

#BESTOFBISHOP



MENTAL HEALTH SUPPORT

at Bishop Stopford School
Sixth Form



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Mental Health

WHY IS YOUR MENTAL HEALTH IMPORTANT TO US AT BISHOP?

Your mental health is AS important as your physical health. You cannot be well physically if you are not mentally healthy.

Why is mental wellbeing so important?

When our mental health is good, we feel good inside. We might feel calm or content, peaceful, hopeful and accepting of ourselves and valued by the people who matter to us.

Having good mental health makes life easier. It helps us to calm and comfort ourselves when we're upset, to cope with the losses, changes, fears and uncertainties in life, to make and keep good relationships with other people and to learn.

Having good mental health does not mean feeling good all the time. We all have our downs and ups. Life is full of unavoidable risks, worries and losses, which affect everyone. Sometimes difficult feelings pass quickly, and we bounce back. Sometimes we struggle for much longer. This can happen to any of us.

At Bishop Sixth Form, we value you as a person. We are not just concerned about your academic achievements but with your overall wellbeing. It is important to us you feel comfortable to ask for help.



Bishop Stopford School
faith | justice | responsibility | truth | compassion

THINGS TO KNOW ABOUT THE TEENAGE BRAIN...

Understanding our brains helps us manage it

Making logical decisions becomes really hard...

By age 6 the brain is 95% formed but in teenage years the prefrontal cortex increases and then decreases in thickness by 15-20%, this impacts your ability to think logically and make decisions. The pre-frontal cortex isn't fully developed until you are 25 years old. Lack of ability to make logical decisions can often cause conflict with parents.

Teenager's brains react differently to stress.....

The amygdala works overtime (this is the tiny part of the brain that links to gut emotions, that works through instinct not logic) so you are more likely to 'flip the lid.' Your fight, flight, freeze mode may kick in a lot quicker and a lot more than when you are an adult, causing you to experience higher levels of anxiety and stress on your body. The stress hormone, cortisol, is more easily produced during adolescence, so stress can feel more overwhelming at this stage.

Teenagers are more likely to suffer with mood swings.....

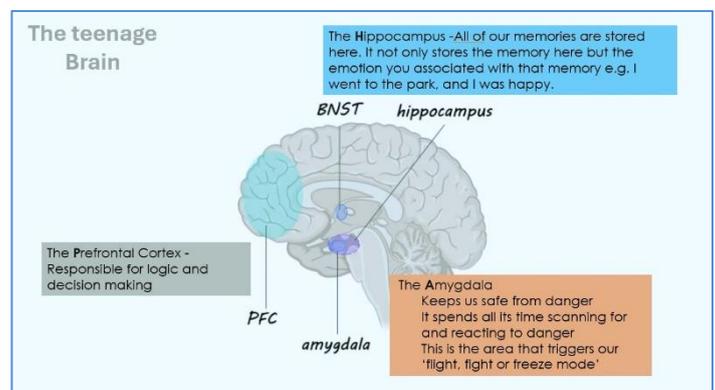
Greater fluctuations in neurotransmitters and hormones such as serotonin can modify your mood so you may have more mood swings during adolescence.

You may find facial expressions harder to interpret....

Teenagers have difficulty reading emotions and facial expressions, so your parent's worried expression may be conceived as disgust or anger. Teenagers are 15% slower to recognise a facial expression than a young child. So, pause for thought when you think your parents look angry as it may actually be a look of concern.

Teenagers struggle to notice small rewards and take bigger risks.....

An increase in Dopamine means the rewards centre of the teenage brain often ignores small rewards, so teenagers often take larger risks to feel the reward (or the excitement that comes with it). It often means teenagers feel they are constantly told off as they fail to notice the rewards.



Anxiety- What is it?

“Do not believe the things you tell yourself when you are sad and alone. Your anxiety lies to you!”



We all experience anxiety at some point. It is a human emotion, but 1 in struggle to control their anxiety and so it becomes a problem. You are not alone!

Anxiety is what happens when our brain believes we are in danger even when we are not, our brain gets confused sometimes and we need to help it understand we are safe. We do this by breathing!

The sympathetic nervous system prepares the body for sudden stress, like if you witness a robbery. When something frightening happens, the sympathetic nervous system makes the heart beat faster so that it sends blood quickly to the different body parts that might need it. It also causes the adrenal gland at the top of the kidneys to release adrenaline, a hormone that helps give extra power to the muscles for a quick getaway.

The parasympathetic nervous system does the opposite: It prepares the body for rest. To trigger this we need to breathe, our body understands to calm

and counteract the sympathetic nervous system.

Humans have always had anxiety. When the body is under perceived threat it goes into three states. Fight, Flight or Freeze.

Think historically, if you were faced with a saber tooth tiger you would either fight, run away or play dead hoping not to be seen.

We no longer have saber tooth tigers to threaten us but we do have modern day equivalents as our brains can't distinguish between threats, so we still get anxious but over things like exams, interviews and presentations.

Remember where you are. Are you in a safe place? Are you surrounded by safe people? Is this a life-threatening situation?

Anxiety is a normal emotion

HOW CAN I REDUCE ANXIETY? JUST BREATHE

Breathing and grounding exercises stimulate your parasympathetic nervous system, which helps your body calm

Ground yourself and remember where you are....

- You can think of a 'happy place' and imagine you are there.
- Hold hands with someone you trust and breathe with them.
- Have bubbles or a balloon with you and blow these when feeling very anxious.
- Use 5,4,3,2,1 grounding technique below:

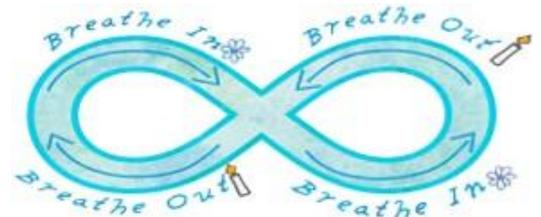
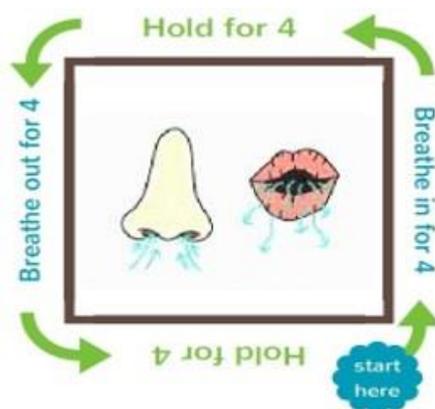


Learn to breathe....

In order to calm our nervous system you need to breathe deeply.

INHALE- imagine you are blowing up a balloon in your belly, take a deep breath in through your nose, so your stomach EXPANDS.

EXHALE- breathe out slowly, imagine you are letting the air out of your balloon so your stomach CONTRACTS.



WAYS TO REDUCE ANXIETY

1. Change your mind set

- Understand your thoughts will pass, acknowledge they are there but will go. Negativity bias means our brains are pre-programmed to focus on negative thoughts. We need to counteract one negative thought with 5 positive thoughts to offset our negativity bias.
- Each day write down two things you are grateful for, or create a gratitude piggy bank – storing everything you are grateful for. It helps you remember the good stuff as well as the bad.
- Try positive self talk – instead of ‘I’m not good at this,’ try ‘what am I missing?’ rather than ‘I am so stupid, I made a mistake.’



2. Meditate

- Reduce stress and anxiety, enhances self-awareness and emotional health, lengthens attention span, improves sleep and can help control pain.
- There are lots of apps such as Headspace, Smiling Minds and Calm that offer regular meditations or Yoga Nidra’s that help you sleep. YouTube has plenty e.g.:

<https://www.youtube.com/watch?v=W6rqDZnpCDw>



3. Get Crafty

- Mindful colouring or making something such as lego or cooking can help you refocus your mind and calms it. Soothing music can also help to create a calming playlist.
- Try supercolouring.com for free mindful colouring images.



WAYS TO REDUCE ANXIETY (continued)

4. Shake it out

Shaking your body reboots your nervous system. Think about how dogs release stress – they will shake their bodies.

1. Shake your hand as much as you can.
2. Freeze for 30 seconds, notice how your hand feels...tingly?
3. Now shake your leg at the same time. Freeze for 30 seconds, how do you feel now?
4. Now whilst the music is playing, just shake your body. Don't worry about what you look like, just go for it..... See how you feel after.



5. Mindful eating

How many of you eat food without actually noticing the flavours?

Try eating the chocolate from around a Malteser. Not only do you notice the taste but you will not be thinking about negative thoughts.

Ever noticed if you chew white bread for long enough it turns to sugar? Try it, notice the flavours to ground you.



6. Boost your self esteem

- Recognise what you are good at
- Notice how you speak to yourself – are you kind to yourself? Would you be that mean to others?
- Put boundaries in place – learn to say 'no' if it isn't what you want.
- Identify negative beliefs about yourself, then challenge them – what does the evidence show?
- Keep a self-esteem journal, this helps embed positive thoughts about ourselves and build confidence.

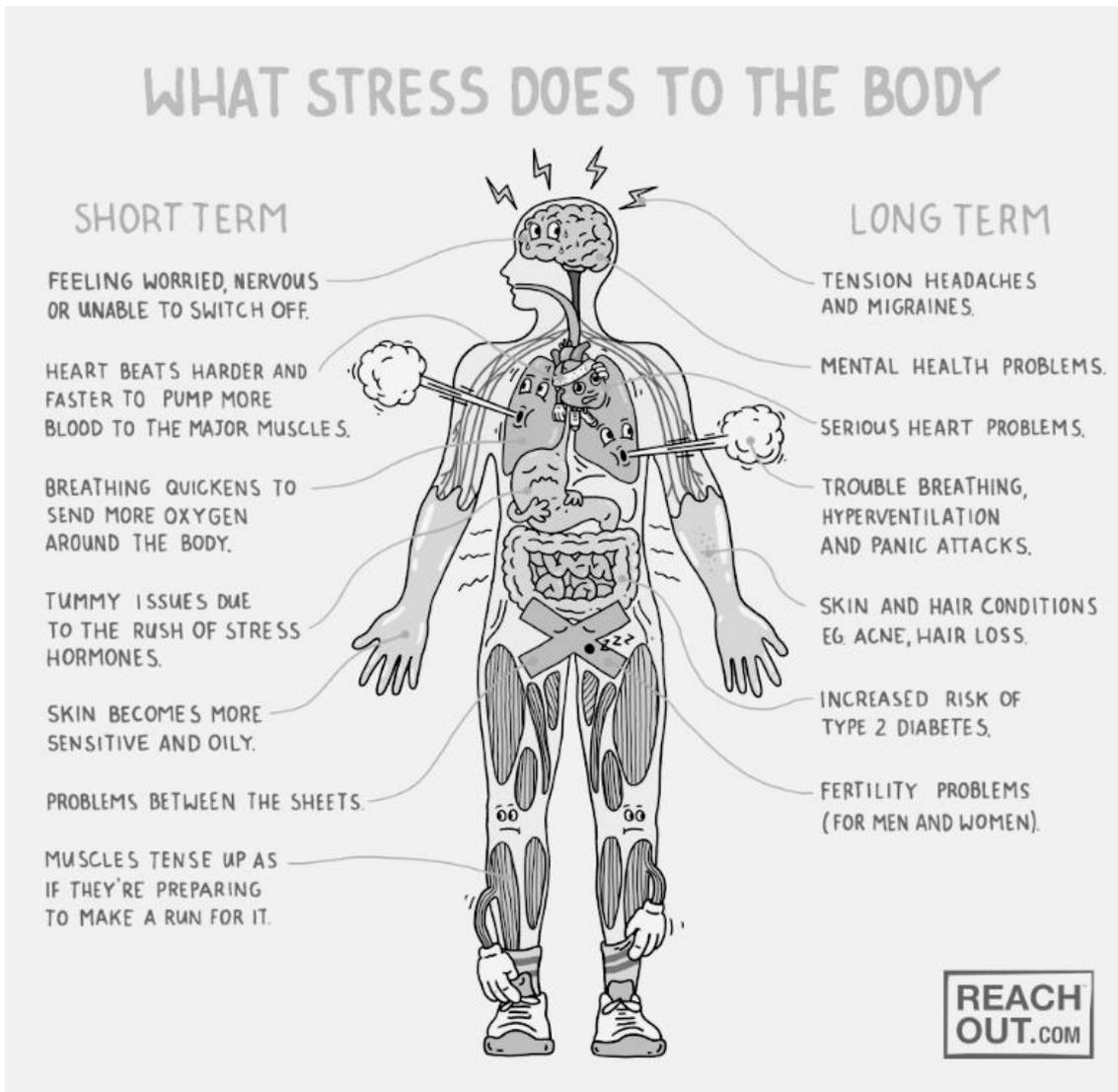
Self Esteem Journal

Remember	Something I did well today....	
	Today I had fun when....	
	I felt proud when....	

A photograph of a white sign with a black border and a black arrow pointing to the left. The sign has the words "Self Esteem" written on it in a bold, black, sans-serif font. The sign is mounted on a post and is set against a blue sky with some clouds.

Don't believe everything you think...

WHAT HAPPENS TO OUR BODY WHEN WE ARE STRESSED?

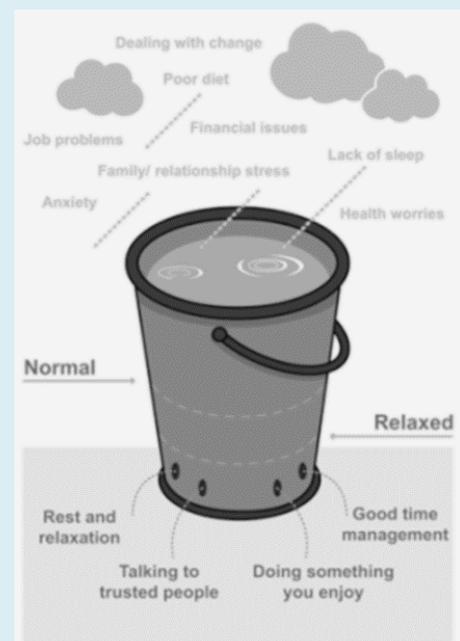


Notice....

Try to notice where you feel the stress in your body and keep a note of when and where you tend to feel it the most. The more we notice, the more we understand our triggers and can work to reduce it.

My Stress Bucket

Think about our stress bucket – what makes you stressed, at what point do you overflow and how do you stop your bucket from overflowing?



HOW TO HELP SOMEONE WHO IS HAVING A PANIC ATTACK

Getting the person to breathe out is more important than them breathing in. They are already taking in too much Oxygen.

Raise and lower your arm in time with the intended breathing rate. Get the person to watch your arm and slow their breathing to match it. Ask them to breathe with you.

Talk calmly and keep things very simple.

Give reassurance that they will soon feel better, that you will stay with them until help arrives, or they feel better.

Ask them to hold their breath and count to three.

When they get to three, breathe out and say the word relax.

Repeat the three second cycle.

Try and give the person a task to focus on. For example naming different colours starting with a letter.

Once they have calmed down: Continue to breathe in a smooth manner. Pay attention to breathing in through your nose and out through your mouth. Breathe in and out of your stomach. Continue to breathe this way until all symptoms of over-breathing have reduced or disappeared.

Humans have evolved in tribes, we are hard wired to feel safer around human connection



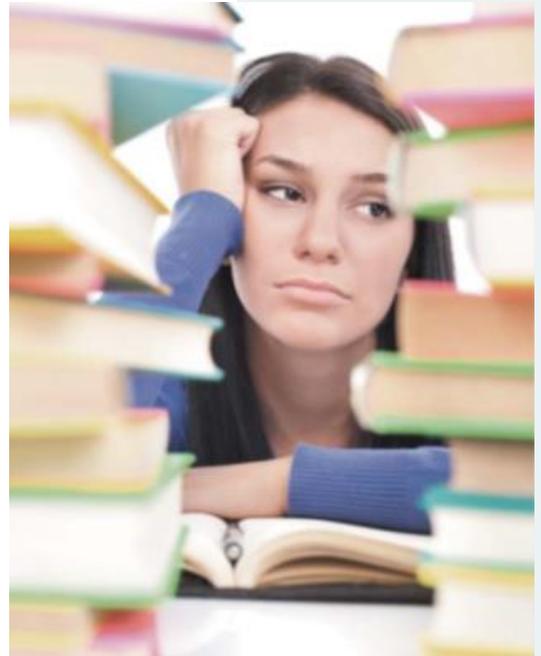
A 20 second hug stimulates oxytocin and reduces cortisol (the stress hormone)

SLEEP

MOST TEENS DON'T GET ENOUGH SLEEP

What happens to you through this period?

Research shows that sleep hormone melatonin works differently in teens than in children and adults. In adolescence melatonin levels stay higher at night and drop later in the morning, which explains why teens like to stay up late and struggle with early mornings. As they can't have the lie in they crave, they often don't get enough sleep, making it harder to pay attention, control impulses and concentrate at school. A teenager needs on average 8-10 hours of sleep a night, most only get 6.5 hours.



By disrupting melatonin, **smartphone light** ruins sleep schedules. This leads to all kinds of health problems:

Over the long term, not getting enough sleep can lead to **neurotoxin buildup** that makes it even harder or you to get good sleep.

A poor night's sleep caused by smartphone light can make it **harder to learn.**

The disruption to your sleep schedule might leave you distracted and **impair your memory** the next day.

By disrupting melatonin/sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **obesity risk.**

People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **depression.**

There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of **prostate & breast cancers.**

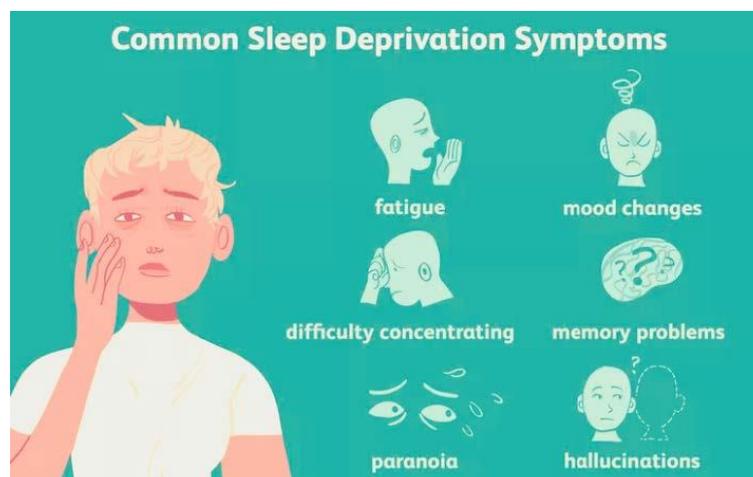
Researchers are investigating whether or not blue light could lead to **cataracts.**

There's some evidence that blue light could **damage our vision** by warming the retina over time — though more research is needed.

Keep your phone out of the bedroom! Even knowing it's nearby interrupts your sleep.

Tips for a good night's sleep

- Try to stick to a sleep schedule which involves going to bed and waking up at a similar time every day, even on weekends.
- An hour before bed, try to limit your use of screens. If you do use screens, it can be better to do more passive activities, like watching TV, rather than interactive gaming and social media.
- Try to create a night-time routine that will signal to your body that it's time to wind down – perhaps including a warm shower or bath, reading a book and then dimming the lights.
- It is better that your bedroom is associated with sleep rather than watching TV or studying, so try to move these other activities outside of the bedroom.
- Sunlight can help get your body clock on track, so seek natural light after you wake.
- Try to keep naps to 10-20 minutes and avoid them after late afternoon. While they can help make up for lost sleep, if they are too long or late in the day, they can make it hard to fall asleep at night.
- Morning exercise could also help your body clock to shift earlier but avoid exercise close to your usual bedtime.
- Keep light and noise to a minimum and maintain a room temperature of about 18-20 degrees for the optimum sleeping environment.
- If you are having trouble winding down, try some meditation, deep breathing or muscle relaxation. Mindfulness such as the 'body scan' exercise may also help you get to sleep.
- Try not to have any caffeine after 6pm. This includes coffee and energy drinks, and some soft drinks, some sports supplements, black and green tea and chocolate.
- Try to avoid, or limit, your intake of alcohol or cigarettes before bed. While you might find it easier to get to sleep quickly after a few drinks, alcohol can make it harder to stay asleep and to get quality sleep which helps us feel rested and able to function. Nicotine is also a stimulant and can cause smokers to sleep lightly.



Rewire your brain

HACKING THE HAPPY BRAIN CHEMICALS

Exercise will release endorphins. Endorphins will help to improve your mood. The government recommends 150 mins of exercise per week.

Try going on a mindful walk for 30 mins a day, notice and observe everything you SEE, HEAR, SMELL and touch. It can reduce stress, improve sleep, improve concentration and improve your immune system!

Listen to a mindful walking meditation from YouTube – find a voice you like!

**HAPPY BRAIN CHEMICALS:
HOW TO HACK THEM**

- DOPAMINE** THE REWARD CHEMICAL 
 - Try something new
 - Listen to music
 - Make a small list of tasks and complete them
- SEROTONIN** THE MOOD STABILIZER 
 - Get some sunlight
 - Exercise
 - Meditate
 - A healthy diet
- OXYTOCIN** THE LOVE HORMONE 
 - Get or give a massage
 - Spend time with friends
 - Show affection
 - Do something nice for someone
- ENDORPHINS** THE PAIN RELIEVER 
 - Regular exercise
 - Yoga and meditation
 - Create music or art
 - Laughter

A surge in reproductive hormones leads to fluctuations in happy hormones

COPING TECHNIQUES FOR DIFFERENT EMOTIONS

1. Anger and Frustration

- Hit cushions/punch bag
- Shout and dance
- Scream as loud as you can
- Shake
- Bite on bunched up material
- Tear something up into hundreds of pieces
- Smash a watermelon
- Play loud music and dance energetically
- Go for a run
- Squeeze a stress ball
- Throw/kick a ball against the wall

2. Sadness and Fear

- Tell someone how you feel
- Wrap a blanket around you
- Have a warm bath/shower
- Spend time with an animal
- Walk in nature
- Let yourself cry or sleep
- Listen to soothing music
- Massage your hands/arms
- Lie in a comfortable position and breathe in – then breathe out slowly, making your out-breath longer than your in-breath. Repeat until you feel more relaxed.
- Do some stretches/Yoga/Pilates

3. Out of control

- Write lists
- Tidy up/rearrange your room
- Have a throw out
- Write a letter saying everything you are feeling, then tear it up or change the ending
- Weed a garden
- Clench then relax all your muscles
- Imagine how you feel as one colour and shape, then change the colour and shape
- Make something
-

4. Numb and disconnected

- Flick elastic bands on your wrists
- Hold ice cubes
- Smell something with strong odour
- Have a very cold shower
- Jump up and down
- Name 3 things you can see, hear, smell and taste
- Spot 3 things green, blue and brown around you

5. Shame

- Spend time with people you feel close to or make you feel good
- Stop spending time with anyone who treats you unkindly
- Recognise when you are trying to be perfect and accept that making mistakes is part of being human
- Remind yourself that there are reasons for how you behave – it is not because you are 'bad'

6. Self-hatred

- Think of three positive characteristics about yourself (what would others say)?
- Think of a good thing you have done this week
- Write a letter from the part of you that feels the self-hatred, then write back with as much compassion and acceptance as you can
- Find creative ways to express the self-hatred – through writing songs or poetry, drawing movement or singing
- Do physical exercise (like running or going to the gym) to express the anger that is turned in on

SUPPORT AT SCHOOL

Meet OUR TEAM



Miss Whitehead

Head of 6th form

Your wellbeing and mental health are crucial to the work of the pastoral team at Bishop Stopford School Sixth Form. Sixth Form is an exciting time for you all, but it is also a time where you are under a lot of pressure, socially, emotionally and academically. We recognise this and work tirelessly to support all of our Year 12 and 13 students.



Mrs Styles

Head of Year 13

Mental health and well being are at the forefront of our minds. It's an exciting but overwhelming time when you join sixth form, and the responsibilities of independence can be hard to navigate. As Heads of Year, we are always available to offer support, listen and guide students and extend that to parents who can contact us with any concerns.



Mrs McNab

Head of Year 12

Mental health is important, and we should all have the tools we need to keep ourselves healthy. The mental health of students is important to me because how we think and feel about ourselves and the world around us tends to have a direct link with how successful we can be, and how likely it is that we reach our potential.

Other staff who can support you:

Your chosen trusted adult
Your form tutors
Your subject teachers
School Nurse
The Chaplain – Victoria Hutchinson
Souster Youth

Your designated safeguarding team:

Miss Whitehead/Mrs McNab/Mrs Styles
Mrs C Smith
Mrs J Bates

Mental Health First Aiders:

Mrs Kirke
Mrs Fitzpatrick

WE HAVE A SCHOOL COUNSELLOR CALLED DEBBIE, FROM YOUTHWORKS. SHE IS IN THE OFFICE ONCE A WEEK ON A THURSDAY MORNING. SPEAK TO YOUR HEADS OF YEAR TO ARRANGE AN APPOINTMENT.

Where can I go for support outside of school?

If feeling low, try to reach out for support. This could be from friends, family, teachers etc but if they are unavailable or you don't feel comfortable reaching to them there is a list of support networks below:

In an emergency, and where there is immediate risk to life, always CALL 999

- CRISIS MESSAGING SERVICE (Shout, Young Minds, The Mix) = text either YM or THEMIX to 85258
- NHS 111 (freephone) support line on all aspects of mental and physical health open 24 hours a day, 365 days of the year
- CAMHS Live nhft.nhs.uk/camhslive live online chat service with a child and adolescent mental health practitioner (Monday Friday / 9am-7pm)

If you need emotional support there are always organisations available to help you, either with their helplines, online support and resources or text services:

- BEAT (specifically for disordered eating) beateatingdisorders.org.uk 0808 801 0677 and online chat, learning platform and lots of resources.
- CHILDLINE childline.org.uk freephone 0800-1111 and online 1-2-1 counsellor chat
- SAMARITANS samaritans.org freephone 116-123
- LGBT FOUNDATION 03453303030 lgbt.foundation
- PAPYRUS (Prevention of Young Suicide) papyrus-uk.org freephone 0800 068 4141
- KOOTH (Chat and 1:1 emotional support) kooth.com
- HOPE AGAIN (Young People and Bereavement) hopeagain.org.uk
- YOUNG MINDS youngminds.org.uk 08088025544 Text: 85258
- THE MIX themix.org.uk Emotional support helpline for under 25's 0808 808 4994 and 1-2-1 online chat
- MERMAIDS (Transgender Support) mermaidsuk.org.uk | helpline 0808 801 0400 (Mon-Fri 9am-9pm)
- NHS CATTS (Crisis & Telephone Support Service) – if person already known to Northamptonshire mental health services, call 0800 917 0464 (24 hours)
- MIND (mental health helplines) 03001233393 Text: 86463 mind.org
- ANXIETY UK 08444775774 Text: 07537416905 anxietyuk.org.uk
- SELF-INJURY SUPPORT (self harm) Text



FREE APPS FOR MENTAL HEALTH



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way

Free



Catch It

Learn to manage negative thoughts and look at problems differently

Free



Chill Panda

📱 Being tested in the NHS

Use breathing techniques to help you relax, manage your worries and improve your wellbeing

Free



distrACT

Quick and discreet access to information and advice about self-harm and suicidal thoughts

Free



Feeling Good: positive mindset

Use audio tracks to help relax your body and mind and build your confidence



My Possible Self: The Mental Health App

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking

Free with in-app purchases



MeeTwo

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives

Free



SilverCloud

An eight-week course to help you manage stress, anxiety and depression at your own pace

Free



Ieso

Connect confidentially and securely with mental health therapists using instant messaging

Free in some areas



Stress & Anxiety Companion

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts

Free, with in-app purchases



Sleepio

An online sleep improvement programme, clinically proven to help you fall asleep faster

Free



Thrive: Feel Stress Free

Use games to track your mood and teach yourself methods to take control of stress and anxiety

Free

NHS Endorsed

YOUTH WORKS

Counselling & Support Services

Interventions for children, young people and their families to improve emotional wellbeing, build resilience and develop life skills.



WHAT WE OFFER

- Youth Counselling for 11 - 18 year olds*
- Emotional Well-Being Drop-in support for 11 - 18 year olds*
- Sexual Health Drop-in (including condom distribution, pregnancy testing and chlamydia testing)
- Happier Families - Wellbeing support for all the family
- Triple P Parenting Programme
- Emotion Coaching

HOW TO FIND US

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

Mon - Tues	9am - 6pm
Wed - Thurs	9am - 8pm
Fridays	9am - 3pm
Saturdays	10am - 12pm
Drop-in Thursdays	4pm - 8pm

Corby Mind, 18 Argyll Street, Corby, NN17 1RU

Tuesdays	10am - 8pm
Drop-in Tuesdays	4pm - 8pm

HOW TO ACCESS OUR SERVICE

Young Person aged 11 - 18 years*

If you live within the boroughs of Corby or Kettering, self-refer with our online form available from our website, by telephone, or by visiting one of our drop-ins.

Parents/Carers

Make a referral via our website, telephone or at one of our drop-ins.

Professional

Make a referral to our service via the NHS Referral Management Centre.

Next step...

Once we have received your referral, we will make contact with you to recommend a way forward. On your first visit we will tell you more about the ways we can support you including information about confidentiality, counselling and other support that may be of help.

Counselling sessions last for 50 minutes and will take place at the same time and at the same place each week. Drop-in support is also available.



*or 25 years if you have special educational needs and/or disabilities and are accessing mainstream state funded education.

www.youthworksnorthamptonshire.org.uk 01536 518339

@youth_works @youthworksnorthamptonshire

WHERE TO GO FOR SUPPORT IN THE COMMUNITY

HIDE & SEEK

#DONOTDISCRIMINATE



OUR AWARD WINNING YOUTH GROUP FOR YOUNG PEOPLE WHO IDENTIFY AS LGBTQIA+ OR THOSE WHO ARE QUESTIONING THEIR SEXUAL ORIENTATION OR GENDER IDENTITY.

THE GROUP IS OPEN TO YOUNG PEOPLE AGED BETWEEN 11 AND 16 TO SOCIALISE AND TAKE PART IN VARIOUS ACTIVITIES AND EVENTS.



MONDAY 4PM - 5.30PM
KEYSTONE CENTRE
ROCKINGHAM ROAD
KETTERING
NN16 9HX

YOUTH WORKS

FOR MORE INFORMATION
PHONE 01536 518339
OR SEND A DM TO
OUR SOCIAL MEDIA
ACCOUNTS

YOUTH ACTIVITIES

WELLBEING DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

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

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



- Support and Advice
- Wellbeing Activities
- Peer Support
- Parent Support is Available
- Also Available Remotely

Monday's & Friday's 4pm - 8pm

the lowdown, 3 Kingswell Street, Northampton, NN1 1PP - 01604 634385

Tuesday's 4pm - 8pm

Youth Works at Corby Mind, 18 Argyll St, Corby, NN17 1RU - 01536 518339

Tuesday's 3pm - 7pm

Service Six, Raunds Methodist Church, Brook Street, Raunds NN9 6LP - 01933 277520

Wednesday's 4pm - 8pm

CHAT Youth Counselling, Souster Youth Building, 30 Market Road, Thrapston, NN14 4JU - 01832 274422

Wednesday's 4pm - 8pm

Time 2 Talk, Chantry House, 88 Watling Street, Towcester, Northants, NN12 6BT 07385 295008 - 01327 706706

Thursday's 4pm - 8pm

Youth Works, 97 Rockingham Rd, Kettering, NN16 9HX - 01536 518339

Saturday's 10am - 2pm

Service Six, 15 Sassoon Mews, Wellingborough NN8 3LT - 01933 277520

Saturday's 12pm - 4pm

Time 2 Talk, The Abbey, Market Square, Daventry, NN11 4XG - 01327 706706

YOUTH WORKS

YOUTH ACTIVITIES

SEND SOCIAL GROUP

A social group for young people aged 11-14 with Autism, ADHD and Aspergers.

Mondays

Term Time Only

William Knibb Centre
Montague Street
NN16 8AE

5pm - 6pm

Scan here to register!
Or just come along



Any questions?
enquiries@youthworksnorthamptonshire.org.uk
or give us a ring on 01536 518339



BISHOP STOPFORD SCHOOL

It is OK, not to be OK

Your mental health is important to us
#bestofbishop

Bishop Stopford School
The Headlands
Kettering
NN15 6NJ

