



Safeguarding is everyone's business!

Safeguarding Newsletter

Summer Edition- July 2022

What's on in Kettering?

Kettering



Free Turn Up and Play Sessions

Come and join us for fun activities and sports in football, basketball, dodgeball, cricket, rounders, and relay games and much more! Head over and see us at one of our venues. No booking required, just turn up and play for free. Led by qualified Leaders.

For ages 7 to 13 years old. 10am – 12 noon at the following venues:

Week 1

Monday 25th July at North Park, Kettering NN16 9LW
Wednesday 27th July at Burton Latimer Rec, NN15 5LJ
Friday 29th July at Desborough Leisure Centre, NN14 2JJ

Week 2

Monday 1st August at Spring Rise Play Park, NN15 6DP
Friday 5th August at Mawsley Playing Fields, NN14 1GY

Week 3

Monday 8th August at Meadow Road Park, Kettering NN16 0AU
Wednesday 10th August at Kettering Skate Park, NN15 5DJ
Friday 12th August at Highfield Road Park, Kettering

Week 4

Monday 15th August at Rockingham Road Park, Kettering NN16 9RG
Wednesday 17th August at Rothwell Recreational Ground, NN14 6TY
Friday 19th August at Mill Road Park, Kettering NN16 0JJ

Week 5

Monday 22nd August at Hall Meadow Park, Kettering NN15 6FZ
Wednesday 24th August at Grafton Street Park, Kettering NN16 9DF
Friday 26th August at Grange Pocket Park, Kettering, NN16 0QS

Get Creative! Free Arts and Crafts Activities.

No booking required, just come along, and join in the activity or you can take some resources away and complete at home.

Arts and Crafts on Wednesday 27th July, 10th August and 16th August at 1pm to 4pm, families welcome at Kettering Market Place, NN16 0AJ

Free Street Football

Free Street Football is on every Thursday at Grange Pocket Park, Kettering NN16 0QS for 7 to 12 year olds, 6pm – 7pm.

To register your interest please visit [Street Football | KTFC Community Trust](#)

Kettering Town FC Football Summer Camp

25th July – 29th July

1st August – 5th August

8th August – 12th August

22nd August – 26th August

For 5 to 14 year olds, 10am – 3pm at Latimer Park, Powell Lane, Burton Latimer NN15 5PS

Cost is £18 per day or £75 per week.

To book email bookings@ktfccommunitytrust.com

Kettering Gymnastics Summer Camp

July and August various times for children aged 5 years plus, please email to find out dates, times, and cost info@ketteringgymnasticsclub.co.uk They are based at Brunel Close, Kettering NN16 9QQ

Northampton Tennis Coaching Multi Activity

Kettering Tennis Centre, Lake Avenue, NN15 6PB for children and young people aged 5 to 15 years old

1st August - 5th August and 15th - 19th August

Sessions times: 8am – 9am, 9am – 4pm, 4pm – 5pm

Cost: Hour Session £2 members or £3 non-members

Full Day £23 members or £25 non-members

Further information email northamptontenniscoaching@gmail.com To book please visit [Northampton Tennis Coaching](#)



Desborough Library and Community Hub What's On?

16th July at 7.30pm (doors open at 7pm), Soups to Suspenders Talk by Mike Stroud, cost is £5

21st July from 9am, Cake Sale, cost various

30th July at 7.30pm, (doors open at 7pm), Cantare Singers, cost is £5

Every Tuesday from 1.30pm – 3.30pm, Knit and Natter, cost is £1 including hot drink

Every Thursday from 2pm – 3.30pm, Scrabble Club, free

Second Wednesday of the month 10.30am – 12pm, Coffee, Tea and Books, cost is £1 including hot drink

4th August Coffee Morning (FODL) from 9.30am – 12pm, cost various

4th August at 7.30pm (doors open at 7pm), Genealogy by Picture My Past, cost is £5

6th August at 2pm (doors open at 1.30pm), Bingo, cost is £1

13th August at 2.30pm (doors open at 2pm), Poems of Pam Ayres presented by Sheila Turner, cost is £4 including hot drink and cake

For tickets for any of the above events please email dhubcontact@gmail.com or pop in to Desborough Library and Community Hub or visit [Desborough Library and Community Hub | Facebook](#)



The Green Patch Community Gardening, Valley Walk, Kettering NN16 0LU

Kettering Library Rhymetime is being held at The Green Patch, every Tuesday morning from the 5th July from 10.15am.

Summer Reading Challenge Wallets and Stickers will also be available for collection, all families welcome.

Community Gardening every Tuesday and Thursday 10am – 2pm, be part of a vibrant group of volunteer gardeners, working together to develop and maintain our incredible community space at the Green Patch.

Use your skills, learn new ones, and build new friendships with likeminded people! For further information call the Green Patch on 01536 521555 or drop in and have a look at what we are up to.



Around the world the SEN Partytime way

Sat 30th July 2022 at The Church of Christ the King, Kettering, NN15 7AA

Grab your passports and join us for an around the world adventure. Hear music from different parts of the world, experience dancing from different countries. Enjoy a story full of sensory goodies on our aeroplane. We will be playing musical instruments, singing songs, and having fun. It's Summertime! Remember your sunglasses. Let's enjoy the day the SEN Partytime way!

Tickets cost £4 each and there are 2 sessions to choose from 11.00am or 2.00pm. To book please visit [Around the world the SEN Partytime way at The Church of Christ the King event tickets from TicketSource](#)



Picture the Difference

An update about our creative and performing arts offer for young people and adults with additional needs. We try to accommodate a range of additional needs - those with neurodiversity, physical disability, or mental health issues, whether diagnosed or undiagnosed.

Not all our projects are suitable for everyone and so we consider each referral individually. Crucially, those referred must have an interest or talent in the creative or performing arts.

Food Offer Central to each day, we have an exciting food offer that has evolved from the health and cooking skill needs of our participants. My colleague, Rachel Dymott, has developed this in an exciting and original way that engages those with poor eating habits to cook healthy meals from scratch. We have some opportunities for individuals to get involved in this work, so please contact Rachel email ridymott@yahoo.co.uk for more information.

Visit Us We are coming to the end of our summer projects, so now is about visiting to see what we do, with thoughts for referrals starting in September 2022.

Project Information (term time):

Monday Night's 7.30-9.30pm - a relaxed social night where we enjoy music jam sessions, drama games, board games and art. We have several skilled musicians that play and perform as part of the PTD House Band and so we encourage those with musical talent to contact us.

PtD on Stage - Wednesdays 10am-3pm - This day is perfect for those keen to be part of a pop-up theatre company. We co-produce original performances and participants are usually involved in one or more aspects: acting, music creation, props & scenery design. These performances are offered for free to local schools and community groups and we usually have one public performance.

PtD on Stage - Thursday 10am-3pm - This day is about developing thoughtful, creative responses to a specific theme (e.g., 'Difference'). Currently, we offer this to Isebrook School students aged 14-19, however, there is an option to offer additional places as from September 2022. Our additional needs Arts Leaders assist in mentoring these students, skill-sharing and co-producing creative outcomes which are presented in a showcase at the end of the academic year.

PtD Lead & PtD Learn Day - Fridays 10am-3pm - a project for mixed ability additional needs.

PtD Lead is for those with greater ability in the arts who want to work on independent projects with other participants. For instance, Something Different Art Enterprise - creating original artworks for sales to the public and promotion as artists; music production - writing and recording radio plays, original music, and podcasts; Helping run Cafe Mango - developing cooking and customer skills. Staff are always on hand to offer guidance and support and facilitate as needed.

PtD Learn is for those with less ability to develop their creativity, communication and social skills through drama games and improvised role play, British Sign Language, Relaxation techniques and Arts and Crafts. Our Arts Leaders help support and run some of these sessions. We have the whole building for ourselves so can spread out into different rooms.

If you need any further information or would like to discuss our programme in more detail or arrange a visit please contact Zoe on 079475751 email admin@pictthediff.com or visit [Additional Needs Arts | Kettering | Picture the Difference \(pictthediff.com\)](#)

There are activities on throughout the county- follow this link:

<https://www.nctrust.co.uk/help-and-protection-for-children/protecting-children-information-for-parents/Documents/Stay%20Connected%20Newsletter%20NCT%20July%2022%20Summer%20Activities.pdf>

Feeling hungry? These places are offering Kids eat free!

KIDS EAT FOR FREE OR LESS DURING SUMMER 2022

MORRISONS

Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

ASDA CAFE

Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022.

DUNELM

One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

YO! Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.

BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am-12pm daily.

IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

BELLA ITALIA

Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

DOBBIES

Kids eat free with an adult main meal.

TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

MORE TO COME!!

M&S, TESCO and more expected soon, see websites for latest information.

Do you receive Free School Meals? Information will be emailed to you with how to use your vouchers over the summer. Keep an eye out for this!

Where can you get support if you need it over the summer?

<https://www.youthworksnorthamptonshire.org.uk/>

Drop-in support

A mental health service for 11-18 year olds in Northamptonshire

If you find yourself in need of support then we offer a drop in service where you can get support and advice as well as someone to talk to.

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

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.

Espresso Yourself Café

OPEN

- Support and Advice
- Wellbeing Activities
- Peer Support
- Parent Support is Available
- Also Available Remotely

Monday & Friday 4pm - 8pm the lowdown, 3 Kingswell Street, Northampton, NN1 1PP 01604 630385	Thursday 4pm - 8pm Youth Works, 97 Rockingham Rd, Kettering, NN16 9HX 01536 518339
Tuesday 4pm - 8pm Youth Works at Corby Mind, 18 Argyll St, Corby, NN19 1RU 01536 518339	Saturday 10am - 2pm Service Six, 15 Sassoon Mews Wellingborough NN8 3LT 01933 299520
Wednesday 4pm - 8pm CHAT Youth Counselling, Souster Youth Building, 30 Market Road, Thrapston, NN14 4JU 01837 274022	Saturday 12pm - 4pm Time 2 Talk, The Abbey, Market Square, Daventry, NN11 4XC 01327 706706

NHS Northamptonshire Healthcare NHS Foundation Trust
Service Six Changing Lives - Changing Futures
YOUTH WORKS
the lowdown supporting young people
Time 2 TALK
St Andrew's HEALTHCARE
CHAT Youth Counselling

Childline

Call 0800 1111, open 24/7, for emotional support. Find out more– <https://www.childline.org.uk/get-support/contacting-childline/>

CYPMHS Crisis team

Call 0800 170 7055, open 24/7, if you are in a crisis, at risk of self harm or suicide. Find out more <https://www.nhft.nhs.uk/camhs>

Samaritans

Call 116 123, open 24/7 if you need to talk to someone who won't judge or tell you what to do. Find out more <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

YoungMinds Textline

Text YM to 85258, open 24/7, for text support for young people experiencing a mental health crisis, and their parents. Find out more <https://www.yongminds.org.uk/>

CHAT Youth counselling

Call 01832 274422 for a confidential free counselling service for those aged 9-25 years old or email info@chatyouthcounselling.org.uk.

Text a school nurse

Text 07507329600 Mon-Fri 9am-4pm for friendly and helpful advice, for 11-19 yr olds.

The Mix Helpline

A support service for young people to talk about any issue troubling them. Call 0808 808 4994 or live-chat 1-2-1 everyday between 3pm-12pm. <https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

The Lowdown

A mental health charity that provide free and confidential emotional wellbeing, counselling, LGBTQ and sexual health support services for those aged 11-25. For more info visit <https://thelowdown.info>

ThinkNinja App

A mental health app designed for young people aged 10-18. It allows you to learn about mental health and emotional wellbeing and develop skills to build resilience and stay well.

Calm Harm App

An app designed to help young people aged 13 and above resist or manage the urge to self-harm, using timed activities designed to help you ride the wave. It is private and password protected.

MASH

If you are concerned about a child's welfare, please report it.

If a child is in immediate danger, left alone, or missing, you should contact the police and/or an ambulance directly by phoning **999**.

Members of the Public

If there is no immediate danger but you are concerned about a child's welfare, contact the Multi-Agency Safeguarding Hub (MASH):

Tel: 0300 126 7000 (option 1)