

Stay Connected Locality Newsletter

February 2022



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

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Countywide

Service Six Countywide provision



TARGET Project

The TARGET Project at Service Six stands for **T**argeting **and R**educing **G**rooming **E**xploitation and **T**rading of Children and Young People Online.

The Project was developed as a direct result in a rise in cases of children and young people being abused by someone they had communicated with online. Data shows that increasingly children's and young people's online activity represents:

- Significantly high risks for children online
- Substantial negative impacts
- Absent or inadequate online protective behaviours
- Absent or inadequate safeguarding

TARGET aims to update knowledge and understanding of how online harms effect children and young people and aims to:

- Provide online protective behaviours
- Improve levels of wellbeing
- Increase transferrable life skills
- Provide real time rewards for volunteering in the form of Time Tokens

The TARGET Team consists of Youth Specialists and Child Sexual Exploitation Practitioners, offering support in understanding how the grooming process is used to abuse children.

The team provides classroom-based workshops and assemblies in Primary and Secondary Schools, as well as support group work in secondary schools with the aim to broaden the student's knowledge of Online Child Sexual and Criminal Exploitation and Abuse. The team also work with children and young people in a 1:1 setting, providing them with bespoke emotional support and protective behaviours for incidents that have happened online.

We also have a programme that we call TARGET Champions; any young person we work with can join the programme as a volunteer and help spread the safety message within their school. We truly value the lesson we learn from all the young people we work with and their contribution is key to our success.

For more information, please contact Claire Wright, TARGET Project Manager:
claire.connelly@servicesix.co.uk or 07813 366240.

The Opal Project

The OPAL project offers help and support to children and young people The Opal Project offers help and support to children and young people who use self-harming behaviour as an unhealthy and unsafe coping mechanism to release their overwhelming experience of distress.

Self-harm is often used as a coping mechanism. Self-harm actions aid management of anxiety and low self-confidence as a result of their diverse experience of abuse, trauma, inequality, and loss.

The key aims of OPAL activities are:

- Reduce self-harming behaviours through identifying alternative healthier ways of coping and of channelling frustrations and other strong emotions to achieve being emotionally and physically well
- Reduce anxiety through understanding what the difficulties are, exploring strategies how to treat and deal with those difficulties to achieve emotional and physical wellbeing and to develop a strong self-belief.
- Increase self-confidence by helping them to become competent in having control over their situation, making smart decisions, and taking responsibility for their choices to achieve being emotionally well and having essential skills to live happier and healthier lives

The OPAL project offers emotional and mental health support programmes which are bespoke to young people's needs, including:

- One-to-One support
- Wellbeing Group Work
- Peer Support
- Mental Health Mentoring Programme
- Awareness raising events

For more information, please contact Pep Finn-Scinaldi, Team Supervisor: pep.finn-scinaldi@servicesix.co.uk or 07813 366222.

Caring Connections

Service Six is working in partnership with Stand Out Northamptonshire to deliver the Caring Connections Project. The project enables Northamptonshire looked after children and care leavers to access free bespoke:

- supported access to a range of mental health resources and services.
- extra curricula education opportunities/resources; and
- access to training, mentoring and employment support

Children and young people who engage in Caring Connections will achieve: increased health and wellbeing; improved education participation and attainment; increased employability; and connectivity.

For more information, please contact Tony Butcher, Youth Specialist tony.butcher@servicesix.co.uk or 07483 140566.

Happy Heads – Under 11s Service

The "Happy Heads" project supports Northamptonshire Primary-school aged children within their local schools and communities to build emotional resilience and develop a healthy mind, so they can be happier and healthier children.

Happy Heads provides a safe place to talk and explore what children are worried about. This service offers 1-2-1 support for children who may need support and guidance to help manage any worries or issues they feel they need to tackle. It is a six-week programme consisting of weekly sessions. We can see the child in school or at our Sassoon Mews office in Wellingborough. Each child receives a SMART MOVES booklet to keep as a place to explore their thoughts and feelings, which can be used as a reference to help any time they may feel stressed or anxious.

For more information or to make a referral, please contact;

Service Six Service Hub team on 01933 277520 or referrals@servicesix.co.uk or Emma Campion, Operational Manager on 07813 366249 or emma.campion@servicesix.co.uk

Neurodiversity Networks CIC



ADHD wise UK are merging to become Neurodiversity Networks CIC. Covering all of Northamptonshire the service offers:

- One to one neurodiverse coaching
- One to one neurodiverse counselling
- 12 week Drawing & Talking programme
- Couple's coaching
- ADHD Business coaching
- Young People with ADHD group coaching course - our next one starts on 23 Feb 22, Advocacy & support with EHCP for parents
- 6 week parent/carer course - for parents with children with ADHD - the course is held on line £59.50 per family
- 8 week adults with ADHD Group coaching course - again online, £180 per adult, including a 1-1 coaching session
- Workplace neurodiversity/invisible disability training - either online or in person
- ADHD Adult screening clinic at the HUB in Wellingborough

We will be having a virtual launch on Tuesday 22nd February at 6.30pm anyone is welcome to attend and tickets can be booked by visiting [How Neurodiversity Led Coaching Can Support You. Tickets.](#) For more information contact Hayley Orson HayleyJ@ndnetworks.org.uk

Hope for Families



We have two fantastic online courses/events taking place in March and we want as many parents and carers as possible to join us!

Please be aware that bookings for Handling Anger in the Family open at 9am on Friday 28th January. Registration for Left to their Own Devices is open now.

Handling Anger in the Family This is a short 4-week online course for parents of children aged 5-16 years. We will look at how we can manage and handle anger in a safe and healthy way, starting with ourselves as parents and carers and then with helping our children.

Date and time: Tuesday mornings, 9:30-11:30am from 8th - 29th March

Cost: £12.50 per household including accompanying parent handbook (RRP. £9.99) and additional resources and goodies. Bursary places are available for parents who qualify (providing a 50% discount on registration).

To book please visit [Handling Anger in the Family Tickets](#)

Left to Their Own Devices This 2 hour session is designed to help parents and carers safely navigate the online world with their children. This session is mainly aimed at parents of primary aged children.

Date and time: Tuesday 8th March, 7:00-9:00pm

Cost: £10 per household including session notes, additional resources, and goodies. Bursary places are available for parents who qualify (providing a 50% discount on registration).

To book please visit [Left to their Own Devices Tickets](#)

Northamptonshire Young Carers



We now have a 6 month programme of regular online activities!

Coping with Caring - an opportunity to talk about caring and share ways to help us cope. We have a group for primary school young carers, and a group for secondary school young carers.

Catch-up and Create - an opportunity to meet other young carers, share your arts and crafts, and chat! We have a group for primary school young carers, and a group for secondary school young carers.

Games Night - come along and join in a range of games! All ages welcome!

Book Club - come along and share your favourite books and characters, read some stories, and listen to some stories. All ages welcome!

Online Gaming - join us on Roblox!

To register for the groups please visit our website: [Young Carers | Home | Northamptonshire Carers Association \(northamptonshire-carers.org\)](#) Face-to-face social activities will also be provided, usually in school holidays, and will be by individual invites.

Family Learning Valentines Weekend Workshops



Special Event by Family Learning - Valentine's Weekend Workshop Saturday 12th February 10 am – 11.30 am and 2pm – 3.30 pm

Free online craft workshops for all the family, join in one or both sessions. All resources will be provided and will be available to collect from your child's school from Wednesday 9th February 2022.

For more information and to book a space for your family to have some fun creating together please visit [Northamptonshire Adult Learning Course List \(northantsglobal.net\)](http://northantsglobal.net) (page 6) to book.

Northamptonshire County Toy Library



Half term is coming.....

Why not borrow something different for your older children. Pogo, stilts, roller boots, bungee, Harry Potter game, treasure hunt game, king pong, Football game, Dart board. There is soooooo much more.

For more information please visit [The County Toy Library | A Northampton based charity making toy hire affordable for all \(wordpress.com\)](http://The County Toy Library | A Northampton based charity making toy hire affordable for all (wordpress.com))

Domestic Abuse Recovery Toolkit



A 12 week plan to help women thrive after domestic abuse, tailored to meet the cultural needs of women of colour.

Working in partnership with Northampton Domestic Abuse Service (NDAS), Creating Equalz will deliver this 12-week programme to help women understand, challenge, and remove the voice of the perpetrator and take away feelings of guilt. You must have left the abusive relationship to participate.

Starting Monday 21st February 2022 10 am – 11.30am online via zoom. Enquiries email hello@creatingequalz.co.uk

Because I Matter Too Group In Half Term



If you are affected by another person's substance use and you are between the ages of **9-17 years** and live in Northamptonshire why not come along to one of our I Matter Too groups in the half term.

We are in Northampton on the 15th and 16th February and in Kettering on the 17th and 18th February. For more information and to book a space please email contactus@familysupportlink.co.uk or ring 01933 224632 and ask for Rachel, Steve or Sara.

To find out more about family support link please visit Welcome to Family Support Link

South Northants and Daventry

Service Six provision in Daventry



Service Six

Changing Lives • Creating Futures

Shape Project

Shape is a Self-Harm Awareness & Prevention Enterprise collaboration between Service Six, Health Young Daventry and Time 2 Talk, bringing together expertise in working with mental health and young people.

Our aim is to reach 11-16 year olds in Daventry to educate and increase awareness about self-harm. We want to help young people talk more openly and gain access to the services and support available to them. Throughout the project young people can attend awareness events at their school, join weekly support groups in their area and have the option of 1:1 therapeutic support.

Young people can also become one of our SHAPE champions.

For more information or to find out how you could get involved, please contact Pep Finn-Scinaldi, Team Supervisor: pep.finn-scinaldi@servicesix.co.uk or 07813 66222.

Superhero Angels Holiday Club – Celebrate 16th February 2022

Come and join the Celebration. Superhero Angels Holiday club will be meeting one of the three kings/wise men and having a celebration. Suitable for children aged 5-11 years.

Free play, snacks, craft, party games and making friends – places are limited so please book. Entry is £1

Venue: Daventry Methodist Church, Golding Close, NN11 4FB. To book call, text, or email Mandie on 07531 256461 or mptanigawa@gmail.com

Saturday fun at TJ's holiday club

On Saturday 12th February from 5pm – 7.30pm for those in Year 7 or above. Games, martial arts, pizza n snacks, soul fuel! Venue: Daventry Methodist Church, Golding Close, NN11 4FB

To book call, text, or email Mandie on 07531 256461 mptanigawa@gmail.com

Half Term crafts in Daventry Library

Join us to make your very own educational fishing game with the children and take it home to use again and again. All resources provided and the session is **Free**

Click the link to book your place [Northamptonshire Adult Learning SVL3TA19 Crafts for Families - Games](https://www.northamptonshire.gov.uk/adult-learning/svl3ta19-crafts-for-families-games) (northantsglobal.net)

Musical Theatre Classes in Daventry

Come and join Daventry's No.1 Fastest Growing Youth Theatre Company! Opportunities to star in TWO major shows every year, affordable, quality training from the best! Classes are relaxed and lots of fun, in a safe and secure environment.

Fridays in term-time at The Nene Hall. First class is **free**. Classes payable half-termly in advance. Book your place online by visiting [ASH Stage Productions \(webs.com\)](http://www.ashstageproductions.com)

Early Years for 4 - 6 years, 4pm - 4:45pm

Juniors for 7 - 10 years, 4:45pm - 6:15pm

Seniors for 11 - 18 years, 6:15pm - 7:45pm

Kidz boxing at Weedon Boxing Academy



At Weedon Boxing Academy. Age 12+ Mon/Wed/Fri 7pm - 8.15pm, Age 5-11- Wednesday 5-6pm and Saturday 10-11am

£4 pay as you go. No need to book, just turn up 5 mins before we're due to start.

Bring gloves if the child has some, if not all kit is provided. For more information, please visit our Facebook page [Weedon Boxing Academy | Facebook](#)

Daventry Town Women and Girls Football Club – Half term holiday club

Join us for games, football, and competitions. For ages 4 years and up. From 14th -18th February 9am – 3pm Early drop off and late pick up available. £16/day £70 for all 5 days.

For more information email Darren.robinson@dtfc.co.uk or visit our Facebook page [Daventry Town FC Women & Girls | Facebook](#)

Football4wellbeing

Football4wellbeing is a community football group that looks to open up football to everyone who may like to get involved regardless of ability. It's about fun, connecting and inclusivity. It's great for our mental health and physical wellbeing.

Please feel free to drop us a line if you'd like to join us on Wednesday nights at 6-7pm Daventry Football Club Rugby Borough FC or Fridays 8-9pm. For more information, please visit [Football4Wellbeing | Facebook](#)

Brackley Town Football Club Junior Football Camp



We are pleased to announce the details of our February 2022 Junior Football Camp! From Monday 14th February to Thursday 17th February 2022, join us at Brackley Town FC for fun and football! Suitable for boys and girls aged 5-15 years.

Monday 14th February to Thursday 17th February 2022

Full Day: 9:30am until 3:00pm (drop off 9:15am, collection 3:00pm)

Half Day: 9:30am until 12:30pm (drop off 9:15am, collection 12:30pm)

Full Day: £25, Half Day: £12.50

Sibling's discount full day £3.00 - half day £1.50 if attending on the same day

Extra 10% discount for juniors registered to Brackley Town FC

To book and for more information please visit [Football Camps - Spring Half Term - February 2022 \(brackleytownfc.co.uk\)](http://brackleytownfc.co.uk)

Rhino Sports Academy – Blisworth Half term camp

Dates: 14th - 18th Feb, Times: 9am - 4pm at Blisworth Community Primary School, Courteenhall Road, Blisworth, NN7 3DD Camp this time round has two options to choose from:

- Multi-Sport, which will involve a mixture of different sports and Gymnastics.
- Performing Arts, which will be an expressive mixture of Dance and Drama.

At both of our camps there is endless fun to be had, new skills to be learned and lots of prizes to be won. You can secure your place at camp now through our website rhinosportsacademy.co.uk/camp

Cricket in Daventry survey

West Northamptonshire Council are working in partnership with Northamptonshire County Cricket Club to see if there is a local need for Cricket in Daventry town, as currently there is very little cricket-based activity for children. Cricket is a unique sport for children in the way that it combines both physical activity and improves social skills.

Please take a few moments to complete the survey by visiting [Would you like to see Cricket in Daventry? \(office.com\)](http://www.office.com) and to say thank you there is a chance of winning a £100 Amazon voucher for all completed responses, please remember to add your email address at the end. The survey will take approximately 6 minutes to complete.

We've had a great response so far and look forward to receiving some more, the survey will close on Friday 18 February. If you have any further information, please contact me or Jim Hawkins, Clubs and Community Manager for Northamptonshire County Cricket Club jim.hawkins@nccc.co.uk.

Northampton

Shop Zero has moved



Shop Zero can now be found at the former URC Church, the Headland NN3 2NU

Tuesday, Wednesday, and Thursday 1-3 pm and Saturday 11 am – 1pm

They are a community shop/ larder, open to all. Check social media in case opening hours have to change as this is run by volunteers. For more information, please visit [Shop Zero | Facebook](#)

The Frank Bruno Foundation



New to Northampton is The Frank Bruno Foundation, a Mental Health and Wellbeing Centre in Standens Barn, Northampton. We have two charities within the Centre – The Frank Bruno Foundation – a Mental Health and Wellbeing Centre open for referrals to mental health and wellbeing programmes and The Frank Bruno Boxing Academy (CIC) open to the public for fitness and boxing classes. We offer our Round by Round programme for 18+ year olds, it is held over 8 weeks (1 day per week - 9.30am to 2.30pm - with lunch included) to support individuals who are experiencing early-stage mental ill health from many forms such as anxiety, depression, behavioural issues etc.

Our programme focusses on areas of mental health and wellbeing, such as exercise (non-contact boxing fitness such as skipping, hitting padded gloves, punch bags, catching, throwing and general body workouts), nutrition, behaviour tools, management techniques with the aim of building healthy bodies and healthy minds. Access to the course for individuals is by referral - people can self-refer or be referred by professionals, friends or loved ones by completing a referral form. Referral forms can be obtained by emailing: lisa@thefrankbrunofoundation.co.uk. **currently free of charge.**

A shortened version of our Round by Round programme is now on offer for 10-17 year olds on Friday 4pm-530pm. Also, **currently free of charge.** For our clients who have complex needs or are unsuitable for group sessions we can offer 1-2-1 sessions. We currently have to charge for these sessions; however, cost is kept to a minimum as we are a not for profit charity.

Alongside our Frank Bruno Foundation, we also have a sister charity The Frank Bruno Boxing Academy within our Centre which is open to the Community to use and is run as a boxing club in the evenings. The Boxing Academy one-hour sessions for Under 16s and Over 16s sessions. If you would like more information regarding the Boxing Academy, please email at brandon@thefrankbrunofoundation.co.uk

School visits now available which include:

- First session free for schools
- Non contact boxing/exercise
- Mental health awareness

- Stress release/management
- Confidence/self-esteem building

Also, corporate well-being sessions for companies to support employer's mental health and wellbeing

For further information please contact lisa@thefrankbrunofoundation.co.uk and visit [The Frank Bruno Foundation Northampton - Home | Facebook](#)

Re:store



Baby nest is back up and running this term on Monday mornings at 42 Sheep Street. This is a group for any parents with under 1s who would benefit from making friends, connecting with our Baby Nest befriending team, and having a reason to get out and about with their baby.

We also offer a baby massage session during the morning for any interested parents wishing to learn more about this relaxing activity. This is a free, cafe-style group with sofas and playmats/toys available.

If any parents need some extra support in accessing the group please get in touch and let us know - we can meet parents beforehand to introduce ourselves, arrange pre visits, and welcome referrers to attend if this too if this is required.

Please email restore@mg.churchsuite.com or visit [Baby Nest - Re:store Northampton \(restorenorthampton.org.uk\)](#) for further information. Please note there is a new start time 1015am, previously 10am.

The Lowdown



Happier Families Programme

The Happier families Programme is a pilot programme developed between the REACH collaborative and action for happiness.

The programme is aimed at families, but individuals can benefit too, providing support to learn about and try out tips, skills, and tools to boost wellbeing individually and as families and to improve the quality of the time they spend together.

It consists of 6 facilitator lead workshops- which are interactive, with activities and discussions. Each session is based on one of the '10 keys to Happier living' (action for happiness concept that if we all take action in these different areas of life, we can live happier lives)

There are no thresholds attached to which families can be worked with. It is a universal programme.

Families with children aged 5-16, No prescribed route of referral currently

Evaluation process for before and after, to determine effectiveness of programme

Please contact chelseabuswell@thelowdownnorthampton.co.uk for further information

Emmanuel Church

Fish - Fun and Food In Blackthorn School Holidays

Come and join us on February 15th 12-2pm at Blackthorn School. Free lunch for all children, snacks for parents. Come and learn and have party games with our entertainer.

Call 01604 411166 for more information or contact paul.foster@emmanuelgroup.org.uk or visit [Fish \(emmgroupp.org.uk\)](http://Fish(emmgroupp.org.uk))

St Matthews Minis

Pre-school playgroup for under 5's. Baby play area with sensory toys, crafts, and free play. For parents, grandparents, carers to have a chat and meet new friends. Thursdays in term time from 9.45am-11.30am. Adult £1 child 50p. Booking is essential. Contact the Parish Office on 01604 791251 or email minis@stmatthews-northampton.org.uk or visit [St Matthew's Church - Northampton : Families - St Matthew's Minis \(stmatthewsnorthampton.org.uk\)](http://StMatthewsChurch-Northampton:Families-StMatthewsMinis(stmatthewsnorthampton.org.uk))

Careers fair

When – February 18th 10am-2pm, Where – Park Inn, Northampton Town Centre, Silver Street, NN1 2TA.

There will be a variety of different organisations attending, alongside a wide variety of roles being advertised. Please register via [Northampton Careers Fair Tickets, Fri 18 Feb 2022 at 10:00 | Eventbrite](https://www.eventbrite.com/e/northampton-careers-fair-tickets-fri-18-feb-2022-at-10-00) For further information please contact info@ukcareersfair.com or visit [Home | The UK Careers Fair | Recruitment Events & Job Fairs 2022](http://Home|TheUKCareersFair|RecruitmentEvents&JobFairs2022)

Hunsbury Library



Craft Corner Saturdays 11am-12pm. Open to 5-11years olds with a different craft each week. A voluntary donation is encouraged to cover costs of materials.

For more information please visit [Hunsbury Library - Posts | Facebook](https://www.facebook.com/hunsburylibrary)

Interested in using drama to help your mental health?



Starting in February, there is a new drama group being run by Mind in Northampton. It will explore drama techniques, including improvisation, role-playing and acting out stories to help express how you are feeling and improve your mood.

It is an active, experiential form of creative therapy that may help you gain self-confidence and enhance problem-solving skills. You don't need any previous experience or training, only an open mind and a willingness to join in!

Please let us know if you are interested by emailing enquiries@northamptonshiremind.org.uk to add your name to the register.

Young Deaf Adult Group



Opening 6th February 2.30pm -4.30pm. First Sunday of each month. Refreshments, chat, make new friends and try out some indoor sports. £3.00 entry. At Spencer Dallington Community Centre, Tintern Avenue, Northampton NN5 7BZ .

Email or message to book: Jennie.Higson@deafconnect.org.uk or telephone 07875 140561

East Northants

Service Six provision in East Northants



Service Six

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Happier Families

Happier Families is a great way for families to access our services.

Being part of a loving family is important for us all, whether you are a parent, carer, or young person. All families have their issues and challenges. The project is about getting the family to work together as a team and to better aid communication between everyone.

Happier Families offers low level support and focusses on the 10 Keys of Happiness from Action for Happiness. The programme lasts 6 weeks, with one-hour session per week which can be delivered via zoom or face to face.

We also currently have a telephone drop-in every Thursday 4pm-5pm using telephone number 07813 366228.

Happier Families is being provided across Northamptonshire by the REACH Collaboration.

For more information or to refer, please contact Emma Campion, Operations Manager:
emma.campion@servicesix.co.uk or 07813 366249.

SHAPE Project

Shape is a Self-Harm Awareness & Prevention Enterprise collaboration between Service Six, Rushden Mind and CHAT Youth Counselling, bringing together expertise in working with mental health and young people.

Our aim is to reach 11-16 year olds in East Northamptonshire to educate and increase awareness about self-harm. We want to help young people talk more openly and gain access to the services and support available to them.

Throughout the project young people can attend awareness events at their school, join weekly support groups in their area and have the option of 1:1 therapeutic support.

Young people can also become one of our SHAPE champions.

For more information or to find out how you could get involved, please contact Pep Finn-Scinaldi, Team Supervisor: pep.finn-scinaldi@servicesix.co.uk or 07813 66222.

Activities for Young People at Manor Sports and Leisure Centre

The Den This is a **free club** for 11 –14 year olds from 5.00-7.00pm every Wednesday evening. Music, pool, Wii, foosball, arts and crafts, card games, tuck shop, support services, films and more. Just come along and have some fun.

Junior Gym Membership For young people aged 11 - 16 years old at a cost of £10 per month. Young people aged 11-13 years can access cardiovascular machines, bodyweight exercises and free weights 1-19kg, for young people aged 14-16 years can also access the resistance machines. A parent or guardian must be present when signing up and a gym induction must be booked and completed by one of the Leisure Centre's qualified instructors. All junior members must be accompanied by an adult (18+) gym member when using the facility.

Boxing Club Every Monday evening 11 - 16 year olds from 6.00-6.45pm and 17+years from 7.00-7.45pm. Free if you are a junior member, £2.50 per session for non-member juniors and £4 per session for non-member seniors.

Dodgeball Every Thursday evening from 3rd February at a cost of £2.50 per session. School years 3-6 from 5.15-6.00pm and school years 7-10 from 6.00-6.45pm. Booking is essential.

For more information on any of the above activities please email sport@manor.school or telephone 01933 461459. Manor Sports Centre is based at Mountbatten Way, Raunds, NN9 6PA.

Dungeons, Dragons and Other Things Gaming Club Irthlingborough

Based in Irthlingborough, Northamptonshire, players and DMs come together to enjoy RPG, try new systems, or even run a table for the first time! Our base may be in D&D but our members have a wide ranging interest and we are open to all manner of systems and homebrews.

We have previously had players running Forbidden Lands, Bluebeards Bride, Fiasco, my Little Pony: Tales of Equestria, and even Homebrew systems such as Pokemon and Power Rangers. All on top of our wide variety of DND games. For more information please contact via email

dndragonsandotherthings@gmail.com or check out the Facebook announcements for upcoming events and come down and take a look by visiting [Dungeons, Dragons & Other Things | Facebook](#)

The group is based in the Irthlingborough Library on the High Street in Irthlingborough, Northants, UK (NN9 5PU). They meet every Sunday and play from 11:30 to 15:30 and Wednesday from 6.30pm till 10.30pm. Anyone aged 14+ is welcome. There's a £2.50 fee to play each session to cover venue hire and print outs such as character sheets for players and handouts for GMs, books, pawns, and stationery for all tables to use. GMs/DMs go for free and watching and your first session of play is free.

Introduction to Sport Raunds and Rushden

Fun for 2 - 4 year old's which provides children with their first experience of sports and physical activity, developing their motor skills through fun games.

Every Friday 9.30-10.15am in Raunds at Saxon Hall, Thorpe Street, Raunds NN9 6LT and 11.00-11.45am in Rushden at Rushden Church Hall, Queens Street, Rushden, NN10 0AA. First session is free. For more information and to book a space please visit [Introduction 2 Sport | PR Sports Coaching](#) or Telephone 07788428754

Rushden Kicks Football Training

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. If enjoy playing football and want to receive some Free coaching come along every Wednesday evening at the Pemberton Centre, Rushden from 4.30-5.30pm.

Players must register before attending and the booking form can be found by visiting [PL Kicks Form — Northampton Town FC Community Trust \(ntfccommunity.co.uk\)](#) for more information please contact Anna.Letts@ntfc.co.uk or message us on 07896 299377.

All Star Sports Football Holiday Club Rushden

At Rushden Primary Academy, Goulsbra Rd, Rushden NN10 0YX. On Monday 14th February and Tuesday 15th February from 9:00am to 3:00pm For children aged 5-12 years. Fun, Development Games, Penalty Shootouts, Matches and Tournaments, Medals & Trophies.

Just £15 per day. To book a space contact Ryan on 07899 906026 or email allstarsports@mail.com

St James Church, Thrapston Stay and Play

Praise and play is a group for babies, pre-school children and their parents or carers. We meet weekly during term time in St James Church Thrapston, on Monday mornings between 9.15am and 10.30am.

During each session we play, chat, eat snacks, have a story time based on a Christian theme and sing. You don't have to be a Christian or church attender to come, everyone caring for babies or young children is welcome. For more information, please visit [For Preschool Children – TDIchurches](#)

Inline Hockey & Roller Skating in Rushden



Northants Inline is a non-profit-making community organisation based in Rushden. The club has been in Rushden for about 15 years we run from our unit on Sanders Lodge Industrial Estate.

Hockey Club

The Club has junior teams and a senior team. Please visit our [Timetable](#) page for information about training sessions, including beginners' sessions. Price per session is £6.00 Pay as you go, or you can opt for our Hockey membership at £20 a month which is discounted, we have some spare kit for learners, and would recommend buying your own once you are confident this is the sport for you!

Public Skating

The rink is open for Skate-Alongs and we even have a roller disco! It's only £5.00 per session for 2 hours, or we have limited availability at £4 for our quiet hours, great exercise, and fun for all the family. Please visit our [Booking](#) page for times.

For more information, please email info@northantsinline.co.uk or visit our website [Northants Inline Roller Hockey & PUBLIC SKATE – Roller Skating Centre at Rushden](#)

Wellingborough

Service Six provision in Wellingborough



OUT THERE LGBTQ+ Support Service

We are super excited to have launched the LGBTQ+ Youth Group 'Out There'. Meetings will take place in Wellingborough every Wednesday 6pm-8pm and open to all young people up to 18 years old from across the county who identify as LGBTQ+.

This project has been made possible thanks to our partnership working with the REACH Collaboration, expanding the existing LGBTQ+ provision in Northampton and Kettering. Young People can come along and join us in a safe, friendly, and confidential space where they can be themselves, explore their identity and connect with like-minded people.

For more information or to find out how you could get involved, please contact Pep Finn-Scinaldi, Team Supervisor: pep.finn-scinaldi@servicesix.co.uk or 07813 66222.

Happier Families

Happier Families is a great way for families to access our services. Being part of a loving family is important for us all, whether you are a parent, carer, or young person. All families have their issues and

challenges. The project is about getting the family to work together as a team and to better aid communication between everyone.

Happier Families offers low level support and focusses on the 10 Keys of Happiness from Action for Happiness. The programme lasts 6 weeks, with one-hour session per week which can be delivered via zoom or face to face.

We also currently have a telephone drop-in every Thursday 4pm-5pm using telephone number 07813 366228. Happier Families is being provided across Northamptonshire by the REACH Collaboration.

For more information or to refer, please contact Emma Campion, Operations Manager:
emma.campion@servicesix.co.uk or 07813 366249.

Espresso Yourself

The Espresso Yourself Café is for young people aged 11-18 years and their parents/carers and is held every Saturday 10am – 2pm at the Service Six office/community centre, 15-16 Sassoon Mews, Wellingborough, NN8 3LT. If a young person needs support with their mental health or find themselves in crisis, then we are here to listen and help young people in their time of need.

The Espresso Yourself drop-in has professional mental health workers who can offer young people a safe space to talk and be listened to. Parents and carers are also welcome to gain support, advice, and information on our services.

To access the Espresso Yourself Café young people can either drop in during opening times or call us on 01933 277520 to book an appointment with a Support Practitioner.

Espresso Yourself is a joint project delivered by the REACH Collaboration across Northamptonshire.

Free Saturday Art Sessions for Children and Young People



On Saturday mornings from 11.00am -1.00pm, Lemonpop Workshops and Made with Many are running 4 weeks of **free** creative activities for children and young people at Wellingborough African Caribbean Association in Wellingborough.

Open to young people aged 6- 16 years at WACA community complex on Rock Street, Wellingborough. For more information, please visit [Saturday Morning Art Club](#), email marvin@lemonpopworkshops.com or telephone 07835 165583. No need to book just turn up and have some fun and be creative.

New stay and Play In Wollaston

St Mary's Church Wollaston (Hickmire, NN29 7SL) has a new Toddler group starting called 3T's (Toddlers, Toast and Toys). It is on every Tuesday morning from 10.00am -11.30am. **Free** but donation always welcome.

No need to book in advance. For more information, please email louisemorton762@gamil.com or telephone 01933 664256.

Wellingborough Open Archery Club



Looking for something new you haven't tried before? Want to spend some time outdoors (in the warmer weather) and increase your activity levels. **Great news, we have the perfect pass time for you - Archery.** We are an inclusive club.

We are based at Wellingborough Old Grammarians Sports ground in Sywell Road, Wellingborough and have our own dedicated, accessible shooting range. During the winter season we shoot indoors at Wollaston School, Irchester Road, Wollaston.

We are starting to run beginners' courses again and provide a safe environment to practice this rewarding and challenging sport, we have all the equipment necessary, and all the coaches are qualified with ArcheryGB.

The next 4-week beginners course runs between 10.30.am and 12.30.pm on the following dates:
Saturday 5th, 12th, 19th, 26th February 2022

Similar dates in March. For more details contact secretary@woac.co.uk

Hemmingwell Kicks Football Training

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. If enjoy playing football and want to receive some **Free** coaching come along every Thursday evening at Oakway Academy, Hemmingwell, Wellingborough, NN8 4SD.

School years 5 & 6 from 5.30-6.30pm and school years 7 – 13 from 6.30-7.30pm.

Players must register before attending and the booking form can be found by visiting [PL Kicks Form — Northampton Town FC Community Trust \(ntfccommunity.co.uk\)](#) for more information please contact Anna.Letts@ntfc.co.uk or message us on 07896 299377.

All Star Sports Football Holiday Club Wellingborough

At Wrenn School, London Rd, Wellingborough. NN8 2DQ. On Wednesday 16th February and Thursday 17th February from 9.00-3.00pm. For children aged 5-12 years. Fun, Development Games, Penalty Shootouts, Matches and Tournaments, Medals & Trophies.

Just £15 per day. To book a space contact Ryan on 07899 906026 or email allstarsports@mail.com

Strong Start Bumps and Babies Drop In

Strong Start

A weekly drop in for expectant mums and families with new a new baby (up to 6 months old) . Every Wednesday 1.00pm-3.00pm at Penrith Drive Family Hub (formally the children's centre), Penrith Drive, Wellingborough, NN8 3XL.

TT Kidz Table Tennis Wellingborough



Our table tennis clubs have got eight weeks of fun and learning for your children, and it includes a fully loaded kit bag so they're good to go. Over the 8-weeks, the children will learn all the basic skills necessary to enjoy a great game of table tennis, backhand, forehand, serving, and so on. Table tennis is great for fitness and provides valuable time away from video games and social media in a safe environment.

Cost is £20 for the 8 weeks and the next sessions start on **February 21 at 6:15 pm 7:15 pm** at the Westfield table tennis club, at Weavers Leisure Centre, NN8 3JQ. For more details and to book please visit [Westfield Table Tennis Club](#)

Wellingborough Museum Half Term Activities



On Tuesday 15th February from 10.30am-4.00pm the Amphibian, Reptile and Insect Association will be at the museum with lots of very interesting animals to have a look at or even touch. This is a **free** event.

On Thursday 17th February The Northamptonshire Film Archive will be showing children's films at 11.00am and 2.00pm. This is a **free** event.

More information on the museum can be found at [Wellingborough Museum | Facebook](#) . The museum is open from 10.00am-4.30pm throughout the week, except Sundays at 12 Castle Way, Wellingborough NN8 1XB.

Off the Streets Youngers United

An opportunity for young people (10-16year) to have their say on what they would like to see in their communities all while building confidence making memories, sustainable friendships and having fun.

The next meeting is on Saturday February 19th from 2.00-4.30pm at St Marks Church, Queensway, Wellingborough. Drinks and snack are provided. For more information, please email youngersunited@gamil.com or telephone 07888 657439. All young people aged 10-16 years are welcome, but please can a registration form be filled in. This can be found by visiting [Parent Consent Form \(Youth Camp\) \(aidaform.com\)](#)

Kettering

Accommodation Concern Desborough Drop In



Accommodation Concern Drop in at Desborough Library and Community Hub every Thursday from 1.30 pm – 4.30 pm.

Debt, Housing and Welfare Benefits Advice. To Book an appointment contact Accommodation Concern via telephone 01536 416560 or email help@a-c.org.uk or you can drop in at Desborough Library and Community Hub.

Shire Sounds North Northamptonshire Community Radio Training Academy



This exciting **Free for 13–18-year-olds**, 12-week training programme based at The Yards, Shire Sounds Broadcasting House, 12 Market Place, Kettering NN16 0AH, gives students in Northamptonshire the opportunity to learn new skills such as how to prep a show to industry standard, playout and production software, microphone techniques, news, and interviewing skills.

At the end of the course students will complete a final major project where they must prep and record their own show. After completing the course students will be rewarded with a graduation party to celebrate their work and time with Shire Sounds Radio.

The course is delivered by Shire Sounds Senior Management Team, previous graduates, and qualified teachers.

For more information visit www.shiresoundsradio.co.uk/academy or to join the course for April 2022, please email academy@shiresoundsradio.co.uk

Desborough Green Space Junior Park Run

This is a free, fun, and friendly weekly 2k event for juniors (4- to 14-year-olds). Come along and join us every Sunday at 9:00 am the event takes place at Desborough Leisure Centre, Ironwood Avenue, Desborough, Kettering NN14 2JJ

Please register by visiting [register | parkrun UK](#) before you first come along. Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode (request a reminder) if you forget it you won't get a time.

Remember the aim is to have fun and please come along and join in whatever your pace!

Desborough Library and Community Hub

Film Night and Prize Draw Entry £5 on 19th February 2022. Come and join us for an entertaining evening watching a 2019 comedy drama Late Night starring Emma Thompson about a "Chat Host" with falling ratings. At 7.30 pm (Doors open at 7pm)

Film Night and Prize Draw Entry £5 on 22nd February 2022. An entertaining evening watching 007 Adventure starts at 7.30 pm (Doors open at 7 pm) Licensed Bar available. You can book your seat the library, message us or email dhubcontact@gmail.com

Under 5s Sessions

Wednesday Story Stomp 9.30 am – 10.15 am. Join us for a story, songs, and movement. £1 per child, up to max £2 per family.

Wednesday Baby Time 10.45 am – 11.30 am, Join us for play, rhymes, messy play, and sensory play, £1 per child

Friday Rhyme Time 2 pm – 2.45 pm, Join us for songs and rhymes, **Free** but donations welcome

Booking required for the above under 5s sessions Facebook message [Desborough Library and Community Hub | Facebook](#), or email Desboroughcml@gmail.com Please include adult/child names, contact number and which session you are booking.

Kids' Film Afternoon.

A New Disney Sensation with a Magic House on Monday 14th February at 2 pm (Doors open at 1.45 pm) £1 per person prize draw entry. Pre-order your snack packs to include a drink, popcorn, sweets, and chocolate costs £2. Booking now open.

Please include adult names, child name, contact number and if they would like a snack pack, orange, blackcurrant, or water. Please advise of any allergies.

Mind Kettering Intermediate Support Service (Inss)



What is this service?

This is a high impact, high energy prevention service that will focus on small positive steps and continuous improvement for anyone with mental health needs to ensure they achieve specific desired outcomes.

The service will be for six months and aims to improve: Health and Wellbeing, Levels of Independence, Resilience through self-help/self-care, Quality of Life, and positive Connections in the Community.

Who can access Inss? This is a service for adults with mental health needs over the age of 18 who live in North Northants.

Referral Routes: Primary Care including GPs and Nurses, Primary Care Liaison Workers and Care Navigators. Secondary Mental Health Services (Including Planned Care and Recovery Team (PCART) and Urgent Care and Assessment Team (UCAT), Northamptonshire Adult Social Services (NASS), NNC Social Workers and local NASS Hub Workers.

For any further information please contact 01536 523216

Kettering Women's Centre



Opening Hours Thursday 10.30 am – 4.30 pm and Friday 10 am – 4 pm. Kettering Women's Centre provides groups sessions and one to one support for women on community orders, who have completed their rehabilitation days and following the completion of their community orders.

The support is to equip women to believe in their potential, build self-esteem, confidence, emotional regulation, and wellbeing, in doing so we can assist with budgeting, form filling, healthy lifestyle, numeracy and literacy, peer mentoring, volunteering opportunities and wellbeing groups.

The centre provides a meeting space for service users to meet their Support Worker, Probation Officer, Assistant Educational Psychologist, and other professionals all in one space. There are hot desks for professionals to work from, along with meeting spaces.

Weekly Programme

Thursday

10.30 am – 12.00 pm Wellbeing drop in with optional activity

10.30 am – 12.00 pm CBT Course 8 weeks

12.30 pm – 2.30 pm Group Sessions – Healing Trauma/Shine Woman

10.30 am – 4.30 pm 1:1 Support (Appointment Only)

Friday

10.00 am – 12.00 pm Mentoring Training – Peer Mentoring

12.00 pm – 1.00 pm Wellbeing Drop in Tea & Toast (T&T)

1.00 pm – 2.30 pm C2C Glows

10 am – 4.00 pm 1:1 Support (Appointment only)

What's on in February 2022

3rd February - Healing Trauma

4th February – C2C Glows 12 – Motivational Art

10th February – Healing Trauma

11th February – C2C Glows 12 – Motivational Art

17th February – Family Craft Day (Booking Essential)

18th February – T+T Drop in only

24th February – Shine Woman

25th February C2C Glows 12 – Motivational Art

To find out more or to register/refer for C2C Glows, Healing Trauma, CBT, Shine Woman, one to one Support please speak to Michelle or Mell. Email KWCCReferrals@c2csocialaction.com or telephone 07715312106 please see the full programme for specific details.

CSD Half Term Holiday Activity Club



Monday 14th February – Friday 18th February 2022 at Tresham College, Windmill Avenue, Kettering NN15 6ER

CSD Activity Camp offers fun activities during the school holidays where children can try new activities, make new friends and most of all have lots of FUN! The camp is for children in Year 1 to Year 6 and offers fun and exciting activities including sport, craft, dance, construction, drama, cooking, DJ Workshops, archery, art, fashion design, team games. At the end of the week there will be a party to celebrate having fun and making new friends. Flexible hours from 7.45am to 6.00pm or could change depending on demand to 9am to 3.00pm.

Bookings are now open get 15% discount using code: NCTFeb22, which expires Friday 18th February 2022. From £3.25 per hour flexible booking. Please note if you book a session/sessions up until closing a small snack/light meal will be provided. Children attending will need to bring their own packed lunch.

This is an inclusive activity camp for all children please contact enquiries@csdactivitycamps.co.uk to make a booking visit [Camps \(csdactivitycamps.co.uk\)](http://Camps(csdactivitycamps.co.uk)) or call 07399 595022 to find out more information and discuss your requirements. Transport arrangements can be discussed.

Autichat – support for carers of autistic children

Autichat is a new autism group for mums, dads, grandparents, and carers of autistic children. The first meeting is on Tuesday, February 1, 2022 (10am-12noon) at [The Galleria - Burton Latimer](#). After that meeting the first Tuesday each month. For more information, please visit [Autichat | Facebook](#)

Corby

Free Pop Up Festival in Corby Town Centre Saturday 19th February 2022



The Liberty UK Festival visits Corby town centre Saturday 19th February 2022, 12.00 – 10.00 pm and will offer a full day of free streets shows, powerful performances, art installations and interactive workshops for all the family.

Across the town centre there will be art installations and interactive workshops on the themes of freedom and democracy including an animatronic giant tortoise called Zelva. Liberty UK Festival is a celebration of freedom and democracy, which explores everyday activism and our collective power to make change, and we invite you, your friends, and families to join us. We want to fire up your imaginations about how we can work together to make a difference to things that matter most!

The festival will host - all for free - incredible street theatre, new contemporary performances, family arts workshops and virtual reality experiences, it's going to be a great day to celebrate in Corby. This exciting line up will include the following performers:

The Write to Rave This is an immersive live performance about the political power of rave created with a group of young people from GLOW. It explores the journeys of people trying their best to rave whilst the world tries its best to stop them. The Core at Corby Cube 9.00pm – 9.45pm

Supermoments Interactive outdoor performance SUPERMOMENTS uses wearable technology to explore people's personal agency, empathy, and collective actions towards changing the environment we live in. Willow Place Shopping Centre 6.30pm and 7.30pm

Slow Down Slow Down invites the public to slow down and consider the crossing from isolation back into social society. Lollipop signs are incredibly similar in form to protest placards, and the artists see this similarity as ripe for subversion. James Ashworth Square 12.00pm – 4.00pm

The Empty Chairs A series of decorated chairs will form a trail through Corby Town. These beautiful chairs will provide opportunities for conversation and storytelling, bringing the community together to talk and share in a unique chair. Willow Place Shopping Centre 12.00pm – 7.00pm

Preppers Documentary meets dance in this thought-provoking, timely and intimate new duet performance from Record Breaking Dance Theatre Company, Casson & Friends. The Core at Corby Cube 11.00 – 11.45am and 1.30pm – 2.15pm

Earth Heroes Earth Heroes is a project with a compassionate mission! We need to save the planet, and who better to lead the way but our younger generations? Willow Place Shopping Centre 10.00am – 6.00pm

This is Corby 'This Is Corby' is devised by Core Creates and inspired by the work of Kae Tempest and Jess Green and features poetry, physical theatre, and snowballs! The Core at Corby Cube 8.00pm – 8.20pm

For further information relating to performances please visit [Liberty UK Festival - Made With Many](#)

Corby Kids Splat Holiday Half Term Club



Monday 14th to Friday 18th February 2022 For Children aged 5 – 12 years old come and join in the fun at Lodge Park Sports Centre, 134-148 Shetland Way, Corby NN17 2SG.

Activities include: Dodgeball, Archery, Photography, Film Making, Cheerleading, Dance, Art and Craft, Music, Movies. Drama, Sculpture, Story Writing, Food Technology, Football and Much More!

Times and Prices

£2.25 cost of Early Birds Club 7.45 am – 8.30 am

£10.00 cost of Morning Activities 8.30 am – 1 pm and afternoon activities 1pm-5.30pm

For those booked on a full day, lunch is from 12.45 pm – 1.15 pm

£19.00 cost of Full Day 8.30 am – 5.30 pm

£85.00 cost of a full week Monday to Friday 8.30 am – 5.30 pm with additional siblings £75.00 for the week

£3.50 cost of ad hoc hour

Junior Leisure Club Members are entitled to 10% off these prices.

For those booked on a full day, lunch is from 12.45 pm – 1.15 pm and please bring a packed lunch with you.

To book please visit [Online Booking \(corby.gov.uk\)](https://www.corby.gov.uk)

Mencap's Warehouse Operative Traineeship

Mencap have this exciting 16-week traineeship programme available, for young people aged (19-24) with a learning disability, a learning difficulty or autism. Job coaches are available, and English, Maths and ICT support is given. A Traineeship is designed for young people who are motivated to work but struggle to find employment through traditional recruitment processes. The Warehouse Operative Traineeship partners with employers in the logistics sector, to develop the skills and experience they need to achieve a paid position.

Work Preparation - Covers key topics relating to employability such as communication, professional behaviour, time keeping. This will ideally happen on employers' premises using meeting room space as a classroom.

Work Experience - Will receive a high-quality learning experience tailored to the needs of the learner, lasting at least 100 hours but not exceeding 240 hours. Mencap will support the trainee to make sure their needs are being met and the trainee learns on the job in the best way possible for them.

Job Coaches - Are available to support the trainees whilst on their placement. The job coach will work alongside the trainee to help them learn new skills at a pace that suits them.

English, Maths, and ICT - Support will reflect the requirements of the job whilst enabling the trainee to move towards qualifications if appropriate.

Contact ben.young@mencap.org.uk or call 07974623624 for more information.

CSD Half Term Holiday Activity Club



Monday 14th February – Friday 18th February 2022 at Corby Business Academy, Academy Way, Gretton Road, Corby NN17 5EB and Cottingham C of E Primary School – Berry Field Road, Cottingham, LE16 8XY

CSD Activity Camp offers fun activities during the school holidays where children can try new activities, make new friends and most of all have lots of FUN! The camp is for children in Year 1 to Year 6 (Corby Business Academy Camp) Reception – Year 6 (Cottingham Camp) and offers fun and exciting activities including sport, craft, dance, construction, drama, cooking, DJ Workshops, archery, art, fashion design, team games. At the end of the week there will be a party to celebrate having fun and making new friends. Flexible hours from 7.45am to 6.00pm but could change depending on demand to 9am to 3.00pm.

Bookings are now open get 15% discount using code: NCTFeb22, which expires Friday 18th February 2022. Cost is £3.85 per hour flexible booking at Corby Business Academy and Cottingham Cost is £4.40 per hour flexible booking. Please note if you book a session/sessions up until closing a small snack/light meal will be provided. Children attending will need to bring their own packed lunch.

This is an inclusive activity camp for children please contact enquiries@csdactivitycamps.co.uk to make a booking visit [Camps \(csdactivitycamps.co.uk\)](http://Camps (csdactivitycamps.co.uk)) or call 07399 595022 to find out more information and discuss your requirements. Transport arrangements can be discussed.

Declaration

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.