

SUPPORT FOR YOUNG PEOPLE & PARENTS DURING THE SUMMER HOLIDAYS

The Lowdown

The Lowdown offers free and Confidential Counselling, Wellbeing Support, LGBTQ+ Support, Practical Support and Sexual Health Services for 11–25-year-olds and their families.

Address: 3 Kingswell Street, Northampton NN1 1PP

Telephone: 01604 634385

Email: info@thelowdownnorthampton.co.uk

Website: www.thelowdown.info

The Lowdown's Espresso Yourself Cafe

The Espresso Yourself Café is for young people aged 11-18 years and their parents/carers every Monday and Friday evening between 4pm and 8pm at the Lowdown's Kingswell Street building in Northampton. If you are unable to drop in, you can also gain support remotely by video or phone call. All drop-in sessions have professional mental health workers present who can offer a safe space to talk and be listened to. There will also be group activities & peer support.

WELLBEING CAFÉ **A DROP-IN SERVICE FOR** **11-18 YEAR OLDS**

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

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

OPEN



Monday's and Friday's

4pm - 8pm

the lowdown, 3 Kingswell Street,
Northampton, NN1 1PP

01604 634385



The Lowdown's Young Adult Social

If you are aged between 16-25 the Lowdown's social group is here for you every Thursday between 7 and 8pm. The group aims to help you meet young people on a similar journey, so you can support one another whilst enjoying fun activities and gaining support from trained workers if needed. Support is offered face-to-face at the Lowdown's Kingswell Street building in Northampton Town Centre. Drop in or call [01604 634385](tel:01604634385) for more information.

Young Adults Social Group

for
16-25's

Starts 13th April 2023

Connect. Socialise

Thursday's 7-8pm

The new social group aims to help you meet young people on a similar journey so you can support one another whilst enjoying fun activities

The lowdown
3 Kingswell Street, Northampton
NN1 1PP
01604 634385
www.thelowdown.info

Re-Start
Mind | Focus | Future

the lowdown
1989 supporting young people

The Lowdown Parent/Carer Support Facebook Group

Search: 'Lowdown's Parent/Carer Support Group' on Facebook for support, information, and to share experiences and gain coping strategies.

The Lowdown Counselling:

The Lowdown offer a free and confidential service for anyone aged between 11-25 and living within the NN1-NN7 postcode area. Young people can self-refer, or someone can make a referral for them. Referrals can be made via the [website](http://www.thelowdown.info/counselling-referrals).

Website: www.thelowdown.info/counselling-referrals

Countywide Support from The REACH Partnership:

Counselling Support is available countywide from 5 different agencies (including the Lowdown) dependent on postcode area:

Time2Talk – Daventry/South Northants www.time2talk.org.uk

Service Six – Wellingborough www.servicesix.co.uk

Youth Works – Kettering and Corby www.youthworksnorthamptonshire.org.uk

CHAT Youth Counselling – Oundle www.chatyouthcounselling.org.uk

NGAGE

Offer one to one support for young people with drug and/or alcohol use. Parents/carers and young people can make referrals directly. See links below:-

Website: www.aquarius.org.uk

YouTube: [@Ngagewithaquarius9411](https://www.youtube.com/@Ngagewithaquarius9411)

Facebook: [@Ngagewithaquarius](https://www.facebook.com/@Ngagewithaquarius)

Instagram: [@Ngage_withaquarius](https://www.instagram.com/@Ngage_withaquarius)

[Check out resources for 12 Days of Aquarius Tips online.](#)



Ngage Brochure
Parents (002).pdf

Fearless

Fearless is the dedicated youth service of the independent charity Crimestoppers. They give young people the power to report crime 100% anonymously. You can give information to them using their [online form](#) or by calling their freephone number, 0800 555 111. They cannot track your IP address or your phone number and have no way of knowing who has contacted them.

Fearless are not the police - they are a charity. You will not be contacted by the police after passing information on to Fearless as the police have no way of knowing who the information has come from. The website also contains a wealth of information for both young people and parents on subjects they may have concerns about.

Website: www.crimestoppers-uk.org/fearless

YOUTH CLUBS

Youth Inspired Northampton

Follow them on [Facebook](#) to see what activities they have on offer [@YouthInspired](https://www.facebook.com/@YouthInspired).



Broadmead Youth Club

Takes place at Broadmead Community Church, Broadmead Avenue, every Thursday evening between 7pm and 8.15pm. Check out their [website](#) and calendar of events.

Address: Broadmead Church, Broadmead Avenue, NN3 2QY

Website: www.broadmead.org.uk/

Free2Talk

Free2Talk offer free weekly youth clubs across Northampton as well as online youth mentoring support. Professionals, parents and young people can get in touch directly via the [website](#) for further information, current activities, referral forms and direct contacts.

Website: www.free2talkcic.org

Basketball event

Free2Talk are also holding an event for young people at **Bellinge Community Centre tomorrow (Saturday 15 July) from 2pm to 4pm**, come and meet professional basketball play Andre Arisol, see Free2Talks youth bus and other activities and information.

free2talk
Community Interest Company

Bellinge Community Event

Join us for our drop in day

Free activities!!!

Free2Talk youth van
PS5
Music Booth with DJ taster sessions.

A Basketball session by Northampton's Andre Arrisol
(England and Great Britain at both U18 an U20 & National Basketball
League).

There will be different services available such as Free2Talk, West
Northamptonshire Council & others to talk about all things Bellinge.

Free refreshments for all!

Bellinge Community Centre
15th July 2023
2pm-4pm

Admission is free. Email enquiries@free2talkcic.org



Kingsthorpe Jets

Interested in joining the Jets football club? Register your interest on the Kingsthorpe Jets [website](#).

Website: www.kjyfc.org.uk

Northampton Scouts

Beavers, Cubs and Scouts – check out the [website](#) for activities and how to join.

Website: www.northamptonscouts.org.uk/

Northamptonshire Girl Guides

Find your nearest Unit from Rainbows upwards on the Northants Girlguiding [website](#).

Website: www.girlguidingnorthamptonshire.org.uk/

Kidz Club, St David's

Takes place at St David's church hall every Wednesday from 6.30pm (term time only) – the last session before the summer break is Wednesday, 19 July, and will restart on Wednesday, 13 September.

Address: St. David's Church Hall, Eastern Avenue South, NN2 7QB

Northampton Leisure Trust



TRIOLOGY SUMMER HOLIDAY ACTIVITIES

24 July - 25 Aug

SPORTS SESSIONS

Sessions across our centres for 5-10 year olds

- Gymnastics
- Basketball
- Cheerleading
- Fun Fitness
- Dodgeball
- Cricket
- Football
- Rollerskating

£6.00 per session or FREE to Junior Active members. Booking available online 8 days in advance

CLICK HERE
TO SEE OUR
ACTIVITY
TIMETABLES

SWIM CAMPS

Improve confidence and skills in the water with Trilogy Swim Camps across our centres.

- Beginners
- Frontcrawl Skills
- Stage 1 Boost
- Breaststroke Skills
- Fundamentals
- Backstroke Skills
- Stage 3 Boost
- Butterfly Skills

Courses are free to Junior Active members. Booking available by calling 01604 838333 or in person at one of our centres 8 days in advance

CLICK HERE
TO SEE OUR
COURSE
TIMETABLES

Junior Active Membership only £27.50 per month - See what's included

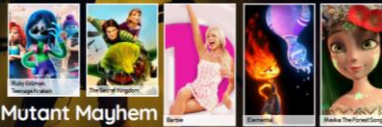


DON'T FORGET BERZERK IS OPEN 9-5.30PM EVERY DAY THROUGHOUT THE HOLIDAYS. BARNEY CAN'T WAIT TO SEE YOU!

KIDS SCREEN FILMS AT THE FORUM CINEMA

- Indiana Jones and the Dial of Destiny (12A)
- Ruby Gillman, Teenage Kraken (PG)
- Barbie (12A)
- Elemental (PG)
- The Secret Kingdom (PG)
- Mavka: The Forest Song (PG)
- Teenage Mutant Ninja Turtles: Mutant Mayhem

Kids Screens are FREE to Junior Active members and £4.99 for all non-members



CLICK HERE
TO CHECK
OUT OUR
SCREENING
TIMES
AND BOOK
TICKETS

TRIOLOGY HOLIDAY PLAYScheme

Our OFSTED registered playschemes at Duston Sports Centre and Lings Forum Leisure Centre provide childcare for 5-13 year olds (5 year olds must have started Year 1 at school) throughout the Summer holidays.

- Featuring a varied programme of activities guaranteed to keep your children busy all day.
- Available 8.30am-5.30pm.
- £22.50 per day for Junior Active members, £25 per day for non-members
- Call 01604 838333 to secure your child's place

CLICK HERE
TO CHECK
OUT OUR
HOLIDAY
PLAY
SCHEMES