

Stay connected Locality Newsletter **January** **2022**



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

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Countywide

How to Talk About Online Sexual Harassment – Guide for Parents

Last week the Children’s Commissioner published a new guide for parents on how to talk to children about online sexual harassment.

The guide includes tips from young people about how parents can open up earlier conversations about sexual harassment, nudes, sexualised bullying, photo editing, body image and peer pressure. A list of organisations is provided for further help and support.

To download the guide and to find out more please visit [Talking to your child about online sexual harassment: A guide for parents | Children's Commissioner for England](#)

Watch Wait Wonder

Watch, wait, wonder is a highly effective method that uses an infant led approach to increase parent child sensitivity and parental attunement to child cues to develop a more organised or secure attachment relationship.

Aims of the group

- Facilitate more positive experiences of parent-child interaction
- Assist children to play more independently without the need for constant adult attention
- Facilitate loving, attuned parent-child interactions which promote healthy brain development
- Foster children’s imagination and creativity in play

Starting January 13th, 2022 and a second group on 28th February 2022

Suitable for infants from 4 months to 2 years. Virtual group delivery 3 x 1.5-hour session. Please complete the referral form by visiting [Flourishing Babies Service - Family Action](#) If you have any questions, please contact **Zoe Reynolds** on **07970 168804**

Or email Flourishingbabies@family-action.org.uk



64 Million Artists January 2022 Challenge



At 64 Million Artists we believe everyone is creative, and when we use our creativity, we can make positive change in our lives and the world around us. We aim to be a catalyst for the creativity of everyone in the UK. For more information on 64 million artists please visit [About Us - 64 Million Artists](#)

The January Challenge is 31 days of fun, quick and free creative challenges to kickstart your year.

In 2021 more than 50,000 people took part including adults, children, workplaces, community groups, schools and more, and 96%* said that being a part of the January Challenge has a positive impact on their wellbeing. For more information on the 2022 challenge please visit [The January Challenge - 64 Million Artists](#)

This year, there are three new programmes for you to choose from. Each programme is full of brilliant ideas, designed by musicians, chefs, sport stars, writers, makers, activists...and you!

Choose the theme that inspires you most, and sign up for a creative challenge for each day of January...

We are Human – 31 challenges to explore the senses, the natural world and what makes us human.

We are Culture – 31 challenges to explore our identities, cultures, and communities.

We are Connected – 31 challenges to explore what happens when we create together

To sign up to get a new challenge very day to your inbox please visit [The January Challenge 2022](#)

Or to engage your workplace or community with a challenge pack which is **Free** to download please visit [The January Challenge and your workplace - 64 Million Artists](#)

Deaf Connect Sign Language for Beginners Aged 11-18 years



If you are aged between 11-18 years and have been inspired by Rosie Ayling-Ellis on Strictly Come Dancing or are just interested in learning how to sign. Deaf Connect are starting a six-week course in basic sign language.

It is on a Monday evening from 5.00-6.00pm from 17th January to 28th February at Spencer Dallington Community Centre, Tinten Avenue, Northampton NN5 7BZ. The course costs £40. For more information please email jennie.higson@deafconnect.org.uk

Recovery College Reducing Loneliness E-learning course



We would like to share with you the exciting news that we have just launched a new e-learning course. E-learning means the course is not taught by one of our trainers at a set time, instead you can access the content online at any time that suits you and work through it at your pace. The course contains relevant information, videos, activities, links, and downloadable resources. You will need a device that can access the internet.

Reducing Loneliness E-learning course - The aim of this course is to raise awareness of how to recognise loneliness and reduce the shared impact of social isolation.

Students will gain a better understanding of strategies that may help, awareness of increasing personal connections and the opportunities available in the community.

Through increased awareness of self-reflection and where areas of improvement are needed, the intention is that students feel empowered to take positive steps towards reducing loneliness.

This is an e-learning course that can be accessed via the internet at your own leisure.

If you are interested and would like to gain access to the course, please email recovery.college@nhft.nhs.uk and we will send you the access details

Northamptonshire Sport Active Chats



Befrienders – We need your help and expertise! The Coronavirus Pandemic has left a lot of older adults, isolated and shielding at home with no access to physical activity opportunities and in some cases completely unable to leave their home to exercise. Many have lost confidence in venturing out and getting active.

Active Chats is a new project being developed by Northamptonshire Sport and funded by Public Health. To get the project going, we're on the lookout for local befrienders and volunteers who can carry out a weekly telephone or virtual video conversation with someone who is lonely, shielding, or isolated. The aim of the call is to take individuals through a suggested conversation around being active while at home using the resources provided.

Examples of exercise at home include seated exercises that they can do without the need for any specialist equipment. As a befriender, you'll be provided with the necessary training and ongoing support. Don't worry if you're not physically active yourself, it's more important you can build a rapport with people who are lonely to encourage them to make a few changes at home and ultimately, prevent falls and frailty.

If you would like any more information about Active Chats, please contact Sarah Harvey:
Sarah.Harvey@northamptonshiresport.org or telephone 07749 720 357

Nature Tots



Join a toddler group with a difference. Explore nature through the seasons with the Ranger. Term time only 10-11.30am and costs £4.50 per session which includes a Ranger lead Nature walk and a seasonal craft activity.

Sywell Country Park 1st and 3rd Tuesday of each month

Brixworth Country Park 1st and 3rd Thursday of each month

East Carlton Country 1st and 3rd Friday of each month

Irchester Country Park 2nd and 4th Tuesday of each month

Barnwell Country Park 2nd and 4th Wednesday of each month

Fermyn Woods Country Park 2nd and 4th Thursday of each month

All sessions must be pre-booked. Email EducationRangers.NCC@northnorthants.gov.uk

NDAS Group Work for Children and Young People



Northamptonshire
Domestic Abuse Service

Freedom for children

A programme to suit children of primary school age (5 – 11) who have been exposed to male violence within their home.

The group aims are to enable children to identify and name abusive and non-abusive behaviours and therefore recognize the difference between the two.

This allows children to gain an understanding of what underpins a healthy relationship, how behaviour choices affect others and most importantly the understanding that the violence is not their fault.

The group runs over 8 weeks with sessions lasting 1 hour.

Escape the Trap

Escape the Trap is a programme specifically designed to help young people recognise and protect themselves from teenage relationship abuse. For ages 12 – 16 years old.

Young people will explore the dynamics of power and control within relationships.

The group runs for 1.5hours for 8 weeks.

Who's in charge?

A child to parent violence programme aimed at parents whose children are being abusive or violent to them or appear out of parental control.

Part 1 – Aims to change parental attitude and reduce blame, guilt, and shame.

Part 2 – Explores the use of consequences to change unwanted behaviour and empower the parent.

Part 3 – Supports parents to make changes within the home alongside advanced topics such as anger, assertiveness, and self-care.

The group runs over 9 weeks with sessions lasting 2.5 hours and a follow up after 2 months.

For further information, please contact info@ndas-org.co.uk or tele: 0300 0120154 Referral forms are on our Website and you can find these by visiting [Support programmes & group work](#)

In the North of the county the groupwork will be happening in Wellingborough and in the West it's currently Kingsthorpe and Northampton town centre and groups are commencing in January 2022.

South Northants and Daventry



Disc is back!

Our multi-sport club for people with a disability or special need, and their families, starts again on Sunday 16th January 3-4pm at the Towcester Centre for Leisure. Sessions are free of charge; however, we welcome donations. Pre-registration is required, please log on to [Northamptonshire Carers - DISC](#) or email us at DISC@northamptonshire-carers.org or call us on 01933 677907.

We are following national UK government guidelines during the global outbreak of Coronavirus (Covid19). The wellbeing of our members is a priority. If the DISC member or accompanying carer are feeling unwell, please do not attend the session. If possible, we ask that all attendees take a lateral flow test within 48 hours of attending the session. Masks welcomed.

Please note: Swimming is available after the session in the pool from 4pm-5pm. Separate booking conditions/payments apply with Towcester Centre for Leisure.

Time 2 Talk – Happier Families support



Time2Talk, alongside our REACH partners, are running the Happier Families programme which aims to support families through tips, skills and tools known as the 10 keys to happier living - simple things we can all do to make us happier!

Through this, it will give you some ideas on how you can:

- Explore ways to build your own and others happiness
- Learn tips to help you when you are struggling
- Enjoy your family time together more

-Build happier relationships.

If you are interested, please call the Time2Talk office on 01327 706706 or you can email us at info@time2talk.org.uk

For more information on all our services please visit [Time2Talk - Your Time to Talk, Our Time to Listen](#)

DSL V Nursery – free Parent Toddler session

We have a free Parent and Toddler session taking place on Thursday 13th January 2 - 3pm. If you have children aged 18 months to 3 years bring them along and join in the fun! No need to book.

Please share this with your family and friends.

DSL V Primary and Nursery, Hawke Road, Daventry, NN11 4LJ Tel: 01327 313400 (Option 2) or email gemma.haynes@E-ACT.org.uk

Brackley Youth Theatre

**BRACKLEY
YOUTH
THEATRE**

Our new term starts Wednesday 12th January at Egerton Hall, spaces available. Drama, improvisation, games, performances, friendship, stagecraft, laughter, team work, confidence building and fun! Can you join us? Spaces available in all ages. Free trials for first two sessions! To book please visit [Brackley Youth Theatre](#)

Minis 5-7yrs 5.15 pm (1 hr)

Juniors 8-11yrs 6.30 pm (1 hr)

Seniors 12-18yrs 7.45 – 9.00 pm

Little Kickers – new class in Daventry

Little Kickers Northampton Daventry Rugby (Northampton, Daventry & Rugby) is at Daventry Leisure Centre.

New venue from Monday 10th January 2022

Saxon Suite, Daventry Leisure Centre

9:20am Little Kicks 18months - 2½ yrs

10:10am Junior Kickers 2½ yrs - 3½ yrs

11:05am Mighty Kickers 3½ yrs - 5yrs

Fun, fast paced, pre-school football classes, experienced FA coaches, DBS checked.

Spaces available to book now by visiting [Little Kickers](#)

For full information including after school classes for older children visit [Little Kickers Northampton Daventry Rugby | Facebook](#)

Northampton

Out There LGBTQ+ Support Services



We understand that it may seem difficult to find support. Many young people feel isolated and disconnected from social circles or even families and we want you to know that you are not alone.

Out There Youth

Youth Group for school years 7,8 and 9 every Friday 5.30-7.30pm and for school years 10,11, 12 and 13 every Friday from 7.00-9.00pm

Out There Plus

Out There Plus group for 18–25-year-olds every Friday 7pm – 9pm.

Out There Parents and Carers

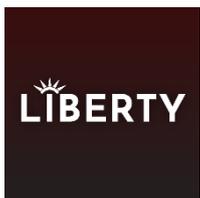
Support and social group for parents/carers of LGBTQ+ young people every 3rd Thursday. A respectful, safe, online space for parents & carers of young people that identify as LGBTQ.

Also, for parents and carers of young people who may be questioning and exploring their identity – to connect, share experiences and offer and receive support. For more information and to join this group please visit our Facebook page [The Out There Group Parent and Carers Support Network Northamptonshire](#)

For full information for all our LGBTQ+ support services please visit [LGBTQ SUPPORT - the lowdown](#) email lgbtqsupport@thelowdownnorthampton.co.uk or telephone 7585 737482.

Liberty Youth Music

Youth Music and Dance in Northampton



Newcomers are always welcome at Liberty, regardless of experience. We provide music or dance tuition to every member; from those who have never picked up a trumpet to others who have been dancing for years.

When you join Liberty, you're not just performing – you're making lifelong friends. We try our very best to blend music and dance with fun and friendship.

There's a place for every young person at Liberty.

No Experience Needed. Free Instrument Loan. First month FREE then £4 Per Week.

Liberty's junior group for 10 -12 year-olds is currently rehearsing alongside the senior group. The senior group is made up of 12 to 18 year olds. They rehearse on Thursdays 7:00pm - 9:00pm, as well as on the occasional Sunday. They also have weekend camps at an adventure centre several times a year where

they rehearse, play games, and build friendships. The senior group compete across England over the summer and autumn, alongside leading parades and performing at public events.

For more information please visit [Home - Liberty Drum Corps](#) or [Liberty Youth Music | Facebook](#)

Email libertydrumcorps@btinternet.com or telephone 07905 323604

We are based at the Northampton International Academy on Barrack Road, Northampton.

Free2talk Youth Clubs



Every week – Free Entry

Monday's

Age 8-11 4.30pm-6pm, Age 12+ 6.30pm-8.30pm

Location – Bellinge Community Centre, NN3 9AQ

Tuesday's

Age 8-11 4.30pm – 6pm, Age 12+ 6.30pm – 8.30pm

Location – Blackthorn Community Centre, NN3 8QD

Wednesday's

Age 8+ 4.30pm-8pm

Location – Free2talk CIC Our Living Room, Park Square, Kingsheath, NN5 7LQ

Thursday's

Age 12+ 6.30pm – 8.30pm

Location – Thorplands Cage

For more information on Youth Clubs and all our services please visit [Free2Talk CIC | Youth & Community Organisation | Northamptonshire](#) or email enquiries@free2talkcic.org

The Spring Charity



The Freedom Programme Starting in January and being delivered via zoom. Dates still to be confirmed but if you are interested in attending please contact communityspringcharity@gmail.com One to one working can be considered on request.

Spring Charity Stay and Play every Tuesday and Thursday 9am – 11am (term time only)

Each session is only £1.00, and you get tea, coffee, biscuits, snacks, and drinks for the children. Creative staff deliver an array of different activities during sessions throughout the year for you and your child

Henry Programme – Healthy Start, Brighter future. A great start for babies and young children, coming Spring 2022. More detail to follow. But for more information on the programme please visit [HENRY](#)

Northampton Baristars Programme



We want to use Saints Coffee as a vehicle for social change. Northampton Baristars uses a live hospitality business (Saints Coffee, St Giles Street) to help people who are disadvantaged and furthest from the labour market back into employment. We will provide general job-hunting training, as well as specific hospitality training based on the candidates interests and skills, such as:

Baristar and coffee expertise, Bar tending, Customer service, Food prep

Our programme runs for 8 weeks with an average of 5 hours per week of structured learning and self-study. The training programme is designed to develop participants in the following areas:

Job hunting skills, CV writing, job searches/applications and interviews

Soft skills, confidence building, communication, resilience, teamwork

Professional skills through hands on training in a live business

Certificates and qualifications relevant to hospitality

For further information please contact saintsbaristars@mail.com or [Why we do it | Saints Coffee](#)

Northampton Hockey Club – Saints



Hockey Heroes restarts with two free taster sessions on 8th and 15th January for new members. It is a fun and welcoming programme aimed at children aged 4-7 that aims to develop both their physical and character 'superpowers', unlocking the hero inside them!- sign up here for term 2

For more information please visit [Hockey Heroes for 4 - 7 year olds :: Northampton Saints Hockey Club](#)

Baby & Children's Market - Sunday 20th February, Northampton

NEARLY-NEW SALE! Saturday 20th February 3pm - 4.30pm, Baby & Children's Market will be at Northampton High School. Mums & Dads will be selling excellent quality nearly new and new baby & children's clothes, toys, maternity and equipment from birth to 8 years! Join us for a fun afternoon of bargains galore! Entry £1.50 per adult, kids go free!

For more information please visit [Northampton Baby & Children's Market | Facebook](#)

Old Northamptonians RFC Allianz Inner Warrior Camp

Allianz Inner Warrior welcomes **Girls aged 11 to 17** to join this Warrior Camp as an introduction to those new to rugby or those getting back into it after a time away. The Old Northamptonians Inner Warrior will run from **1pm-4pm on the 23rd January 2022** at Old Northamptonians, Billing Road Northampton NN1 5RX.

Just turn up wearing trainers and comfortable sportswear, and be prepared to have a good laugh! All three girls section teams are playing matches so feel free to stick around and watch them take on another local team. Sessions will be run by Northampton Saints and Loughborough Lightning Coaches and players. Any questions please contact David Wood cjg630@gmail.com and get signed up!

East Northants

Higham and Rushden Judo club



Beginners Courses available for all ages from 5 - 75 years old. Starts from 23rd January 2022.

We'll cover the basics of judo including how to land safely (which is a life skill everyone should know).

The package comprises a judogi (suit), 6 weeks training, and club branded t-t-shirt **All for only £50.00**

Training is on a Monday and Thursday evening.

Under 8's training times: 5.30 - 6.15pm

Age 8-14: 6.30 - 7.30pm

Over 14's & Adults: 7.45-9.15pm

The club is located upstairs at Rushden Athletics club (61 Newton Road, Rushden NN10 0HF)

Please contact the club for further details, free taster sessions will be available from 6th January as a try before you buy. You can contact the club via email at admin@hrjc.co.uk or Telephone 07734 200689

Or visit the website at [Higham Rushden Judo Club - Martial Arts in Higham Rushden \(hrjc.co.uk\)](http://HighamRushdenJudoClub-MartialArtsinHighamRushden.hrjc.co.uk)

Mind Rushden Well-being Education Network Courses



Starts Friday 14th January and takes place over 6 weekly workshop sessions (Friday 2:00pm - 3:00pm) at Mind in Rushden

Life Skills - A set of workshops looking at essential life skills people may need help developing. A group for all ages to increase knowledge and self-confidence.

January – Food and Mood

Eating right to feel well. In this course we will help you to develop an understanding of the link between what you eat and your mood. We'll explore how food affects our mental health and physical health and explore ways to improve your wellbeing.

February – Anxiety

Our Anxiety Management course gives you the opportunity to gain a good understanding of the different types of anxiety and how they can affect individuals. There will also be the opportunity to learn techniques, skills, and interventions to help manage anxious episodes.

March Life - Transitions and Self Awareness

Our Life Transitions course covers support around coping with situations in our lives which involve elements of change or loss.

For more information and to book onto one of these courses please email enquiries@northamptonshiremind.org.uk or visit our website [Home | NorthamptonshireMind](#)

Mind in Rushden is based at Phoenix House, Skinner's Hill, Rushden, NN10 9YE

Mind Northamptonshire Fresh Minds Rushden

Starting in January throughout the north of the county, Fresh Minds will be a group for 18–25-year-olds to explore life skills, make friends and build self-awareness.

This will run over 20 free weekly workshops. Mind in Rushden starts Friday 14th January (11:00 - 12:30). For more information, please email enquiries@northamptonshiremind.org.uk Mind in Rushden is based at Phoenix House, Skinner's Hill, Rushden, NN10 9YE

Health and Well-Being Survey for Young People



Young Healthwatch are conducting a survey on behalf of East Northamptonshire Council. We want to make sure that your voice is heard and to see what is working well and what could be improved for young people regarding their health and wellbeing in East Northants.

The survey is for young people between the ages of 11 and 19 living in East Northamptonshire. It asks about your physical health, lifestyle and emotional health and includes questions on how services could better help you with this. It also gives you the chance to let us know what things you feel would work for you and how you would like to receive health and wellbeing services.

At the end of the survey, there is some contact information for support if you feel that you or someone you know is or may be affected by the subjects asked in the survey. We do not ask for your name and no one will know who said what.

To complete the survey please visit [East Northamptonshire Wellbeing Survey](#)

Pemberton Centre Dodgeball

Dodgeball is starting again on Thursdays from 13th January to 10th February 2022 during term time only.

4.00-5.00pm for ages 7-13 years costing £15 for the five weeks and from 5.00-6.00pm for 13 years plus costing £12 for the five weeks.

To book please ring 01933 350324 for more information contact

Wellingborough

Anime and Manga Club

This new club for young people aged 11-17 years old starting on Tuesday 11th January and will be held every other Tuesday so the second session will be on 25th January. From 4.00pm-5.00pm at Wellingborough Library, Pebble Lane, Wellingborough, NN8 1AS

Drop in after school to meet others, take part in discussions, cosplayers welcome, share video clips and of course have a go at drawing your favourite characters or design your own. No booking required. For more information on this and all our other activities please visit our Facebook page [Wellingborough Library | Facebook](#)

Mind Wellingborough Well-being Education Network Courses



January Life Transitions and Self awareness

Our Life Transitions course covers support around coping with situations in our lives which involve elements of change or loss.

February Depression

Over a six-week course, we'll help you to explore your experience of depression, help you to better understand your mental health and what you can do to improve your experience of living with depression.

March Anxiety Management

Our Anxiety Management course gives you the opportunity to gain a good understanding of the different types of anxiety and how they can affect individuals. There will also be the opportunity to learn techniques, skills, and interventions to help manage anxious episodes.

For more information and to book onto one of these courses please email enquiries@northamptonshiremind.org.uk or visit our website [Home | NorthamptonshireMind](#)

Mind in Wellingborough is based at 14 Havelock St, Wellingborough, NN8 4QA

Mind Northamptonshire Fresh Minds Wellingborough

Starting in January throughout the north of the county, Fresh Minds will be a group for **18–25-year-olds** to explore life skills, make friends and build self-awareness.

This will run over 20 free weekly workshops. Mind in Wellingborough starts Monday 10th January (11:00am - 12:30pm) For more information please email enquiries@northamptonshiremind.org.uk
Mind in Wellingborough is based at 14 Havelock St, Wellingborough, NN8 4QA

Kettering

Northamptonshire Carers



Café Drop in Dates January-June 2022

Join us for a break, enjoy refreshments a chat with Carer Advisors and other Carers. Get information, advice and support, Carers are welcome to bring the person they care for, a friend or family member. Held on the 2nd Tuesday of every month at the Jacques Room. St Andrews Church, Crown Street, Kettering NN16 8DU

Dates are Tuesday 11th January, 8th February, 8th March, 12th April, 10th May and 14th June at 10.30am-12.30pm

For further information phone Cathie at Northamptonshire Carers 01933-677907 / 07572 122759

Northamptonshire Carers are completely independent of all venues we meet at. For more information, please visit [Northamptonshire Carers](#)

Please note Group contact is via What's app, calls, zooms, or a combination of all, whilst COVID restrictions are in place.

Kettering Evening Support Group January-June 2022

Join us for a break, enjoy refreshments, activities, a chance to share the load, make friends with other Carers. Get information, advice, and support, have fun. 7pm – 9pm at our meeting on the 2nd Thursday monthly Loasby Room St Andrews Church, Crown Street, Kettering NN16 8QA. Dates and activities are:

13 January - Planning Social

10 February - Games Night

10 March - Quiz Night

14 April - Easter Activity

12 May – Auction

9 June – Speaker TBC

For further information, if you are attending for the first time, please phone Cathie at Northamptonshire Carers and let us know you are coming on 01933-677907. Occasionally plans change please keep an eye on our Facebook page by visiting [Northamptonshire Carers | Facebook](#) and website [Northamptonshire Carers](#) for up to date information.

Desborough Library and Community Hub

Afternoon Tea at Desborough Library £6 per person Saturday 22nd January 2022 3pm – 5pm. Come along and enjoy sandwiches, cake, tea/coffee whilst listening to piano playing for a relaxing afternoon with a difference.

Cake Sale 20th January 2022 from 9.30 am until the cakes are sold.

Film Night 22nd January 2022 at 7.30 pm (doors open at 7pm) cost £5 prize draw

Seated Yoga every Monday from 10 am.

Visit Desborough Community Library and Hub for more activities and events [Desborough Hub](#) All events can be booked at the library desk by emailing dhubcontact@gmail.com or telephone 01604 368169.

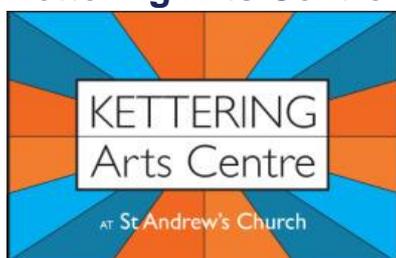
Tiny Tots St Giles Community Centre Desborough



Tiny Tots meets on Thursday afternoons at 2pm in the St Giles Community Centre. Parents or carers and their little ones meet for fun, games, and other activities. All are welcome!

Due to Covid-19 we do have a number limit so please book a place by contacting Fiona on 07427 260623 or email fiona-farrington@outlook.com by 5pm on a Wednesday. We don't usually exceed the numbers allowed but there is always a first time! Come along with a drink for your little one.

Kettering Arts Centre



On Saturday 12th March 2022, Kettering Arts Centre is hosting a community arts day.

Do you or anyone you know have a skill in any area of the arts and could offer a workshop/session/lesson for the public?

Kettering Arts Centre would love to offer art, dance, music, magic, pottery, circus skills, poetry, singing, craft, or any area of arts during their community day.

If you are interested and would like to offer your services or skills to the public and of course advertise your business for free and hopefully gain some new customers. For more information please visit [Kettering Arts Centre @ St Andrews Church](#) or email office@ketteringartscentre.com.

The Green Patch Kettering



The Green Patch is a Groundwork-run community garden project in Kettering, hosting volunteer days, children's clubs, education sessions and family events.

Visit [The Green Patch | Facebook](#) for current activities or call 01536 526453

Youth Work and Alternative Education and one to one mentoring for Young People please contact kimberley.lawson@groundwork.org.uk or Emily.oakley@groundwork.org.uk

Short Breaks Service - Wednesday after school, Saturday all day (2 sessions at the Green Patch), every other Saturday morning at Autumn Centre, Corby. For more information, please contact vicky.bowden@groundwork.org.uk

Green Team - Adults volunteering on Green Projects / Out of work/ Health issues/socially isolated, work at Twywell Nature Reserve & Green Patch plus other community venues. Please contact Nathan.wearn-hutter@groundwork.org.uk for more information

For more information on Ground Work local projects visit our website at [Green Patch Projects](#)

Christ the King Church

Tiny Little Ones

Parents/carers and under-fives groups is held on Mondays in term-time. There are three sessions each week: 9.00-10.30, 11.00-12.30 and 1.00-2.30. Each session contains messy and active play, craft, song time, a baby area, and an enclosed outdoor space when the weather permits. The cost is £1.50 per family per session with snacks included. We run during term-times only and offer additional events for the whole family at other times.

You can book a place by visiting our website [The church of Christ the King, Kettering \(ctk.org.uk\)](http://The church of Christ the King, Kettering (ctk.org.uk)) and clicking on Tiny Little Ones icon. January Sessions are 10th, 17th and 24th please book in advance.

Youth Groups

Fridays at CtK has two groups for junior aged children and young people and it offers activities, craft, games, and special themed evenings for children from the church and the local community.

Our group for age 5 to Year 2 runs from 5.00pm until 6.00pm.

Our group for Year 3 to Year 6 runs from 6.15pm until 7.15pm.

Friday Night youth club meets every week during term time from 7.15pm until 8.45pm at Christ the King. Anyone at secondary school is welcome! Each week there are a variety of activities including pool, table tennis, games consoles, football and more!

Please visit our website The church of Christ the King, Kettering : CtK Youth to book your place.

January sessions are Friday 14th, 21st and 28th January 2022

Church of Christ the King is based at Deeble Road, Kettering NN15 7AA,

Corby

Kingswood Neighbourhood Centre

Alberta Close, Corby NN18 9HB

Youth Club every Thursday

School Years 4 – 6 starts 5.15 pm – 6.30 pm

School Years 7 – 11 starts 7.00 pm – 8.30 pm.

For more information, please message us through our Facebook page by visiting [Kingswood youth hub | Facebook](#)

Bub Club – Made with many Event

Come and join us at Hazelwood Neighbourhood Centre for sensory movement play and music, also arts and crafts. Monday from 17th Jan - 28th March 2022. For families with a Corby Borough postcode. These sessions are **Free**

10am - 10.30am: Sensory movement play and music (0-18 months) with Sophia Madden To book session(s) please visit [Bub Club \(0-18 months\) Tickets - Multiple Dates](#)

11am - 12pm: Arts and crafts (18 months - 4 years) with Corby Community Arts to book please visit [Bub Club \(18 months - 4 years\) Tickets - Multiple Dates](#)

For more information, please visit [Made With Many Bub Club](#)

Hazelwood Neighbourhood Centre

Gainsborough Road, Corby NN18 0QF

Monday

Bub Club 10.00-12am run by Made with Many involving movement and dance alongside arts and crafts for parents of children aged 0-18 months and 18 months – 4 years

Made with Many – Youth Music 6.30 - 8.30pm learn new skills working with professional musicians and producers. No experience is necessary. Free to attend for young people aged 12 – 18 living in the borough of Corby

Tuesday

Mad2Perform

Mad Mini Movers Ages 2 – 4 years 4pm – 4.45 pm

Saturday 9am – 9.45 am cost £14 every four weeks

Street Dance Ages 5 – 10 years Tuesday 5pm – 5.50 pm cost £16 every four weeks

Street Dance Ages 11 - 17 years Tuesday 6pm – 6.50 pm cost £16 every 4 weeks

Wild Cats, Muay Thai – 7.30-8.30pm starts Tuesday 11th January 2022 cost 14+ years £5 and under 14 years £3.50 per session.

Wednesday

Love World Church – Bible Class 6.30pm-8.30pm

Thursday

Get up & Go 10.30-11.30am a county wide falls prevention programme providing strength and balance exercise sessions for older adults to improve their mobility and confidence visit [Get Up & Go! | Northamptonshire Sport](#)

Saturday

Mad2Perform

Theatre Company – singing, drama and dance 5 – 14 years 10 am – 12.45 cost £40 every four weeks.

Sunday

Love World Church – 11-1.30pm

For more information on any of these activities please telephone the centre on 01536 443171

Northamptonshire Carers



Café Drop in Dates January-June 2022

Join us for a break, enjoy refreshments a chat with Carer Advisors and other Carers. Get information, advice and support, Carers are welcome to bring the person they care for, a friend or family member. Held on the 4th Tuesday of every month at Stuart Road Clinic, Activity Room, Stuart Road, Corby NN17 1RJ. Dates are Tuesday 25th January, 22nd February, 22nd March, 26th April, 24th May and 28th June at 1pm – 3pm.

For further information phone Cathie at Northamptonshire Carers on 01933 677907. Northamptonshire Carers are completely independent of all venues we meet at. For more information, please visit Northamptonshire Carers

Please note Group contact is via What's app, calls, zooms, or a combination of all, whilst COVID restrictions are in place.

New Carers Support Group starting in January 2022

This support group is for anyone caring for someone with a life limiting illness and would like the opportunity to meet other carers in a similar position. Come and join us at Lakelands Hospice, Butland Road, Oakley Vale, Corby NN18 8LX on Monday 10th January 2022 at 10 am – 12 (then every 2nd Monday of the month).

For more information contact Hayley by email hayleyb@northamptonshire-carers.org or telephone 01933 677907 and choose option 1.

Parent Carer Support Group North for Kettering and Corby areas A support group for anyone who is a parent carer and has the responsibility to provide care to a child or young person under the age of 18 with a disability, special educational need, on-going physical or mental health difficulties or a life limiting condition. Come along and join us for refreshments, opportunity to meet other carers and make friends with other carers. Meeting the 3rd Thursday monthly at alternating venues The Kino Lounge in Kettering on the 20th January, 17th March, 19th May and the 21st July 10.30 am – 12

Corby Saxon Gate, Weatherspoons, Elizabeth Street on the 17th February, 21st April and 16th June 10.30 am - 12

For more information about this group visit Parent Carers Support | Northamptonshire Carers Association and contact Cathie at Northamptonshire Carers 01933-677907 due to covid restrictions any new carers must phone prior to attending.

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.