



useful stuff you may need to know

The CE Academy

useful stuff you may need to know



Cover design:



From an original painting by a Year 11 pupil at the CE Academy, as part of their GCSE coursework.



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Really Useful Websites

Northamptonshire NHS Trust

www.nhft.nhs.uk

Prospects

<https://prospectsnow.me/> (see pages 6/7)

Northamptonshire County Council

<https://www.northnorthants.gov.uk/>

<https://www.westnorthants.gov.uk/>

Tourist Information Centre

www.visitnorthamptonshire.co.uk

National Rail

www.nationalrail.co.uk



Colleges, Further Education & Training

Tresham Institute - College of Further and Higher Education

Oakley Road
Corby
Northants, NN17 1NE

Church Street
Wellingborough
Northants, NN8 4PD

Windmill Avenue
Kettering
Northants, NN15 6ER
Contact Centre: **01536 413 123**
Website: www.tresham.ac.uk
Email: info@tresham.ac.uk

Northampton College

Booth Lane
Northampton, NN3 3RF
Tel no: **01604 734 567**

Lower Mounts
Northampton, NN1 3DE
Tel no: **01604 736 200**

Badby Road West
Daventry
Northants, NN11 4HJ
Tel no: **01604 736 393**

Business Centre
Westbury Court
Anglia Way
Moulton Park
Northampton, NN3 6JA
Tel no: **01604 734 323**
Enrolment Centre: **0300 123 2344**
Website: www.northamptoncollege.ac.uk
Email: enquiries@northamptoncollege.ac.uk

Wise Up For Work (16-24)

Deene House
New Post Office Square
Corby
NN17 1PB

Tel No: **01536 402991**
Mobile: **07377 368 977 (Shona)**
Website: www.wiseupforwork.co.uk
Email: shona.lomas@wiseupforwork.co.uk

The Prince's Trust

Prince's Trust & TYT Programmes
Enquiries: **0800 842 842**
Tresham: **0345 658 8990**

General email: customer.services@princes-trust.org.uk
Website: www.princes-trust.org.uk
Facebook: www.facebook.com/PTTeam

Moulton College

West Street
Moulton
Northampton, NN3 7RR
Tel No: **01604 491 131**
Email: enquiries@moulton.ac.uk
Website: www.moulton.ac.uk

Banbury & Bicester College

Broughton Road
Banbury
Oxfordshire
OX16 9QA
Tel no: **0800 612 6008**
Website: www.banbury-bicester.ac.uk
Email: enquiries@activatelearning.ac.uk
Facebook: www.facebook.com/Activate Learning



Prospects

Careers Advice/Work/Training/
Apprenticeship Opportunities/Advice/Guidance/Support

Help and Advice

How can Prospects help me?

- ✓ Careers advice
- ✓ Work, Training and Apprenticeship opportunities
- ✓ Use our computers to search and apply for jobs
- ✓ Help with your CV and application forms

We can also signpost you to help with:

- ✓ Health, Housing, Money and Relationship issues
- ✓ Travel and Transport
- ✓ Your Rights and the Law

If you're aged between 16 and 18 then Prospects is here to help you.*

We provide impartial information, advice, guidance and support to young people aged 16-18 (*for 2 years from your year 11 leaving date).*

Prospects Advisors provide information and guidance that is best for you and will help you make positive choices about your future. They can give help and information on education, careers, training and employment. They can also help with personal

issues to prevent young people from leaving education, training or employment.

If you are aged 16-18, need advice and live in:*

Northampton, Kettering, Corby, Wellingborough, Rushden, Irthlingborough, Daventry, Towcester, Brackley or any other area of Northamptonshire,

please get in touch to find out how we can help you!



Aged 16-18* and not in
education or employment?
Come and see a Prospects Advisor

Tel: Freephone 0800 73 13 2 19
(Head Office and general enquiries)

Help and Advice

How can you contact Prospects for information, advice, guidance and support or to find out about vacancies and recruitment of young people?

- ✓ **Freephone:** 0800 73 13 2 19 (option 3 for Northants)
- ✓ **Website:** www.prospectsnow.me
- ✓ **Email:** info@prospectsnow.me
- ✓ **Facebook:** Prospects Northants

Prospects operates permanent shops and drop-in centres in Northampton and Wellingborough.

Come and see us between: 9.30am – 4.30pm

Monday to Friday at either of the following locations:

4 Sheep Street, Northampton, NN1 2LZ

10 Silver Street, Wellingborough, NN8 1BQ

There are additional drop-in centres in most areas of Northamptonshire. For opening times and locations please go to our website at: www.prospectsnow.me/drop-in/



Northamptonshire Healthcare NHS Trust

www.nhft.nhs.uk/sexualhealth/

NB: Local Libraries can also be a good source of information

Northampton General Hospital

Area R, Billing Road, Cliftonville, Northampton, NN1 5BD

Tel: **01604 609 766** (appointments and emergencies)

APPOINTMENTS ONLY

Monday 11am-8pm **Tuesday** 8.30am-5pm
Wednesday 1.15am-8pm **Thursday** 8.30am-4pm
Friday 8.30am-4pm

NEW WALK IN SERVICE FOR YOUNG PEOPLE UNDER 21

Every **Wednesday** 3pm-5pm
First walk in - from 2.30pm
Last walk in - arrive by 4.15pm

Weston Favell Health Centre

Billing Brook Road, Northampton, NN3 8DW

Tel: **01604 408 845** - clinic times only

Tel: **01604 609 766** - all other times

APPOINTMENTS ONLY - Contraception **Thursday: 2pm-5pm**

Danetre Hospital

London Road, Daventry, Northants, NN11 4DY

Tel: **01604 609 766**

APPOINTMENTS ONLY - **Wednesday: 2pm-4pm**

Castle Unit Health Clinic

Isebrook Hospital, Wellingborough, NN18 1LP

Tel: **01536 410 647**

APPOINTMENTS ONLY - **Friday: 9am-12 midday**

Rectory Road Health Clinic

Rectory Road, Rushden, NN10 0AE

Tel: **01536 410 647**

APPOINTMENTS ONLY - **Monday: 3pm-6pm**



Integrated Sexual Health Services (contraception and infection testing—GUM)

Ashwood Centre

St Mary's Hospital, 77 London Road, Kettering NN15 7PW

Tel: 01536 410 647

APPOINTMENTS ONLY

Monday 8am-2pm **Tuesday** 8.15am-8pm
Wednesday 9am-1pm **Thursday** 8am-8pm
Friday 8am-2pm

NEW WALK IN SERVICE FOR YOUNG PEOPLE UNDER 21

Every **Thursday** 3pm-5pm
First walk in - from 2.30pm
Last walk in - arrive by 4.15pm

Stuart Road Resource Centre

Stuart Road, Corby, NN17 1RJ

Tel: 01536 410 647

APPOINTMENTS ONLY - **Thursday**: 3pm-6pm

Great Oakley Medical Centre

1 Barth Close, Great Oakley, Northants, NN18 8LU

Tel: 01536 410 647

APPOINTMENTS ONLY - **Monday**: 3pm-5pm

Lowdown (www.thelowdown.info) (see page 11 for further information)

3 Kingswell Street, Northampton NN1 1PP

Tel: 01604 634 385

HELPLINE: 01604 62 22 23 (answer machine outside of hours)

LGBTQ Group: 07585 737 482/lgbtqsupport@thelowdown.info

APPOINTMENTS and DROP-IN

Mon/Wed: 12midday-3pm/4-7pm **Tues/Thurs/Frid**: 4-7pm **Sat**: 9am-6pm

BPAS (British Pregnancy Advisory Service) www.bpas.org

BPAS Northampton

1st Floor Aquila House, 14 St Giles Terrace, Northampton NN1 2BN

Tel: 03457 30 40 30/7am-11pm 7 days/week

(National Helpline - included with "free" minutes allowance)

APPOINTMENTS ONLY - **Monday-Friday**: 9.30am-5.30pm



Drug & Alcohol Services and...

NGAGE Northamptonshire with Aquarius

(we work with young people 10-18 years)

25 York Road, Northampton NN1 5QG

Tel: 01604 633 848/07551 146 811

Email: ypnorthamptonshire@aquarius.org.uk

Website: aquarius.org.uk/our-services/ngage-northamptonshire/

We provide information, education, advice and support to help young people make positive choices about drug and alcohol use. NGAGE is a free and confidential service.

Main opening times: Monday-Friday 9.00-4.30
but appointments can be made outside of these times

S2S - Substance 2 Solution/CGL Change/Grow/Live (www.changegrowlive.org)
Northampton and Daventry, Wellingborough, Corby and Kettering

Spring House, 39 Billing Rd, Northampton NN1 5BA

Telephone: 01604 211304

Email: northants@cgl.org.uk

CGL supports and enables people (mainly 18+) who are acute users of drugs or alcohol to change their lives for the better and achieve positive and life-affirming goals.

If our service is not currently open please call **0808 169 8512** for advice, information or to arrange an assessment.

Bridge - Substance Misuse (www.bridge-northants.org.uk)

Northampton 01604 621 259

Wellingborough 01933 228 453

Corby 01536 268 133

Bridge is a substance misuse programme supporting adults through ongoing recovery. We are based in Northampton but work throughout the county. Support/Café/Sport and other activities/assistance with education, training and/or employment.

Family Support Link (www.familysupportlink.co.uk)

Support Helpline: 01933 227078 (available from 10am-2pm Mon-Fri)

General Enquiries: 01933 224632

Family Support Link's mission is to provide free, accessible and non judgemental support across Northamptonshire. We aim to reduce the physical, psychological and emotional harm caused to families and individuals living with or caring for someone who is addicted to drugs and/or alcohol. We do this by offering 1-1 support for those from the age of 5 years upwards.



...other services for young people

The Lowdown - 3 Kingswell Street, Northampton NN1 1PP

Tel: 01604 634 385

Email: info@thelowdown.info

Website: www.thelowdown.info

HELPLINE: 01604 62 22 23 (answer machine outside of hours)

LGBTQ Group: 07585 737 482/lgbtqsupport@thelowdown.info

The Lowdown offers free and confidential counselling, sexual health and LGBTQ support services six days a week in Northampton for 12-25 year olds.

The **issues we deal with** are broad. We provide information, advice and counselling which we tailor to your individual needs. We always respect your privacy, and understand it can be very difficult to ask for help and talk about the things that are troubling you.

We're based in the heart of Northampton's town centre so you can pop in and see us, or you can **contact us** in other ways if that's easier for you.

We would love to hear from you. We understand that it can feel like it's a big step to take, but we are here for you. You are not alone...

Monday/Wednesday	12 midday-3pm and 4pm-7pm
Tuesday/Thursday/Friday	4pm-7pm
Saturday	10am-4pm
Sunday/Bank Holidays	Closed

Abuse, Anger, Bereavement, Bullying, Cyber-Bullying, Depression, Drugs & Alcohol, Eating Disorders, Family Problems, Health, Homelessness, LGBTQ, Mental Health, OCD, Personal Relationships, Pregnancy, Self Esteem, Self Harm, Sexting & Pornography, Sexual Health, STI's, Smoking, Stress & Anxiety, Suicide and Suicidal Feelings.

FACE (Fighting Against Child Exploitation)

Contact via the interactive website: www.faceup2it.org

FACE is a group of young people, male and female, who are aware of the dangers of grooming and sexual exploitation. The website was developed by them to help other young people who are vulnerable or taking risks. We hope this website will let them know about the dangers out there and give information on how to keep safe.

Think u know (sex, relationships and internet safety)

Contact via the interactive website: www.thinkuknow.co.uk

Advice about sex, relationships and internet safety. Learn about online safety when using blogs, chatting, online gaming, P2P etc. Get advice and report concerns.



Other services for young people

<p>Childline www.childline.org.uk Freephone 0800 1111 <i>Online, on the phone, anytime</i> <i>1-2-1 Counsellor chat</i> <i>Childline app to download</i> <i>Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.</i></p>	<p>Advice and help with:</p> <ul style="list-style-type: none"> • bullying • abuse • safety and the law • you and your body • your feelings • friends, relationships and sex • home and families • school, college and work • worries about the world • supporting family members with mental health issues • eating problems • helping a friend
<p>Talk to Frank <i>(drug and alcohol information and help)</i> www.talktofrank.com Telephone: 0300 123 6600 sms 82111 - text a quick question and FRANK will text you back <i>email: frank@talktofrank.com</i> <i>live chat 2pm-6pm 7 days a week</i></p>	<p>Information for teenagers and adolescents about the potential effects of drugs and alcohol. Friendly, confidential drugs advice. Call, text or email for answers to your questions or if you just want a chat. Get help:</p> <ul style="list-style-type: none"> • Emergency Help • Are You 'Under the Influence'? • Worried About a Child? • Worried About a Friend? • Find Support Near You • Drug Treatment
<p>RISE (Reducing Incidents of Sexual Exploitation) 01604 888345 www.northants.police.uk/cse Telephone: 0300 126 1000 rise@northants.pnn.police.uk <u>New National Helpline:</u> <i>Call or text 116 000* to get help and advice or ring 999 or 101 in an emergency</i> <i>To report an incident call 101</i></p>	<p>Call or text 116 000* to get help and advice</p> <ul style="list-style-type: none"> • 24/7 free, anonymous advice for children and young people. <p>If something is happening to you, say something:</p> <ul style="list-style-type: none"> • tell a friend who you know will tell a teacher or other useful adult • tell an adult • text or ring or email using any of the contact details.



Other useful services

**NSPCC: 0808 800 5000/email: help@nspcc.org.uk
(to report a concern about yourself or another young person):**

**24 hr National Domestic Violence Helpline: 0808 2000 247
website: www.nationaldomesticviolencehelpline.org.uk**

- Support for men, women and children experiencing domestic violence
- Help for anyone who thinks they may be an abuser

**NADASA (Northampton Against Domestic and Sexual Abuse):
website: www.nadasa.co.uk tel: 01604 233 684
If you or anyone is in immediate risk of harm **please ring 999****

**NORTHAMPTONSHIRE SUNFLOWER CENTRE: 01604 888 211
(for male and female victims of domestic abuse) 8am-6pm Mon-Fri**

**NDAS (Northamptonshire Domestic Abuse Service): 0300 0120 154
(24 hour emergency helpline)
(offers support for male and female victims of domestic abuse)
website: www.ndas.co**

**VOICE (support for victims and witnesses of crime): 0300 303 1965
website: www.voicenorthants.org
email: info@voicenorthants.org**

**SAMARITANS: Helpline 24 hr/365 days a year -
Tel: 116 123 (free from any phone) website: www.samaritans.org
2 St Michael's Avenue, Northampton NN1 4JQ**

**SERVICE SIX: 01933 277 520
(provides a wide variety of free services for children, young people, adults, families and communities)
website: www.servicesix.co.uk
15 Sassoon Mews, Wellingborough NN8 4LT**



Local Bus Services

Timetables and routes can be found by contacting the individual service providers below or by going to their websites. (Some services will be changed or withdrawn during 2018 so check before planning your journey.)

**Stagecoach
Midlands
&
Unobus**

Timetable enquiries: 0345 241 8000
(8am-6pm - Mon-Fri)
Traveline: 0871 200 2233 (out of hours)
Website: www.stagecoachbus.com

Centrebus Ltd

Timetable enquiries: 0116 410 5050
Website: www.centrebus.info
Email: help@centrebus.co.uk

**Britannia Bus
Company**

Timetable enquiries: 0844 5000 131
Website: www.britanniabus.co.uk
Email: passenger.services@britanniabus.co.uk

**Northamptonshire
Highways**

For details and bus times go to:
www.northamptonshire.gov.uk/bustimes



Local Members of Parliament

The address for Parliamentary correspondence to all MPs is:

(Name of MP), The House of Commons, London SW1A 0AA

Can help with various problems and complaints about: the local authority, the law, benefits etc. Use the links below to find their address.

Corby

Tom Pursglove MP (Conservative)
Tel: 0207 219 8043

tom.pursglove.mp@parliament.uk
twitter@votepursglove

Daventry

Chris Heaton-Harris MP (Conservative)
Tel: 0207 219 7048
Or 01604 859 721

chris.heaton.mp@parliament.uk
www.heatonharris.com
twitter@chhcalling

Kettering

Philip Hollobone MP (Conservative)
Tel: 0207 219 8373
or 01536 414 715
Mob: 0797 9850 126

philip.hollobone.mp@parliament.uk
www.kettering-conservatives.org

Northampton North

Sir Michael Ellis (Conservative)
Tel: 0207 219 7220

michael.ellis.mp@parliament.uk
www.michaellellis.co.uk
twitter@michael_ellis1

Northampton South

Andrew Lewer MP (Conservative)
Tel: 0207 219 3870

andrew.lewer.mp@parliament.uk
www.
twitter@ALewerMBE

Wellingborough

Election of new MP in progress

www.wellingboroughconservatives.org



Northamptonshire Libraries and Information Service

Contact details and opening hours:

- ✓ *Some of our libraries are open Monday to Saturday from 9am-5pm or 9am-6pm*
- ✓ *Others operate on a reduced-day, part-time basis*

For general information, to check the opening hours/days of any library, or to speak to the library of your choice call:

0300 126 7000 choose option 11 then option 1

or email: enquiredirect@northamptonshire.gov.uk

All libraries will be closed on the following bank holidays:

- × *Friday 29 March 2024*
 - × *Saturday 30 March 2024*
 - × *Monday 1 April 2024*
 - × *Monday 6 May 2024*
 - × *Monday 27 May 2024*
 - × *Monday 26 August 2024*
 - × *Wednesday 25 December 2024*
 - × *Thursday 26 December 2024*
 - × *Wednesday 1 January 2025*
- ✓ *Books and other items can be renewed and reserved online—go to: www.northamptonshire.gov.uk and select the ‘Libraries’ option*
 - ✓ *Further details, including addresses for the libraries listed, together with details of the ‘Libraries to You’ Home Library Service and the Sound Reads Service (for people with a visual impairment) are available on the Northamptonshire County Council website. Go to:*
 - ✓ **www.northamptonshire.gov.uk and select the ‘Libraries’ option**



Northamptonshire LIBRARYPLUS

Download the free **Northamptonshire LibraryPlus** app, join the library as either a full or virtual member and enjoy free access to all our online services on your smart phone or tablet. Then login to manage your account, search, renew or reserve books and access other items and services.

Download the Northamptonshire Libraries app ‘**Borrowbox**’ and enjoy free access to:

- ✓ *e-audio books*
- ✓ *e-books*
- ✓ *e-comics*
- ✓ *e-magazines*
- ✓ *e-newspapers*

FREE FRIDAYS!

- ✓ *Every library listed has at least two public internet computers which can be used **FREE OF CHARGE ON FRIDAYS!***
- ✓ *Normal charge Saturday-Thursday - £1 for 20 minutes*

PLUS - Access to our online reference library is **FREE EVERY DAY**

INFORMATION AND ADVICE ON A VARIETY OF TOPICS INCLUDING:

- ✓ *Careers*
- ✓ *Benefits/Debt/Money*
- ✓ *Age related advice for children and young people aged 0-21 years*
- ✓ *Health and Wellbeing*
- ✓ *CSE (Child Sexual Exploitation)/Radicalisation/
FGM (Female Genital Mutilation/Domestic Violence/Neglect*
- ✓ *Mums and Toddlers groups*
- ✓ *Theatre/Cinema/Art Galleries*
- ✓ *and many more!*

For more information visit our website at: www.northamptonshire.gov.uk

Tel No: 0300 126 7000 (all libraries)

Northamptonshire Central Library Abington St Northampton NN1 2BA Email: centlib@northamptonshire.gov.uk	Danesholme Community Library 14 Neighbourhood Centre Corby NN18 9EJ Email: danelib@northamptonshire.gov.uk
Abington Community Library Lindsay Avenue Northampton NN3 2SJ Email: ablib@northamptonshire.gov.uk	Daventry Library North Street Daventry NN11 4GH Email: davlib@northamptonshire.gov.uk
Brackley Library Manor Road Brackley NN13 6AJ Email: braclib@northamptonshire.gov.uk	Deanshanger Library Little London Deanshanger MK19 6HT Email: deanlib@northamptonshire.gov.uk
Brixworth Library Spratton Road Brixworth Northampton NN6 9DS Email: brixlib@northamptonshire.gov.uk	Desborough Community Library High Street Desborough Kettering NN14 2QS Email: deslib@northamptonshire.gov.uk
Burton Latimer Community Library High Street Burton Latimer Kettering NN15 5RH Email: burtlib@northamptonshire.gov.uk	Duston Library Pendle Road Duston Northampton NN5 6DT Email: dustlib@northamptonshire.gov.uk
Corby Library The Corby Cube Parkland Gateway Corby NN17 1QG Email: corlib@northamptonshire.gov.uk	Earls Barton Community Library Broad Street Earls Barton Northampton NN6 0ND Email: bartlib@northamptonshire.gov.uk
Finedon Community Library Town Hall Berry Green Rd Finedon Wellingborough NN9 5JL Email: finlib@northamptonshire.gov.uk	Hunsbury Library Overslade Close East Hunsbury Northampton NN4 0RZ Email: hunslib@northamptonshire.gov.uk
Irchester Community Library High Street Irchester NN29 7AA Email: irchlib@northamptonshire.gov.uk	Irthlingborough Library High Street Irthlingborough NN9 5PU Email: irthlib@northamptonshire.gov.uk

<p>Kettering Library Sheep Street Kettering NN16 0AY Email: ketlib@northamptonshire.gov.uk</p>	<p>Long Buckby Community Library Station Road Long Buckby NN6 7QB Email: bucklib@northamptonshire.gov.uk</p>
<p>Middleton Cheney Community Library Main Road Middleton Cheney OX17 2PD Email: midlib@northamptonshire.gov.uk</p>	<p>Moulton Community Library Doves Lane Moulton NN3 7TA Email: moulplib@northamptonshire.gov.uk</p>
<p>Oundle Library Glaphorn Road Oundle PE8 4JA Email: oundlib@northamptonshire.gov.uk</p>	<p>Raunds Community Library High Street Raunds NN96HT Email: raunlib@northamptonshire.gov.uk</p>
<p>Road Community Library High Street Road NN7 2NW Email: roadlib@northamptonshire.gov.uk</p>	<p>Rothwell Community Library Market Hill Rothwell NN14 6EP Email: rothlib@northamptonshire.gov.uk</p>
<p>Rushden Library Newton Road Rushden NN10 0PT Email: rushlib@northamptonshire.gov.uk</p>	<p>St James Community Library 138 St James Road Northampton NN5 5LQ Email: jameslib@northamptonshire.gov.uk</p>
<p>Towcester Library The Forum Moat Lane Towcester NN12 6AD Email: towlib@northamptonshire.gov.uk</p>	<p>Thrapston Community Library High Street Thrapston NN14 4JJ Email: thraplib@northamptonshire.gov.uk</p>
<p>Wellingborough Library Pebble Lane Wellingborough NN8 1AS Email: welllib@northamptonshire.gov.uk</p>	<p>Wollaston Community Library Newton Road Wollaston NN29 7QN Email: wollib@northamptonshire.gov.uk</p>
<p>Weston Favell Library Weston Favell Centre Northampton NN3 8JZ Email: westlib@northamptonshire.gov.uk</p>	<p>Woodford Halse Community Library Village Hall Woodford Halse Daventry NN11 3RL Email: woodlib@northamptonshire.gov.uk</p>
<p>Wootton Community Library Wootton Community Centre Curtlee Hill Wootton NN4 6ED Email: woollib@northamptonshire.gov.uk</p>	



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