



Safeguarding News Letter — Winter/Spring 2023

Latest Advice for parents and Carers

Welcome to our latest safeguarding newsletter from Kettering Science Academy for Spring 2023. We aim to provide parents and carers with information on where you can access support in the local community and how to keep your children safe both in the community and online. This issue has information on cheap and free activities for families during the half term, and also cheap and free places to eat out with kids.



Preloved and
new, table-top
sales

1st April 8.30 - 11.30am

**All Saints Community Hall, William St
Kettering, NN16 9RR**

Ring Richard on 07887617978 to secure
your pitch at a cost of £7. Free entry.
Tea/coffee and bacon/sausage rolls.

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**YOUTH
WORKS**

YOUTH ACTIVITIES



northamptonshire
sport

**FREE YOUTH
FITNESS GROUP**

FRIDAYS
4.00pm - 5.00pm

ABOUT THE GROUP

using sports activities to support:

- healthier lifestyles,
- improved mental health
- peer-on-peer support.& friendships

through:

- weekly sports sessions
- social events
- social media support
- friendly, supportive staff



MORE INFO

- Open to anyone aged 11-18 years
- All levels of fitness
- Based at Keystone (97 Rockingham Road)
- Launch Event 10/09/2022
- First session 16/09/2022

CONTACT US TO FIND OUT MORE

enquiries@youthworks
northamptonshire.org.uk

01536 518339

Or just come along to a session

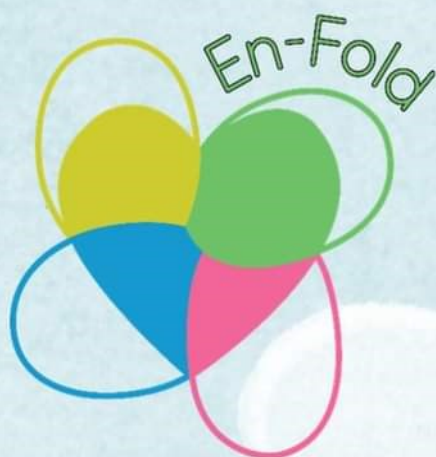


JOIN US FOR

En-Fest

Our very own annual festival to celebrate autistic people, our strengths, our stories and other organisations that help support us across the county

SATURDAY 1ST APRIL
10AM TO 2PM



*'The welcome arms for those seeking information,
training and support around Autism'*
Charity No – 1180998

Charity and Support
Organisations Market Place:
Where you can find out more
about the amazing services
on offer around the county

Craft Stalls
Food Stalls
Bouncy Castle
Lucky Dip
Games
Sensory Room

You are all invited to join us for our festival at:

CHRIST THE KING CHURCH

DEEBLE ROAD, KETTERING, NN15 7AA

Join the free hunt around town

Easter Egg



Kettering Town Trail
Saturday 1 to 15 April



Kettering
TOWN COUNCIL



North
Northamptonshire
Council

Easter *Holiday Activities*

**Monday 3rd April
Friday 14th April**

www.northnorthants.gov.uk/easteractivities





North Northants **FREE** Swimming

Free Swimming

available for all under 18 year olds in EASTER school holidays

**Monday 3rd to Friday 7th and
Monday 10th to Friday 14th April 2023**

Waendel Leisure Centre

Main Pool Only

from 1.35pm - 2.55pm

Call to book: 01933 221622

Kettering Swimming Pool

from 12pm - 1.30pm

Call to book: 01536 234409

The Nene Centre

from 1pm - 2.30pm

Call to book: 01832 734090

Free Swimming sessions at this centre are
not available on Tuesday 11th Wednesday
12th and Thursday 13th April

SPLASH Leisure Pool

from 11am - 12pm
and 12pm - 1pm

Call to book: 01933 410505

Corby International Swimming Pool

from 11am - 12.30pm

Call to book: 01536 464643

For Corby
Pool only,
please
pre-register
and book
here:



All young people under 18s must be accompanied by a paying adult



**North
Northamptonshire
Council**

Supported by
NNC Leisure and Public Health



HEY YOU! ✨ ✨ ✨
ISN'T IT TIME FOR YOU TO...

SHINE! ✨

SHINE! ✨



WHO ARE WE?

SHINE ARTS & WELL-BEING IS A WEEKLY ARTS GROUP BASED
IN BURTON LATIMER COMMUNITY LIBRARY WITH MORE
OCCASIONAL SESSIONS AT THE YARDS (*SEE BELOW) KETTERING-
WE MEET ON MONDAYS REGULARLY AT THE LIBRARY.:-

GROUPS TIMES- 11AM-1PM- ADDITIONAL NEEDS ADULTS 16+
+ ✨ 2PM-3.30PM- ANY AGE GROUP
4PM-5.30PM- 11-18 YEAR OLDS



• DEAF COMMUNITY
FRIENDLY- BSL
SIGN LANGUAGE
USED HERE 😊

INTERESTED? CONTACT US NOW
lou.shinearts@hotmail.com



* CHECK SOCIAL MEDIA FOR OUR OTHER SESSIONS

WWW.FACEBOOK.COM / SHINEARTSANDWELLBEING

INSTA SHINEARTS_WELLBEING



LOUISE CHANDLER
DIRECTOR & FOUNDING MEMBER

AT THE LAWYER & THE NURSE, THE YARDS, KETTERING

TASTER SESSION ONE - FREE!!

CARERS ALWAYS FREE

TEL 07702878198

www.shineartsandwellbeing.com



SHINE! ✨



Kids Eat Out For Less This Easter Break!

EXTREME
COUPONING
AND BARGAINS UK

ASDA

Kids Eat for £1 with no purchase necessary across the Easter Holidays with new vegan and nutritionally balanced meal options added.

Morrisons

Kids under 16 eat for free at Morrisons Café when an adult spends £4.49 or more on a meal.

IKEA

Kids Can enjoy Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50. Available every day from 11am from IKEA restaurants.

**FARMHOUSE INNS
EATING & CARRY-OUT**

Two kids can eat for FREE per paying adult Monday-Friday at Farmhouse Inns From 3rd-14th April 2023. Signup to their newsletter to claim your voucher.

Dunelm

One free Kids Menu with every £4 Spend at Pausa Cafe Monday-Friday After 3pm In Dunelm stores.

SIZZLING

Monday-Friday between 3-7pm, you can enjoy a kids' main meal for £1, with the purchase of every 1 adult main meal bought in the same transaction.

**BELLA
ITALIA**

Kids can enjoy three delicious courses & a drink for just £1 with the purchase of every adult main from 4-6pm on Monday-Thursday! Suitable for 2-11 year olds.

dobbies
garden centres

Kids Eat Free At Dobbies with an adult traditional breakfast or main course. Includes kids breakfasts, lunch menu or pick 'n' mix meal, plus a drink.

Travelodge

Up to 2 two children aged 15 or under eat free, when an adult orders the full priced breakfast.

YO! 活

From the 3rd of April, kids eat free all day YO! when dining with a full-paying adult (minimum £10 spend). See website for full terms.

Brewer's Fayre

Two kids under 16 eat for FREE when with every adult breakfast purchased at Brewer's Fayre, Table Table & Beefeater.

Harvester

We recommend downloading Harvester & Toby Carvery App because they often have good offers over school holidays for kids.

**M&S
CAFÉ**

Free Kid's Munch Menu when you spend £5 in the Cafe on weekdays. Offer currently valid in Scotland until Friday 14th April 2023.

(We expect this offer to be available across the UK Soon)

Information Correct At Time Of Posting. Please see individual website for the latest offers and full terms.

CRISIS CAFÉS

If you find yourself in crisis or need support with your mental health in the evening and/or at the weekend we are here to listen and help you in your time of need.

Mind Cafés have professional mental health workers who can offer you a safe space. Our aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing.

There is no need to call, just drop in to find a safe place with hope and comfort and find your pathway to recovery.

CRISIS CAFÉS TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Sanctuary @ Corby Mind 18 Argyll St, Corby, NN17 1RU Tel: 01536 267280				12-10 PM	12-10 PM		2-8 PM
The Mixing Bowl @ Kettering Mind 49-51 Russell St Kettering, NN16 0EN Tel: 01536 523216		12-11 PM	12-11 PM	12-11 PM			
Daventry Mind, The Old Gasworks Car Park, Brook Street, Daventry, NN11 4GG Tel: 01327 879416			5-9 PM				
Anchor House @ Northampton Mind 6/7 Regent Square, Northampton NN1 2NQ Tel: 01604 634310 / 624951	12-10 PM	12-10 PM				2-10 PM	
The Recovery Café @ Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN10 9YE Tel: 01933 312800	12-10 PM	12-10 PM	12-10 PM				2-8 PM
Wellingborough Mind 14 Havelock Street, Wellingborough, NN8 4QA Tel: 01933 223591				12-10 PM	12-10 PM	2-8 PM	

Young Minds are the UK's leading charity provide young people with tools to look after their mental health. Their website is full of information and advice on what to do if you're struggling with how you feel. They empower parents and adults who work with young people to be the best support they can be to young people in their lives. Find more information about what Young Minds offer here:

www.youngminds.org.uk

Under 25s

YOUNGmINDS
Crisis Messenger

powered by
shout
85258
CHOOSE YOUR LINE

Text YM to 85258
Open 24/7

THE MIX

Call 0808 808 4994
3pm - 12am, every day

childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111
7:30am - 3:30am, every day

Over 25s

 **mind**
for better mental health

Call 0300 123 3393
9am - 6pm, Mon - Fri

SAMARITANS

Call 116 123
Open 24/7

Parents

YOUNGmINDS | Parents Helpline

Call 0808 802 5544
9:30am - 4pm, Mon - Fri

For more advice and information
visit: youngminds.org.uk/find-help

Here are some more useful links for urgent and other mental health support

We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

www.beateatingdisorders.org.uk



Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night. www.childline.org.uk

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text 'SHOUT' to 85258 or Click [here](#) to visit shouts website.



The mix are a free and confidential multi-channel service. That means that you choose how you access their support, without the worry of anyone else finding out.

Visit the mix website [here](#)



Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal.

Visit www.kooth.com for more information and to sign up.



We listen to and learn from children and young people, work with them to build better solutions, and amplify their voices to aid better understanding of mental health conditions.

We work with those who bring up children and young people or work directly with them, from parents to foster carers, teachers, social workers and mental health professionals – those who know children and young people; designing approaches around the needs of young people then scaling them up; empowering the parents, carers and millions of professionals working with children and learning from them.



Anna Freud
National Centre for
Children and Families

If we can deliver this across three fronts, we can transform the mental health of this and the next generation – creating a more compassionate society for everyone. Please click the Anna Freud logo to be taken to the w

Our Safeguarding Team



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