your ideas and shape what we post

Any questions? Email pgibson@youthworksnorthamptonshire.org.uk

SCAN THE QR CODE TO SIGN UP/REGISTER INTEREST ↓

Making Waves SEND Youth Club

Come and join our SEND Youth Club for 11 to 25 year olds. Held three times a month so come and have some fun, with no pressure or judgement.

Friday 1 and 15 May 2026 at 6 to 8pm.

Sunday 17 May 2026 at 10am to 12 Noon.

Your voice, your Rhythm, your Tide.

Sea of Support. Contact us for more info. S.o.s.kettering@gmail.com

Kettering Family Hub Montagu Street

* Please note we are asking parents to stay at least for the first session. You can stay for more if your young person needs you too

Come and join our SEND Youth Club for 11-25 year olds. Held three times a month so come and have some fun, with no pressure or judgement

FRIDAY 1ST & 15TH MAY 2026 AT 6-8PM
SUNDAY 17TH MAY 2026 AT 10AM-12

Family Hub, Montagu Street Kettering

Your Voice, Your Rhythm, Your Tide

Sea of Support
CIC 1048887

BEST START
Family Hubs
NORTH NORTHANTS

Contact us for more info!
s.o.s.kettering@gmail.com

Kettering Mind - Mental Health Navigator Drop In's and Support

Our mental health navigators, Jen and Cory, provide support in the community to help people improve their general wellbeing. If you're experiencing stress, anxiety, depression or recovering from a mental health condition and are struggling to move forward and find the right support, then a Mental Health Navigator may be for you.

Our navigators can:

- Meet you in a public venue of your choosing between the hours of 9-5, Monday-Friday
- Actively listen to what you want to do to make positive changes to improve your wellbeing
- Help you assess whether you are ready to make those changes and support you in planning a pathway for them
- Give information of appropriate support agencies that you may wish to use
- Motivate and empower you to make those changes and maintain them in the long term

Please just come along to any of our drop-ins or give us a call on 01536 523216. Follow the link below to see all of our drop-ins. [Mental Health Navigators - Kettering Mind](#)



Youth Works Counselling

Here at Youth Works, we offer FREE counselling sessions to anyone aged 11-25 (up to 25 if you have a special educational needs/disabilities and access mainstream state funded school/college.) who live in the Boroughs of Corby or Kettering. The course of sessions tends to last 6-8 weeks with a 50-minute session at the same time each week.

To refer, fill in the form on our website: [Youth Works Referral](#)

This form can be filled out by the young person, or their parent/carer or professional.

Any questions? Do not hesitate to send us a DM on Facebook, email (enquiries@youthworksnorthamptonshire.org.uk) or call 01536 518339

YOUTH WORKS COUNSELLING

We offer **FREE** counselling to any young person aged **11 to 18** years old ****** living in the boroughs of **Corby or Kettering**.

******or 25 years if you have a special educational needs/disabilities and access mainstream state funded school/college.

SCAN THE QR CODE TO REFER INTO OUR COUNSELLING SERVICE.

This form can be completed by a young person, or by their parent, carer or professional.



WE HAVE 2 COUNSELLING LOCATIONS!

CORBY

KETTERING

We will ask which location best suits you when we call to book.

YOUTH WORKS

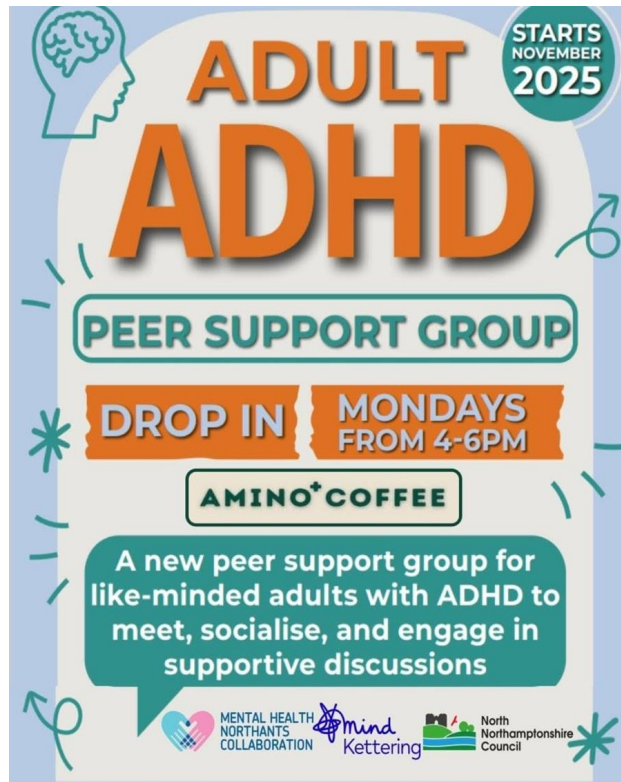
Adult ADHD Peer Support Group

Adult ADHD Peer Support Group. Starts November 2025

Peer Support Group. Drop in Mondays from 4pm to 6pm.

Amino+ Coffee, Unit 1, Market Street, Kettering, NN16 0AH

A new peer support group for like-minded adults with ADHD to meet, socialise, and engage in supportive discussions.



Burton Latimer and Barton Seagrave

Welcome to SMUFs, a place for Pre-school worship and play.

Come and join us every Tuesday morning (term time) from 10.30 to 11:30

Every week we explore a different theme from the Bible as well as singing songs and learning to pray for the world around us. We then have a time of free play with toys, colouring and a biscuit.

All children under five (including babies) are welcome to come along with their parent or carers.

SMUFs is free, although we do take a no obligation collection during the group, which covers the cost of hiring the Hall.

If you are interested in coming along, SMUFs is held at: **Burton Latimer Guiding Centre, 16 Alexandra Street, Burton Latimer, NN15 5SF** For any more information contact: Emma Barrow on 07759 224 002



Rothwell and Desborough

3rd Desborough Scout Group

Spaces to join

Squirrels. 4- to 6-year-olds. Tuesdays from 5pm to 6pm. Contact: rebeccaann_perry@hotmail.com

Beavers. 6- to 8-year-olds. Tuesdays from 6 to 7 p.m. Contact: theyeomans@btinternet.com

Cubs. 8-to 10 and a half year olds. Tuesdays from 6.30pm to 8pm

3rddesboroughcubscouts@gmail.com

Scouts 10 and a half to 14 year olds. Tuesdays from 7.30pm to 9pm. ian.krone@ntlworld.com

Meeting at St Giles Community Centre, Lower Street, NN14 2NP



3rd Desborough Scout Group

Squirrels - 4-6 year olds
Tuesdays 5-6pm
rebeccaann_perry@hotmail.com

Beavers - 6-8 year olds
Tuesdays 6-7pm
theyeomans@btinternet.com

Cubs - 8-10 ½ year olds
Tuesdays 6:30-8pm
3rddesboroughcubscouts@gmail.com

Scouts 10 ½ - 14 year olds
Tuesdays 7:30-9pm
ian.krone@ntlworld.com



meeting at
St Giles Community Centre
Lower Street
NN14 2NP

Desborough Town Pythons football team looking for new players Under 9s. Season 2026/27

Desborough Town Pythons are looking for some new players

Current Year 3 (Y4 sep) Mixed gender team

Training development team available

Training Friday at Desborough Leisure Centre

Match Day Sundays at Kettering North Park

For more information or to register your interest:

Facebook: DesboroughTownJuniors

Email: SecretaryDTJFC@gmail.com

Phone/WhatsApp: Luke 07301580977



Rothwell Mental Health and Wellbeing Drop In Support

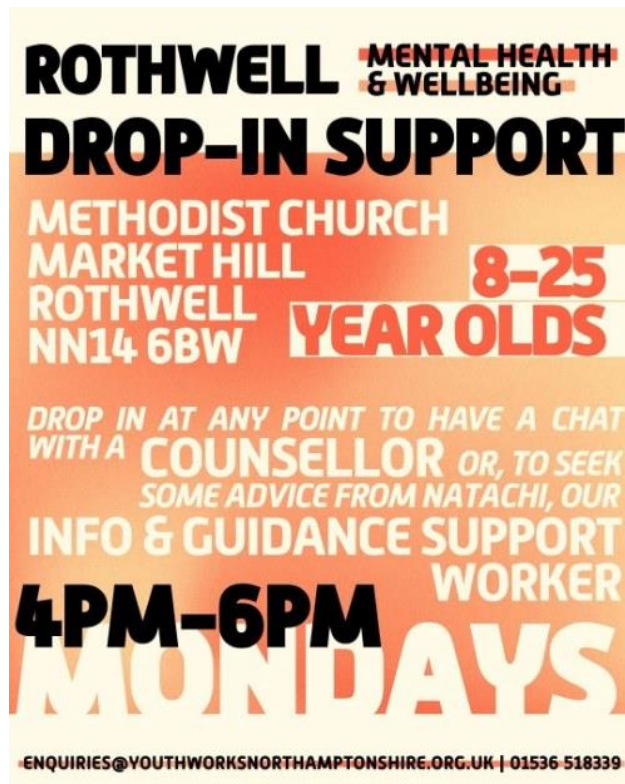
For ages 8-15 years

Methodist Church, Market Hill, Rothwell, NN14 6BW

Drop in at any point to have a chat with a counsellor or to seek some advice and guidance from our support worker Natachi

4pm-6pm every Monday

For more information, please email enquiries@youthworksnorthamptonshire.org.uk or call 01536 518339



Friday Family Fub at St Giles Community Centre

Friday Family Fun is back in the Community Centre on Friday 10th April

All are welcome to join us from 5pm for craft activities, stories, music and a family meal. Hope to see you there!

Every 2nd Friday of the Month

Free to attend

St Giles Community Centre, Desborough, Kettering NN14 2NP

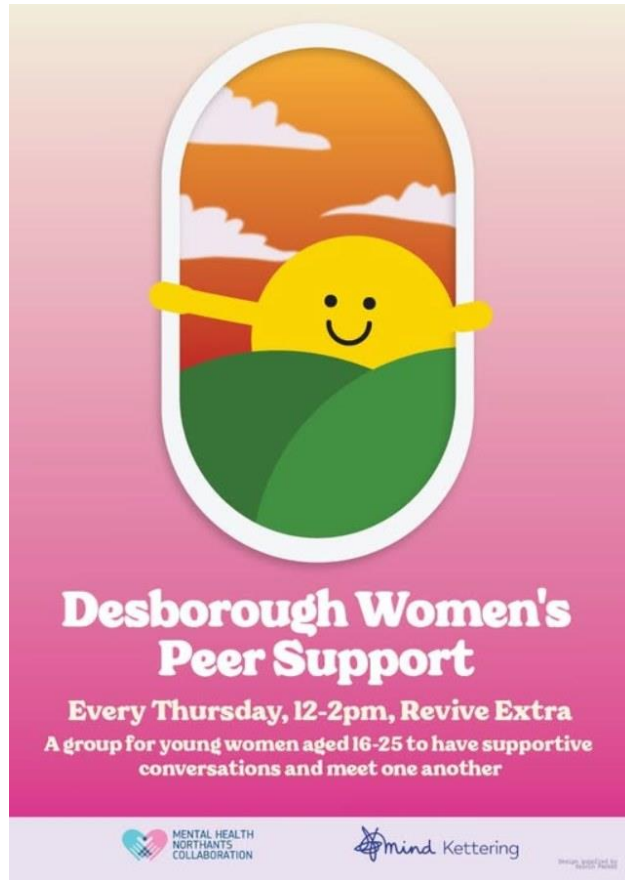
For more information email karenmabbutt@hotmail.com



Womens Support Group - Kettering Mind

A new women's peer for ages 16-25 support group every Thursday from 12:00-2.00pm at Revive Extra in Desborough.

This is a peer support group for young women aged 16-25 to have supportive conversations and meet like minded people. This has been set up by one of our Community Wellbeing Champions Eva who looking to make a positive difference in our local community. We are extremely proud of all of our Community Wellbeing Champions who are bringing such positive groups to the local area



Desborough Youth Club

Youth Centre, Paddock Lane.

Now for ages year 5 and above

Every Tuesday 6.30pm to 8pm. £1.50 entry.

Paddock Lane Come and join us for crafts, sports and music or just a safe space to meet up with friends.

Desborough Youth club

Year 5 and above

Every Tuesday

6.30-8pm

£1.50 entry

Paddock Lane

Come and join us for crafts, sports
and music or just a safe space to
meet up with friends.



The Market House Pantry - Rothwell Foodbank

The Market House Pantry established 2025. Do you need help or know someone who does?

The Market House pantry is Rothwell's food bank, founded on the principles of compassion and community support. We provide essential services to individuals and families in a time of crisis, ensuring that no one in the area has to go hungry.

Tuesday and Thursday 10am to 2pm Market House, Market Hill, Rothwell, NN14 6BW.

For more information, contact Lisa Judge, Health & Wellbeing Officer on 07908 913056 or email healthandwellbeing@rothwelltowncouncil.gov.uk



Opening
Tuesday 2nd
September

PANTRY

ESTD 2025

Do you need help or know someone who does?

The Market House Pantry is Rothwell's food bank, founded on the principles of compassion and community support. We provide essential services to individuals and families in a time of crisis, ensuring that no one in the area has to go hungry.

Tuesday and Thursday

10am to 2pm

Market House, Market Hill, Rothwell NN14 6BW

For more information, contact Lisa Judge, Health & Wellbeing Officer on 07908 913056 or email healthandwellbeing@rothwelltowncouncil.gov.uk



Corby



KUD Project Weekly Timetable

All sessions are held at Kingswood Neighbourhood Centre, Alberta Close, NN18 9HU

FREE to attend any session

Monday

Premier league Kicks 4.30-5.30pm MUA/Field

Calisthenics Sessions 5.30-6.30pm Calisthenic Rig

KUD Youth Club (age11+) 5.00-6/3-pm Youth Room

Tuesday

Skateboard Sessions 3.45-5.15 Skatepark

SEND Social Group 4.00-5.00pm Main Hall

Wednesday

KUD Football 3.30-4.15pm Main hall

Cheerleading 4.30-5.30pm Main Hall

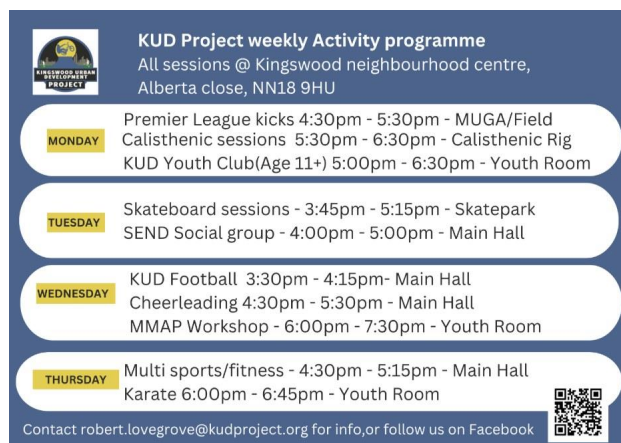
MMAP Workshop 6.00-7.30pm Youth Room

Thursday

Multi Sports/fitness 4.30-5.15pm Main Hall

Karate 6.00-6.45pm Youth Room

Contact robert.lovegrove@kudproject.org for more info or follow us on Facebook [KUD Project](#)




KUD Project weekly Activity programme
All sessions @ Kingswood neighbourhood centre,
Alberta close, NN18 9HU

MONDAY Premier League kicks 4:30pm - 5:30pm - MUGA/Field
Calisthenic sessions 5:30pm - 6:30pm - Calisthenic Rig
KUD Youth Club(Age 11+) 5:00pm - 6:30pm - Youth Room

TUESDAY Skateboard sessions - 3:45pm - 5:15pm - Skatepark
SEND Social group - 4:00pm - 5:00pm - Main Hall

WEDNESDAY KUD Football 3:30pm - 4:15pm- Main Hall
Cheerleading 4:30pm - 5:30pm - Main Hall
MMAP Workshop - 6:00pm - 7:30pm - Youth Room

THURSDAY Multi sports/fitness - 4:30pm - 5:15pm - Main Hall
Karate 6:00pm - 6:45pm - Youth Room

Contact robert.lovegrove@kudproject.org for info, or follow us on Facebook 

Free Cheerleading

Free Cheerleading sessions for kids aged 7+

No Booking needed just turn up

Every Wednesday starting 6 May. 4.30pm to 5.30pm.

Venue at Kingswood Neighbourhood Centre, NN18 9HU.

Email robert.lovegrove@kudproject.org or WhatsApp 07462 656754



Free 12 Week Women's Self defense and Protection workshops Corby

By [North Northants Sports & Welfare Club](#)

Kingswood Neighbourhood Centre, Alberta Close, Corby, NN18 9HU

Calling all women - Get ready to learn key safety techniques and boost your confidence at this FREE 12-week self-defence workshop in Corby!

North Northants Sports & Welfare Club is set to host a Women's 12 week self-defence course in Corby as part of an ongoing 'BE SAFE' programme to be a Safer you in May 2026.

Keen to develop your confidence levels and learn self-defence skills to become a safer you? This FREE 12 Week workshop blends situational awareness and practical tactics for real-world self-defense. This workshop is designed for people who want realistic, usable skills they can apply under stress — whether avoiding danger, de-escalating, or defending themselves when necessary.

The course will be tailored by the instructors each week to suit attendees, so new attendees are welcome to join at any time, when spaces are available. NNSW will be offering the classes at Kingswood Neighbourhood Centre, Alberta Close, Corby, NN18 9HU to help women become

more confident and aware of their surroundings. Empower and bring a friend or family member too! Limited Spaces Available.

BEFORE JOINING, PLEASE ENSURE THAT YOU ARE COMMITTED TO THE COURSE.

To register for your free space please visit our Eventbrite page [*FREE* 12 WEEK WOMEN'S SELF DEFENCE & PROTECTION WORKSHOP - CORBY MAY26 Tickets, Multiple dates | Eventbrite](#)



Sparklers SEN Club May dates and Toy Swop Event

10th May 10.00am

17th May 10.00am

31st May 10.00am

Join us on Saturdays for engaging activities tailored just for our amazing kids. This group is for children aged between 3-8 years old.

Our activities include sensory circuits, sensory play, arts and crafts and interactive games.

Cornerstone Methodist Church, Kingsbrook Corby, NN18 9HY

Please book by contacting admin@lightbeamservices.co.uk

To help us keep offering the best experience (including using two rooms regularly for more space and activities!), we'll be **introducing a small charge of £1.50 per child from now on.**

Adults will remain free so when booking please only book for your child/children. We want Sparklers to stay accessible to everyone, so if the cost would be a barrier for you, please don't hesitate to message us privately.

Toy Swop

Do you have toys or sensory equipment your child has outgrown? Or are you looking for new toys/resources to engage your child without the high cost? We've got you covered

Join us at 10am at Cornerstone Methodist Church for a relaxed and welcoming Toy Swap Event for SEND children and their families. This is a great opportunity to share, swap, and take home items that suit your child's need while connecting with other local families.

We'll also have free snacks, sensory activities, and arts & crafts for children to enjoy, with plenty of chances to try out toys before taking them home.

You're welcome to bring gently used toys, sensory equipment, or resources you no longer need.

Please make sure all items are clean, safe, and in good working order.

Registration is required to attend – please sign up here: [Events | Light Beam](#)



LightBeam CIC Presents :

SPARKLERS SEN CLUB

Community Toy Swap!



Do you have toys your child has outgrown or not used? Or need new toys and activities for your child to engage in?

Come along to our **FREE Community** Toy Swap for **SEND families!**
A relaxed and welcoming space to swap toys, share resources, and connect with other families.

Enjoy free sensory activities and arts and crafts for children, giving them the chance to have fun and try out new toys they can take home. This will be a friendly, supportive atmosphere, **free snacks/Refreshments**, and plenty of opportunities for families to connect, share, and support one another.

@ Cornerstone Methodist Church, Kingsbrook, Corby NN18 9HY

Next Date :
16 May 2026 at 10am

For more information contact:
admin@lightbeamservices.co.uk



LightBeam CIC

SPARKLERS SEN CLUB!!



MAY DATES

- 10 May 2025 10:00am
- 17th May 2025 10:00am
- 31st May 2025 10:00am

@ Cornerstone Methodist
Church, Kingsbrook, Corby NN18 9HY

Join us on Saturdays for fun, engaging activities tailored just for our amazing kids! This group is for children between 3 and 8 years old. Our activities include sensory circuits, sensory play, arts and crafts, and interactive games – there's something for everyone! Together, we will explore different ways that our children can develop their learning and development through play. Siblings are welcome.

Booking is required! For more information contact: admin@lightbeamservices.co.uk or Follow Sparklers SEN Club on Facebook.



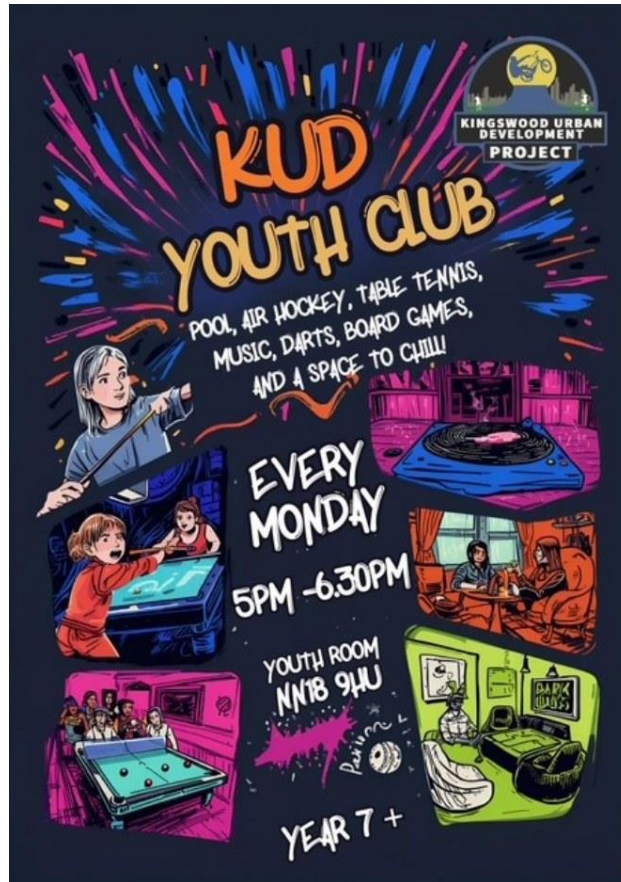
KUD Youth Club

Pool, Air Hockey, Table Tennis, Music, Darts, Board Games and a space to chill.

Every Monday 5pm to 6.30pm

Kingswood Neighbourhood Centre, Youth Room. NN18 9HU

For years 7 and up



EnFold Autism support sessions

Join EnFold for a series of Autism Support sessions in CORBY for parents and care givers of children who are on the Autism and ADHD diagnostic pathway or diagnosed.

Whether you are just beginning this journey or looking for ongoing guidance, these events are designed to help you feel informed, empowered, and supported. Meet other parents and care givers and connect with others on similar journeys in a safe, inclusive space.

Dates: Friday 8, Wednesday 13 and Friday 22 May.

Time: 9.30am to 11.30am.

Venue: Pen Green Research Building, Corby, NN17 1AG.

Session One:

What is Autism, deepen your understanding of autistic traits and differences and sensory profiles.

Session Two:

Understanding Behaviour that challenges, supporting your child during meltdowns and sensory overload.

Session Three:

Asking for Reasonable Adjustments in School (including understanding the EHCP process).

To book please visit [EnFold Autism Support Sessions CORBY 8th, 13th and 22nd May 2026](#)

Book now by scanning the QR code on the top right hand corner of the image.



The poster features a top section with blue and orange paper figures holding hands, a pink box with a yellow musical note, and a QR code. The main title is 'AUTISM SUPPORT SESSIONS' in green and white. Below it, the EnFold logo is shown with the tagline 'Supporting the Autistic Community'. A central text block describes the sessions for parents and care givers. A 'Session Content' section lists three sessions. A 'Book Now' button is at the bottom left, and a blue box at the bottom right contains dates, time, venue, and space availability.

EnFold
Supporting the Autistic Community

Join EnFold for a series of Autism Support sessions in CORBY for parents and care givers of children who are on the Autism and ADHD diagnostic pathway or diagnosed.

Session Content

Session 1: What is Autism - deepen your understanding of autistic traits and differences and sensory profiles

Session 2: Understanding Behaviour That Challenges - supporting your child during meltdowns and sensory overload

Session 3: Asking for Reasonable Adjustments in School (including understanding the EHCP process)

Book Now:
Scan the QR code at top of page

Whether you're just beginning this journey or looking for ongoing guidance, these events are designed to help you feel informed, empowered, and supported. Meet other parents and care givers and connect with others on similar journeys in a safe, inclusive space.

Dates: Friday 8th, Wednesday 13th and Friday 22nd May
Time: 9.30-11.30am
Venue: Pen Green Research building, Corby, NN17 1AG
Spaces available: 20

Community Gathering – Made with Many - New date for Corby

We are planning for the next 3 years of Made With Many and would love your input and bright ideas!

No need to book - doors open 30 minutes early, and light refreshments will be available for free.

Community Gatherings | 9th May 1.00-3.00pm doors open at 12.30pm for refreshments

Rebel Art Group, 16 Dale St, Corby NN17 2BQ

Please note that Community Gatherings are aimed at adults – children are welcome to come along but must be supervised by an adult throughout the evening.

Find out more by visiting: [made with many - community](#)



MADE WITH MANY

Community Gatherings

Got any bright ideas? We'd love your input!

Help shape the next three years of the Made With Many programme by joining one of our Community Gatherings
Light refreshments will be available. Community Gatherings are primarily for adults; children are welcome if supervised throughout the event.

Saturday 18th April | 1pm – 3pm (Doors open 12:30pm)
WACA, Rock Street, Wellingborough NN8 4LW

Thursday 23rd April | 6pm – 8pm (Doors open 5:30pm)
The Raven Hall, 63 Rockingham Road, Corby NN17 1AG

Thursday 14th May | 6pm – 8pm (Doors open: 5:30pm)
Wellingborough Museum, 12 Castle Way NN8 1XB

Visit: www.madewithmany.org/community

You're not alone - New Support Group

We are launching a confidential support group for men experiencing unhealthy relationships — emotional, psychological, financial, coercive or physical.

Want to talk in a safe, respectful space?

Message us confidentially to find out more.

Carol.McFarlane@northnorthants.gov.uk or Kerry.McNulty@northnorthants.gov.uk

01536 400068 or 07917 050014

Taking the first step can feel difficult — but you don't have to do it alone.



Pen Green Groups for Children 0-5 years in Corby

Groups for Children and Families (0–5s) in Corby

Our Children’s Centres in Corby offer a wide range of free groups and support for families with children from birth to 5 years. This includes antenatal and postnatal support, early learning activities, parenting courses, and targeted support for families who may need extra help. Groups are led by qualified practitioners, with both drop-in and referral-based options available.

Find out more and view our full timetable [Group Timetable | Pen Green Children's Centre](#)



Beginners Callisthenics Class



5.30-6.30pm Every Monday

Kingswood Neighbourhood Centre, Alberta Close, Corby.

For more information email robert.lovegrove@kudproject.org

Join Us for Fun Fitness

**BEGINNERS
CALLISTHENICS
CLASS**



5:30 pm to 6:30 pm
Every Monday

Kingswood
Neighbourhood
Centre

email robert.lovegrove@kudproject.org
for more information

Corby Dodgeball Club

A welcoming community led sports organisation using dodgeball to build confidence, teamwork and physical wellbeing.

Fun and Inclusive sessions for children and young people of all abilities with a strong focus on empowering beginners and underserved communities.

Your first session is free, then it's just £3 for each session you attend

Tuesdays 7.00-9.00pm ages 6-17 years at Corby Business Academy

For more information please email corby-dodgeball-club@hotmail.co.uk

COMPANY NUMBER 09628805

CORBY DODGEBALL CLUB

DODGEBALL TO BUILD CONFIDENCE, TEAMWORK, AND INCLUSION ACROSS ALL AGES





Tuesday 7:00pm - 8:00pm 6 - 17 Years Old Corby Business Academy (NN17 5EB)

SAFE • INCLUSIVE • SUPPORTIVE

- Led by qualified coaches
- Fully Insured – DBS checked staff
- Pathway to compete internationally

JOIN TODAY AND GROW WITH US

We are a welcoming, community-led sports organisation using dodgeball to build confidence, teamwork, and physical wellbeing. We deliver fun, inclusive sessions for children and young people of all abilities, with a strong focus on empowering beginners and underserved communities. Our aim is to grow the sport locally while creating positive, supportive pathways for everyone to enjoy and succeed in dodgeball.

 CORBY DODGEBALL CLUB
 CORBY-DODGEBALL-CLUB@HOTMAIL.CO.UK


UPDATE: Corby Swap Shop – New Address

CORBY Swap Shop 3rd Saturday 1-3pm each month

We wanted to share an important update about the Corby Swap Shop.

The Corby Swap Shop has moved to a new location! You can now find it at: Shelton Road, Unit M, Willowbrook East Industrial Estate, Corby, Northamptonshire, NN17 5XH

The Swap Shop continues to be a brilliant community resource, helping families share, reuse, and support one another – and we're really pleased to be able to pass this update on. If you use the Corby Swap Shop, please make a note of the new address and feel free to share this post so others don't miss out

As always, thank you for supporting local community initiatives alongside RUSH 2The DEN



Corby Swap Shop



Shelton Road Unit M,
Willowbrook East Industrial Estate,
Corby,
Northamptonshire,
NN17 5XH



Youth Works Counselling

Here at Youth Works, we offer FREE counselling sessions to anyone aged 11-25 (up to 25 if you have a special educational needs/disabilities and access mainstream state funded

school/college.) who live in the Boroughs of Corby or Kettering. The course of sessions tends to last 6-8 weeks with a 50-minute session at the same time each week.

To refer, fill in the form on our website: [Youth Works Referral](#)

This form can be filled out by the young person, or their parent/carer or professional. Any questions? Do not hesitate to send us a DM on Facebook, email (enquiries@youthworksnorthamptonshire.org.uk) or call 01536 518339

YOUTH WORKS
COUNSELLING

We offer **FREE** counselling to any young person **aged 11 to 18 years old** ** living in the **boroughs of Corby or Kettering**.

**or 25 years if you have a special educational needs/disabilities and access mainstream state funded school/college.

SCAN THE QR CODE TO REFER INTO OUR COUNSELLING SERVICE.

This form can be completed by a young person, or by their parent, carer or professional.

WE HAVE 2 COUNSELLING LOCATIONS!

CORBY **KETTERING**

We will ask which location best suits you when we call to book.

YOUTH WORKS

The poster features a QR code and images of the counselling locations in Corby and Kettering. The text is primarily in pink and black, with a yellow background.

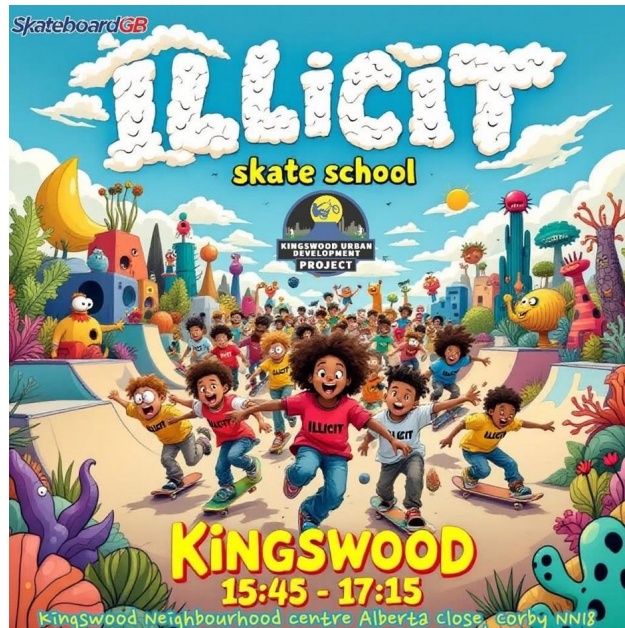
Illicit Skate School is back!

We're really excited to share that Illicit Skate School is returning to Kingswood today. The last sessions were such a hit — loads of smiles, loads of progress, and a brilliant mix of young people giving it a go.

If your child is brand new to skating or already practising tricks, they'll be welcomed, supported, and encouraged. It's all about building confidence, learning safely, and having a genuinely good time.

Tuesdays 15:45 to 17:15.

Kingswood Neighbourhood Centre, Albert Close, Corby, NN18 9HU



Premier League Kicks at Corby Kingswood.

Premier League Kicks inspires children and young people to achieve their potential and improve their wellbeing; working together to build stronger, safer and more inclusive communities.

The programme aims to regularly engage children and young people of all backgrounds and abilities in football, sport and personal development. We offer FREE weekly football sessions across the county with opportunities to take part in local and regional tournaments.

Your local session is on Monday's at: Kingswood Neighbourhood Centre, Alberta Close, Corby. NN18 9HU. 4:30PM TO 5:30PM (School year groups 5 to 13).

For more information, please contact Eadie Simons at Eadie.Simons@ntfc.co.uk or scan the QR code to sign up.





PREMIER LEAGUE KICKS

CORB Y KINGSWOOD

Premier League Kicks inspires children and young people to achieve their potential and improve their wellbeing; working together to build stronger, safer and more inclusive communities.

The programme aims to regularly engage children and young people of all backgrounds and abilities in football, sport and personal development. We offer FREE weekly football sessions across the county with opportunities to take part in local & regional tournament.

Your local session is on Monday's at:
 Kingswood Neighbourhood Centre Alberta
 Cl, Corby NN18 9HU
 16:30 - 17:30 (School year groups 5-13)

For more information please contact Eadie Simons at Eadie.Simons@ntfc.co.uk or scan to sign up -->





Epic Rollers Corby Every Saturday

We are BACK! Open to continue our 2025/26 Skate Season

Come along for a Fantastic Family Fun Roller Skate Session with Tuition Provided

EPIC Rollers CORBY Lodge Park Sports Centre, Corby, NN17 2SG

Every Saturday 4.15pm - 5.45pm

Online Tickets Only Skate Entry : £6, Skate Hire Available : £2

Quad & Inline Skates Available or Bring your own

Free Tuition Provided

Click the 'BOOK NOW' button or visit: [Tickets – EPIC Rollers UK](#) Let's Roll



The Rainbow Circle LGBTQ+

LGBTQ+ and Social Group

A safe place to be yourself. Be you. Belong here. Games, Art, Chats and more!

1st and 3rd Thursday every month, term time 4pm to 5.30pm. Corby Library.

For ages 11 to 16.

Corby Cube, George Street, Corby NN17 1QG Corby

For more information please contact corby.libraryplus@northnorthants.gov.uk



Kinship Carers Wellbeing Hub

Are you a Kinship Carer? Would you like to meet other Kinship Carers?

If so, please join us on the **2nd Thursday of the month** at Little Jimmy's, Pen Green Children's Centre, Rockingham Road, Corby, NN17 1BJ, from 12.30pm to 2.30pm.

This is an adult only group running term time only. Refreshments and a warm welcome and a warm welcome provided.

For more information, please contact Northamptonshire Carers on 01933 677907.

Northamptonshire Carers, supporting Carers countrywide.

For more information please visit [Northamptonshire Carers Association](#)

A colorful poster for a Kinship Carers Wellbeing Hub. The background features a stylized landscape with trees in shades of blue, yellow, and orange, a white dog, and a group of people walking. The text is in black and purple. At the bottom left is a QR code, and at the bottom right is the Northamptonshire Carers logo.

**Kinship Carers
Wellbeing Hub**

Are you a Kinship Carer?
Would you like to meet other Kinship Carers?

If so please join us on the 2nd Thursday of the month at **Little Jimmy's**, Pen Green Children's Centre, Rockingham Road.
Corby NN17 1BJ
From 12.30pm-2.30pm
This is an adult only group.
Term time only.
Refreshments and a warm welcome provided.

For more information please contact
Northamptonshire Carers on
01933 677907

Northamptonshire Carers, supporting Carers countywide.
www.northamptonshire-carers.org
Registered Charity number 1061417.

Northamptonshire Carers

Housing and/or Financial Advice in Corby


Need Housing or Financial Advice in Corby? Accommodation Concern are at **Pen Green every Tuesday, 9am–12pm.**

Offering FREE support with: Housing issues (eviction, homelessness, repairs, applications), Debt advice & budgeting help, Emergency support (energy vouchers, food parcels, white goods), Benefits checks, claims & appeals

Can't make it? Call 01536 416560 or email Help@a-c.org.uk

Pen Green Children's Centre, Rockingham Rd, Corby NN17 1BJ

Need advice?

 Accommodation Concern
Advice, support and housing
for a better tomorrow

Accommodation Concern are at Pen Green every Tuesday!
9am - 12pm

1 Housing Advice?

- Eviction paperwork
- Rights and responsibilities of tenants & landlords
- Liaise with council/housing associations
- Court representation
- Homelessness
- Access to social or private housing
- Repairs
- Legal obligations of tenants
- Application to social housing (Keyways)



2 Debt Advice?

- Budgeting
- Negotiating payments with creditors
- Sourcing cheaper gas/electric providers

3 Benefits Advice?

- Maximising income/Benefit checks - are you claiming everything you are entitled to?
- Claiming and appealing Welfare benefits
- PIP claims/Appeals
- Employment Support Allowance claims/appeals

BENEFITS



4 Emergency Support?

- Food voucher and food parcels
- Carpets & flooring
- Emergency energy vouchers (gas/electric)
- White goods
- Tenancy deposits/first months rent (max £700)



Cant make it? Call or email us!
01536 416560 - Help@a-c.org.uk



Declaration and Information

The Community Connector newsletter advertises products and services (or provides third party information regarding products and services) without representation or endorsement for their quality or suitability. Any queries about events or organisations should be made to the organisation directly.

If you would like to contact the Community Connector team about submitting information to this newsletter or updating us about your organisations information please send an email to cfss@nctrust.co.uk and mark the email Stay Connected.