

North Northamptonshire January 2026 Stay Connected

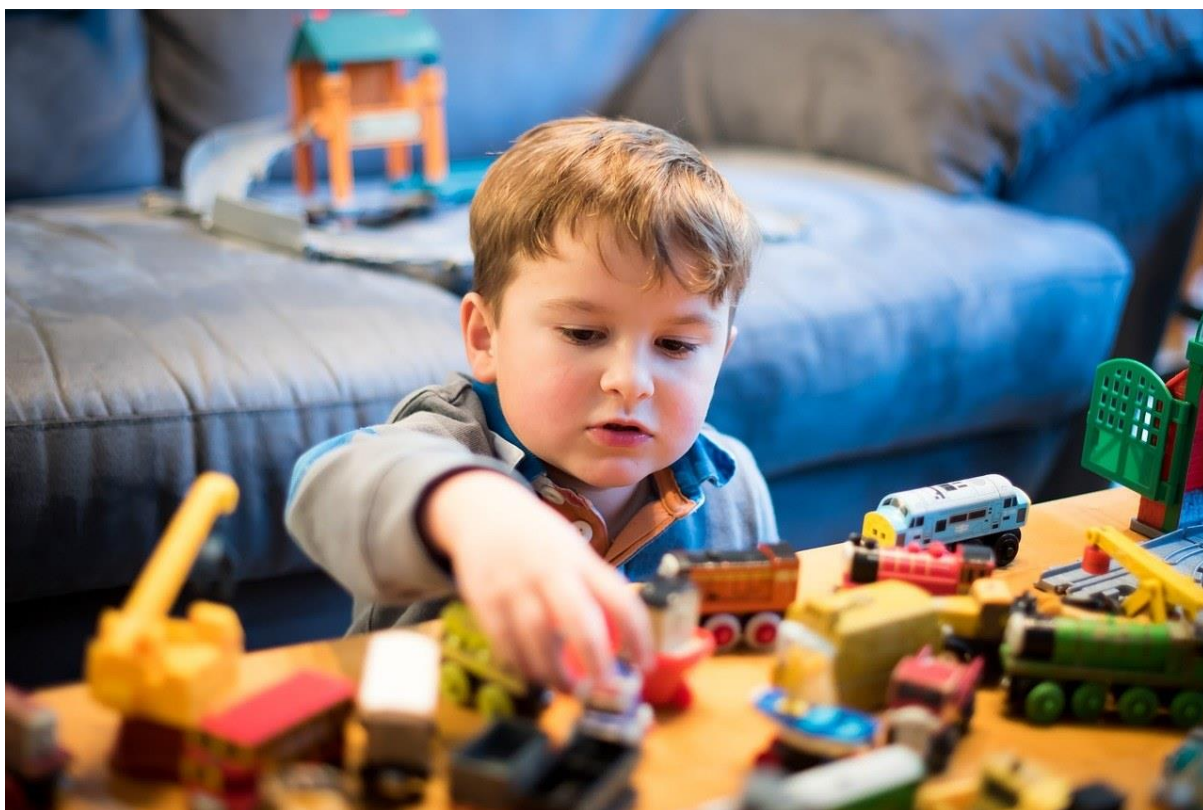


This newsletter focuses on all the amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend.

This is a live document and will be updated throughout the month with new events added and events that have happened removed so keep checking back.

To navigate to the location you wish to search for use the small grey box in the righthand corner of the screen.

Countywide



FREE Ivison Trust Parent webinars – county lines and criminal exploitation

Join our interactive webinar where we will share what criminal exploitation is, with a focus on county lines. We will explore how to spot signs that it may be happening to your child or a child you know. We cover trends in your local area and where to get advice and support if you are concerned.

The interactive webinar will also give you the opportunity to ask questions, share concerns and connect with others. The sessions are delivered with a parent whose child has been a victim of exploitation, they will share their experiences and advice on responding to the risks.

I feel so much more confident to talk to my child and understand what to look out for. Parent

What you will learn

- Learn what county lines is
- Understand what is happening in your local area
- Learn how exploiters groom children
- Understand the signs that your child might be at risk
- Know where to access support and advice if you have concerns

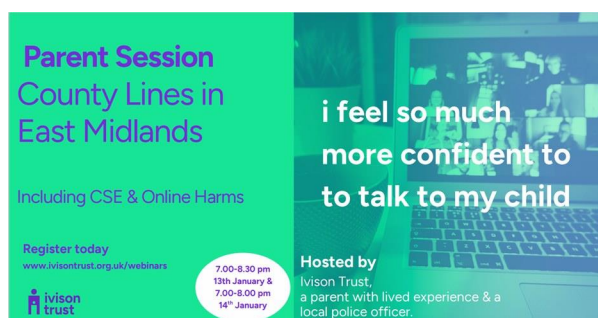
The webinar will be hosted live over zoom, once you have registered we will send you the log in details for joining.

It is so important we as parents know what is going on, thank you for such a brilliant, informative session.” Parent

Upcoming webinars

County Lines in East Midlands -13th January 2026. To book please visit [Book your place.](#)

County Lines in East Midlands – 14th January 2026. To book please visit [Book your place.](#)



Face to Face EHCP Workshop

Northamptonshire Carers are continuing to work with Enfold in 2026 to bring our Carers a series of workshops starting in January 2026. Our first workshop will introduce or enhance your understanding of Reasonable Adjustments in School Including EHCPs

During the session you will learn about: Early level reasonable adjustments, Individual Education Plans (IEPs) including legalities, Further support including Higher Needs Funding and accessing external support, School budgets 101, Overview of Education, Health and Care Plan, Getting an EHC Plan.

Whether the child or young person you care for is on the Autism Assessment pathway or already has an Autism diagnosis, come and learn about the support both Enfold and Northamptonshire Carers can offer you as well as meeting other Carers to connect with.

Friday 16 January, 12.30pm to 2.30pm (There will be staff available to chat until 3pm if you have specific questions).

Workshops will be held at: Northamptonshire Carers, 123 Midland Road, Wellingborough, NN8 1LU, Nearest parking is Castle Theatre car park NN8 1XA

Booking is essential: Please contact admin@northamptonshire-carers.org or 01933 677907 option 1 to book your place.



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- School budgets 101
- Overview of Education, Health, and Care Plan
- Getting an EHC Plan.

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Registered Charity Number: 1061417
Company Limited by guarantee No:3328459

NHFT CrisisCafes for over 18's Mental Health Support

As we step into a new year, it's okay if things feel uncertain or overwhelming. If you need someone to talk to, our Crisis Cafés are here for you.

These welcoming drop-in spaces are run by mental health professionals and Mind support workers who will listen, offer coping strategies, and guide you to further help if needed.

No appointment is needed - just come along to one of our Northamptonshire locations. You'll be welcomed by our friendly team and given a hot drink.

Open to anyone aged 18 or over who needs mental health support.

Find the latest timetable here: [NHFT crisis-cafe timetable](#)

You don't have to face this alone – we're here for you.

DA and the Silent Solution - Make Yourself Heard

If you're at risk of domestic abuse, remember the silent solution. When you need to call 999 but can't talk - the Silent Solution can help.

The Silent Solution is a system that filters out large numbers of accidental, or hoax 999 calls while ensuring people can alert police and get help when they are in genuine need but unable to speak.

1. Dial 999

2. Listen to the questions from the operator
3. Respond by coughing or tapping the handset if you can
4. If prompted press 55. This lets the call operator know it's a genuine emergency and you will be put through to the police



Walk & Talk – Sywell Country Park - The Never Alone Project

Join us for a gentle Walk & Talk at Sywell Country Park on

Wednesday 14th January 2026 at 11:00am

Our Walk & Talks are a relaxed opportunity to get some fresh air and connect with others through friendly conversation.

Come along for support, companionship, and time with people who understand, no pressure, just walking and talking at a comfortable pace.

All are welcome. Wear suitable footwear and dress for the weather.

We'd love to see you there [JanuaryWalk and Talk Sywell](#)



Resilience and Stress Management Training (Northamptonshire, UK)

Open to all Northamptonshire Residents - Online event Feb 12 from 10am to 12pm

By Aquarius Northamptonshire Resilience and Stress Management Training Learn about life's pressures. Find out how to prioritise yourself. Form healthy habits.

Resilience and Stress Management Learning objectives:

- Understand stress and it's causes
- Understand stress and mental wellbeing
- Understand resilience to stress
- To develop your way of managing stress
- To apply your strategy practically
- Learn about useful resources
- Prioritise your mental health

To Book please visit [Resilience and Stress Management Training \(Northamptonshire, UK\) Tickets, Thu 12 Feb 2026 at 10:00 | Eventbrite](#) Other dates available please see [Aquarius Northamptonshire Events - 7 Upcoming Activities and Tickets | Eventbrite](#)

If you have any accessibility requests or any other requirements, please email us at northamptonshire@aquarius.org.uk




Anxiety around ADHD Free online workshop for parents and carers

The workshop can help you navigate: Understanding ADHD, the links between ADHD and anxiety, Strategies to help support you and your child. Other support that is available.

Tuesday 27 January 2026, 9.30am to 11.30am or Thursday 29 January 2026. 7pm to 9pm. Please indicate which session you would like to attend.

To book your place: Call Lesley 020 4522 8701 or Email services@familylives.org.uk or Scan the QR code for our referral form.

We build better family lives together. [Parenting and Family Support | Family Lives](#)




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We build better family lives together



SCAN HERE

www.familylives.org.uk

ParkPlay will return to Delapré Abbey in 2026!

Why not join in on free, active fun on the South Lawn every Saturday morning from 10am! Expect family-friendly games, a warm community vibe, and plenty of energy to launch your weekend.

Don't forget to register before you join us!

Sign up: [Register for ParkPlay - ParkPlay](#)

10 January, 17 January, 24 January, 31 January, 7 February, 14 February, 14 March, 21 March

For more information please visit [ParkPlay at Delapré Abbey | Facebook](#) Become a

PlayLeader: [PlayLeaders - ParkPlay](#)



Local Mencap Northampton. New Young Person Club.

A fun social club for 16 to 30 year olds with learning disabilities. Come along to a free taster session on Tuesday 27 January 2026

What's on: Indoor and outdoor games and sports. Pool. Fun Activities. Wii/Playstation/XBox. Light bites. Pizza slice, Burger, Hotdog, Nachos.

Where and when? The Boughton Centre, Ransom Road, NN4 8AA

Fortnightly Starting Tuesday 27 January 2026. 6pm to 8pm £4.50 admission (includes food).

Come along to a free taster session on Tuesday 27 January 2026

Let us know if you'd like to come along by email to muriel@northamptonmencap.org.uk

Volunteers are always needed and welcomed. For more information please visit

[Northampton Mencap – The voice of learning disability in Northampton](#) and [Youth Club | Facebook](#)



Brighter Beginnings: Toilet training children with SEND (age 0-5) England

By Contact - for families with disabled children

Online event Jan 15 from 7pm to 9pm GMT

To reserve your free space please visit the Eventbrite page at [Brighter Beginnings: Toilet training children with SEND \(age 0-5\) England Tickets, Thu 15 Jan 2026 at 19:00 | Eventbrite](#) Part of the [Brighter Beginnings: Early Years \(0-5\) workshops](#) collection

Advice and strategies for parent carers on how to toilet train a child (aged 0-5) with additional needs or disabilities.

All children learn to use the toilet at a different stage in their life. Children with additional needs may take longer to be ready to start toilet training and to learn the process.

This online workshop will cover:

- How the body works
- The importance of healthy routines
- What may impact toilet training
- Practical strategies to help children build essential skills
- Guidance to help you feel confident in recognising when a child may be ready to begin

- The responsibilities of early years settings and schools
- How to work with professionals
- Advice and strategies to support with bedwetting

There will also be time for questions, discussion, and signposting to further sources of advice and support.

Further information This workshop will be held on Zoom, it will not be recorded. You are welcome to keep your camera/audio off during the workshop if you would feel more comfortable to do so. A PDF copy of the workshop slides and useful resources will be emailed to all attendees after the workshop.

This workshop is for parent carers of children (aged 0-5) with additional needs or disabilities (with or without a diagnosis), in England. If your child is aged 6+ and/or you do not live in England, please visit our [website](#) or call our [helpline](#) for information and support.

Practitioners/Professionals: We regret that we are unable to offer places on this workshop to practitioners/professionals unless you are also a parent carer of a child (aged 0-5) in England. You can book a place on Contact's CPD-accredited Toilet training children with additional needs & disabilities webinar here: [Practitioner workshops and webinars](#) or visit [Our offer for professionals](#) to find out about how Contact can help you to support families.

We are committed to offering workshops that are accessible to the widest audience possible. If you have any accessibility needs regarding this workshop, please get in touch with training.admin@contact.org.uk as early as possible so that we can do our best to meet your needs. For any enquiries relating to your booking, please email training.admin@contact.org.uk

This Brighter Beginnings workshop is delivered by Contact, as a member of the Early Years SEND Partnership. Brighter Beginnings: Brighter Beginnings is for parents at the beginning of their journey. Through a series of workshops, we support families to tackle some of the unique challenges they might face in the early years. For further information, please visit: [Brighter Beginnings](#)

Contact: We are Contact, the charity for families with disabled children. We support families with the best possible guidance and information. We bring families together to support each other. And we help families to campaign, volunteer and fundraise to improve life for themselves and others. For further information and support from Contact, please visit www.contact.org.uk or email info@contact.org.uk



Brighter Beginnings: Wellbeing (Parents of children with SEND 0-5) ENGLAND

By Contact - for families with disabled children

Online event Jan 21 from 10am to 12pm

To book your free space please visit our Eventbrite page [Brighter Beginnings: Wellbeing \(Parents of children with SEND 0-5\) ENGLAND Tickets, Wed 21 Jan 2026 at 10:00 | Eventbrite](#)

Part of the [Brighter Beginnings: Early Years \(0-5\) workshops](#) collection

Learn how to manage your stress and improve your Wellbeing. For parents/carers of a child age 0 to 5 with additional needs in ENGLAND.

Do you feel that you are currently STRIVING and not THRIVING in life right now? Being a parent / carer of a child with additional needs can be totally overwhelming and stressful at times. Parents understandably focus all their attention on their child / children with additional needs and they often forget to look after their own self care and wellbeing until they realise that their own health is suffering.

If this resonates with you then sign up to our Wellbeing workshop.

It will cover the following:

- Understanding stress and how it affects you.
- Learn about the 5 steps to wellbeing and leave with your own personal wellbeing plan.
- Practical tips on how to improve wellbeing.
- A look at resilience and learn how to improve your own resilience.
- You will also have the opportunity to connect with other parents and share stories if you feel comfortable in doing so.

If your child is older than 5 years much of the content of this workshop will not be relevant and you may find it more useful to contact our [helpline](#) where we have specialist benefits advisers, or visit our [website](#).

This workshop will be held on Zoom. If you prefer to not be visible or audible on screen that is fine by us. Please direct any enquiries relating to your booking to bookings@contact.org.uk For further info and support from Contact, please email info@contact.org.uk or visit [our website](#)

We are committed to offering workshops that are accessible to the widest audience possible. If you have any accessibility needs regarding this workshop, please contact training.admin@contact.org.uk as early as possible.



Supporting your child's social communication skills (age 0-5) England

By Contact - for families with disabled children

Online event Feb 5 from 7pm to 9pm GMT

To reserve your free space please visit [Supporting your child's social communication skills \(age 0-5\) England Tickets, Thu 5 Feb 2026 at 19:00 | Eventbrite](#)

For parents of children (aged 0-5) in England with a disability or additional needs including social communication challenges

If your child has additional needs, it may not be easy learning how to understand and manage their speech, language and communication challenges. Getting the right information and support can be hard work.

This session will help you to think about how best to understand and support your child, and how you can share this knowledge with others who are involved with your child's development.

Supporting your child's social communication skills (ages 0 to 5)

If your child has a social communication challenge (with or without a diagnosis), then this workshop is for you.

You will learn about...

- Social communication skills in young children and how they develop
- How to help your child if they are at very early (or preverbal) stage of development
- Strategies that work well to support social communication skills at home

- Resources you can access for further support

Further information This workshop will be held online on Zoom. It will not be recorded. You are welcome to keep your camera/audio off during the workshop if you would feel more comfortable doing so. This workshop is for parent carers of children (aged 0-5) with additional needs or disabilities in England (with or without a diagnosis). If your child is aged 6+ and/or you do not live in England, please visit our [website](#) or call our [helpline](#) for information and support.

Practitioners/Professionals: We regret that we are unable to offer places on this workshop to practitioners/professionals unless you are also a parent carer of a child (aged 0-5) in England. You can book a place on Contact's workshops and webinars for professionals here: [Practitioner workshops and webinars](#) or visit [Our offer for professionals](#) to find out more about how Contact can help you to support families. We are committed to offering workshops that are accessible to the widest possible audience. If you have any accessibility needs regarding this workshop, please get in touch with training.admin@contact.org.uk as early as possible so that we can do our best to meet your needs. For any enquiries relating to your booking, please email training.admin@contact.org.uk

This Brighter Beginnings workshop is written and delivered by speech and language therapists and advisors for the children's communication charity Speech & Language UK, and brought to you by Contact as a member of the Early Years SEND Partnership. Speech & Language UK: We are Speech and Language UK – we want every child to face the future with confidence. For more information, please visit: [Speech and Language UK: Changing young lives](#) or email info@speechandlanguage.org.uk



New Toothcare resource for ASD children

Dental experts have teamed up with the parents of autistic youngsters to create an online advice centre to help them look after their children's teeth.

Academics at the University of Leeds School of Dentistry Children, who designed the website, said because children with autism could find brushing their teeth a distressing experience they were more likely to need dental treatment in hospital.

Dr Amrit Chauhan, an expert on the oral health of autistic children at the university, co-led the research and the building of the website. She said they decided to collaborate with parents because families were "really struggling".

Nearly one in four autistic children have tooth decay by the age of five – similar to the wider childhood population – but they are less likely to visit the dentist and twice as likely to need dental treatment under general anaesthetic.

Translated into 13 languages, it gives parents practical advice on toothbrushing, going to the dentist and eating and drinking.

The website is here: [Home | toothPASTE Study](#)

Parent Talk - Down-to-earth parenting advice you can trust.

We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

You can connect via live chat, WhatsApp or phone

- Topics include Behaviours and Emotions
- Developmental needs
- School Life and SEND

Please visit [Parent Talk - Support for Parents from Action For Children](#)



Parent Talk

Need parenting advice? Parent Talk can help!

Parent Talk offers free, expert guidance for parents and carers.

Topics include:

- ★ Behaviour & emotions
- ★ Developmental needs
- ★ School life & SEND



Parents can connect via live chat, WhatsApp, or phone.

For tips and support, visit:

<https://parents.actionforchildren.org.uk/>

NCT Positive Parenting Programmes Open to all Parents Living in Northamptonshire

Positive Parenting Programme for parents of children with additional needs - Online and Thorplands Children's Centre

Survival Guide for Families with a Child who has a Disability aged 0-12

A free 10 week programme for parents/carers positive parenting group to support parents and carers of disabled children aged up to 12 years with a developmental delay, including those with sensory or physical impairments.

Stepping stones is delivered by the NCT Children and Family Support Services in various ways, either virtually online or at children's centres across Northamptonshire.

It helps you to encourage the behaviour you prefer; cope with stress; teach your child new skills and build better family relationships. The programme can help you with

- Developing a safe, interesting and positive learning environment
- Ways to manage misbehaviour and challenging behaviour
- Adapting to having a child with a disability
- Having realistic expectations
- Encouraging you to be part of the community

- Taking care of yourself as a parent

At Group Stepping Stones, you'll be given tips and suggestions to suit the needs of your family. Your provider will guide you every step of the way and even provide backup phone support as you put your new skills into practice. The Every Parent's Survival Guide DVD will show you how the strategies work in real life and your workbook will give you the tools you need to start positive parenting right away. The programme is currently being delivered virtually over 10 weeks. You will have a 1:1 telephone call with a facilitator prior to joining the group. This will be followed by ten group sessions. Each group session will last 2 hours with a short comfort break midway through.

All sessions must be attended for completion

Thorplands Children's Centre

To book please visit [Positive Parenting Programme for parents of children with additional needs Tickets, Northampton | Eventbrite](#)

Programme attendance is for 10 weeks, every Thursday from 10:00-12:00 from 29th January through to 30th April 2026, Term Time only

ONLINE Programme Available to book from 8 January at 6am

Programme attendance is for 10 weeks, every Thursday from 12:30-14:30 from 26th February through to 14th May 2026, Term Time only To reserve your free space please visit [Positive Parenting Programme for parents of children with additional needs Tickets | Eventbrite](#)

Positive Parenting Programme Teen Triple P - Kettering Family Hub and Kingsthorpe Children's Centre

Positive Parenting programme for Parents of Young People Aged 11+

Teenagers behaviour becoming too much for you to manage? There is probably a lot of shouting and very little agreement. Maybe you do not bother trying to talk anymore. But you are worried. Where will this all end? Maybe it is not that bad. It is just that you realise things can change very quickly.

Teen Triple P can give you the support you need.

Aims and Objectives

- build a strong relationship with your child
- encourage positive behaviours

- resolve conflict
- manage problem behaviours
- help your child stay safe

Create a safe, interesting environment - create an environment that allows kids to explore safely and develop their skills.

Have a positive learning environment - give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

Use assertive discipline - set clear rules and boundaries and follow through with fair consequences.

Have realistic expectations - Nobody's perfect – remember, we all make mistakes sometimes.

Take care of yourself as a parent - It's all about balance.

Kettering Family Hub

Programme attendance is for 8 weeks, every Wednesday, 12.00-2.00pm, from 14th January 2026 through to 25th March 2026 Term Time only. The Eventbrite page to book is found by visiting [Positive Parenting Programme for parents of teenagers Tickets, Kettering | Eventbrite](#)

Kingsthorpe Children Centre

Programme attendance is for 8 weeks, every Tuesday, 09:30 to 11:30, from 24th February 2026 through to 19th May 2026 Term Time only. Venue:

This programme will be available to book free spaces from the 6th January and you can set a reminder on the Eventbrite page to be sent an email closer to the time. The Eventbrite page to book is [Positive Parenting Programme for parents of teenagers Tickets, Northampton | Eventbrite](#)

Positive Parenting Programme for parents of children 0 to 12 Blackthorn Children's Centre and Wellingborough Family Hub

All sessions must be attended for completion and please note we do not provide a creche service.

Is this your family?

- Your child constantly misbehaves

- Other families don't seem to have it as tough as you
- Your family life is full of anger and tears
- There's probably a lot of shouting
- From breakfast to bedtime, it's a battle

If this sounds familiar, then Group Triple P could be for you.

Group Triple P is a positive parenting programme that shows parents and carers how the key principles of positive parenting can help their families. It helps build positive behaviour in children and confidence in parents/carers abilities. It does this by offering strategies and ideas to support parents/carers to build a positive relationship with their child. It helps parents to learn how to respond in a consistent way and how to ensure that they take care of themselves as parents.

- Group Triple P can help you
- Encourage behaviour you like
- Deal with problem behaviour
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

The programme is currently being delivered face to face over 8 weeks. You will have a 1:1 telephone call with a facilitator prior to joining the group. This will be followed by eight group sessions. Each grouped session will last 2 hours with a short comfort break midway through. Should the programme run over a school holiday, attendance will not be required. Our facilitators will contact you by phone on these weeks.

Blackthorn Children's Centre

Programme attendance is for 8 weeks, every Tuesday, 12:30 - 14:30, from 13 January 2026 through to 24th March 2026, To book please visit [Positive Parenting Programme for parents of children 0 to 12 Tickets, Tue, Jan 13, 2026 at 12:30 PM | Eventbrite](#)

Wellingborough Family Hub

Feb 24 at 9:30pm to May 12 at 11:30pm (available to book from January 6 2026 at 6am) Programme attendance is for 8 weeks, every Tuesday, 09:30 - 11:30, from 24 February 2026 through to 12th May 2026, Term Time only To book your free spaces please visit our Eventbrite page [Positive Parenting Programme for parents of children 0 to 12 Tickets, Tue, Feb 24, 2026 at 9:30 PM | Eventbrite](#)



Children with additional needs 0-12 yrs

Parenting a child with additional needs can be both rewarding and challenging, but the support is here for you! The Triple P Parenting for Children with Additional Needs course offers practical strategies and support to help you create a positive, nurturing environment for your child to thrive.

- Learn helpful ways to manage challenging behaviours
- Improve communication and understanding with your child
- Build strong, supportive relationships
- Boost your confidence in meeting your child's unique needs

Whether it's navigating sensory challenges, emotional support, or everyday routines, Positive Parenting gives you the tools to empower both you and your child. Together, we can help your child grow, learn, and flourish.

For more information about support for parents and carers visit nctscot.nhs.uk, support for children and families, parenting support and resources or use the QR code



Triple P 0-12 years

Group Triple P is a positive parenting programme for parents and carers of children up to the age of 12.

This course shows parents and carers how the key principles of positive parenting can help their families. It helps build positive behaviour in children and confidence in parents and carers. It does this by supporting ways and ideas to support parents and carers to build a positive relationship with their child. It helps parents to learn how to respond in a consistent way and how to ensure that they take care of themselves as parents.

Group Triple P can help you:

- Encourage behaviour you like
- Deal with unwanted behaviour
- Be more confident as a parent
- Be realistic about parenting
- Take care of yourself

For more information about support for parents and carers visit nctscot.nhs.uk, support for children and families, parenting support and resources or use the QR code



Teenagers

Navigating the teenage years can be challenging, but you don't have to do it alone! Positive Parenting course for Teens is here to help you build a positive, respectful relationship with your teen while effectively managing those tricky moments.

- Learn ways for handling tough teen behaviours
- Improve communication and reduce conflict
- Support your teen's emotional well-being
- Boost your confidence in parenting through the teen years

The course gives you practical tools to guide your teen towards independence, responsibility, and positive choices – all while strengthening your bond.

For more information about support for parents and carers visit nctscot.nhs.uk, support for children and families, parenting support and resources or use the QR code



Time Out for Parents- Children with Additional Needs

Thursday 22 Jan 2026 10am to Thursday 12 Mar 2026 Each session runs from 10am-12pm

Children with Additional Needs is a 7-session course produced by the national charity Care for the Family. This course will be run by Hope for Families, a registered charity working to support parents and carers living in Northamptonshire and the surrounding area.

Each session is 2 hours long and we will be running this course online via Zoom. Throughout the course, our aim is to help you to build strong family relationships and to increase your confidence as a parent or carer. Each session aims to help support you in meeting your child's needs, focusing on children aged between 3 to 11 years with a disability or additional need, particularly those who have learning, developmental and behavioural issues. The 7 sessions will run at the following times and we ask you to attend every session to get the most out of the course;

We do not want anyone to be excluded from attending this course or event so you are welcome to purchase a *supported* ticket if it would be helpful by using the promo code 'supported25'. Please enter this promo code when you select your ticket to receive a 50%

discount on the standard registration fee (look for 'Enter promo code' in blue when you add your ticket).

Registration includes the accompanying parent handbook (RRP. £9.99) and additional resources which will be given to you ahead of the first session. Our trained facilitators are parents and carers just like you and we will be there to guide you through each session, making sure that you get the most out of our time together. We will share our own experiences (including our many mistakes) and we will share many laughs along the way. Places are limited - we have a maximum number of 14 participants per course so we can get to know each other well - so please do book ASAP to secure your place.

Ticket sales close on January 15th to allow us time to post out the parent packs. To book your space please visit our website [Register here – Time Out For Parents- Children with Additional Needs – Zoom](#)



Warm Spaces and how to find them

More than 200 venues including libraries, village halls, churches and community hubs across Northamptonshire are offering support in a "non-judgemental" environment.

The spaces are run by community groups, voluntary and not-for profit organisations, supported by West and North Northamptonshire councils.

It is hoped the spaces will offer people "important connection through the winter months," said Gregory Wilcox, of North Northamptonshire Council.

There are [43 organisations welcoming residents across North Northamptonshire, external](#) and a further [169 across West Northamptonshire, external](#). The spaces are free to residents of all ages and offer warmth and the chance to socialise.

iDiscover Courses

If you are looking for something fun and meaningful to do - you can explore a range of FREE iDiscover courses and workshops designed to help you discover who you are, learn useful life skills and grow in confidence.

This is open to young people aged 8–25 in Northamptonshire, including parents, carers, and professionals who support them. You can explore the full iDiscover programme by visiting [Home](#)



North Northants



February Half Term Xplorer Events

North Northamptonshire Council's **Leisure** and **Healthy Schools** teams, in collaboration with **Freedom Leisure**, are excited to offer **FREE family Xplorer events** during **February Half Term** as a continuation of **Children's Mental Health Week**.

What is Xplorer? Xplorer is a fun, family-friendly navigation challenge that combines **physical activity with problem-solving**. Using a simple map, families work together to find markers and complete puzzles – a great way to get outdoors, be active, and boost wellbeing.

Event Details:

- **Wellingborough – Swanspool Gardens (NN8 2BZ)** *Monday 16th February, 1:00–3:00pm*
- **Kettering – The Green Patch (NN16 0LU)** *Tuesday 17th February, 12:00–2:00pm*
- **Corby – Boating Lake (NN17 1QQ)** *Wednesday 18th February, 1:00–3:00pm*
- **Rushden – Hall Park (NN10 9ES)** *Thursday 19th February, 11:00am–1:00pm*

Cost: FREE – No booking required Children must be **supervised by a parent or guardian** at all times. These are **family activities**, designed for everyone to take part together.

For more information about the events please email activefamilies@northnorthants.gov.uk



The poster features the 'XPLORER' logo in large, stylized blue and red letters with a compass needle pointing upwards. To the right, a circular badge reads 'Children's Mental Health Week 2026'. Below the logo are three small photographs: a boy holding a map, a child in a red hat looking at a map, and a family (father, mother, and child) looking at a map together. A green banner contains the text: 'Xplorer is a family friendly navigation challenge that is educational and fun and gives children a sense of adventure as they explore the park to find markers.' Below this, the text 'February Half term events:' is followed by a list of events: 'Monday 16th February 1-3pm: Wellingborough, Swanspool Gardens (NN8 2BZ)', 'Tuesday 17th February 12- 2pm: Kettering, Green Patch (NN16 0LU)', 'Wednesday 18th February 1 – 3pm: Corby, Boating Lake (Start point near cafe - NN17 2UN)', and 'Thursday 19th February 11 – 1pm: Rushden, Hall Park (NN10 9ES)'. Two purple buttons read 'NO NEED TO BOOK' and 'FREE TO JOIN'. At the bottom, it says 'For more information contact: activefamilies@northnorthants.gov.uk'. Logos for 'Healthy Schools', 'Active Families', and 'freedomleisure' are at the bottom.

XPLORER Children's Mental Health Week 2026

Xplorer is a family friendly navigation challenge that is educational and fun and gives children a sense of adventure as they explore the park to find markers.

February Half term events:

- **Monday 16th February 1-3pm:** Wellingborough, Swanspool Gardens (NN8 2BZ)
- **Tuesday 17th February 12- 2pm:** Kettering, Green Patch (NN16 0LU)
- **Wednesday 18th February 1 – 3pm:** Corby, Boating Lake (Start point near cafe - NN17 2UN)
- **Thursday 19th February 11 – 1pm:** Rushden, Hall Park (NN10 9ES)

NO NEED TO BOOK **FREE TO JOIN**

For more information contact: activefamilies@northnorthants.gov.uk

Healthy Schools Active Families freedomleisure where you matter

Relaxed Singalongs by NMPAT. Northamptonshire Music and Performing Arts Trust. NMPAT Kettering Spring/Summer Terms 2026 **Specifically designed for children and young people with special needs.**

Multi-sensory effects, switches, Makaton signing and instruments.

Relaxed and supportive atmosphere. Family groups encouraged!

FREE for all attendees!

Time: 10.30am to 11.30am

Dates: 17 Jan, 7 Feb, 7 Mar, 16 May, 13 Jun, 4 July (NB: all dates are Saturdays)

Place: The Masque Theatre, Latimer Arts Collage, NN15 6ST.



Northamptonshire Music and Performing Arts Trust

Relaxed Singalongs

NMPAT Kettering - Spring/Summer Terms 2026

- Specifically designed for children & young people with special needs
- Multi-sensory effects, switches, Makaton signing and instruments
- Relaxed and supportive atmosphere
- Family groups encouraged!

FREE for all attendees!

Time: 10:30am-11:30am
Dates: 17th Jan, 7th Feb, 7th Mar, 16th May, 13th Jun, 4th Jul
(NB: all dates are Saturdays)
Place: The Masque Theatre
Latimer Arts College, NN15 6ST

Email Simon Steptoe for more information:
ssteptoe@nmpat.co.uk



Buggy Walk Timetable. Active Families.

Jan 12. Irthlingborough Library at 10.30am High St, Irthlingborough, Wellingborough NN9 5PU

Jan 16. Rushden Library at 10.30am Newton Rd, Rushden NN10 OPT

Jan 19. Wellingborough Library at 10.30am 7 Pebble Lane, Wellingborough NN8 1AS

Jan 20. Corby Library 10.30am Parkland Gateway, The Corby Cube, George St, Corby NN17 1QG

Jan 21. Priors Hall Amphitheatre at 1pm Priors Hall Park, Weldon, Corby, NN17 5EU Northamptonshire.

Weekly Walks available at your local family hub.

Keep out for our February Buggy Walk dates.

Weekly Tuesdays during Term time. Kettering Family Hub at 10.15am Montagu St, Kettering NN16 8RX

Weekly Thursdays Term time only. Wellingborough Family Hub at 10.15am. Penrith Dr, Wellingborough NN8 3XL

Walks are all 30 to 45 minutes in length and are suitable for all abilities. Every event is hosted by a trained Walk Leader.

Buggy Walk Timetable

JANUARY 2025

JAN 12 IRTHLINGBOROUGH LIBRARY AT 10.30AM
Irthlingborough Library, High Street, Irthlingborough NN9 5PU

JAN 20 CORBY LIBRARY AT 10.30AM
Corby Library, The Cube, George Street, Corby NN17 1QG

JAN 16 RUSHDEN LIBRARY AT 10.30AM
Rushden Library, Newton Road, Rushden NN10 0PT

JAN 21 PRIORS HALL AMPHITHEATRE AT 1PM
Priors Hall Park, Weldon, Northamptonshire, Corby NN17 5EU

JAN 19 WELLINGBOROUGH LIBRARY AT 10.30AM
Wellingborough Library, 7 Pebble Lane, Wellingborough NN8 1AS

WEEKLY WALKS AVAILABLE AT YOUR LOCAL FAMILY HUB

Keep an eye out for our February Buggy walk dates

WEEKLY Tuesdays Term time KETTERING FAMILY HUB AT 10.15AM
Montagu Street, Kettering, NN16 8RX

WEEKLY Thursdays Term time WELLINGBOROUGH FAMILY HUB AT 10.15AM
Penrith Drive, Wellingborough, NN8 3XL

Walks are all 30-45 minutes in length and are suitable for all abilities! Every event is hosted by a trained Walk Leader.

<https://www.facebook.com/NorthNorthants/>

North Northants Parent Carer Voices Free Workshops and Training Sessions Spring 2026

We are delighted to share details of a series of free workshops and training sessions for parent/carers of children and young people with diagnosed or suspected Special Educational Needs and/or Disabilities (SEND), as part of the PINS Program.

These sessions will take place across a variety of locations in North Northamptonshire. They provide an excellent opportunity for parents/carers to:

- Gain practical strategies to support their child's learning and wellbeing
- Understand SEND challenges and approaches
- Connect with other families and local support services

All workshops and training are completely free of charge.

Staff within your setting are also very welcome to attend.

For full details of the sessions, dates, and locations, please see below,

To book any of the below sessions please use this link: [Book A Service/Event](#)

Difficult Conversations training/workshop

This is an interactive session for SEND parents who experience difficult conversations, so it can feel less of a battle, less stressful, and less energy sapping. When dealing with the Local Authority, School, SENCOs and the health service. We want to support you to feel more in control, more comfortable and more confident. Whether it's an Exclusion Hearing, School meeting part of the EHCP or routine appointment there are simple tactics you can use to manage your emotions, have more influence and negotiate.

For control, calm and confidence in conversations we'll cover:

Playing safer by slowing down! Removing the emotional heat. Avoiding frustration and resentment.

19 January 10am to 12 Noon. Holiday inn, Kettering.

19 January 7.30pm start online via Zoom.

To reserve your space please visit [Book A Service/Event](#)

[Managing Difficult Conversations | Facebook](#)

DIFFICULT CONVERSATIONS TRAINING/WORKSHOP

This is an interactive session for SEND parents who experience difficult conversations, so it can feel less of a battle, less stressful, and less energy-sapping. When dealing with the local authority, school and SENCOs and health service, we want to support you to feel more in control, more comfortable and more confident. Whether it's an Exclusion Hearing, school meeting part of the EHCP process, or routine appointment there are simple tactics you can use to manage your emotions, have more influence, and negotiate.

For control, calm and confidence in conversations, we'll cover:
Playing safer by slowing down!
Removing the emotional heat
Avoiding frustration and resentment

**19TH JANUARY- 10:00-12:00
HOLIDAY INN KETTERING**

**19TH JANUARY - 19:30 START
ONLINE VIA ZOOM**

WINNER
SERVICE PROVIDER OF THE YEAR

northamptonshireparentcarervoices enquiries@NPCV.co.uk

Self-Care Sessions Open to PINS schools & NPCV members

In partnership with [Northamptonshire Mind](#) - Open to PINS schools & NPCV members

Caring for a child or young person with SEND (whether diagnosed or suspected) takes strength, patience and resilience. These sessions are just for you.

Join us for a supportive, gentle and empowering self-care session designed specifically for parent carers, led by the wonderful team at Northamptonshire Mind.

You'll explore practical ways to build resilience, reduce stress, and prioritise your own wellbeing while connecting with other parents who truly get it.

Learn tools you can actually use, Take time to pause and reset, Feel less alone on the journey

We have two dates available, so please choose the one that works best for you:

22nd January 2025 | 9:30–13:00 Rushden Mind Includes a relaxing sound bath from [Kelly McAlinden-Holistic Wellness](#)!

5th March 2025 | 9:30–11:45 Corby Mind

Spaces are limited — we'd love you to join us

To Book Please Visit [Book A Service/Event](#)

**WHO CARES FOR YOU
NURTURING SELF CARE**

Do you have a young person with Special Educational Needs and Disabilities (SEND), either diagnosed or suspected.

Join us for an insightful session focused on building resilience and self-care, led by the wonderful team at Northamptonshire MIND.

This is a great chance to learn valuable strategies and connect with other parents. We can't wait to see you there and support each other on this journey!

We have 2 dates available so please chose the one that works best for you!

**22ND JAN 2025 - 9:30-13:00
RUSHDEN MIND
INCLUDING SOUND BATH**

**5TH MARCH 2025 - 9:30-11:45
CORBY MIND**

mind
Northamptonshire

SELF CARE
o'clock

f northamptonshireparentcarervoices

e enquiries@NPCV.co.uk

How to Support Your Child's Developing Needs

Delivered by Connections in Mind

If everyday life at home feels like a constant battle — getting ready, transitions, homework, emotional outbursts or shutdowns — you are not failing. You may be seeing the impact of executive function differences.

This session is for parents and carers who want to understand why things are hard, not just how to manage the behaviour.

Why should you attend? Because executive function shapes how children:

- manage emotions and impulses
- cope with demands and expectations
- plan, organise and transition
- respond when overwhelmed

When these skills are still developing (which is very common in children with SEND), traditional parenting strategies often don't work — and can increase stress for everyone.

This session helps you move from friction to understanding.

What to expect: 1-hour insightful talk

Victoria will explore how executive function influences behaviour and emotional responses, helping parents understand what their child genuinely needs in moments of challenge — and why providing that support can feel hard, even with the best intentions.

30-minute guided group coaching session Parents will be supported to identify real-life “pinch points” at home and experiment with practical, realistic strategies that fit:

- your child's developmental profile
- your family's routines
- your capacity as a parent

This session is designed to:

- reduce daily conflict and misunderstandings
- build confidence in responding calmly and effectively
- help families work with their child's brain, not against it
- replace guilt and frustration with clarity and compassion

2nd February 1:00pm–14:30pm at the Castle Theatre, Wellingborough

If you've ever thought "I know my child isn't choosing this — but I don't know what to do instead", this session is for you

To book please visit [Book A Service/Event](#)

**EXECUTIVE FUNCTION AT HOME:
HOW TO SUPPORT YOUR CHILD'S DEVELOPING NEEDS.**

The session will start with a 1 hour talk; Victoria will explore how executive function shapes children's behaviour, emotions, and capacity to meet everyday demands. She will help parents make sense of what their child genuinely needs in moments of challenge — and why offering that support can sometimes feel difficult, even with the best intentions.

The talk is followed by a 30-minute group coaching session, where parents will be guided to identify specific pinch points at home and experiment with realistic strategies that fit their child's developmental profile and the family's routines.

This session is designed to deepen understanding, reduce friction, and give families practical ways to work with their child's brain, not against it.

**2ND FEBRUARY - 13:00-14:30
CASTLE THEATRE WELLINGBOROUGH**

connections in mind

northamptonshireparentcarerservices enquiries@NPCV.co.uk

Lessons I Wish I Knew Growing Up Neurodivergent

with Chris Bonello - [Autistic Not Weird](#) — Autistic advocate, speaker, author and former teacher

Ready for a talk that's honest, humorous and truly heartfelt?

Join us for an unforgettable session with Chris Bonello from Autistic Not Weird, where he shares the valuable life lessons he wishes he'd known growing up autistic.

Through personal insight, stories filled with warm humour and real-world take-aways, this talk is perfect for parents and young people alike who want fresh perspectives on living your best neurodivergent life. 🌱

Chris is a national and international autism speaker, award-winning writer and former teacher who speaks with humour, humility and deep insight. His talks leave audiences feeling more connected, understood and inspired.

Jaz Ampaw-Farr, Speaker of the Year, says he delivers keynotes "that go way beyond inspiration."

What people are saying “Your talk was inspirational — our young people benefit greatly hearing positive messages from someone like you.” —

Parent attendee “Hearing your advice tonight has helped me get on the right path.” — Young person, 16 “I don’t have to worry as much now — you are very much like him.” — Parent in Cardiff

These are just a few of the real comments from past audiences who’ve experienced Chris’s authentic and empowering approach.

2nd February 2025 10:30–12:30 Castle Theatre, Wellingborough

Whether you’re a parent, young person or family member, this session will broaden your understanding, spark meaningful conversations and celebrate neurodiverse strengths.

Save your spot — you don’t want to miss this!

To book please visit [Book A Service/Event](#)

LESSONS I WISH I KNEW GROWING UP NEURODIVERGENT

Chris Bonello, autistic advocate, speaker, author and former teacher, discusses valuable life lessons that he seeks to pass on to the next generation. Illustrated with insightful stories from personal experience and his off-the-wall humour, this is a talk for parents and young people alike who want to hear about living your best life as an autistic person.

**2ND FEBRUARY
10:30-12:30
CASTLE THEATRE
WELLINGBOROUGH**

Autistic not weird
autisticnotweird.com

northamptonshireparentcarerservices
enquiries@NPCV.co.uk

ADHD Workshop – Back by Popular Demand!

We’re excited to welcome back this highly popular ADHD workshop, delivered by [ADHD Wise UK](#) for parent carers and professionals supporting children and young people with SEND aged 0–25 in North Northamptonshire.

What the workshop will cover:

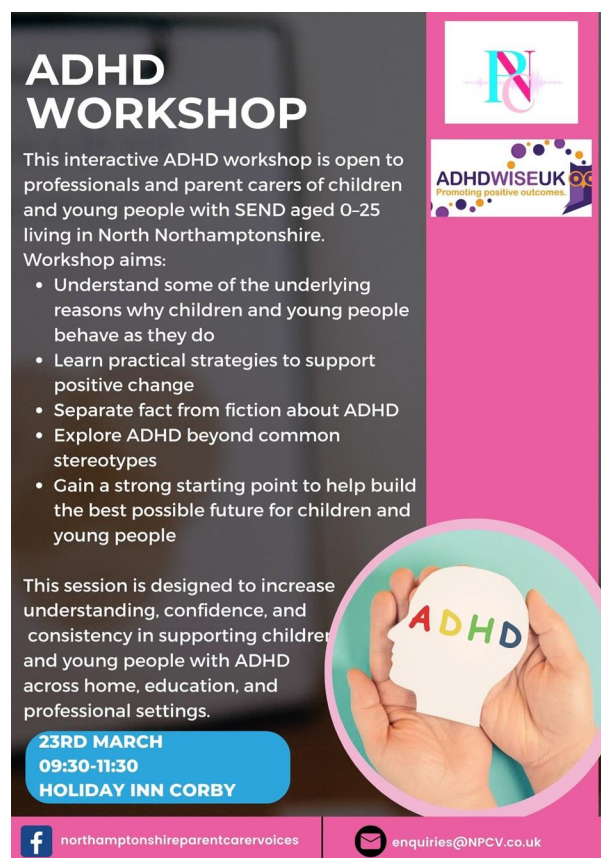
- Understanding why children and young people with ADHD behave as they do
- Practical strategies to support positive change
- Separating fact from fiction about ADHD
- Exploring ADHD beyond common stereotypes
- Building a strong foundation to support the best possible futures

This interactive session is designed to increase understanding, confidence and consistency across home, education and professional settings.

23rd March 9:30am – 11:30am At Holiday Inn Corby

These sessions always fill quickly, so keep an eye out for booking details.

To book please visit [Book A Service/Event](#)



ADHD WORKSHOP


This interactive ADHD workshop is open to professionals and parent carers of children and young people with SEND aged 0-25 living in North Northamptonshire.


Workshop aims:


- Understand some of the underlying reasons why children and young people behave as they do
- Learn practical strategies to support positive change
- Separate fact from fiction about ADHD
- Explore ADHD beyond common stereotypes
- Gain a strong starting point to help build the best possible future for children and young people

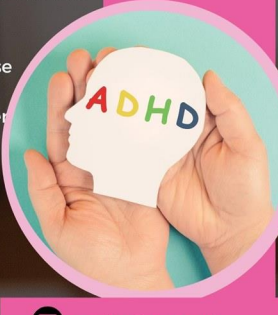
This session is designed to increase understanding, confidence, and consistency in supporting children and young people with ADHD across home, education, and professional settings.

**23RD MARCH
09:30-11:30
HOLIDAY INN CORBY**

 northamptonshireparentcarer voices

 enquiries@NPCV.co.uk

 **ADHDWISEUK**
Promoting positive outcomes.



Unwind Your Anxious Mind Parent Carer Anxiety and Well-Being Sessions

Parent Carer Anxiety & Wellbeing Sessions - Delivered with the expert team at [Northamptonshire Mind](#) because looking after your own mental health is not optional — it's essential

Open to PINS schools & NPCV members

If you're a parent carer of a child or young person with SEND (diagnosed or suspected), anxiety can feel like a constant background noise — the meetings, the waiting, the fighting for support, the uncertainty about the future. You are not alone.

Unwind Your Anxious Mind is a supportive, understanding session created specifically for parent carers, recognising the real and valid causes of anxiety in SEND parenting. Led by the compassionate team at Northamptonshire Mind, we'll gently explore where anxiety comes from, how it shows up in our bodies and thoughts, and — most importantly — how we can manage it in ways that actually fit busy, emotionally stretched lives.

- Understand why parent carers experience heightened anxiety
- Learn practical, evidence-based tools to reduce overwhelm
- Build confidence in managing anxious thoughts and stress responses
- Connect with other parents who truly understand your journey
- Take time for you — without guilt

This session offers space for meaningful discussion, reflection and shared understanding — not judgement, not pressure, just support.

Two dates available — please choose the one that works best for you.

5th February 9.30-11.30 Corby Mind

19th March 9.30-11.30 Rushden Mind

We can't wait to welcome you & support you!

To book please visit [Book A Service/Event](#)

UNWIND YOUR ANXIOUS MIND

Do you have a young person with Special Educational Needs and Disabilities (SEND), either diagnosed or suspected.

Join us for an insightful session focused on anxiety, led by the wonderful team at Northamptonshire MIND.

This is a great chance to learn valuable strategies, and connect with other parents, and hold meaningful discussions.

We can't wait to see you there and support each other on this journey!

We have 2 dates available so please choose the one that works best for you!

**5TH FEBRUARY - 9:30-11:30
CORBY MIND**

**19TH MARCH - 9:30-11:30
RUSHDEN MIND**

SELF CARE o'clock

facebook northamptonshireparentcarerservices enquiries@NPCV.co.uk

Tackling School Attendance, EBSA and Exclusion risks

One of the strongest themes we raised last year was Emotionally Based School Avoidance (EBSA) and neurodivergent attendance challenges.

Parent carers helped us highlight that:

- Attendance policies are often not trauma- or neurodiversity-informed
- Anxiety, PDA, sensory overload and unmet needs are drivers — not defiance
- Punitive responses increase exclusion, isolation and mental health harm

Because of parent voice, these concerns are now firmly on the local risk register, influencing policy reviews and inclusion work.

Attendance can't improve without inclusion first.

Our upcoming workshop is a strong start to continuing this theme into 2026!

Monday 23rd March 12.30pm-2.30pm at Holiday Inn Corby

To Book please visit [Book A Service/Event](#)

For more information please visit [Emotionally Based School Avoidance | Facebook](#)



Information and Guidance Drop In's for children and Young People aged 8-25 years

Information and Guidance Drop Ins.

We are here to listen and support you with any issues you are facing. The service is available to anyone aged 8 to 25. Parents and carers are welcome.

Drop in at any of the sessions below.

- Monday 9am to 6pm. Youthworks, Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX.
- Tuesday. 12 Noon to 8pm. Youth Works, Mind Building, Argyll Street, Corby, NN17 1RU.
- Wednesday 4pm to 8pm. Souster Youth, 30 Market Road, Thrapston, Kettering, NN14 4JU.
- Thursday 12 Noon to 8pm. Youth Works, Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX.
- Saturday 10am to 2pm. Service Six. 15 Sasson Close, Wellingborough, NN8 3LT.

North Northants Family Hubs

Our brand new events booking system has launched.

Visit the link to the Digital Front Door or scan the QR code to browse hundreds of events across North Northants for your family. Check back regularly to see what's new.

Please visit [Courses, Events and Things to Do](#)

Our brand-new
Events Booking
system has
launched!



Visit the link to the Digital Front Door or scan the QR code to browse hundreds of events across North Northants for your family. Check back regularly to see what's new!



familyhubs.northnorthants.gov.uk/events



Brotherhood Men's Groups - Need a place to talk?

Try one of our weekly Men's groups

Are you going through a rough time?

Do you struggle to find a safe place to talk about what's going on, or maybe you just need a place to vent?

Join a weekly men's group open to all men 18+

Men need men to talk to, where they are supported and feel safe. The brotherhood is a place to talk and be heard without judgement. More info please visit [Brotherhood](#)

There is no charge for the Brotherhood but donations to keep it running are welcomed.



BROTHERHOOD
MEN'S GROUPS
UK

NEED A PLACE TO TALK?
TRY ONE OF OUR WEEKLY MEN'S GROUPS

ARE YOU GOING THROUGH A ROUGH TIME?
DO YOU STRUGGLE TO FIND A SAFE PLACE TO
TALK ABOUT WHAT'S GOING ON, OR MAYBE YOU
JUST NEED A PLACE TO VENT?

**JOIN A WEEKLY MEN'S GROUP
OPEN TO ALL MEN 18+**

MEN NEED MEN TO TALK TO, WHERE THEY
ARE SUPPORTED AND FEEL SAFE. THE
BROTHERHOOD IS A PLACE TO TALK AND
BE HEARD WITHOUT JUDGEMENT.

MORE INFO: BROTHERHOODMENSGROUPS.COM

THERE IS NO CHARGE FOR THE BROTHERHOOD
BUT DONATIONS TO KEEP IT RUNNING ARE WELCOMED.

Wellingborough



Wellingborough and Surrounding Villages, Finedon, Wollaston, Irchester, Bozeat, Great Doddington, Earls Barton and Grendon

Wellingborough

Snip and Chip Get your cat/kitten snipped and chipped for a £25 donation.

For people on benefits or low income living in the local area.

Jan 19, 20, 21, 22, 23 and 28 Jan.

Animals in Need, Pinetree farm, London Road, Little Irchester, Northants, NN8 2EH.

Neutering from 4 months of age. Cats who have had kittens. Prevent unwanted pregnancies. Reduce roaming and going missing. Reduce males spraying and fighting.

Email to book admin@animals-in-need.org Priority will be given to vulnerable animals. Special deals available for multi-cat households.

SNIP & CHIP
GET YOUR CAT/KITTEN
SNIPPED & CHIPPED -
£25 DONATION

FOR PEOPLE ON BENEFITS
OR LOW INCOME LIVING IN
THE LOCAL AREA

JAN 7TH, 19TH, 20TH, 21ST, 22ND, 23RD & 28TH

ANIMALS IN NEED, PINETREE
FARM, LONDON ROAD, LITTLE
IRCHESTER, NORTHANTS, NN8 2EH

Neutering from 4 months of age
Cats who have had kittens
Prevent unwanted pregnancies
Reduce roaming & going missing
Reduce males spraying & fighting

Email to book:
admin@animals-in-need.org

Priority will be given to vulnerable animals. Special deals available for multi-cat households.

Places limited. Restrictions apply.
Registered charity number 1068222. **Donations gratefully received**

Find us on Facebook:
/AnimalsInNeedMaxicare **www.animals-in-need.org**

Neutered cats are happy & healthy cats!

The Starlight Group

Wellingborough Library, 7 Pebble Lane, Wellingborough NN8 1AS

Jan 17 from 10:30am to 12pm

Peer support group for bereaved children, ages 3-10 years.

The Starlight Group resumes in 2026. A peer support group for bereaved children, ages 3-10 years.

Join us for some craft activities and open conversations as we journey through grief together. Please note, there is free parking available surrounding the library, including in the Swansgate Shopping Centre.

Younger siblings are welcome to attend, as well as any family members to support.

To reserve a free space (So we have an idea how many craft supplies we need) please visit our Eventbrite page [The Starlight Group Tickets, Sat, Jan 17, 2026 at 10:30 AM | Eventbrite](#)



Bereavement Befriending

Wellingborough Library, 7 Pebble Lane, Wellingborough NN8 1AS

Jan 17 from 12:30pm to 3pm

121 bereavement befriending social support, all ages

Bereavement befriending sessions return in a new capacity!

Please book your 45 minute slot. for 121 social bereavement support.

For Saturday 17th January, these sessions will be meet and greet where accompanying adults will attend. Further sessions are able to be 121 if that is by choice.

To book your free spaces please visit our Eventbrite page [Bereavement Befriending Tickets, Sat, Jan 17, 2026 at 12:30 PM | Eventbrite](#)

Pet Food Available for those on a low income

Available for Dogs, Cats, Rabbits and more.

Open to Universal Credit Claimants

Contact us via email or Facebook DM to apply by visiting [Facebook Animals in Need](#)
Admin@animals-in-need.org

Animals in Need. Pine Tree Farm, Little Irchester, Wellingborough



Thriving In Life Focus Groups

Are you aged 11 to 19 and living/going to school in Wellingborough?

If so, we would love you to come along and share your opinions on topics like Mental Health, Relationships, Risky behaviour and transition to adulthood but also have fun.

Thriving in life focus groups. Fun, Opinions and Snacks.

Where: Service Six Community Centre. 16 Sassoon Mews, Wellingborough, NN8 8EL.

Who can I contact? Text/Phone/Whatsapp AJ on 07483 066 473.

Monday January 19, 2026. 5.30pm to 7.30pm

Monday February 23, 2026. 5.30pm to 7.30pm

 Thriving in Life
 


Are you aged 11-19 and living/going to school in Wellingborough?

If so, we would love you to come along and share **your opinions** on topics like **mental health, relationships, risky behaviour and transition to adulthood** but also have a fun!

Thriving In Life Focus Groups

Fun! Opinions! Snacks!

Where?
Service Six Community Centre
 16 Sassoon Mews Wellingborough NN8 3LT

Who can I contact?
Text/Phone/Whatsapp AJ on
07483 066 473

When?
Monday Dec 8th 5:30pm-7:30pm
Monday Jan 19th 5:30pm-7:30pm
Monday Feb 23rd 5:30pm-7:30pm

Flip Out for Fun at the Wellingborough Pancake Race!

Ready, set, *flip*! Gather your friends, family, or colleagues and join the **Wellingborough Pancake Race** on **Saturday, 14th February 2026!**

Where: Market Street, Wellingborough

When: From 11am

Entry Fee: Absolutely FREE! ?

Whether you're a pancake-flipping pro or a first-time flipper, this is your chance to show off your skills, have a laugh, and race for glory.

Enter your team today. Dress up, flip pancakes, and race to win a shiny medal ?!

How to Enter: Select the number of entrants by clicking on the ticket option and complete your details. Hurry—spaces are limited, and you won't want to miss the most flippin' fun event of the year!

Let's make this year's race the best one yet. To Book your free ticket(s) Please visit [Wellingborough Pancake Race! | Wellingborough Town Council](#)



Autism Kids Club is on Every Saturday

Every Saturday, 10:00 – 12:00, Mill Road Baptist Church, 64 Thomas St, Wellingborough NN8 1DU

A fun, relaxed space where autistic children can play, explore, and just be themselves. No pressure, no expectations, come and enjoy at your own pace.

We've got: Creative activities & crafts, Puzzles & board games, Lego & bricks, Reading area, Toy house & pretend play kitchen, Educational table, Big toy box

Parents and carers can enjoy tea & coffee, with free fruit for the kids Free to attend, no need to book, all ages welcome!

Meet Sue! Sue is a specialist speech and language therapist with nearly 30 years' experience. Saturday 10th January from 11-12noon

Sue works with children and young people with autism, ADHD and other neurodiverse needs. She believes communication comes first and that every child's way of expressing themselves matters. She works closely with families to create connections, trust and meaningful interactions, helping children build relationships, manage emotions, and access learning in a way that works for them.

If you've been thinking about coming along, tomorrow's a great chance to see what we're all about. Come join the fun!



Holocaust Memorial Day 2026 “Bridging Generations”.

Sunday 25 January 2026 at 2pm Swanspool Gardens.

Followed by refreshment in Swanspool Pavillion, NN8 2BZ.

Follow us on Facebook, Twitter and Instagram for more details.

Holocaust Memorial Day is One Day that we put aside to come together to remember, to learn about the Holocaust, Nazi Persecution and the genocides that followed in Cambodia, Rwanda, Bosnia and Darfur, and all other genocides, in the hope that there may be One Day in the future with no genocide. We learn more about the past, we empathise with others today, and we take action for a better future.

Join us for a Service of reflection at 2pm on Sunday 25th January 2026 in Swanspool Gardens with readings, the lighting of a candle, personal stories and prayer.

We invite you to join us for refreshment in Swanspool Pavilion following the services. For more information please visit [Holocaust Memorial Day 2026 | Wellingborough Town Council](#)

HOLOCAUST MEMORIAL DAY



Holocaust Memorial Day 2026
'Bridging Generations'
Sunday 25th January 2026 at 2pm
Swanspool Gardens

Followed by refreshment in Swanspool Pavilion, NN8 2BZ

Follow us on
Facebook, Twitter & Instagram



For more details

We're marking
Holocaust Memorial Day



Wellingborough
Town Council



HOLOCAUST
MEMORIAL
DAY TRUST
Learning. Remembering. For a Better Future.

Now Launching Wellingborough Whitworth FC Mini's

Is your child in school year Reception or Year 1? Are they keen to get involved in football

Register your interest now & start training with our fa-accredited coaches from 04th Jan 2026.

Please register your interest on our Facebook page

[Wellingborough-Whitworth-FC-Youth](#) or visit [Wellingborough Whitworth FC](#)

Contact us to find out more: 07402050128

Wellingborough Whitworth FC 53-61 London Rd, Wellingborough NN8 2DP



Kinship Carers Wellbeing Hub

Are you a Kinship Carer? Would you like to meet other Kinship Carers? If so, please join us on the **2nd Tuesday of the month** at Northamptonshire Carers, 123 Midland Road, Wellingborough, NN8 1LU, from 10am to 12 Noon. This is an adult only group running term time only. Refreshments and a warm welcome and a warm welcome provided.

For more information, please contact Northamptonshire Carers on 01933 677907.

Northamptonshire Carers, supporting Carers countrywide.

For more information please visit [Northamptonshire Carers Association](https://www.northamptonshirecarers.org.uk/)



CANVAS Free Creative Group

CANVAS is a free creative group for young people aged 13-18 who live in Wellingborough.

Next Session 13th January 2026

We offer young people creative opportunities to lead cultural events and arts activities in their local area, themed and programmed by the CANVAS group.

We would love you to join us in planning and co-producing [Well Creative Festival](#) with us, a combined arts festival in Wellingborough town centre on 21st March 2026.

There will be an introductory session in December, and regular sessions will run from January to March 2026 at Wellingborough Library with group co-ordinator Kitty Benford.

We conclude sessions with pizza!

FIND OUT MORE by visiting: [Canvas youth group | Arts & Community Events Wellingborough | Made With Many](#)

SIGN UP by visiting: [CANVAS Registration Dec 25 - Mar 26](#)

Aged 13-18 and live in the Wellingborough area?

madewithmany.org/canvas

Sign up: bit.ly/joincanvas26



CANVAS

We would love you to join us in planning and co-producing Well Creative Festival with us, a combined arts festival in Wellingborough town centre on 21st March 2026.

Introductory Session: Monday 15th December

Planning sessions held on the following Tuesdays
 January: 13th 27th February: 10th March: 3rd 10th 17th

WELL CREATIVE 2026: 21st March

4.30pm - 6.30pm
 Wellingborough Library

FREE PIZZA



Bug Beats

Join our music group for toddlers and parents Walkers to 3 Years with their grown up

Fridays Term Time Only

9.15-10.15am

Cost is £2 per week

Compass Church, 2-4 Meadow Close, Wellingborough, NN8 4BH



Wellingborough Library Activities for January

Monday

19 Jan. 10.30 to 11.15. Buggy Walk. Children's Area.

Tuesday

13, 20 27 Jan. 2pm to 3pm. Under 1s Fun. Children's Area.

6 and 20 Jan. 4pm to 5pm. Anime and Comic Club. Lm Zone.

13 and 27 Jan. 4.30pm to 6pm. MWM Canvas Youth Group. Pod Z.

Wednesday

14, 21, 28 Jan. 9.45 to 10.15. Library Rhyme time. Children's Area.

14 Jan. 10.30 to 12.30. Ace Parent Support Group. Pod 2.

14, 21, 28 Jan. Library Bounce and Rhyme. Children's Area.

Thursday

15, 22 and 29 Jan. 9.30 to 10.30 and 10.30 to 11.30. Preschool Play. Children's Area

8, 15, 22 and 29 Jan. 3.30pm to 5pm. Next Gen Crochet Group. (7 to 16 year old). Library floor

Friday

16, 23 and 30 Jan. 9:45am to 10:15. Storytime. Children's Area.

Saturday

17 and 31 Jan. Family Fun Club. 10.30am to 11.30am. Family Fun Club. Children's Area.

3, 10, 17, 24 and 31 Jan. 10am to 4pm. Construction Corner. Library floor.

LibraryPlus

January 2026
Activities for Families

Monday		Dates in Dec.	
10.30 - 11.15	Buggy Walk	Chr's Area	19th
Tuesday			
2.00 - 3.00	Under 1s Fun	Chr's Area	13th, 20th, 27th
4.00 - 5.00	Anime and Comic Club	Lib Zone	6th, 20th
4.30 - 6.00	MHM - Games Youth Group	Pod 2	13th, 27th
Wednesday			
9.45 - 10.15	Library Rhyme Time	Chr's Area	14th, 21st, 28th
10.30 - 12.30	ACE Parent Support Group	Pod 2	14th
11.00 - 11.30	Library Bounce & Rhyme	Chr's Area	14th, 21st, 28th
Thursday			
9.30 - 10.30 & 10.30 - 11.30	Freeflow Play	Chr's Area	19th, 22nd, 29th
3.30 - 5.00	New Gen Crochet Group (7 - 16 yrs)	Lib. Floor	8th, 15th, 22nd, 29th
Friday			
9.45 - 10.15	Storytime	Chr's Area	16th, 23rd, 30th
Saturday			
10.30 - 11.30	Family Fun Club	Chr's Area	17th, 31st
10.00 - 4.00	Construction Corner	Lib. Floor	3rd, 10th, 17th, 24th, 31st

Key: White = Under 5s Purple = 5 and Up Blue = Older Children/Teens
Green = Family friendly Orange = Parents



 North Northamptonshire Council

Youth Hub for Home Educated Young People

Youth Hub Ages 8+ Tuesdays 1pm to 2.30pm.

Eatsandbeats@cypn.org

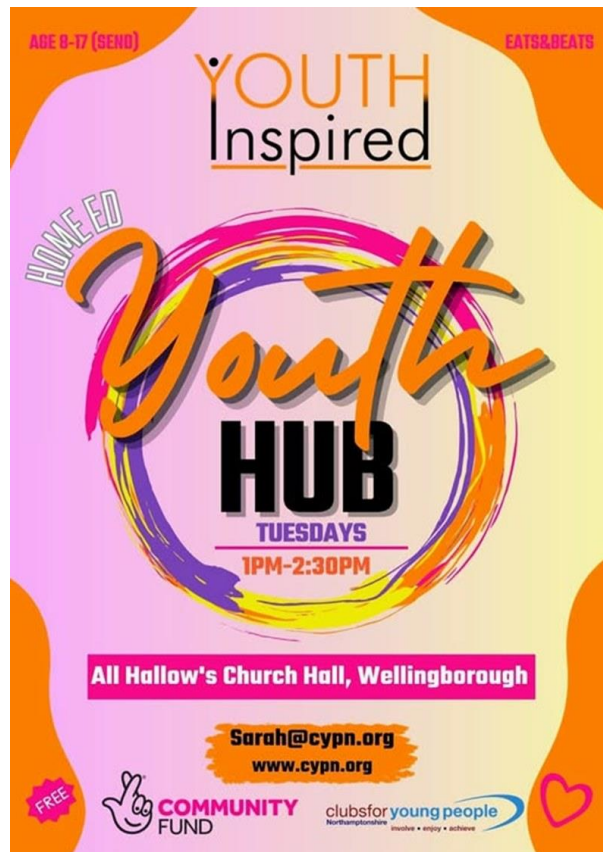
All Hallow's Church Hall, Wellingborough.

January 2026

13 January. All about rainbows. Sports. Arts & Crafts

20 January. Stained glass window activity. SEND friendly activities. Calm and relaxing session.

27 January. Aqua beads. What are our favourite books? Fun activities for all.



Service Six

If you are aged 8 to 25 (or are supporting someone who is), we provide a wide range of services to provide a wide range of services to meet different needs. Anyone can refer parent, teacher, healthcare professional, or you can even refer yourself.

For more information, or to make a referral online please visit our website [Service Six- Welcome](http://www.servicesix.co.uk) or you can contact us via referrals@servicesix.co.uk or telephone on Service Six at 01933 277520. [Service Six- Make A Referral Directly To Service Six](#)

Opal Project. Support and guidance for issues around self harm and risky behaviours for 10 to 18 years.

Target. Support around online safety. One to one group work, peer mentoring and workshops.

LGBTQ+ Out There Youth Group for ages 11 to 18 years.

Kidz on the Mews. Youth Group age 5 to 11 years

Counselling and Therapy. Play, Talking and creative therapies, play therapy age 5+
Counselling age 11 plus.

Drop Ins. Mental Health and Wellbeing support age 8 to 18 years.

18+ LGBTQ+ Group Social group for adults age 18 to 25 years.

Happy Heads, emotional wellbeing support for ages 5 to 11 years, including year 6 transition work



Wellingborough youth activities

Wellingborough Youth Club.

Free. Every Thursday, term time only, 4pm to 5.30pm.

At Swanspool Pavillion, Swanspool Parade, Wellingborough NN8 9SR.

Ages 10 to 18 (25 with SEND)

Join us at the Swanspool Pavillion.

Kids Quiz Club. Third Thursday of every month. 4pm to 5.30pm. Term Time only.

Free to attend for ages 10 to 18 (SEND up to age 25)

Prize for the winners!

As part of Wellingborough Youth Club.

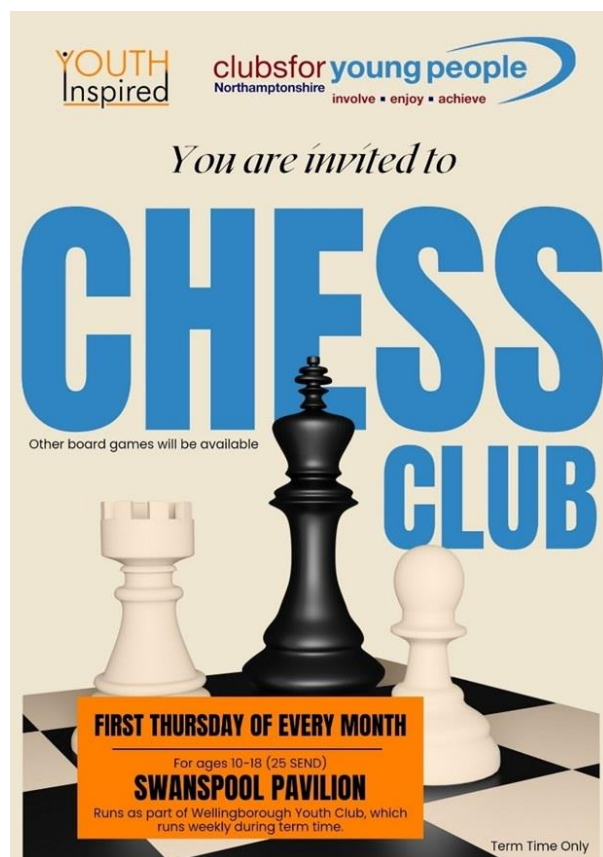
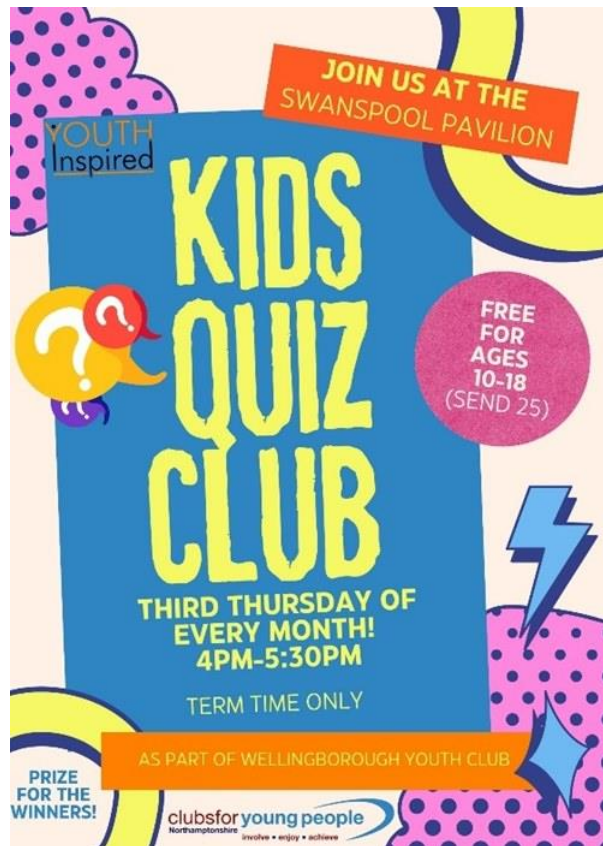
You are invited to Chess Club (other board games will be available).

First Thursday of every month.

For ages 10 to 18 (25 with SEND).

Swanspool Pavillion. Runs as part of Wellingborough Youth Club, which runs weekly during term time.





NCT 0-5 years Stay & Play at the Wellingborough Family Hub

Come join us at Wellingborough Family Hub for a fun-filled Monday morning of play for children aged 0-5 years from 10:00am to 11:30am

Wellingborough Family Hub, Penrith Drive Penrith Drive Wellingborough NN8

To ensure the safety of all adults and children who join us, we ask that adults don't take any photos within the sessions and keep their phones away. We would also like to remind parents they are required to stay with their children throughout the session and that they are their responsibility during this time. We also ask that parents respect all staff and other parents attending the group.

Booking is required to join us for the event, if you are not booked on staff can advise you of how to do this for the following week. Only 1 booking is required per family e.g. a parent with 2 children will only need to book 1 ticket.

If you have any questions or problems please contact the Wellingborough Family Hub on: 01604 526776

To book please visit [NCT 0-5 years Stay & Play at the Wellingborough Family Hub: 10:00am-11:30am Tickets, Multiple Dates | Eventbrite](#)



Enfold – The Mis-Understood Crowd Neurodiverse Group

1st Tuesday of the Month from 10am-12noon

Come along and join us for a coffee and a chat, in a supportive environment with other neurodivergent people **age 16+**

Tesco Community Room, Victoria Park, Wellingborough, NN8 2EB

(The room is situated at the back of the shop to the right of the phone shop)

For more information please contact info@enfold.org.uk



Finedon, Wollaston, Irchester, Bozeat, Great Doddington, Earls Barton and Grendon
Walk with Us By Family Action

Irchester Country Park, Gipsy Lane, Little Irchester NN29 7DL

Jan 20 from 10:30am to 12pm GMT

Join us for a lovely slow walk in nature and have a chat with the staff and other parents.

This is a lovely opportunity to meet other expectant parents and new parents in the local area. There will be staff from Supportive Steps who will be able to offer you some support. Come along and join us for a lovely slow walk in nature and have a chat with the staff and other expectants parents and new parents.

We will meet by the cafe before we begin our walk.

Going for walks has numerous benefits on your physical and mental wellbeing. These include improved cardiovascular health, stress reduction, increased energy and improved sleep, making it a simple yet effective way to improve overall well-being.

This is for all expecting parents and families with children until their 2nd birthday, no need to book, just come along. Past, present and new families welcome!

We look forward to seeing you there. For more information or enquiries, please contact us at: supportivesteps@family-action.org.uk or call 07977 636018 for Kim or 07890 431684 for Sophie

To reserve your free space please visit our Eventbrite page [Walk with Us Tickets, Tue, Jan 20, 2026 at 10:30 AM | Eventbrite](#)

Car Parking Charges Apply



Irchester Community Library Rhymetime

Songs and rhymes for everyone to join in.

Weekly on Thursdays during term time. 9:30am to 10am at the library.

All children under 5 and their carers are welcome! No booking necessary and no fee!

Irchester Library 33-35 High st. Irchester NN29 7AA Wellingborough



East Northants



Rushden and Higham Ferrers, Raunds, Irthlingborough, Thrapston, Oundle

Rushden and Higham Ferrers

Mindful Moments – 30 minutes just for you

Do you need a little pause in your week? Time to breathe, reflect, and gently reset?

Our Mindful Moments sessions are designed to give you 30 calm, supportive minutes to explore simple mindfulness and self-care techniques that can help with feeling overwhelmed.

5-week course starting 12th January 2026 10:00–10:30am £5 for the full course

Rush 2 The Den, 16 Fitzwilliam Street, NN10 9YW

We'll explore:

- Mindful walking and eating
- Beditation (yes – mindfulness in bed!)
- Practical self-care tools you can actually use

Certificate upon completion A small commitment. A big kindness to yourself.

Message us on Facebook, drop us an email at events.rush2theden@gmail.com or pop in to book your place



5 WEEK COURSE
Starting 12th Jan 2026
10am to 10:30am
RUSH 2 The DEN
16 Fitzwilliam Street, NN10 9YW

£5

Mindful Moments

Do you need just 30 minutes to yourself?
Time to reflect on the things you
sometimes find overwhelming?

Come along to our sessions to learn
about how you can use some easy ideas
to support your emotional wellbeing

- Mindful walking and eating
- Meditation
- Self care

Certificate upon completion



Rush2TheDen Rushden Swap Shop

Rush2TheDen Rushden Swap Shop. Free Entry

Every first Saturday of the month 2pm to 4pm

Please ensure all items donated are clean and in good condition.

Donations to support storage costs gratefully received. Fitzwilliam Street, NN10 9YW.

Fitzwilliam Street, NN10 9YW.

Free parking at Duck Street Car Park.

For more information on this and all of the groups that Rush2The Den offer please visit

[RUSH 2The DEN](#)



**Rushden
Swap
Shop**

FREE ENTRY

Every 1st
Saturday of
the month
2pm to 4pm

Please ensure all items donated are clean and in good condition.

Donations to support storage costs gratefully received.

Fitzwilliam Street, NN10 9YW
Free parking at Duck Street Car Park



Rotary Club of Rushden Impact Group- Presents NN10'S got talent

Are you: Aged 18 or younger?

An individual or a group?

Do you:

Like to sing, dance, entertain, act, recite, juggle, play an instrument or have any special talent to share with others?

Live in the NN10 postcode area?

To receive an entry form or to find out more email rushdenimpact@gmail.com call/text 07549 639929. All entries to be received by 5pm Friday 23 January. If the event is oversubscribed, places will be given to entries in the order received.

Performance Saturday 31 January 2026. 6.30pm (doors open at 6pm).

Salvation Army Worship Hall, Church Street, Rushden, NN10 9YT.

Audience entry cost: £3 per person.

Family of up to two adults and four children £10.



Presents:
NN10's Got Talent

Are you:

- Aged 18 or younger?
- An individual or a group?

**Do you:**

- Like to sing, dance, entertain, act, recite, juggle, play an instrument or have any special talent to share with others?
- Live in the NN10 postcode area?

To receive an entry form or to find out more:
email rushdenimpact@gmail.com call/text: 07549 639929
All entries to be received by **5pm Friday 23rd January**.
If the event is oversubscribed, places will be given to entries in the order received.

Audience entry cost:
£3 per person
Family of up to 2 adults and 4 children **£10**

Saturday, 31 January 2026
6:30 pm (doors open at 6 pm)
Salvation Army Worship Hall,
Church Street, Rushden, NN10 9YT

**Prizes**

**Refreshments**

**Fun!**

Rotary Foundation of the UK, registered charity No. 1002059 and limited company No. 2562374 (registered in England).
The Never Alone Project, Registered Charity No. 1201585

Nene Wetlands Little Bugs Club for Under 5's

By Wildlife Trust BCN Jan 26 from 10:30am to 12 Noon To book please visit [Nene Wetlands Little Bugs Club - 26th January 2026 Tickets, Mon, Jan 26, 2026 at 10:30 AM | Eventbrite](#)

Sessions are bookable £4.67 for members and £6.80 for non-members (only the child needs to be booked in) Welcome to the new Nene Wetlands Little Bugs Club! Calling all mini-wildlife explorers...Little Bugs is back in the Nene Wetlands for 2025!

Come and join us for a fun morning of exploration and discovery in our education area. These sessions are designed to get little ones confident outside, exploring and learning about nature.

This group is for pre-school children (from when they can toddle to age 5) and sessions will run monthly on a Monday morning. The aim of the sessions is to build confidence being in the outdoors for both children and their guardians, helping your family to connect with nature. Enjoy crafts, story time and outdoor play in this lovely location. Activities may vary and we try to be outside for all sessions (although if weather is very bad, we may use the visitor centre instead), so please wear appropriate clothing and footwear. We will provide squash and water to drink but please do bring your own snacks.

Nene Wetlands Visitor Centre, The Boardwalk, Rushden Lakes Rushden NN10 6FA

We also have a session in February which can be booked here if you are interested but busy on the 26 of January [Nene Wetlands Little Bugs Club - 23rd February 2026 Tickets, Mon, Feb 23, 2026 at 10:30 AM | Eventbrite](#)



Nene Wetlands Family Eco Gardening Club

By Katie King - Wildlife Trust BCN Nene Wetlands Visitor Centre, The Boardwalk Rushden Lakes Rushden NN10 6FA

Jan 10 from 10:30am to 12 Noon

Cost is £4.67 for members, £6.80 for non-members and additional children are £3.61 each (Max 3 children per adult)

To book please visit our Eventbrite page [Nene Wetlands Family Eco Gardening Club - 10th January 2026 Tickets, Sat 10 Jan 2026 at 10:30 | Eventbrite](#)

Join us for our family eco-gardening club at the Rushden Lakes community garden where we'll be making soup and mug birdfeeders. Join us for our family gardening club!

Meet at the Rushden Lakes community garden (at the start of the Greenway) Are you a member of the Wildlife Trust BCN? You can get a discount on your tickets! For more information about becoming a member, visit: <https://www.wildlifebcn.org/become-member>

We will be outside so please ensure you wear suitable footwear and clothing. Children must be supervised by a responsible adult at all times. Most suitable for ages 5+ For full event terms and conditions, please visit our [website](#).

If you are busy on the 10 of January, we have a session on the 14 February where we'll be making birdboxes it's a Valentine's Day Special. The February session can be booked here [Nene Wetlands Family Eco Gardening Club - 14th February 2026 Tickets, Sat 14 Feb 2026 at 10:30 | Eventbrite](#)



Join the Rushden and Higham RFC under 8's

Fun Friendship and Rugby for All

Boys and girls aged 7-8 (school year 3) Rushden and Higham RFC, Manor Park Rushden

No experience needed, just bring enthusiasm, a smile and a pair of boots. Our qualified and friendly coaches create a safe, supportive environment where kids learn the game, make friends and have fun.

Come along for a free session call or message 07811043953



Rushden Library Special Events

Buggy Walk. A gentle walk for people with buggies to exercise and socialise. 10.30am Friday 16 January.

Colourful Coffee Morning. Fight away the Blue Monday feelings with coffee, cake and lots of friendly conversations at our annual Colourful Coffee Morning. 10.30am to 11.30am Monday 19 January.

Save the date

Rush Com. Comic Convention March 7.

Email rushden.libraryplus@northnorthants.gov.uk

Rushden Library, Newton Road, Rushden, NN10 0PT

Telephone: 0300 126 300

Opening Hours:

Monday – Friday: 9am to 6pm.

Saturday: 9am to 5pm.

Special Events		
Event	Details	Time
Buggy Walk	A gentle walk for people with buggies to exercise and socialise	10:30 am Friday 16 th
Colourful Coffee Morning	Fight away the Blue Monday feelings with coffee, cake and lots of friendly conversations at our annual Colourful Coffee Morning	10:30-11:30 am Monday 19 th



COMIC CONVENTION
March 7th save the date!!

Email: Rushden.LibraryPlus@northnorthants.gov.uk
Facebook: Rushden Library
Telephone: 0300 126 3000

Opening hours:
 Monday – Friday: 9am – 6pm
 Saturday: 9am – 5pm
 Rushden Library, Newton Road, NN10 0PT

Rushden Library Activities in January

Rhyme Time. Every week in term time Monday and Wednesday. 10am to 10.30

Baby Time. Every week in term time Tuesdays. 10am to 11am

Explore a Story Every week in term time Thursday. 10am to 11am.

Knitting Group. Every week Thursday. 2pm to 4pm.

TBC. Every week Friday. 4pm to 5pm.

Friendship Cafe. Friday 30 January 10am to 12 Noon.

Lego Club. Every week Saturday 10am to 12 Noon.

Manga Group. Saturday 10 and 24 January. 2pm to 4pm.

Retro Gaming. Every week in term time Tuesday. 3.30pm to 5.30pm

Home Ed Group. Monthly Wednesday 28 January. 1pm to 3pm

Chess Club. Every Friday. 3pm to 5pm

Email Rushden.libraryplus@northnorthants.gov.uk

Tel 03001263000 - Rushden Library Newton Road, NN10 0PT

What's on at Rushden Library in January?

Group	Details	Frequency (check our socials for more details)	Time
Rhyme Time	Singing group for toddlers, Under 5 years old	Every week in term time Monday & Wednesday	10:00-10:30
Baby Time	Sensory play and singing for 0-1 year olds	Every week in term time Tuesdays	10:00-11:00
Explore A Story	Story and a related craft for 1-5 year olds	Every week in term time Thursday	10:00-11:00
Knitting Group	Group for experienced, or new knitters	Every week Thursday	2:00-4:00
TBC	Social, book centred group for school years 7-13	Every week Friday	4:00-5:00
Friendship Café	Social group with tea, coffee, and cakes	Friday 30 th	10:00-12:00
Lego Club	Build something together with Lego!	Every week Saturday	10:00-12:00
Manga Group	Manga drawing group for school years 7-13	Saturday 10 th , 24 th	2:00-4:00
Retro Gaming	Drop-in retro gaming for all ages (under 11s must be accompanied by an adult)	Every week in term time Tuesday	3:30-5:30
Home Ed Group	A new group to meet other home ed families and take part in activities	Monthly Wednesday 28 th	1:00-3:00
Chess Club	Casual games for any age and ability. Under 11s MUST be accompanied by an adult. Boards are provided	Every Friday	3:00-5:00

Stay and Play Mini Gym

Your child will love exploring our colourful, soft play environment filled with sensory toys, mini gym equipment, and friendly faces – all designed to support early development through play!

Come along, meet other parents, and let your little one burn off some energy in a fun and social setting!

No commitment, just come and play!

Every Wednesday morning 10am to 12pm

Suitable for Children 6 months until 4 years old £4 per child, per session.

Pay at reception on arrival.

Eclipse Gymnastics Suite, Pemberton Centre.

Suitable for 6 months plus. Max age 4.



Raunds

Raunds Town FC Under 7s football team

I'm starting a new Raunds Town FC Under 7s football team for children moving from Year 1 into Year 2 (boys and girls welcome).

I am a fully qualified FA coach and have been coaching with the club for 2 years. I currently coach the Under 9s at Raunds Town.

There's no experience needed at all – the only requirement is that your child wants to play and enjoy football. It's all about having fun, making friends, and learning the game together.

If your little one is interested or you'd like to know more, just drop me a message on 07730668054.



Irthlingborough

Irthlingborough Under 5's Sessions

Play Day is every Friday during term time. No booking required - drop-in. Under 5's fun and free play, different toys each week, dressing up, trains, stories and puzzles.

10-12 every Friday morning Drop-in session. No need to book

Bring your under 1's to clap, sing and wave our way through our favourite nursery rhymes and songs. Singing nursery rhymes and doing the actions are great for interaction, communication skills and motor skills - and most of all, it's fun! This session is suitable for pre-walkers!

Every Thursday 10-10.30 Drop-in session. No need to book

Bring your under 5's to clap, sing and wave our way through our favourite nursery rhymes and songs. Singing nursery rhymes and doing the actions are great for interaction, communication skills and motor skills - and most of all, it's fun!

Tuesday's 10-10.30 Drop-in session. No need to book.

Irthlingborough Library, High Street, Irthlingborough, NN9 5PU



Thrapston

Weekly Local Advice Session

Starting on Tuesday 7th October, there will be a weekly Local Advice Session hosted by Citizens Advice North Northants, taking place from 10am to 1pm in Thrapston Library.

This service is both a drop-in and appointment based.

To make a prior appointment, please call 01536 482281 or speak to a member of Friends of Thrapston Library.

Local Advice Sessions

Citizens Advice North Northants will be delivering advice sessions in Thrapston Library, offering both a drop-in and an appointment-based service to local residents

To make an appointment call 01536 482281 or speak to a member of the library team

Tuesdays: 10.00am – 1:00pm

Free, independent, confidential advice



Funded by
Thrapston
Town Council

Citizens Advice North Northants is an operating name of Citizens Advice Services Corby & Kettering.
Registered charity: 1119081. Company limited by guarantee: 6156809 England. Authorised and
regulated by the Financial Conduct Authority. FKN: 617356



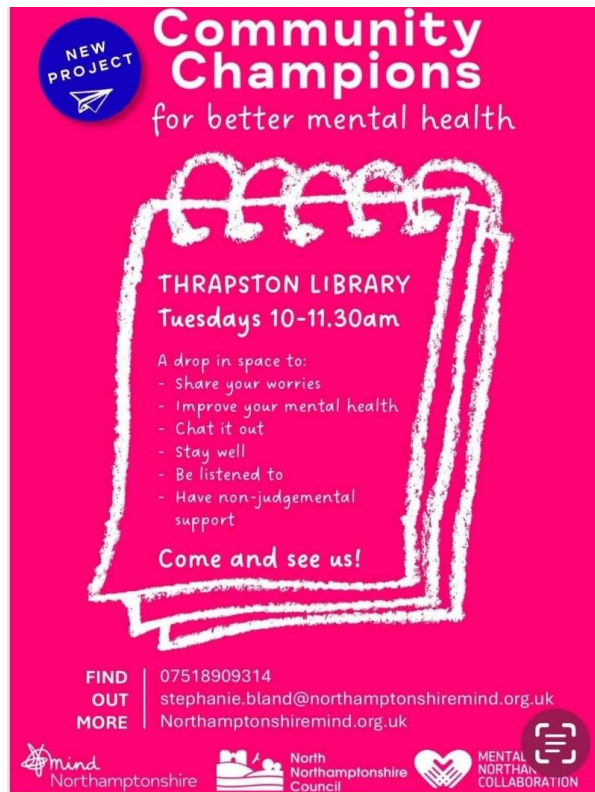
Community Champions Thrapston Library

Tuesdays 10.00am-11.30am

A drop in space to -

- Share your worries
- Improve your mental health
- Chat it out
- Stay Well
- Be listened to
- Have non-judgmental support

For more information please email stephanie.bland@northamptonshiremind.org.uk Or telephone 07518909314



Oundle

Celebrate Winnie-the-Pooh day

Celebrate Winnie-the-Pooh day with a drop in event at Oundle Library on Saturday 17 January. 10.30am to 1pm

Join us to celebrate one of our favourite bears and enjoy:

Lots of Winnie-the-Pooh books available for loan

Treasure hunt for a small prize

A special Pooh bear craft activity

Make your own character stick puppets to take home

Winnie-the-Pooh games, puzzles and colouring

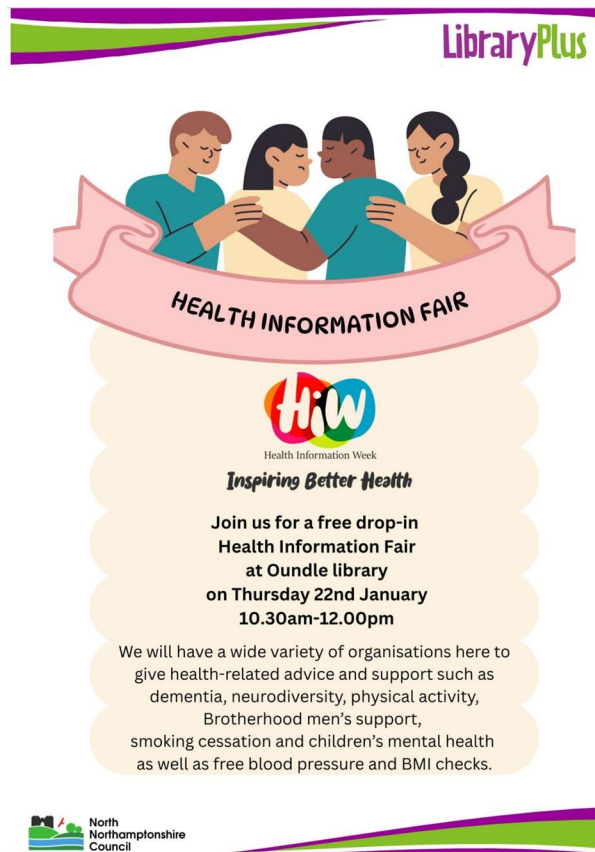


Oundle Library Health Information Fair

Health Information Week. Inspiring Better Health.

Join us for a free drop-in Health Information Fair at Oundle Library on Thursday 22 January. 10.30am to 12 Noon.

We will have a wide variety of organisations here to give health-related advice and support such as dementia, neurodiversity, physical activity, Brotherhood men's support, smoking cessation and children's mental health as well as free blood pressure and BMI checks.



Comets – Your Place to Play -A safe space for disabled children aged 5-11 to kickstart their football journey

Inclusive Football Opportunities for children aged 5-11 years with special educational needs, disabilities and health conditions, or anyone that needs support and adjustments.

Fridays from 7pm-8pm

Oundle School Sports Centee, Milton Road, Oundle, PE8 4AB

Contact Mark comets_oundletown@outlook.com

All Sessions are FREE



Your place to play

A safe space for disabled children aged 5 - 11 to kickstart their football journey



Just be you!





kick ball



happy

All sessions free!

Inclusive Football Opportunities for children aged 5-11 with special educational needs, disabilities, health conditions, or any other support needs or adjustments

Time and Date: Fridays from 7pm to 8pm, on:
7th November, 14th November, 28th November, 5th December,
and 19th December (recommencing in the New Year)

Location: Oundle School Sports Centre, Milton Road, Oundle, PE8 4AB

Contact: Mark

Email: comets_oundletownfc@outlook.com




Get in touch to book your first session!

New Baby Time Group.

Every Friday in term time 10am to 11am for ages 0 to 12 months at Oundle Library. A chance for you to meet up with other parents in the area and let your little ones explore our sensory toys and books.

Please note that this group is replacing our Monday Baby Play session and starts on Friday 9 January 2026.



Whats on at Oundle Library

What's on at Oundle Library in January

9 January 2025. 10am to 12 Noon. Peterborough Sling Library. Bookable via their website.

16 January 2025. 2.30pm to 4.30pm. Oundle Crime Fiction Book Group. Free. All welcome. Drop in.

17 January. 10.30am to 1pm. Saturday Play for Winnie-the-Pooh Day. Free. All ages welcome. Drop in.

10 and 24 January. 10.30am to 1pm. Construction Corner. Free. All ages welcome. Drop in.

22 January 10. 10.30a, to 12 Noon. Health Information Fair. Free. Drop in. Come and chat with various charities/organisations about different health conditions.

Weekly Activities at Oundle Library (Please note that we are closed on 1 January 2026).

Monday 10.30am to 12 Noon. Spin a Yarn. Knitting and crochet group. All welcome. Free. Drop In.

Tuesday 11am to 11.30am Rhymetime. Under 5's, Free, Bookable.

Tuesday 1pm to 4.30pm Board Games afternoon. All ages, Free, Drop in.

Wednesday 10am to 11am. Storytime and Crafts. Under 5's. Free. Bookable.

Wednesday (term time) 2.30pm to 4pm. Oundle School IT Support. Come in and get help and advice about your technology. Free. Drop in.

Thursday (Starting back 15 Jan). 2pm to 3.30pm. Crafternoon. Join us for coffee, crafts and chat. You are welcome to bring your own projects with you. Free. Drop in.

Friday. 10am to 11am. Baby Time. Under 1's. Free. Bookable.

Saturday. 11am to 12 Noon. French language cafe. Free. Drop In.

To book your place either email is on oundle.libraryplus@northnorthants.gov.uk call us on 0300 126 3000, Option 5, Option 3. Contact us on Facebook or pop into Oundle Library, Glapthorn Road, Oundle, PE8 4JA to speak to a member of staff.

What's on at Oundle Library in January			
LibraryPlus			
This Month at Oundle Library			
3rd & 31st	Sat	10.30am-1.00pm	Saturday Play Free. All ages welcome. Drop in.
9th	Fri	10.00am-12.00pm	Peterborough Sling Library Bookable via their website
16th	Fri	2.30pm-4.30pm	Oundle Crime fiction book group Free. All welcome. Drop in.
17th	Sat	10.30am-1.00pm	Saturday Play for Winnie-the-Pooh Day Free. All ages welcome. Drop in
10th & 24th	Sat	10.30am-1.00pm	Construction Corner Free. All ages welcome. Drop in.
22nd	Thurs	10.30am-12.00pm	Health Information Fair Free. Drop in. Come and chat with various charities / organisations about different health conditions.
Weekly Activities at Oundle Library (Please note that we are closed on 1 st January 2026)			
Mon		10.30am-12.00pm	Spin a Yarn knitting and crochet group All welcome. Free. Drop in.
Tues		11.00am-11.30am	Rhymetime Under 5's. Free. Bookable.
Tues		1.00pm-4.30pm	Board Games afternoon All ages. Free. Drop in.
Weds		10.00am-11.00am	Storytime and Craft Under 5's. Free. Bookable.
Weds (term time)		2.30pm-4.00pm	Oundle School IT support. Come in to get help and advice about your technology. Free. Drop in.
Thurs (Starting back 15 th)		2.00pm-3.30pm	Crafternoon Join us for coffee, crafts and chat. You are welcome to bring your own projects with you. Free. Drop in.
Fri		10.00am-11.00am	Baby Time Under 1's. Free. Bookable.
Sat		11:00am-12:00pm	French Language Café Free. Drop in.
<small>To book your place either email us on oundle.libraryplus@northnorthants.gov.uk, call us on 0300 126 3000 option 5 option 3, contact us on Facebook or pop into Oundle Library, Glapthorn Road, Oundle, PE8 4JA to speak to a member of staff</small>			

Kettering



Kettering, Burton Latimer and Barton Seagrave, Desborough and Rothwell

Kettering

Information and Guidance Drop In's for Young People

What sort of Information do we offer?

Information on Local Foodbanks, warm spaces/transport. Information for victims of bullying, information for victims of crime. Signposting for Addiction. Finance online resources. Signposting to any other relevant charities/agencies (Not an exhaustive list. These are just some examples. Any questions, contact details are on the last slide)

What sort of guidance do we offer?

Help with writing a C.V. Job Applications. Applying for Passports/ID. Tips for learning to drive. Applying for University. Applying for benefits. Support for volunteering. Applying for Housing. Tips for Budgeting.

(Not an exhaustive list. These are just some examples. Any questions, contact details are given below)

Other ways we can support you at our frequent drop-in sessions.

Organising social activities with others who share similar interests and hobbies.

Local Well-being walks

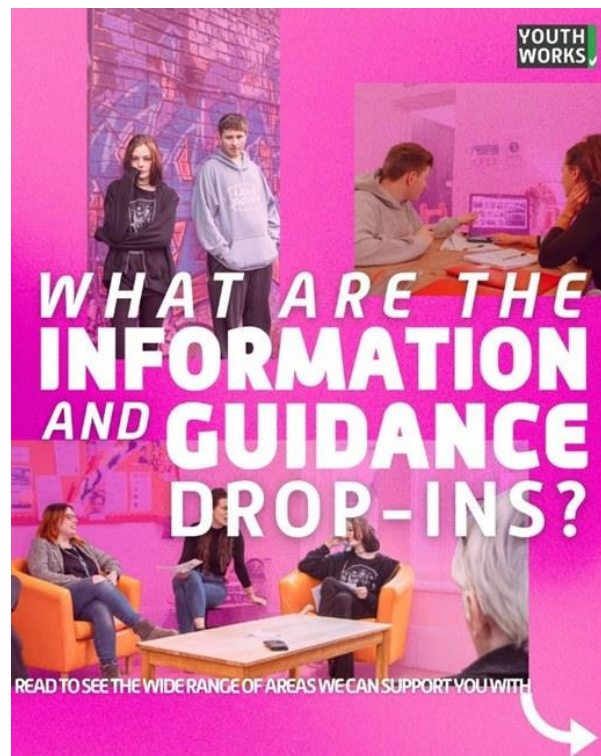
Organise support groups for young carers.

Organise support groups for Neurodivergent Individuals.

(Not an exhaustive list. These are just some examples. Any questions, just contact us)

[Youth Works Northamptonshire](https://www.youthworks.org.uk/)

Telephone: 01536 518339



WHAT SORT OF INFORMATION DO WE OFFER?

- ✓ INFO ON LOCAL FOODBANKS
- ✓ WARM SPACES/TRANSPORT
- ✓ INFO FOR VICTIMS OF BULLYING
- ✓ INFO FOR VICTIMS OF CRIME
- ✓ SIGNPOSTING FOR ADDICTION
- ✓ FINANCE ONLINE RESOURCES
- ✓ SIGNPOSTING TO ANY OTHER
RELEVANT CHARITIES/AGENCIES

NOT AN EXHAUSTIVE LIST! THESE ARE JUST SOME EXAMPLES.
ANY QUESTIONS, CONTACT DETAILS ARE ON THE LAST SLIDE

WHAT SORT OF GUIDANCE DO WE OFFER?

- ✓ HELP WITH WRITING A CV
- ✓ JOB APPLICATIONS
- ✓ APPLYING FOR PASSPORTS/ID
- ✓ TIPS FOR LEARNING TO DRIVE
- ✓ APPLYING TO UNIVERSITY
- ✓ APPLYING FOR BENEFITS
- ✓ SUPPORT FOR VOLUNTEERING
- ✓ APPLYING FOR HOUSING
- ✓ TIPS FOR BUDGETING

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ANY QUESTIONS, CONTACT DETAILS ARE ON THE LAST SLIDE



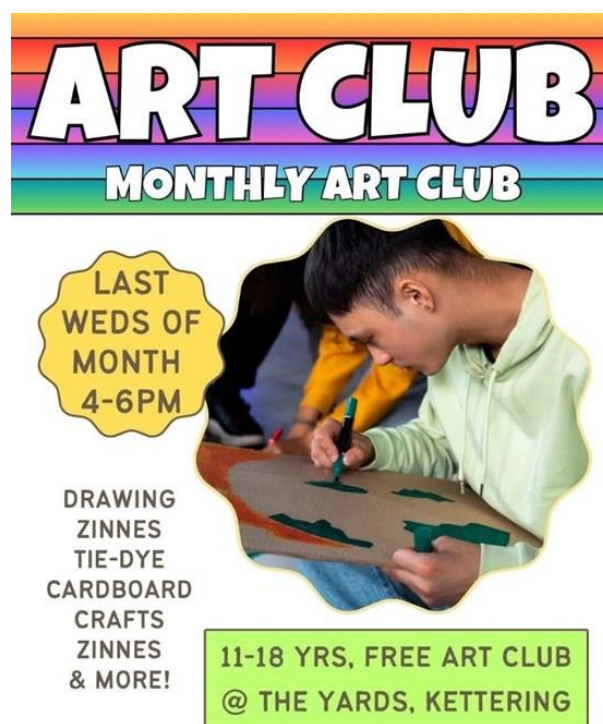
Monthly Art Club at the Yards for Young People

Art Club Monthly Art Club

Last Wednesday of the Month 4pm to 6pm.

Drawing, Zinnes, Tie-dye, Cardboards, Crafts and more!

11 to 18 years, Free Art Club at The Yards, Kettering.



Explore-A-Story - Suki Cat: Astronaut at Kettering Library

Kettering Library Jan 16 from 10am to 11am GMT

A storytime session for under 5s and their grown-ups followed by crafts and sensory play. Come along to Explore a Story at Kettering Library's temporary location in Cornerstone.

This week we're kicking off the new year and dreaming big with Suki Cat: Astronaut!

To book please visit [Explore-A-Story - Suki Cat: Astronaut Tickets, Fri, Jan 16, 2026 at 10:00 AM | Eventbrite](#)

Please note, these sessions are for families and small groups.

You must book a ticket for all adults and children who will be present. If possible, please limit the amount of adults attending to allow more children to attend.

We are operating a cloakroom system for buggies during all of our Under 5s events due to limited space. When you arrive for the event, we will put a numbered tag on your buggy and place it in a secure room for the duration of the session. At the end of the group, just tell a member of staff your number, and they will retrieve your buggy for you.

If you are no longer able to attend, please cancel your ticket via Eventbrite so that other children can book onto the event. If you have any difficulties with the Eventbrite website and are unable to cancel your ticket, please contact the library. You can call us on 0300 126 3000 or email us at kettering.libraryplus@northnorthants.gov.uk

If you realise on the day of the event that you are unable to attend, i.e. due to illness, please still contact us so that we are aware you are not coming.



LIVE Team Pop Up Shop Items for Free

Our first pop up shop of 2026 is this time next week! Wednesday 14th January. 10am-2pm at 40 London Road Kettering NN15 7QA.

Every customer will be given 5 tokens and can exchange these for the stock we will have on display including school uniform, interview and work clothes, clothing essentials and accessories.

Is it definitely all free? Yes!

Pop down and meet our team and take the things you need away.



Kettering Womens Centre January Timetable

January kicks off with sessions delivered by **Eve Domestic Abuse Service**, alongside practical and wellbeing-focused workshops including **January Reset, Connect to Work, Mind Your Money, Finding Peace with Food**, and **free NHS Health Checks**. For those who enjoy something creative, we're also running our popular **woolly crafts** sessions.

Our **drop-in service** continues to run from **10am–2pm, Tuesday to Friday**, offering a welcoming space to pop in for a chat, support, and a listening ear.

We Women Matter takes place on Wednesdays and **Accommodation Concern** joins us on Thursdays to provide housing support

We're also excited to announce that our **ShineWoman Empowerment Group** begins on **13th January**.

9 January. 10am to 2pm Drop in. Eve 2 Eve.

13 January 10am to 2pm Drop in. 12 to 2pm ShineWoman week 1.

14 January. 10am to 2pm. 10am to 12 Noon. We women matter. 12 Noon to 2pm. Free NHS Health checks.

15 January. 10am to 2pm. Drop in Talk & Tea. 10.30am Accommodation Concern.

16 January. 10am to 2pm. Drop in. Eve 2 Eve.

20 January. 10am to 2pm Drop In. 12 Noon to 2pm ShineWoman week 2.

21 January. 10am to 2pm Drop In. 10am to 12 Noon We Women Matter. 12 Noon to 2pm Free NHS health checks.

22 January. 10am to 2pm Drop in Talk & Tea. 10.30am Accommodation Concern.

23 January. 10am to 2pm Drop in Eve 2 Eve.

27 January 10am to 2pm Drop in. 12 Noon to 2pm ShineWoman week 3

28 January. 10am to 2pm Drop in. 10am to 12 Noon We women matter. 12 Noon to 2pm Woolly Crafts.

30 January. 10am to 2pm Drop in Eve 2 Eve.

**Kettering P.A.N.D.A.S Walking FC. PAN-Disability and All-inclusive Scheme
Over 18s Male and Female. Starts 10 January 2026.**

Open to male and females with all disabilities and learning difficulties

Over 18's adults of all ages and abilities

No running or physical contact allowed in a safe environment.

A great way to exercise, have fun and make new friends.

Run by UEFA 'B' qualified football coach.

For more details and to book your place contact: Jason Thurland on 07969 864328 or email jayjay.thurland@gmail.com

Members of Northants Football Association. Part of Kettering Ladies Walking F.C.



PAN-Disability & All-inclusive Scheme

Over 18s Male & Female
Walking Football Development Sessions

Starts 10th January 2026



SATURDAYS 10.00—11.00 AM
at KETTERING SCIENCE ACADEMY
Deeble Road, Kettering, NN15 7AA
on all weather pitch



- Open to male & females with all disabilities and learning difficulties
- Over 18's adults of all ages and abilities
- No running or physical contact allowed in a safe environment
- A great way to exercise, have fun and make new friends
- Run by UEFA 'B' qualified football coach

FOR MORE DETAILS AND TO BOOK YOUR PLACE CONTACT:

Jason Thurland on 07969 864328
or email: jayjay.thurland@gmail.com



Members of Northants Football Association
Part of Kettering Ladies Walking F.C.



Free 12 week Women's Self Defence and Protection Workshop

By North Northants Sports & Welfare Club

St John Community Hall, Edith Road, Kettering NN16 0QA

Calling all women - Get ready to learn key safety techniques and boost your confidence at this 12-week self-defence workshop in Kettering!

North Northants Sports & Welfare Club is set to host a Women's 12 week self-defence course in Kettering as part of an ongoing 'BE SAFE' programme to be a Safer you in Jan 2026.

Keen to develop your confidence levels and learn self-defence skills to become a safer you? This FREE 12 Week workshop blends situational awareness and practical tactics for real-world self-defence. This workshop is designed for people who want realistic, usable skills they can apply under stress — whether avoiding danger, de-escalating, or defending themselves when necessary.

The course will be tailored by the instructors each week to suit attendees, so new attendees are welcome to join at any time, when spaces are available. NNSW will be offering the classes at St John Hall Community, Edith Road, Kettering, NN16 0PZ to help women become more confident and aware of their surroundings. Empower and bring a friend or family member too! Limited Spaces Available.

BEFORE JOINING, PLEASE ENSURE THAT YOU ARE COMMITTMED TO THE COURSE. **To check dates and times, and to register please visit our Eventbrite page [*FREE* 12 WEEK WOMEN'S SELF DEFENCE & PROTECTION WORKSHOP - KETTERING JAN26 Tickets, Multiple Dates | Eventbrite](#)**



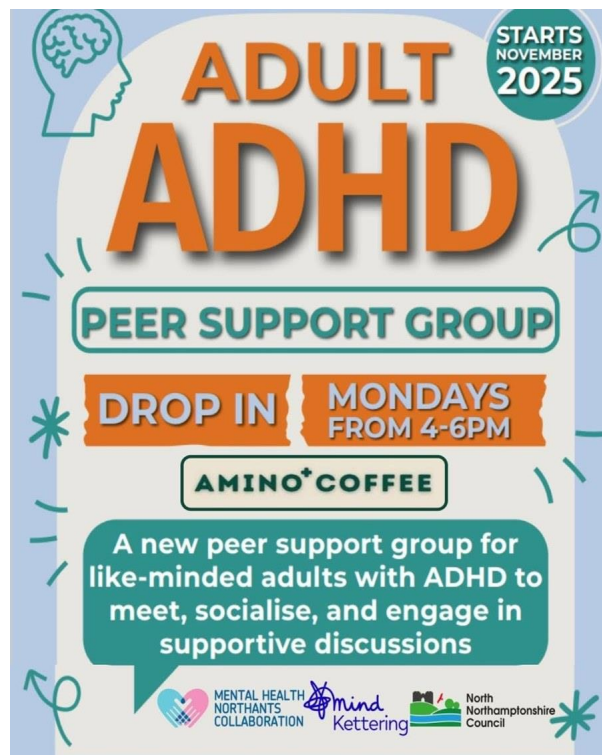
Adult ADHD Peer Support Group

Adult ADHD Peer Support Group. Starts November 2025

Peer Support Group. Drop in Mondays from 4pm to 6pm.

Amino+ Coffee, Unit 1, Market Street, Kettering, NN16 0AH

A new peer support group for like-minded adults with ADHD to meet, socialise, and engage in supportive discussions.



We Women Matter – Social Support Group in Kettering

A safe, welcoming space for women to connect, share, and support one another.

C2C is proud to partner with MindKettering, MentalHealthNorthants, and NorthNorthamptonshireCouncil to create a nurturing community at our Kettering Centre. This group is all about building friendships, finding strength in connection, and supporting mental wellbeing.

Every Wednesday | 10am–12pm at C2C Kettering Women's Centre 5 Meadow Road Kettering

Feeling overwhelmed, isolated, or just in need of a supportive circle? You're not alone — and this group is here for you.

Come as you are. Leave feeling heard, supported, and empowered.

For more info, email: kwc@c2csocialaction.com or for more information please visit [C2C Social Action](#)



Youth works Activities for Young people and Families

Circus Skills Every Monday 6pm to 7pm. Families and Young People Welcome.

Circus Skills. William Knibb Centre, Montague Street, Kettering, N16 8AE.

£1.50 per person.

For more information contact Youth Works on 01536 518339

Craft Works Wednesdays 5.15pm to 6.45pm

Keystone, 97 Rockingham Road, Kettering, NN16 9HX.

Craft Works is a safe space to meet new people and engage in Arts and Crafts!

For ages 11 to 18 year olds.

For more information contact Youth Works on 01536 518339

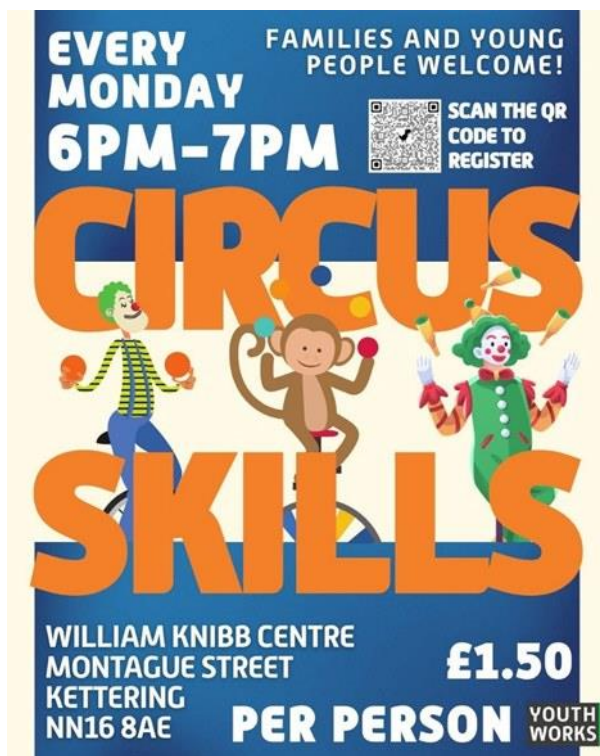
Youth Works Board Game Club Throne of Games. Wednesday 6pm to 7.30pm.

Free of Charge.

Any questions ring: 01536 518339

Keystone, 97 Rockingham Road, Kettering, NN16 9HX. 11 to 18 year olds.

To register for any of these sessions please visit [Youth Works Group Registration](#)



WEDNESDAYS
5:15-6:45


KEYSTONE
97 ROCKINGHAM RD
KETTERING
NN16 9HX

CRAFT WORKS IS A SAFE
SPACE TO MEET NEW
PEOPLE AND ENGAGE IN
ARTS AND CRAFTS!

**11-18
YEAR OLDS**

**CRAFT
WORKS**

YOUTH WORKS



YOUTH WORKS
YOUTH ACTIVITIES

THRONES

**EVERY
WEDNESDAY
6-7:30
PM**

FREE OF CHARGE!

SCAN THE QR CODE TO REGISTER!

ANY QUESTIONS RING:
01536 518339

**BOARD
GAME
CLUB**

**OF
GAMES**

KEYSTONE
97 ROCKINGHAM RD
KETTERING
NN16 9HX

**11-18
YEAR OLDS**



Burton Latimer and Barton Seagrave

Welcome to SMUFs, a place for Pre-school worship and play.

Come and join us every Tuesday morning (term time) from 10.30 to 11:30

Every week we explore a different theme from the Bible as well as singing songs and learning to pray for the world around us. We then have a time of free play with toys, colouring and a biscuit.

All children under five (including babies) are welcome to come along with their parent or carers.

SMUFs is free, although we do take a no obligation collection during the group, which covers the cost of hiring the Hall.

If you are interested in coming along, SMUFs is held at: **Burton Latimer Guiding Centre, 16 Alexandra Street, Burton Latimer, NN15 5SF** For any more information contact: Emma Barrow on 07759 224 002



Here 4 U Hub

Burton Latimer Methodist Church, Piggotts Lane, Burton Latimer (Near the Fire Station)

Here 4 U Hub. Free.

Second Friday of every month from 1pm to 3pm.

Hot drinks, Jigsaws, Advice and Support, Crafts and Games, Books and Newspapers. Soup and Sandwiches.

Contact Caroline Community Chaplain at youth@ketteringcorbymethodists.org Telephone number: 0775 7126944



Burton Latimer
Methodist Church,
Piggotts Lane, Burton
Latimer (Near the Fire
Station)

Here 4 U Hub

Second Friday of every month

FREE

1pm-3pm

Hot drinks

Advice and Support

Crafts and Games

Jigsaws

Books and Newspapers

Soup and Sandwiches

Contact Caroline-Community Chaplain at
youth@ketteringcorbymethodists.org
07757162944



Rothwell and Desborough

Sunbeams at Holy Trinity Church, Rothwell.

A group for families, carers, babies and pre-school children.

Play, Christian stories and Songs.

Thursdays 1.45pm to 3pm during term time.

All welcome, admission free.



Desborough Library under 5s Activities.

Story Stomp

First Wednesday 9.30am to 10.15am

Third Wednesday 2pm to 2:45pm. 0 to 4 years. £1 per child.

Baby Time




Wednesdays, 10:45am to 11.30am. Pre-walkers. £1 per child.

Little Steps

Friday 10:15am to 11:15am. Crawling to 4 years siblings welcome £1 per child

Booking required opens on a Thursday at 9am the week before the sessions. Email desboroughcml@gmail.com or call 01536 532415

Rhymetime Fridays 2.00-2.45 0-4's Free Drop in no booking required

  
<h2 style="text-align: center;">Desborough Library Under 5s Activities</h2>
<p style="text-align: center;">Story Stomp 1st Wednesday, 9:30 – 10:15am 3rd Wednesday 2-2:45pm, 0-4s £1 per child</p>
<p style="text-align: center;">Baby Time Wednesdays, 10:45 – 11:30, pre-walkers, £1 per child</p>
<p style="text-align: center;">Little Steps Friday, 10:15 – 11:15, crawling - 4 years (siblings welcome) £1 per child</p>
<p style="text-align: center;">Booking required, opens on a Thursday at 9am the week before the sessions. Email desboroughcml@gmail.com Call: 01536 532415 or Facebook messenger.</p>
<p style="text-align: center;">Rhymetime Fridays, 2-2:45, 0-4s, FREE. Drop in, no booking required.</p>

The Market House Pantry - Rothwell Foodbank

The Market House Pantry established 2025. Do you need help or know someone who does?

The Market House pantry is Rothwell's food bank, founded on the principles of compassion and community support. We provide essential services to individuals and families in a time of crisis, ensuring that no one in the area has to go hungry.

Tuesday and Thursday 10am to 2pm Market House, Market Hill, Rothwell, NN14 6BW.

For more information, contact Lisa Judge, Health & Wellbeing Officer on 07908 913056 or email healthandwellbeing@rothwelltowncouncil.gov.uk



Friday, Friendship and Food

Join us every Friday during term time. 3pm to 6pm.

You will be welcomed with a hot mean and a chance to meet others for a couple of hours of hours of friendship, craft, occasional activities and importantly fun!

Join us at the Rothwell Methodist Church on Market Hill.

Friday, Friendship and Food is open to all ages, but all children must be accompanied by an adult.

YOUTH
Inspired



FREE!

FRIDAY, FRIENDSHIP & FOOD

JOIN US EVERY FRIDAY

DURING TERM TIME!

3PM-6PM

YOU WILL BE WELCOMED WITH A HOT MEAL AND A CHANCE TO MEET OTHERS FOR A COUPLE OF HOURS OF FRIENDSHIP, CRAFT, OCCASIONAL ACTIVITIES AND IMPORTANTLY FUN!

JOIN US AT THE ROTHWELL METHODIST CHURCH ON MARKET HILL

FFF IS OPEN TO ALL AGES BUT ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT



NCAALC
Northamptonshire
Council of the Year
2023



Civility &
Respect

clubs for young people
Northamptonshire
involve • enjoy • achieve

Corby



Epic Rollers Corby Re-opens

Re-opening on Saturday 10th January 2026

We are BACK! Open to continue our 2025/26 Skate Season

Come along for a Fantastic Family Fun Roller Skate Session with Tuition Provided

EPIC Rollers CORBY Lodge Park Sports Centre, Corby, NN17 2SG

Every Saturday 4.15pm - 5.45pm

Online Tickets Only Skate Entry : £6, Skate Hire Available : £2

Quad & Inline Skates Available or Bring your own

Free Tuition Provided

Click the 'BOOK NOW' button or visit: [Tickets – EPIC Rollers UK](https://www.epicrollers.co.uk/tickets) Let's Roll



Northants SEND Mummas Collab

Excited to announce joint event with SENDsational Moves

Saturday 10th January 12-2.30pm sessions broken up in age group, focus being on music and movement, all abilities welcome

Book online now by visiting [sendsational-moves](https://www.sendsational-moves.co.uk)

Northants SEND Mummas Collab

Sat 10th January 2026 - Sat 10th January 2026

Beanfield Community Centre, Beanfield Ave, Corby NN18 0AX

Saturday 12.30pm to 12.50pm. Beanfield Community Centre. Music and Movement age 3 to 6 years.

Saturday 1:10pm - 1:30pm. Beanfield Community Centre. Music and Movement - 7-11 years

Saturday 1:50pm - 2:10pm. Beanfield Community Centre. Music and Movement -12-16+ years



AUDHD Community Embraced CIC

If you need support from those who get it or just a catch up then [AUDHD Community Embraced CIC](#) have the opportunity.

Daytime support meetings 9.30am to 11.30am

21 January, 4 February. 18 February

4 March. 18 March. 1 April.

West Glebe Park Pavillion, Corby NN17 1SX

Peer Support from those who 'get it' A safe space to chat freely with no judgement

Tea, Coffee, Juice and sweet treats

Children welcome.

Scan the QR code on the poster to join the online community



New Year.....New Raid Join us and Become a Viking

NEW YEAR.....NEW RAID Instead of making a New Year's resolution of NEW YEAR NEW ME....why not join a new hobby.

Why should you become a Viking?

Learn a discipline , Great mental health, Learn about history in a fun practical way, Learn combat skills (variety of weapons), Learn authentic crafts and skills, Make new friends, Great exercise (cheaper and more fun than the gym), Regular training, Learn how to do archery and axe throwing

It's a path to connect with nature, learn new skills, and experience the world through the lens of the past, finding balance and meaning Basically learn lots of cool stuff and have an awesome time and be part of the BEST community!

Sundays 1-4pm Great Oakley Village Hall, Lewin Road, Great Oakley, Corby NN18 8JS

First week FREE DM if you have any question our Facebook page is [Vikings Of Mercia](#) Or email vikingsofmerciamail.com



Women's wellbeing group (2026)

It's January & it's that time of year when you're recovering from the hustle & bustle of Christmas & New Year. Getting back to a normal routine can be a relief, but for some they may find it difficult. If you need some time out - we are here for you.

Our group runs every 3rd Thursday of the month, 7-9pm for women 18+. A free, non-judgmental, welcoming space to have a cuppa & a chat.

Corby Silver Band Club, Denford Road, Corby NN17 2QW (in the lounge).

Next one is Thursday 22nd January 2026 hope to see you there.

The Rainbow Circle LGBTQ+

LGBTQ+ and Social Group

A safe place to be yourself. Be you. Belong here. Games, Art, Chats and more!

1st and 3rd Thursday every month, term time 4pm to 5.30pm. Corby Library.

For ages 11 to 16.

Corby Cube, George Street, Corby NN17 1QG Corby

For more information please contact corby.libraryplus@northnorthants.gov.uk



Enfold Autism Support Information Session.

Monday 19 January. 2pm to 4pm.

Enfold is a growing charity providing an important range of support services to help improve the lives of those living with Autism Spectrum Condition and their families, whether diagnosed, undiagnosed, adult or child.

Book a slot with a member of the Enfold team to find out more about:

- Parent Carer Support groups.
- Family Activities
- Autism support service.
- Adult social groups and training.
- About Autism awareness and some strategies to support your family.

To book please contact us at the following: email Corby.libraryplus@northnorthants.gov.uk or call us on 0300 126 3000 option 5. option 3. Address: Corby Library, Corby Cube, Parkland Gateway, George Street, Corby, NN17 1QG



**Enfold Autism Support
Information Session
Corby Library
Monday 19th January
2pm - 4pm**

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To book please contact us at the following:

Address: Corby Library, Corby Cube, Parkland Gateway,
George Street, Corby, NN17 1QG
Email: corby.libraryplus@northnorthants.gov.uk
Phone: 0300 126 3000 (Option 5, Option 3)
Facebook: @corbylibrary



Corby Library January Family Activities

Saturday 10 Jan. 10am to 11.30am Saturday Play. Dress Up Costumes and small world play. Drop In.

Saturday 17 Jan. 10am to 11.30am. Construction Corner. Popoids and Stickle Bricks. Drop in.

Saturday 24 Jan. 10am to 11.30am. Burns night Tartan Weaving Craft. Booking Required.

Saturday 31 Jan. 10am to 11.30am. Construction Corner built with K'nex. Drop In.

For bookable activities speak to staff, drop us a line on Facebook, email Corby.libraryplus@northnorthants.gov.uk or call us on 0300 126 3000 option 5. option 3.

Please note that staffing may not be available at all available events, therefore adult supervision is essential. These sessions are FREE to attend and are suitable for all ages. Booking opens a week in advance of the session date for those sessions requiring booking.

Family Activities

Corby Library- January

Saturday 3 rd	10.00- 11.30	Construction Corner - Giant Marble Run Fun	Drop In
Saturday 10 th	10.00 – 11.30	Saturday Play – Dress Up Costumes and Small World Play	Drop In
Saturday 17 th	10.00 – 11.30	Construction Corner – Popoids and Stickle Bricks	Drop In
Saturday 24 th	10.00 – 11.30	Burns Night Tartan Weaving Craft	Booking Required
Saturday 24 th	10.00 - 11.30	Saturday Play – Board Games	Drop In
Saturday 31 st	10.00 – 11.30	Construction Corner – Build with K'nex	Drop In



For Bookable activities speak to staff, drop us a line on Facebook, email us at Corby.libraryplus@northnorthants.gov.uk or call us on 0300 126 3000 option 5 option 3

Please note that staffing may not be available at all above activities therefore, adult supervision is essential.

These sessions are FREE to attend and are suitable for all ages. Booking opens a week in advance of the session date for those sessions requiring booking.



Mind Community Champions at Corby Library

Thursday 22 January 10am to 3pm

As part of Health Information Week, 19 to 25 January 10am to 3pm.

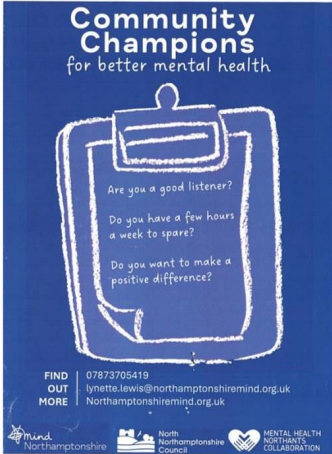
Come and find out more about the role of Mind Community Champions and how you can get involved. Are you a good listener? Do you have a few hours a week to spare? Do you want to make a positive difference?

Find out more: Telephone: 07873705419 or email

Lynette.lewis@northamptonshiremind.org.uk


[Northamptonshire Mind | Mental Health Support](#)

LibraryPlus
Mind Community Champions
Corby Library
Thursday 22nd January
10.00 am – 3.00pm
As part of Health Information Week, 19th – 25th January,
come and find out more about the role of Mind Community
Champions and how you can get involved.



The poster features a blue background with a white outline of a clipboard. Inside the clipboard, the text reads: 'Are you a good listener?', 'Do you have a few hours a week to spare?', and 'Do you want to make a positive difference?'. Below the clipboard, it says 'FIND OUT MORE' followed by the phone number '07873705419', the email 'lynette.lewis@northamptonshiremind.org.uk', and the website 'Northamptonshiremind.org.uk'. At the bottom of the poster are logos for 'Mind Northamptonshire', 'North Northamptonshire Council', and 'MENTAL HEALTH NORTHANTS COLLABORATION'.

Address: Corby Library, Corby Cube, Parkland Gateway,
George Street, Corby, NN17 1QG
Email: corby.libraryplus@northnorthyants.gov.uk
Phone: 0300 126 3000 (Option 5, Option 3)
Facebook: @corbylibrary

 North Northamptonshire Council

Kinship Carers Wellbeing Hub

Are you a Kinship Carer? Would you like to meet other Kinship Carers?

If so, please join us on the **2nd Thursday of the month** at Little Jimmy's, Pen Green Children's Centre, Rockingham Road, Corby, NN17 1BJ, from 12.30pm to 2.30pm.

This is an adult only group running term time only. Refreshments and a warm welcome and a warm welcome provided.

For more information, please contact Northamptonshire Carers on 01933 677907.

Northamptonshire Carers, supporting Carers countrywide.

For more information please visit Northamptonshire Carers Association



Free 12 Week Womens Self Defence and Protection Workshop

By North Northants Sports & Welfare Club -Alberta Close

Multiple dates From January 26 Calling all women - Get ready to learn key safety techniques and boost your confidence at this FREE 12-week self-defence workshop in Corby!

North Northants Sports & Welfare Club is set to host a Women's 12 week self-defence course in Corby as part of an ongoing 'BE SAFE' programme to be a Safer you in Jan 2026.

Keen to develop your confidence levels and learn self-defence skills to become a safer you? This FREE 12 Week workshop blends situational awareness and practical tactics for real-world self-defense. This workshop is designed for people who want realistic, usable skills they can apply under stress — whether avoiding danger, de-escalating, or defending themselves when necessary.

The course will be tailored by the instructors each week to suit attendees, so new attendees are welcome to join at any time, when spaces are available. NNSW will be offering the classes at Kingswood Neighbourhood Centre, Alberta Close, Corby, NN18 9HU to help women become more confident and aware of their surroundings. Empower and bring a friend or family member too! Limited Spaces Available. BEFORE JOINING, PLEASE ENSURE THAT YOU ARE COMMITTMED TO THE COURSE.

To check dates and times, and to register please visit our Eventbrite page [*FREE* 12 WEEK WOMEN'S SELF DEFENCE & PROTECTION WORKSHOP - CORBY JAN26 Tickets, Multiple Dates | Eventbrite](#)



**Activity Programme Timetable - All sessions at Kingswood Neighbourhood Centre,
Alberta close, NN18 9HU.**

All sessions are free to attend

Monday

Premier League kicks 4.30pm to 5.30pm MUGA/Field

Calisthenic bar sessions 5.30pm to 6.30pm Main Hall

Tuesday

Music with Lisa SEN 4pm to 4.45pm Youth Room

SEND Social group 4pm to 5pm. Main Hall

Wednesday

Muay Thai 4pm to 5pm Main Hall

KUD Football 5:15pm to 6pm MUGA

MMA Workshop 6pm to 7.30pm Meeting Room

Thursday

Multi Sports/fitness 4.30pm to 5.15pm Main Hall

Youth Club 5.15pm to 6.30pm. Youth Room

Contact robert.lovegrove@kudproject.org for info or follow us on Facebook

 Activity programme timetable All sessions @ Kingswood neighbourhood centre, Alberta close, NN18 9HU	
MONDAY	Premier League kicks 4:30PM - 5:30PM - MUGA/Field Calisthenic bar sessions - 5:30pm - 6:30pm - Main Hall
TUESDAY	Skateboard sessions - 3:45pm - 5:15pm - Skatepark Music With Lisa - SEN -4:00PM - 4:45PM - Youth Room SEND Social group - 4:00pm - 5:00pm - Main Hall
WEDNESDAY	Muay Thai - 4:00pm - 5:00pm - Main Hall KUD Football - 5:15pm - 6:00pm - MUGA MMA Workshop - 6:00pm - 7:30pm - Meeting Room
THURSDAY	Multi sports/fitness - 4:30pm - 5:15pm - Main Hall Youth club - 5:15pm - 6:30pm - Youth Room
Contact robert.lovegrove@kudproject.org for info, or follow us on Facebook 	

Andy's Man Club in Corby

Andy's Man Club offer free to attend peer-to-peer support groups.

They want to end the stigma surrounding men's mental health and help men through the power of conversation.

In Corby they hold sessions at the Patrick Road Resource Centre and Stephenson Way Community Centre.

Find out more by emailing info@andysmanclub.co.uk or visit their [Facebook profile](#)

**GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?**

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

**FIND OUT
MORE** info@andysmanclub.co.uk
www.andysmanclub.co.uk #ITSONKAYTALK

**ANDYSMANCLUB
CORBY**

CORBY - SOUTH
Patrick Road
Resource Centre,
Patrick Road,
NN18 9NT

CORBY - NORTH
The Stephenson Way
Community Centre, 18-28
Stephenson Way,
Corby
NN17 1DA

ANDYSMANCLUB is a registered
charity in England and Wales
11796477 and a Company Limited
by guarantee, registered in
England and Wales 11181320

Bub Club Corby

- **Time:** 9:00 am - 11:00 am
- **Place:** Arran Community Centre, Mull Drive, Corby NN17 2XF
- **Cost:** Free

Bub Club is a creative play, movement and storytelling group for under 5s led by artist Sophia Madden at Arran Community Centre in Corby. Join us on Mondays for a friendly play session with a cuppa and a chat afterwards. Free for residents of our funded Corby area, however booking is essential – tickets for the new term will be available soon!

To book please visit [Bub Club Corby | Arts & Community Events Wellingborough Made With Many](#)



Housing and/or Financial Advice in Corby

Need Housing or Financial Advice in Corby? Accommodation Concern are at **Pen Green every Tuesday, 9am–12pm.**

Offering FREE support with: Housing issues (eviction, homelessness, repairs, applications), Debt advice & budgeting help, Emergency support (energy vouchers, food parcels, white goods), Benefits checks, claims & appeals

Can't make it? Call 01536 416560 or email Help@a-c.org.uk

Pen Green Children's Centre, Rockingham Rd, Corby NN17 1BJ

Need advice?

 Accommodation Concern
 Advice, support and housing for a better tomorrow!

Accommodation Concern are at Pen Green every Tuesday!
 9am - 12pm

1 Housing Advice?

- Eviction paperwork
- Rights and responsibilities of tenants & landlords
- Liaise with council/housing associations
- Court representation
- Homelessness
- Access to social or private housing
- Repairs
- Legal obligations of tenants
- Application to social housing (Keyways)



2 Debt Advice?



- Budgeting
- Negotiating payments with creditors
- Sourcing cheaper gas/electric providers

3 Benefits Advice?



- Maximising income/Benefit checks – are you claiming everything you are entitled to?
- Claiming and appealing Welfare benefits
- PIP claims/Appeals
- Employment Support Allowance claims/appeals

4 Emergency Support?



- Food voucher and food parcels
- Carpets & flooring
- Emergency energy vouchers (gas/electric)
- White goods
- Tenancy deposits/first months rent (max £700)


 Cant make it? Call or email us!
 01536 416560 - Help@a-c.org.uk


Declaration and Information

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.

If you would like to contact the Community Connector team about submitting information to this newsletter or updating us about your organisations information please send an email to cfss@nctrust.co.uk and mark the email Stay Connected.

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