

West Northamptonshire Stay Connected December 2025



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.

It 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



The Never Alone Project - Festive Bauble Making

Join us on Saturday, 6th December 2025, at @ [Rushden Lakes](#) Leisure Terrace for a festive morning or afternoon of bauble making. We'll be there from 10:30am to 4:00pm, helping you create a special keepsake and write a heartfelt message to your loved one, which you can hang on the TNAP Christmas Tree at Rushden Lakes.

We kindly ask for a £3.50 donation to support TNAP.

To help us make the day run smoothly, please let us know what time you plan to visit so we can manage numbers.

We can't wait to share some time with you!

This event is open to all including the general public.

[Festive Bauble Making Sign up Form](#)



Saturday 6th December
10.30am-4pm

Join us for Festive Bauble Making!
Saturday 6th December • 10:30am - 4pm
Rushden Lakes Leisure Terrace

Write a message for a loved one & hang it
on the TNAP Christmas Tree
£3.50 donation



County Lines Webinar Session (Parents/Carers Only) By Catch22

Catch22 is delivering a session for all parents/carers who wish to understand more about County Lines and Child Criminal Exploitation.

Who are Catch22? - Catch22 is a national organisation with over 10 years of experience delivering specialist support for young people affected by county lines, child criminal exploitation and child sexual exploitation. We currently deliver the National County Lines Support and Rescue service- providing 1-2-1 support and a rescue service for young people and their families who are criminally exploited through county lines.

Session overview: This session is aimed at parent/carers(including foster carers/grandparents) to gain a understanding on the important issues surrounding county lines, as well as the impact that it can have on young people and their families, and the support that is available to young people who are impacted/suffering from County Lines and Criminal Exploitation.

Topics will include:

County Lines, child criminal exploitation (CCE) and financial exploitation,

Stages of recruitment,

Push and pull factors,

The National Referral mechanism,

The psychological impacts,

Social media, and Debt bondage.

Dec 10 from 10am to 11:30am

To book please visit our Eventbrite page at [County Lines Webinar Session \(Parents/Carers Only\) Tickets, Wed, Dec 10, 2025 at 10:00 AM | Eventbrite](#)

Dec 11 from 5:30pm to 7pm

To book a later online session please visit our Eventbrite page [Copy of County Lines Webinar Session \(Parents/Carers Only\) Tickets, Thu, Dec 11, 2025 at 5:30 PM | Eventbrite](#)

PINS Project Webinar for Parents and Professionals on Understanding Executive Function

Join Victoria Bagnall neurodivergent educator and executive function specialist — to dive into the neuroscience of neurodiversity and discover how understanding executive function can help us better support all young people.

9th December 2025 16:00- 17:00 Online - Via Zoom

You'll leave with:

- Practical strategies you can use the very next day
- Greater confidence in supporting your child's needs
- A deeper understanding of how their brains work

Open to all parent carers - Free to attend (booking essential)

[Webinar Registration - Zoom](#) Don't miss this empowering session!



The poster features a dark blue background with a large, light blue starburst graphic. In the top left corner is the 'connections in mind' logo, which consists of a stylized orange and yellow 'C' shape next to the text 'connections in mind'. The main title 'UNDERSTANDING EXECUTIVE FUNCTION' is written in large, white, bold, sans-serif capital letters. Below the title, the date and time '4pm | 9 December 2025 | Online' are written in a smaller, orange font. The central text, in white, asks 'Ever wondered why children struggle to manage emotions, stay organised, or follow through on instructions?' and explains that the prefrontal cortex is still developing. To the right of this text is an illustration of a smiling, light-skinned character with a yellow body, wearing a red hat with several grey gears on top. The character's head is open at the top, and gears are visible inside. The bottom right corner of the poster features a small, light blue circular graphic.

connections in mind

UNDERSTANDING EXECUTIVE FUNCTION

4pm | 9 December 2025 | Online

Ever wondered why children struggle to manage emotions, stay organised, or follow through on instructions? Their prefrontal cortex — the part of the brain that helps us get things done — is still developing!

Join author, educator and neuropsychology specialist Victoria Bagnall for an inspiring, practical talk on how understanding executive function development can transform school & family life and help all children thrive.

Christmas Wellbeing Walks at Sywell Country Park

Breathe in calmness. Step into connection

Every Thursday at 10am from 4 December to 8 January. Meet in the car park.

Join us for a peaceful, free walk to boost your wellbeing and connect with others. Bring warm clothes, comfy shoes and festive cheer!

The Frank Bruno Foundation



Warm/Welcoming 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.



Infant Feeding Support

Wow! December already! The support groups will be taking a Christmas break so pop along any week before Monday 22nd for support

Returning to work in January? We have a peer supporter you can chat with about that!

Thinking of sharing your Christmas dinner with baby? We have a peer supporter you can chat with about that!

Want to have a sip of something fizzy under the mistletoe but unsure if you can? We have a peer supporter you can chat with about that!

Group Time Table

Breastfeeding Support FREE Providing peer support to families regardless of feeding intention or method.

Corby & Kettering

Mondays 101m – 11.30am Infant Feeding Group @ Montagu Street Children's Centre NN16 8RX

Wednesdays 10am – 11.30am (Corby Families) Infant Feeding Group @ Pen Green Centre NN17 1BJ

Daventry and Towcester

Tuesdays 10am – 11.30am Infant Feeding Group @ Towcester Family Hub, The Forum, NN12 6AD

Fridays 10am – 11.30am Infant Feeding Group @ Daventry Family Hub NN11 4EY

Northampton

Tuesdays 10am – 11.30am Infant Feeding Group@ Blackthorn Children’s Centre NN3 8QD

Coming Soon - Wednesdays 1 – 2.30pm Infant Feeding Group@ Upton Family Hub

Wellingborough

Tuesdays 10am – 11.30am Infant Feeding Group @ Wellingborough Family Hub NN8 3XL



The poster features a top section with a photograph of a smiling woman holding a baby, with another baby in the foreground. A logo on the left shows a baby and a breast with the text 'Milk & You'. On the right, it says 'Funded by Northamptonshire Local Authority & Northants Health'. The main title is 'Group Time Table Breastfeeding Support' in a pink banner, with a 'FREE' starburst. Below this is a table of group details for four locations: Corby & Kettering, Daventry & Towcester, Northampton, and Wellingborough. Each entry lists the group name, location, and schedule. A 'COMING SOON' badge is placed in the Northampton section. At the bottom, a small illustration of a woman holding a baby is shown next to the text 'Providing peer support to families regardless of feeding intentions or method'.

| Corby & Kettering | Daventry & Towcester | Northampton | Wellingborough |
|---|--|---|--|
| Infant Feeding Group @ Montagu Street Children's Centre NN16 8RX | Infant Feeding Group @ Towcester Family Hub The Forum NN12 6AD | Infant Feeding Group @ Blackthorn Children's Centre NN3 8QD | Infant Feeding Group @ Wellingborough Family Hub NN8 3XL |
| Mondays 10am-11:30am | Tuesdays 10am-11:30am | Tuesdays 10am-11:30am | Tuesdays 10am-11:30am |
| Infant Feeding Group @ Pen Green Centre NN17 1BJ | Infant Feeding Group @ Daventry Children's Centre NN11 4EY | COMING SOON Infant Feeding Group Upton Family Hub Wednesdays 1-2:30pm | |
| Wednesdays 10am-11:30am (Corby Families) | Fridays 10am-11:30am | | |

Providing peer support to families regardless of feeding intentions or method

Winter Mini Reading Challenge

Following the popular 'Story Garden' Summer Reading Challenge, the Winter mini challenge begins next week on Monday 1st December.

Children can read 3 books or more between 1st December and 20th February next year to earn digital rewards. Click on the link below for full details

Pop in and see us to choose your books and get cosy this winter with our reading challenge

[West Northants Winter-mini-challenge](#) and [Winter Mini Challenge | North Northamptonshire Council](#)



Spring Term Handling Anger in the Family

We're pleased to share that we will be running the popular 'Handling Anger in the Family' course again in January. This will be an evening, online course. This 4-session course focuses on how you and your child can understand and manage anger in a safe and healthy way.

These courses always fill up quickly so don't miss out! For more details and booking visit our website: [Events — Hope For Families](#)

Each session is 2 hours long and we will be running this course online. Throughout the course, we aim to help you build strong family relationships and increase your confidence as a parent or carer. We will talk about how you and your child can understand and manage anger safely and healthily. The 4 sessions will run at the following times and we ask you to attend every session to get the most out of the course;

Mondays 5th January-26th January 2025 Each session runs from 7.30pm-9.30pm

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.

To book your space please visit [Register here – Time Out for Parents - Mondays 5th Jan - 26th Jan Handling Anger in the Family – Zoom](#)



Time Out for Parents- Children with Additional Needs

Thursday 22 Jan 2026 to Thursday 12 March 2026 10am -12 Noon. Online, Zoom

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. 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.

Each session runs from 10am-12pm 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](#)



Parent Talk - Support for Parents from Action for Children

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

You can connect via live chat, WhatsApp or phone

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

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.



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/>

Are you worried about affording Christmas this year? Community Law Free Financial advice

Many of us are. And if you're already carrying debt, the festive season can feel even more overwhelming.

Here's what's happening: credit card APRs are at record highs, and 'buy now, pay later' schemes can tempt us into spending what we simply can't afford.

Last Christmas, people took over 4 months on average to clear their festive debts – and some are still making repayments even now.

Are you:

Worried about your finances?

Already in debt before the festive season starts?

Considering using credit cards or 'buy now, pay later' to cover costs?

Stressed about managing money in January?

If you answered yes to any of these, we're here to help – **NOW**, not in January when the crisis hits

Our debt advice is free and our friendly team can:

Work with creditors on your behalf

Show you options you didn't know you had

Stop small worries becoming big problems

The sooner you talk to us, the sooner you can take control of your finances and have a peaceful Christmas without the stress

All our services are FREE, confidential, and judgement-free.

Call 01604 621038 or email enquiries@communitylawservice.org.uk Or visit:
www.communitylawservice.org.uk



Laugh out Loud Theatre Company - Panto Tour

The Laugh out Loud Theatre Company are touring Northamptonshire through December, January and February with three shows 'The Snow Queen' 'Sinbad the Sailor' and 'Jack and his giant beanstalk'. Tickets are £4.34. Please check out their website below for the full list of shows and to book.

[Laugh Out Loud Theatre Company event tickets from TicketSource.](#)

Laugh Out Loud
-THEATRE COMPANY-

iDiscover

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](#). Workshops include Sleep workshops, Make Your Own Calm Kit, One Page Profiles, CYP Recruitment Panel training and What makes a Good Trainer



West Northamptonshire



Northants SEND Mummas December programme

Friday 5th December 10am – 4pm Resilience Day Workshop – Mensah Wellbeing. Email to book a place – wellbeingforimpact@gmail.com

Wednesday 10th December 11 am Book club – Lawrence's café

Thursday 11th December 6-8pm Christmas Party, Beserk (fully booked, please message on Facebook for waiting list)

Saturday 27th December 11 am Family Walk and Talk, East Carlton Country Park

For more information please check [Send Mummas Facebook group](#) or email northantssendmummas@hotmail.com



Northants SEND Mummas

Friday 5th 10-4pm Resilience Day workshop - Mensah wellbeing
(Email to book a place - wellbeingforimpact@gmail.com)

Wednesday 10th 11am Book club - Lawrence's cafe

Thursday 11th 6-8pm Christmas party, Bezark
(Fully booked message for waiting list)

Saturday 27th 11am Family walk and talk, East Carlton Country park



Coffee & Books Club

Come along to our monthly Book Club!
Whether your a bookworm or just looking for a new hobby. Make new friends and talk books over delicious coffee. All genres welcome.

| | | |
|----------------------|--------------------------------------|---|
| 11AM UNTIL 1PM | EVERY 2ND TUESDAY OF THE MONTH | LAWRENCES COFFEEHOUSE 35-37 ST GILES' ST NN1 1JF |
|----------------------|--------------------------------------|---|

Follow us for more @NorthantsSENDMummas

December with SENDS 4 Dad

Activities:

7th – Family Activity, Art and Crafts at Fernie Fields

13th – social at Zepic Games, Daventry (12pm – 2pm)

13th – Dad only Christmas Late Breakfast

14th – Mini Golf, Rushden Lakes

20th – Family Christmas Party at the Windmill Pub, Northampton (12pm -4pm)

For more information and to book go to [SENDS 4 Dad event tickets from TicketSource.](https://www.ticketsource.co.uk/sends-4-dad)

Social Events:

1st - 8pm Awards celebration at the Windmill Pub, Northampton

8th – Windmill Pub, Northampton

Weekly Happy Hub sessions at Frank Bruno Foundation, Wellbeing and Wavelengths session on 21st

[Sends 4 Dad Main Page Facebook](#) or email Sends4dad@gmail.com

[SENDS 4 Dad – Support for Dads and male carers who have a child or adult with special educational needs and/or a disability](#)



SENDS 4 DAD

DECEMBER WITH SENDS 4 DAD

ACTIVITIES
7TH - FAMILY ACTIVITY, ARTS AND CRAFTS AT FERNIE FIELDS
13TH - SOCIAL AT ZEPIC GAMES, DAVENTRY (12 PM TO 2 PM)
13TH - DAD ONLY CHRISTMAS LATE BREAKFAST
14TH - MINI GOLF, RUSHDEN LAKES
20TH - FAMILY CHRISTMAS PARTY AT THE WINDMILL PUB, NORTHAMPTON (12PM TO 4 PM)

FOR MORE INFORMATION AND TO BOOK GO TO WWW.TICKETSOURCE.CO.UK/SENDS-4-DAD

SOCIAL EVENTS:
1ST - 8PM - AWARD CELEBRATION @THE WINDMILL PUB, NORTHAMPTON
8TH - 8PM - THE WINDMILL PUB, NORTHAMPTON

WEEKLY HAPPY HUB SESSIONS
10 AM TO 11 AM AT THE FRANK BRUNO FOUNDATION

WELLBEING AND WAVELENGTHS
SESSION ON THE 21ST

MORE INFO:
f /sends4dadmainpage
✉ sends4dad@gmail.com
🌐 www.sends4dad.org.uk

SENDSational Moves classes - free trial sessions available

Northants SEND mummies & SENDsational Moves are collaborating to bring you an event to participate in a trial SENDsational Moves class!

Classes are below;

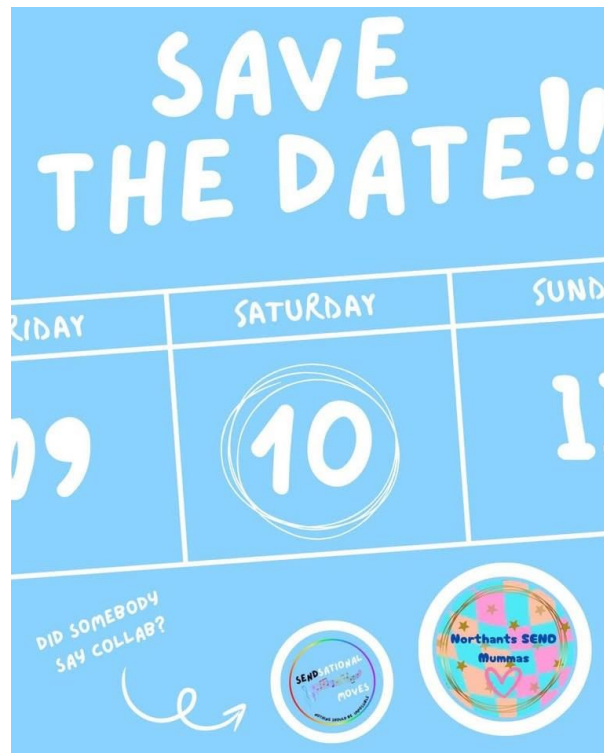
3yrs - 6yrs @ 12:30pm-12:50pm

7yrs - 11yrs @ 1:10pm-1:30pm

12yrs - 16yrs @ 1:50pm - 2:10pm

To book your place please follow the link below: [Our schedule | SENDsational Moves LTD | Powered by ClassForKids](#)

We can't wait to meet you



Parenting Programmes

Positive Parenting Programme for parents of children with additional needs

Thorplands Children's Centre, Farm Field Court, Northampton NN3 8AQ

These are free to attend, and you can register on our Eventbrite page [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

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.

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

Group stepping stones Triple P 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

Group stepping stones is a great chance to meet other parents in similar situations facing similar issues. Sometimes just knowing you are not alone is very important.

Positive Parenting Programme for parents of children 0 to 12

Programme attendance is for 8 weeks, every Tuesday, 12:30 - 14:30, from 13 January 2026 through to 24th March 2026, Term Time only at Blackthorn Children's Centre, Longmead Court, Northampton NN3 8QD

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

All sessions must be attended for completion - please note we do not provide creche services.

To reserve your free space please visit our Eventbrite page [Positive Parenting Programme for parents of children 0 to 12 Tickets, Tue, Jan 13, 2026 at 12:30 PM | Eventbrite](#)



Transition to Secondary School Seminars 2026

Are you a parent or carer of a child in Year 4 or 5 who has an EHC Plan or receives SEN Support in school?

Join the [Sendiass West Northants](#) team for one of their Transition to Secondary School Seminars 2026 — designed to support a positive move from primary to secondary school for children with Special Educational Needs and/or Disabilities (SEND).

Upcoming sessions:

- Northampton Guildhall – The Court Room

28th January 2026, 10am – 12.30pm

Register: [28th January Guildhall](#)

- Online Seminar

11th February 2026, 12pm – 2pm

Register: [11th February Online](#)

- Towcester – The Forum, Council Chamber

3rd March 2026, 10am – 12noon

Register: [3rd March The Forum Towcester](#)

Booking is essential.

For more information, email Carmel at Carmel.Byrne@westnorthants.gov.uk



Transition to Secondary School Seminars 2026

This event is for you if you are a Parent / Carer of a Child in Year 4 or 5 who either has an EHC Plan or who receives SEN Support in School.

Supporting the positive transfer from Primary to Secondary School for Children with Special Educational Needs and / or Disabilities (SEND)



| | |
|---|--|
| Northampton Guildhall - The Court Room - 28th January 2026 10am - 12.30pm https://tinyurl.com/3kznmdef |  |
| Online Seminar - 11 th Feb 2026 12pm to 2pm https://tinyurl.com/53kmh6py |  |
| Towcester The Forum - Council Chamber - 3 rd March 2026 10am to 12noon https://tinyurl.com/r2vtswev |  |

Booking is Essential!
Email Carmel on Carmel.Byrne@westnorthants.gov.uk to request more information regarding the events

Kinship Carers Wellbeing Hub

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

If so please join us on the first Thursday of the month at Duston Community Centre, Pendle Road, Northampton, NN5 6DT. From 11am to 1pm. This is an adult only group. Term time only. Refreshments and a warm welcome provided.

For more information, please contact Northamptonshire Carers on 01933 677907

Northamptonshire Carer. Supporting Carers countrywide.

[Northamptonshire Carers Association](#)



Kinship Carers Wellbeing Hub

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

If so please join us on the 1st Thursday of the month at **Duston Community Centre**
Pendle Road, Northampton. NN5 6DT
From 11am-1pm.

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

For more information please contact
Northamptonshire Carers on 01933 677907

Northamptonshire Carers, supporting Carers countywide.
www.northamptonshire-carers.org
Registered Charity number 1061417.

Mind Winter Wellbeing in the Workplace

Dreading winter and wondering how to cope?

Join us on Tuesday 9th December for a free, 30-minute online session designed to help your team not just survive, but thrive during winter.

Burnout to Balance: Winter Wellbeing in the Workplace

11:00 – 11:30 AM

On Microsoft Teams

Perfect for managers, HR teams, and employees alike.

In just half an hour, gain practical tools to reduce stress and create a healthier, more productive workplace.

It's free

It's virtual

It's vital

Register your team today!

[Burnout to Balance: Winter Wellbeing in the Workplace Tickets, Tue, Dec 9, 2025 at 11:00 AM | Eventbrite](#)



Get involved with Northampton Film Festival - Young Programmers

Are you interested in the Arts and Film? Are you 11 – 25 years old based in Northants?

Want to help us design events from Northampton Film Festival 2026 and The Creative Place?

Northampton Film Festival is looking for young people to join our new Young Programmers scheme – where you will work with filmmakers, artists and art producers to design events to take place in early 2026.

We are looking for young people who are 11-18yrs or 19-25yrs, and we also have a designated group for disabled and neurodiverse young people.

For more info go to: <https://northamptonfilmfestival.co.uk/getinvolved/>



FREE IT Courses

Introduction to AI : develop a basic understanding of AI, including its applications in various industries, fundamental concepts like machine learning and neural networks (simply explained), and ethical considerations. You will also get hands-on experience with simple AI tools and platforms in the comfort of a classroom.

Tuesday 13th January 13.00 – 15.00 Weston Favell Library

Secure online shopping and banking: learn the basics of online shopping and banking, including how to navigate shopping websites, make secure transactions, and manage online banking accounts. You will also gain tips on recognising and avoiding online scams.

Wednesday 14th January 17.00-19.00 Vulcan Rooms Northampton

Tuesday 3rd February 13.00-15.00 Weston Favell Library

Digital Literacy for everyday life: Learn a range of essential digital skills for daily life, including using e-mail for communication, managing digital calendars for organisation, understanding and utilising cloud storage for file management and collaboration, and effectively finding and managing information online.

Tuesday 2nd December 17:00- 19:00 Vulcan Rooms Northampton

Social media and video conferencing: learn about popular social media platforms (eg Facebook, Twitter, Instagram) and video calling tools (eg Zoom, Microsoft Teams). You will learn how to create accounts, connect with others, and use these tools for personal and professional communication.

Wednesday 3rd December 10:00 - 12:00 Weston Favell Library

Wednesday 4th February 17:00- 19:00 Vulcan Rooms Northampton

Email us to book your place for free eve.gordon@northnorthants.gov.uk

[Northants Adult Learning](#)

Adult Learning
Northamptonshire

FREE IT COURSES

Introduction to AI:

Develop a basic understanding of AI, including its applications in various industries, fundamental concepts like machine learning and neural networks (explained simply), and ethical considerations. You will also get hands-on experience with simple AI tools and platforms in the comfort of a classroom.

- Tuesday 25th November - 13:00 - 15:00 - Vulcan Rooms Northampton
- Tuesday 13th January - 13:00 - 15:00 - Weston Favell Library

Secure online shopping and banking:

Learn the basics of online shopping and banking, including how to navigate shopping websites, make secure transactions, and manage online banking accounts. You will also gain tips on recognising and avoiding online scams.

- Tuesday 4th Nov - 10:00 - 12:00 - Vulcan Rooms Northampton
- Friday 7th November - 09:30 - 15:30 - Towcester Forum
- Wednesday 14th January - 17:00 - 19:00 - Vulcan Rooms Northampton
- Tuesday 3rd February - 13:00 - 15:00 - Weston Favell Library

Email us to book your place for FREE

✉ eve.gordon@northnorthants.gov.uk

🌐 www.northantsadultlearning.ac.uk

North Northamptonshire Council | West Northamptonshire Council | Funded by UK Government

DISC Disability Inclusive Sports Club

Towcester Sessions. First and Third Sundays. 3pm to 4pm. Towcester Centre for Leisure.

Daventry Sessions. Fourth Sunday, 1pm to 2pm. Daventry Leisure Centre.

Free to attend. Donations welcome.

Tel: 01933 677907 Email :Disc@northamptonshire-carers.org

Check out our website: Northamptonshire-carers.org [DISC](#)

Follow us on Facebook to find out what activities we have planned each week [DISC Facebook Page](#)



Disability Inclusive Sports Club



| | |
|---|--|
| Towcester Sessions 1st & 3rd Sundays, 3-4pm Towcester Centre for Leisure | Daventry Sessions 4th Sunday, 1-2pm Daventry Leisure Centre |
|---|--|

Free to attend – Donations welcome

☎ 01933 677907 ✉ disc@northamptonshire-carers.org
 🌐 northamptonshire-carers.org/disc 📘 facebook.com/DISCTOWCESTERUK

Strong Start at West Northants Family Hubs

Family Hubs offer a safe, welcoming space for all families with children aged 0 to 19 years (or 25 years for a young person with a special educational need or disability).

Family Hubs bring services together, making it easier for families to get the help they need - giving babies the best start for life and continuing that support through adolescence.

Strong Start are part of Family Hubs.

They provide information, advice and early learning activities for parents with children from 0 to 5 years old.

Please visit our website for details of all the services we provide: [West Northants Family Hubs](#)

To join one of our sessions, we ask that families also register with West Northants Family Hubs using the following link: [Family Hubs Registration Form](#) The full list of events for West Northants can be found on Eventbrite [Strong Start At West Northants Family Hubs Events - 15 Upcoming Activities and Tickets | Eventbrite](#)



Strong Start Team - Under 1's Sensory

Are you an expectant family or have recently welcomed a baby to your family and live in Northamptonshire? Then why not join one of our weekly baby groups.

We offer:

- A chance to speak with other parent & parents to be
- Expert advice and information from our Early Years Workers
- A range of resources and activities for your baby to enjoy
- A free hot drink as a treat to yourself
- Visits from local healthcare professionals or local organisations

In West Northants the Strong Start Team run Under 1's Sensory. This is a weekly bookable play based session for families with babies who are under one to explore different sensory themed activities. You are more than welcome to come if you are pregnant. Our team will be able to give you helpful antenatal information and signpost you to local services.

Daventry Under 1's Sensory at the Daventry Children's Centre/family Hub

Monday 10 am - 11.30 am (except Bank Holidays)

Towcester Under 1's Sensory at the Towcester Family Hub (inside the Forum). Please note new time.

Monday 11am – 12.30pm (except Bank Holidays)

Kingsthorpe Under 1's Sensory at the Kingsthorpe Children's Centre

Every Wednesday 1pm – 2.30pm

To book Under 1's Sensory please visit [ticket source west northants council Under 1s Sensory](#)

Please do add yourself to the waitlist if any of the sessions are fully booked. That way we can contact you if we have cancellations.

We look forward to seeing you.



Towcester, Brackley and Surrounding Villages



SNVB Community Larders – Towcester and Roade

Please see our Christmas Larder opening times

Roade: Monday 22 December 1.30pm to 2.15pm.

Towcester: Tuesday 23 December 4.30pm to 7pm

Open to everyone. Time TBC depending on food collections.

Thursday 25 December. Closed.

Roade: Monday 29 December. 1pm to 2.15pm

Towcester: Tuesday 30 December. 4.30pm to 7pm

Wednesday 31 December and Monday 1 January Closed.

Normal sessions resume on the 5 January 2026.

Please check our page over the festive period as we sometimes have extra pop ups

We plan to have a Christmas Eve pop up but time (and what is available!) will be dependent on food collections. It will be open to everyone with donations welcome.

Big thanks to our volunteers for providing our services throughout the festive season, when we know it can be a lifeline for so many.



Tove Benefice Christmas Day Lunch Pack

We have some spaces on for Christmas Day Lunch Pack (which is free), so the final cut off has been extended to Friday 12th December.

Please do let friends and neighbours know - individuals or couples who will be on their own this Christmas.

Delivery between 10-12 on either Christmas Eve or Christmas Day.

A final reminder about Christmas day lunches - please book your place by 12 December

If you know individuals or couples who are on their own this Christmas, please contact the benefice office on 01327 350459 or tovebeneficeoffice@gmail.com

There is no charge for the lunches, and they will be delivered to the persons door. We will do our best to meet dietary requirements.

We are grateful to the sponsorship we have received from individuals and others which includes [The Rotary Club of Towcester](#), [Tesco](#) Towcester and [J & A and Just As Dress Agency](#).
[The Diocese of Peterborough](#)



Christmas Kids Disco

Join us for Christmas Kids Disco for B Yourself Charity

The Paisley Pear with [Spectra Discotheques Facebook](#)

Monday 22nd December

10am –12.00 midday

£5/child ticket only event

The Paisley Pear Northampton Road, Brackley.

Get booked in and grab your ticket to secure your space. Don't miss out. Contact The Paisley Pear today. Or pop in and speak to the team.



Brackley Christmas Tractor Run

Brackley Christmas Tractor Run is back for its fifth year! Join us at 6pm on **Sunday 7 December** along the parade route to see the spectacular display of tractors adorned in brilliant lights and Christmas decorations.

The tractors parade up Poppyfields Way, down Humphries Drive, along Banbury Road, then up the High Street. We kindly ask that residents do not gather at Sainsbury's this year, as the car park is closed, and with over 100 tractors arriving it can be quite unsafe!

Instead, we suggest wrapping up warm, finding a good viewing spot along the route, and enjoying the run from there!

This year we will once again be raising money for the **Farm Safety Foundation - Yellow Wellies**, an excellent organisation that supports young farmers mental health. Make sure to bring some coins or donate via the QR codes along the route.

[Brackley Christmas Tractor Run | Facebook](#)

and

Brackley Litter Wombles

Saturday 6th December

10am - 12 Noon

Meet at the drop off point at big Tesco

Dress Festively

If you want to find out more, please get in touch with Trish who organises our community litter picks.

Email brackleylitterwombles@gmail.co.uk



Community Christmas Carol Service

Brackley Town Piazza, 21st December 2025. 6pm to 7pm.

The Community Carols Service returns to the town centre this year! Join residents outside the Town Hall to sing favourite Christmas carols beneath the glow of the Christmas trees. Song sheets will be provided so everyone can join in, and refreshments will be available to enjoy during the evening.



Brackley Chatty Cafe - Change of Venue

After 18 fantastic months being hosted by Danny and his wonderful team at The Old Fire Station, The Chatty Cafe community has grown and grown and it's time to move to a new location on a Tuesday.

From Tuesday 25th November onwards, we will now have exclusive access to the cosy Dining room at The Crown Hotel from 3-5pm

As ever everyone is welcome, so why not take this change in venue as a reason to try something new.

There are 3 times each week when you can join in:

Every Monday 2pm to 4pm Esquires Coffee, Juno Crescent, Brackley

Every Tuesday 3pm to 5pm. The Crown Hotel. Market Place, Brackley

Every Thursday 630pm onwards. The Paisley Pear, Northampton, Brackley

Stay for 5 minutes or longer if you are enjoying chatting! Having a chat can brighten someone's day.

Chatty Cafe Scheme



The 'Chatter & Natter table' is a wonderful way of encouraging people of all ages to talk to others. During the days and times below, the table will be hosted by a friendly volunteer. Do come along and sit for a chat.

| | |
|--|---|
| Every Monday 2pm - 4pm | Esquires Coffee Juno Cres, Brackley |
| Every Tuesday 3pm - 5pm | The Crown Hotel Market Pl, Brackley |
| Every Thursday 6.30pm onwards | The Paisley Pear Northampton Road Brackley |

Stay for five minutes or longer if you're enjoying chatting!



Having a chat can brighten someone's day

www.thechattycafescheme.co.uk



Brackley and District Band

Where to find us this Christmas season!

We're dusting off the tinsel, polishing the brass and spreading Christmas cheer across the local area over the coming weeks! Come along, say hello, and enjoy some festive favourites

Sunday 7 December

Wappenham Farm 2pm to 3:30pm

Saturday 13 December

Tesco from 09:30am

Sunday 14 December

Tesco from 09:30am

Monday 15 December

Christmas Concert – St Peter's Church

7:30pm Sunday 21 December

Carols on the Piazza 6pm

Wednesday 24 December

The Butchers Arms, Kings Sutton 3pm to 5pm (tbc)

We'd love to see you —let's make this Christmas magical together!



Towcester Rotary's Naughty Elf Competition

HELP! HELP! HELP! - Rotary Santa is in need of your little people's help. 16 of his Elves from the Present Packing Department have gone absent and are hiding somewhere in the shops of Towcester. So Rotary Santa is sending out a SOS for people to help find them. These naughty Elves need to be identified and reported back to Rotary Santa and to do that you

need an entry form which can be obtained from the Town Hall, The Towcester Museum & Visitor Centre or Humbugs Card Shop.

This is a Rotary Club of Towcester sponsored competition, the proceeds of which go towards the Club's local charities. The fee to enter is £1 per entrant.

There is a prize of a £25 Christmas voucher for the person who can identify the most elves. In the event of a tie a draw will be made to decide the winner.

So come on little people, YOUR help is needed. But just to let you know present packing is well on its way.

For further information please send an email to santa2025@towcester-rotary.org.uk



The poster features the Rotary Towcester logo at the top left, a small image of Santa's sleigh flying through a night sky with a full moon, and a cartoon elf standing on a circular seal that says 'UNITE FOR GOOD 2025 - 2026'. The main title is 'Rotary's NAUGHTY ELF COMPETITION'. Below it, the text reads 'Visit the shops of Towcester to spot Rotary's NAUGHTY ELVES' and 'The prize is a £25 Amazon Voucher'. A dark blue box contains the text 'Entry Forms available from: The TOWN HALL, TOWCESTER MUSEUM and HUMBUGS'. To the right, it says '£1 per entry'. A green box at the bottom states 'Closing date — 22nd December' and 'Return entries to the TOWN HALL'. At the very bottom, small text reads 'All proceeds to local Rotary Charities' and 'Charity No.1059631'.

Rotary
Towcester

Rotary's
NAUGHTY
ELF COMPETITION

Visit the shops of
Towcester to spot
Rotary's NAUGHTY ELVES

The prize is a £25 Amazon Voucher

Entry Forms available from:
The TOWN HALL, TOWCESTER
MUSEUM and HUMBUGS

£1
per entry

Closing date — 22nd December
Return entries to the TOWN HALL

All proceeds to local Rotary Charities
Charity No.1059631

Towcester Rotary Santa on Tour

Look out for the live Santa Tracking details on our Facebook page [Towcester Rotary Club/Facebook](#)

Aldi

12 Noon to 3pm Friday 5 December

10am to 3.30am Saturday 6 December

10am to 2pm Sunday 7 December

Farmers Market. 10am to 12 Noon. Friday 12 December

Racecourse Estate 5pm to 8pm Friday 12 December

Brook House 7pm to 7.30pm Monday 15 December

Leisure Centre

4pm to 5.30pm Monday 15 December

9am to 11am Wednesday 17 December

Carols in the Square 6.30pm Thursday 18 December

Tesco

12 to 4pm 19 December

10am to 3:30pm Saturday 20 December

10am to 2 Sunday 21 December

Waitrose

12 Noon to 3.30pm Friday 12 December

10am to 3.30pm Saturday 13 December

10am to 2pm Sunday 14 December

12 Noon to 4pm Monday 22 December

12 Noon to 4pm Monday 22 December

12 Noon to 4pm Tuesday 23 December

Art Tea Rooms, Wakefield Farm, Potterspury

4pm to 5.15pm Thursday 18 December

9am to 10.30am Saturday 21 December

3.30pm to 5.30pm Sunday 21 December

Email your letters to Santa to santa2025@towcester-rotary.org.uk

[Towcester Rotary Club - Santa 2025](#)

[Towcester Rotary Club Facebook](#)



Letters to Santa at Towcester Library!

Santa's magical post box has arrived at Towcester Library!

Drop off your letter to Father Christmas and we've been officially informed by the North Pole that the Christmas Elves will reply to every single one!

Replies will be ready to collect from the week beginning 15th December – just in time to add some festive sparkle to your countdown!

Don't forget to include your name and age so the elves don't get their snowy mittens in a muddle!

We hope you're all on the Nice List!

Pop into the library and post your letter soon – the sleigh is waiting!



Towcester Library - Christmas Crafts

Christmas Card Making

Get creative and make your own Christmas cards using our selection of craft materials.

There's no tuition – just bring your own ideas and let your imagination run wild!

Drop in anytime during the day on:

Monday 1st December

Monday 8th December

Monday 15th December

The sessions are free, but donations are always gratefully received to help support future activities.

Christmas Pompom Gift Label Craft

Includes a warm drink and a sweet treat

Saturday 20th December 10am-12pm and Tuesday 23rd December 10am-12pm

£2 per person, all are welcome

Please book at towcester.libraryplus@westnorthants.gov.uk or at the library help desk

Children's Christmas Decoration Craft

Get creative this festive season at Towcester Library!

Join us to make 2 beautiful Christmas decorations and enjoy festive refreshments.

Monday 22nd December 2pm £2 per child

All materials provided – just bring your Christmas spirit!

Booking essential: Email Towcester.LibraryPlus@westnorthants.gov.uk to reserve your space.

Penguin winter treat

Join us for a cozy crafting session where we'll be making adorable penguin-themed creations!

Date: 29th December 2025 Time: 2pm Location: Towcester Library

Enjoy a relaxing afternoon with crafting, squash, and biscuits – perfect for a winter treat!

All materials provided. £2 each Suitable for children age 3+

Booking essential: Email Towcester.LibraryPlus@westnorthants.gov.uk

Spaces are limited – book now to avoid disappointment!



🎄 Christmas Card Making 🎄

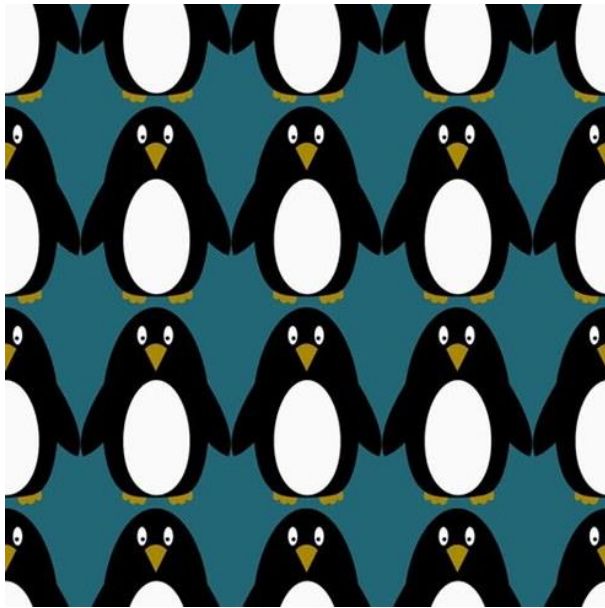
Get creative and make your own Christmas cards using our selection of craft materials.

There's no tuition - just bring your own ideas and let your imagination run wild!

Drop in anytime during the day on:
Monday 1st December
Monday 8th December
Monday 15th December

This session is free, but donations are always gratefully received to help support future activities.

The poster features a central illustration of a mistletoe branch with red berries and green leaves, set against a teal background with white stars and circles. The illustration is framed by a yellow scalloped border, which is itself set within a larger pink scalloped border.



Date for the diary - Read-a-Thon

We're so excited to announce our all day Read-a-Thon that we're hosting on Saturday 24th January from 9.30am-4.30pm. This is open to anyone **aged 16+**

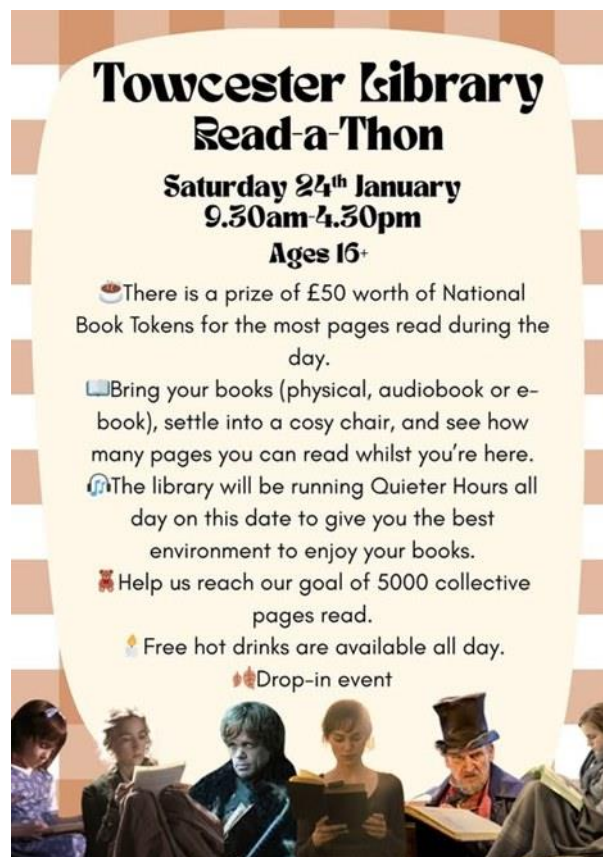
There is a prize of £50 worth of National Book Tokens for the most pages read during the day. It's the taking part that really counts though as we try to reach our goal of 5000 collective pages read.

Bring your books, settle into a cosy chair, and see how many pages you can read whilst you're here.

The library will be running Quieter Hours all day on this date to give you the best environment to enjoy your books.

Free hot drinks are available all day.

Drop-in event.



Christmas Arts & Crafts Afternoon - Adults

Saturday 6th December 2025 (1.30 PM - 3.00 PM) at the Renew 169 Cafe, 169 Watling Street, Towcester, Northants, NN126BX

Bereavement support charity, The Never Alone Project, will be hosting a Christmas Arts & Crafts Afternoon in remembrance of loved ones, entitled 'Making Memories'. It will be held at the renew169 café on Saturday 6th December, from 1.30pm - 3pm.

No crafting experience needed

All materials provided

Enjoy a cup of tea or coffee and a mince pie

For a donation of £3.50

Adults only

To book your place please press on the link: [Adult Arts and Craft Event - making Memories](#)

Email: [Jemma Campanaro](mailto:Jemma.Campanaro) for more information.



Join us in Towcester



Community Christmas Arts and Craft Event



Saturday 6th December

1:30pm - 3pm



Location: Renew169, Well Being Cafe, 169
Watling Street, Towcester, NN12 6BX



Home Ed PE – Mondays

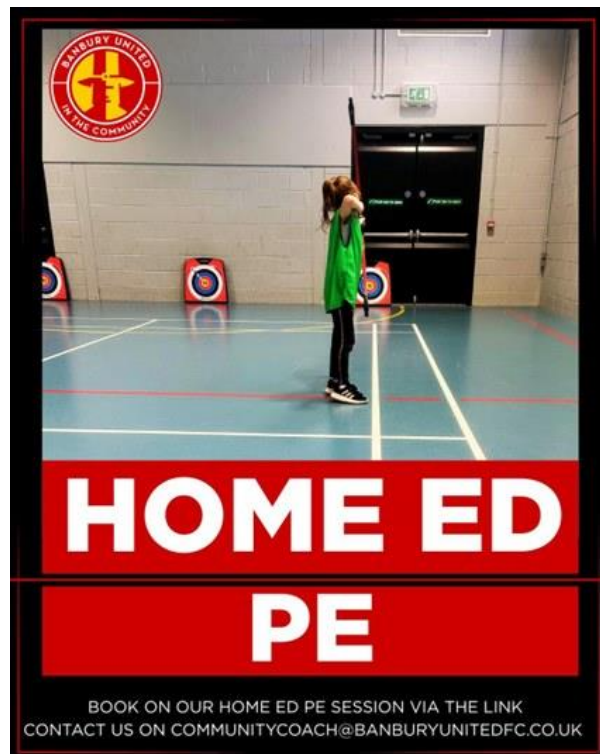
Join us every Monday for our PE sessions for children who are currently being home educated at The Hill Community Centre!

Secondary School Age: 10:00 – 11:00

Primary School Age: 11:00 – 12:00

Both sessions held at The Hill Community Centre

Book your place here: [Banbury United Football Club Events - 10 Upcoming Activities and Tickets | Eventbrite](#)



Towcester Toddler Trundle

The Forum, Towcester

Day: Tuesday

Time: 1pm – 2pm

Next Date: 9th December

To book your free spaces please visit our Eventbrite page [Towcester Toddler Trundle Registration, Multiple Dates | Eventbrite](#)

A one hour relaxed walk from the Towcester Family Hub around the Water Meadows, with a focus on toddlers learning to use a balance bike.

Our Toddler Trundle balance bike sessions are informal with a chance to meet other parents, the Family Hub Team and professional partners.

These sessions are a wonderful way improve your social circle, provide you with information and help you access further support if required.

With this session you can book a balance bike and helmet for your toddler to use on the walk.

Families with babies are very welcome to come as well. If you do not require a balance bike or helmet, please answer NO to the questions.

Due to the number of balance bikes available, they will be allocated by date & time of booking.

The helmets provided must be worn by the child using the balance bike.

You may bring your own balance bike & helmet. Again, your child must wear a helmet.

(it must be a balance bike, and not a cycling bike)

During our Toddler Trundles, parents / carers are responsible for the safety of their children at all times.

Please register with West Northants Family Hubs before you attend this free session. You can register here: [Family Hub Registration](#)



EnFold - Understanding Behaviour That Challenges

Family Hub at The Forum, Towcester

Day: Wednesday

Date: **January 21st January 2026**

Time: 10am - 12noon

[EnFold - Understanding Behaviour That Challenges Tickets, Wed 21 Jan 2026 at 10:00 | Eventbrite](#)

En-Fold Autism Support and Information session for parents / carers of children who are on the Autism and ADHD diagnostic pathway.

Join us for the EnFold Autism Support and Information Session for parents / carers of children who are on the Autism and ADHD diagnostic pathway.

This particular event focuses on understanding behaviour.

Whether you're just beginning this journey or looking for ongoing guidance, this event is designed to help you feel informed, empowered, and supported.

What to Expect:

Welcome to EnFold – Learn about our mission, services, and how we can support you and your family.

1:1 Support Opportunities – Find out how to access personalised support sessions with our experienced team.

Meet Other Parents – Connect with others on similar journeys in a safe, inclusive space.

Limited to 50 spaces!

This session is for parents and caregivers only.

Each ticket admits one adult. If more than one adult in the family is attending, please book another ticket with their name and contact details. Any further questions please contact tracy@enfold.org.uk



Towcester Young Persons Sexual Health NHFT Drop In

1st Thursday of each month

Time: 3.30pm - 4.30pm

To reserve a space please visit our Eventbrite page [Towcester Young Persons Sexual Health NHFT Drop In Registration, Multiple Dates | Eventbrite](#)

Our monthly confidential sexual health and advice group

Looking for confidential sexual health advice and support? Join us at the free NHFT Sexual Health Drop-In at Towcester Family Hub.

Our specialist team can provide:

- Free, confidential sexual health advice
- Guidance on healthy relationships and wellbeing
- Contraception information and supplies
- STI testing and treatment
- Pregnancy testing and support

No appointment needed – just drop in and speak to a member of our friendly team in a safe, private space.

You will receive a confirmation email regarding this booking. If you would prefer not to receive an email, please enter no@noemail.com when booking.



Towcester Messy Makers (ages 1-2)

Day: Thursday

Time: 10am - 11am

Date: 11th December

Towcester Family Hub

Join us for Messy Makers, a fun and creative playgroup designed especially for toddlers aged 1–2. Each session gives little ones the chance to explore, create, and discover through messy play and sensory activities. From squishing and splatting to mixing and exploring textures, children can enjoy hands-on experiences that encourage curiosity, creativity, and early learning.

Messy play helps support fine motor skills, imagination, and confidence, while giving your child the freedom to explore in a safe, welcoming environment. Best of all – the mess stays with us, not in your home!

Come along, let your toddler dive into the fun, and watch them become a true Messy Maker.

Please register with West Northants Family Hubs before you attend this free session. You can register here: [Family Hub Registration](#)

To book your free space please visit our Eventbrite page [Towcester Messy Makers \(ages 1-2\) Registration, Thu 11 Dec 2025 at 10:00 | Eventbrite](#)



Dads - Free Saturday Stay and Play

Join Dads Area each month for their FREE Stay & Play - a relaxed play session just for Dads and their under-2s - older siblings & partners welcome too!

10:00am - 11:30 am Every last Saturday of the month

The Forum, Towcester, NN12 6AD

Cuppa, chats, toys, and plenty of space to laugh, bond, and breathe.

Parenting, together In the group, we can chat about ways to ease the everyday pressures of parenting and find calmer ways to handle challenges at home – including how we talk and listen to each other as parents. It's part of the Reducing Parental Conflict initiative, with free online tools and short courses at oneplusone.org.uk/parents

Let's build stronger connections – for us and our children. A friendly space to connect, play and support each other as Dads.

[Dads Area Facebook](#)

NEW!
monthly

STAY & PLAY
at
THE FORUM!

DADS AREA

100% FREE!

A free monthly play session for Dads and their little ones (0-2 years) Older siblings & partners welcome!

Date: Every last Saturday of the month
Time: 10am - 11.30am
Location: The Forum, Towcester NN12 6AD

Play, laugh & enjoy time together Bond with your baby or toddler
Chat with other Dads over a cuppa Support when you want it
Share ideas around parenting & relationships

PARENTING, TOGETHER

In the group, we can chat about ways to ease the everyday pressures of parenting and find calmer ways to handle challenges at home - including how we talk and listen to each other as parents. It's part of the Reducing Parental Conflict initiative, with free online tools and short courses at: oneplusone.org.uk/parents

Let's build stronger connections - for us and our children
A friendly space to connect, play, and support each other as Dads

Thomas's Fund Music Group

Do you have a little one with additional needs who would love to explore music in a safe, supportive and fun environment?

Join our 10-week music therapy programme, led by an HCPC Registered Music Therapist with support from the Towcester Family Hub team. Through percussion instruments, action songs and structured activities, children will build communication, social and cognitive skills—all while having fun!

Wednesdays from 12th November

1:30–2:30pm

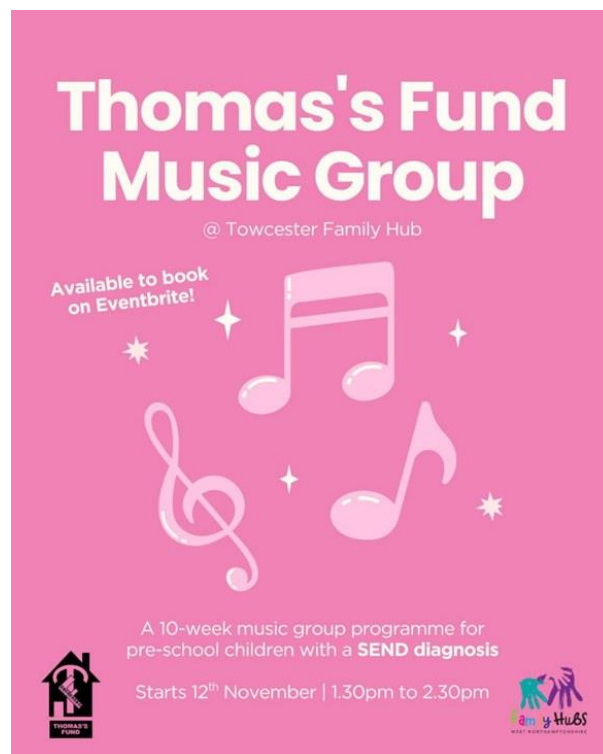
Towcester Family Hub

Book the first 5 weeks now (final 5 open from 3rd Dec)

Parent feedback: "By the last session, my child was like a different child—engaging, making eye contact, and joining in with joy."

Spaces are limited—don't miss this chance to see your child shine through music!

[Thomas's Fund - Pre School SEND Music Therapy Group \(Towcester\) Registration, Multiple Dates | Eventbrite](#)



Sinbad the Sailor - Panto at Kings Sutton

Sinbad the Sailor

Come join the Laugh Out Loud Theatre Company and Kings Sutton Preschool for a family afternoon of laughs, mishaps, and slapstick chases, this is a fun-filled family show not to be missed!

Sunday 14 Dec 2025 1:30 PM - 3:30 PM Kings Sutton Millennium hall, OX17 3PG

Tickets are only £6 each and under 2's are free!

Family tickets available. (Children aged 12 and under)

Doors open 1PM with the show starting 1.30PM

During the interval refreshments will be available before the grand finale!

We will also have a small stall for the children to spend their pocket money and a chance to win a prize with our raffle with some lovely prizes up for grabs!



Towcester Community Law Support Session

Our friendly team can offer guidance on a range of everyday legal issues.

Need advice on legal matters but not sure where to start? Come along to our free Community Law Drop-In at Towcester Family Hub. (Please note there are no children's activities).

Our friendly team can offer guidance on a range of everyday legal issues, including:

- Housing and tenancy
- Employment and workplace rights
- Family and relationship matters
- Debt and money concerns
- Accessing local services and support

No appointment is needed – just drop in for a confidential chat. We'll listen, point you in the right direction, and help you access further support if needed.

Third Wednesday of each month at 9am - 12pm



Coffee Meet Up – Parents of Neurodivergent Children - Banbury

A weekly meet up for parents of autistic and neurodivergent children to chat over a cuppa! Children welcome to come.

Every Friday morning Pinto Lounge, Spiceball Park Road, Banbury OX16 2PA

09.30 til 12.00 Connect with other families and enjoy some free pastries. Board games/toys available.



Towcester - Northamptonshire Carers "Carers Cafe"

The Forum, Whittons Ln, Towcester NN12 6AF

Come along to meet other carers, share experiences, and take some time for yourself in a relaxed and friendly setting.

Are you looking after a loved one? Whether you care for a family member, friend, or neighbour, the Carers Café is a welcoming space just for you.

Come along to meet other carers, share experiences, and take some time for yourself in a relaxed and friendly setting.

At the Carers Café, you can:

Connect with others who understand the ups and downs of caring

Enjoy a cuppa and a chat in a supportive atmosphere

Find out about local services, information, and advice from [Northamptonshire Carers](#)

Take a well-deserved break from your caring role

Frequency: **Third Tuesday of each month**

Day: Tuesday

Time: 11am - 1pm

For venue information please watch our YouTube playlist [Towcester Family Hub Venue Information](#).



Home Ed Meet @ Chatty Parrot Café Tuesday afternoons

Home Ed Meet @ Chatty Parrot Café Tuesday afternoons

23 Market Place, NN13 7AB

1.30 – 4.30pm drop in social session – lego, puzzles, games available; FREE with a purchase from the café

1.30 – 2.30 KS1/2 English & Maths - £48 for 6 weeks (£30 for additional siblings)

3.30- 4.30 KS3/4 English & Maths - £60 for 6 weeks (£42 for additional siblings)

Functional skills tutoring available upon request with same fee structure.

Home Ed Meet
 @
Chatty Parrot Cafe
Tuesday
afternoons



23 Market Place
 NN13 7AB

1:30 - 4:30 drop in social session - Lego, puzzles, games available; FREE with a purchase from the cafe.

1.30 - 2.30 KS1/2 English & Maths
 -£48 for 6 weeks (£30 for additional siblings)

3.30 - 4.30 KS3/4 English & Maths
 -£60 for 6 weeks (£42 for additional siblings)

Functional skills tutoring available upon request with same fee structure.

LGBTQIA+ Drop in Session - Brackley

LGBTQIA+ Drop in session 2025. 7pm All ages welcome

18 December

Chatty Parrot Cafe, 23 Market Place, Brackley, NN13 7AB

Mental Health Friends Admin@mentalhealthfriends.co.uk or Tel:07598 275970



LGBTQIA+ Drop in Session
2025 - 7pm

17th July 16th October
 21st August 20th November
 18th September 18th December

Chatty Parrot Cafe
 23 Market Place
 Brackley
 NN13 7AB



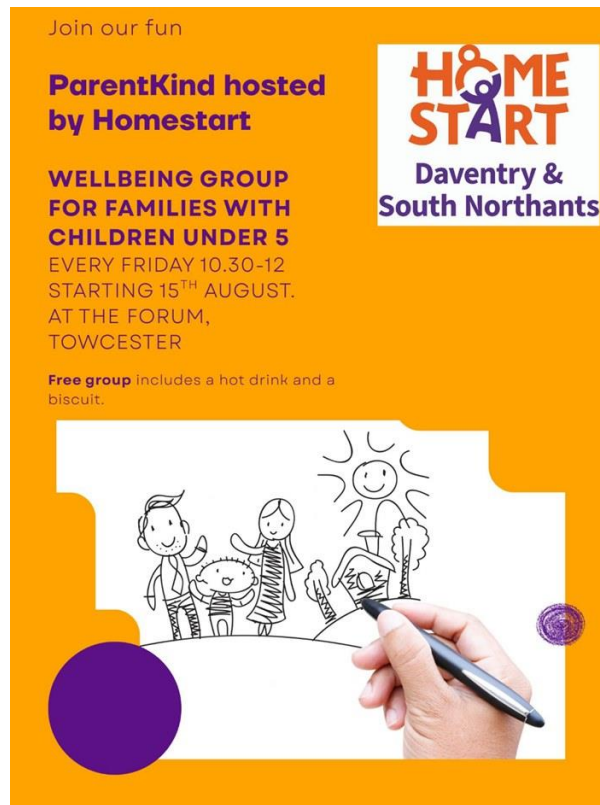
Mental Health Friends
 admin@mentalhealthfriends.co.uk
 07598275970

ParentKind - wellbeing group for families hosted by Homestart

ParentKind hosted by Homestart -Wellbeing group for families with children under 5

Every Friday at 10.30- 12. Come join us for a cuppa & a chat.

The Family Hub, The Forum, Moat Lane, Towcester, Northamptonshire, NN12 6AD



Emotional wellbeing drop in for 8 - 18yrs

We have revised the emotional well being drop-in at The Chantry House, 88 Watling Street Towcester. The times are the same 4.00pm-8.00pm but we have brought the **age range down** so that **young people aged 8 and above** with a parent or carer can pop in for a chat. The upper age limit is 18. We ask please that you come along by 7.30pm at the latest if possible to give us time to talk.

Wednesday 4pm – 8pm – TOWCESTER Age: 8 – 18

Time2Talk, Chantry House, 88 Watling Street, Towcester NN12 6BT - Simply go through the gate and knock on the black door and a support worker will come to meet you.

Drop in during our opening times or book an appointment by calling 01327 706706

For more info: email info@time2talk.org.uk or visit [Time2Talk - Your Time to Talk, Our Time to Listen. | time2talk](#)

[Time2Talk Facebook](#)

FREE Drop In

for Mental Health & Wellbeing support for young people and their parents/carers.

NEW
Towcester

Starting from 1st March
Formerly known as 'Wellbeing Cafe'



Drop In to see us

If you find yourself needing support, we're here for you, drop in during our opening times.

Simply go through the gate and knock on the black door and a support worker will come to meet you.

Drop in during our opening times or book an appointment by calling 01327 706706.



In partnership with:



Daventry, Woodford Halse and Surrounding Villages



Daventry Festive Fun (Ages 1 - 5 years) - 16th December

Daventry Family Hub (Children's Centre)

Day: Tuesday

Time: 10am - 11am

Session Date: 16th December 2025

For venue information please watch our YouTube video: [How to find the Daventry Family Hub](#)

To register for your free space please visit our Eventbrite page [Daventry Festive Fun \(Ages 1 - 5 years\) Registration, Tue 16 Dec 2025 at 10:00 | Eventbrite](#)

A one-hour play session with a festive theme for families with children aged between 1 - 5 years.

Come along to our festive play and learn session, there will be crafts, messy play and activities for children aged 1 - 5 years old.

During the session there will be an opportunity for you to talk with our qualified professionals about development and wellbeing topics, ask questions and share any concerns or worries you have about your child or your own wellbeing.

Please register with West Northants Family Hubs before you attend this free session. You can register here: [Family Hub Registration](#)



Zepic Games - Adult and Child Activity Sessions

Friday 5, 12 and 19 December from 1pm to 3pm.

5 December, Colouring, Cake smash, Games Table and Painting.

12 December. Christmas Activities, Games Table, Colouring and Painting.

19 December. Christmas Activities, Games Table, Colouring and Painting.

Why not join us for our Adult & Child activity sessions, every Friday in December.

Let your child get creative with our messy activities or enjoy some quality time exploring our games.

Please make sure you dress your little ones appropriately; in clothes you do not mind getting grubby.

Zepic Games, 32 and, 32a Sheaf St, Daventry NN11 4AB

[Zepic games Facebook](#)

Adult & Child Activity Sessions



Friday 5th, 12th & 19th December

5th - Colouring, Cake smash, Games Table & Painting

13:00 - 15:00



Any age welcome

12th - Christmas Activities, Games Table, Colouring & Painting

19th - Christmas Activities, Games Table, Colouring & Painting



SEN Fitness class – Nene Hall Daventry

I look forward to welcoming new faces to the group this week

Class Details:

Venue: Nene Hall, Daventry

Time: Tuesdays 5:00–5:50pm

Price: £6.50 per student (first session is free)

Booking is essential, as I keep class numbers small to ensure I can fully support each child's individual needs.

Lauren@sen-stars.co.uk



SEN Fitness Class

SEN Stars
Free taster fitness class for children with additional needs aged 7-15 years. Regular sessions cost £6.50 per child, but the first session is free. Booking is required.

Details

★ Tue 25 Nov 5pm-5:50pm ★ Nene Hall, Daventry

📞 Booking is essential. Email laura@sen-stars.co.uk



Junior Clubbercise! @ Daventry Leisure Centre

Get ready to dance, glow, and have fun at our Clubbercise class for 11–17 year olds!

Daventry Leisure Centre

Wednesday 5:00pm

Glow sticks, great tunes, and good vibes only! Bring your friends and get moving

Cost: £3.80

[Daventry Leisure Centre | Gym, Swim & Fitness Classes | Everyone Active](#)

Active Antz by Everyone Active

Daventry Leisure Centre

Get ready to explore, meet new friends and discover a wide range of activities, in these sessions designed for under 5's. This session requires adult supervision

Tuesday's 10.00am – 11.00 am £3.25 per child

Book now: via the app, at Reception or call our team on 01327 871144

Starting 4th November



The poster features a cartoon ant character wearing a red cap and sneakers, holding a red and white striped ball. The text 'active antz by everyone ACTIVE' is prominently displayed in white and red. A starburst graphic says 'STARTING 04/11/25'. Below the character, it reads 'DAVENTRY LEISURE CENTRE'. The main text describes the session: 'Get ready to explore, meet new friends and discover a wide range of activities, in these sessions designed for under 5's. This session requires adult supervision'. Two photos show a colorful play area with soft mats and toys. The schedule is 'TUESDAY'S 10:00m - 11:00am £3.25 per child'. Booking information is provided: 'Book Now: Via the app, at reception or call our team on 01327 871144'. At the bottom, social media links are listed: 'everyoneactive.com', 'facebook.com/everyoneactive', and '@everyoneactive'.

Free gaming at Zepic Games for young people every Wednesday

We're excited to be partnering with GYM Intervention and [Zepic Games and Events](#) to provide a Warm Space for young people this winter!

The GYM Youth Van will be at New Street Park directing young people to the youth club at Zepic Games on Sheaf Street.

Every Wednesday, 3:30pm – 5:30pm

Zepic Games & Events, Sheaf Street, Daventry. Runs until 25th March 2026



Teen Clinic - December

Date: Monday 8th December

Time: 3:30pm – 6:30pm

Location: Daventry Mind, Old Gas Works Car Park, NN11 4GG

The Teen Clinic is a safe, confidential space for young people aged 11–18 who live or go to school in Daventry. No appointment needed – just drop in!

At the clinic, you can:

Speak to health professionals

Get support with mental & physical health

Discuss sexual health & contraception

Come alone, with a friend, or a trusted adult

Access multiple services in one visit

The Teen Clinic is here to support you - no judgment, just help.

Find out more: [Teen Clinic Daventry](#)

Adult Learning Northamptonshire - ESOL for Families

Course Information:

Would you like to feel more confident using English in everyday family life? This free, friendly course is designed for parents and carers who want to practice speaking English in a relaxed, supportive setting. For Adults 19 plus.

Times and Location:

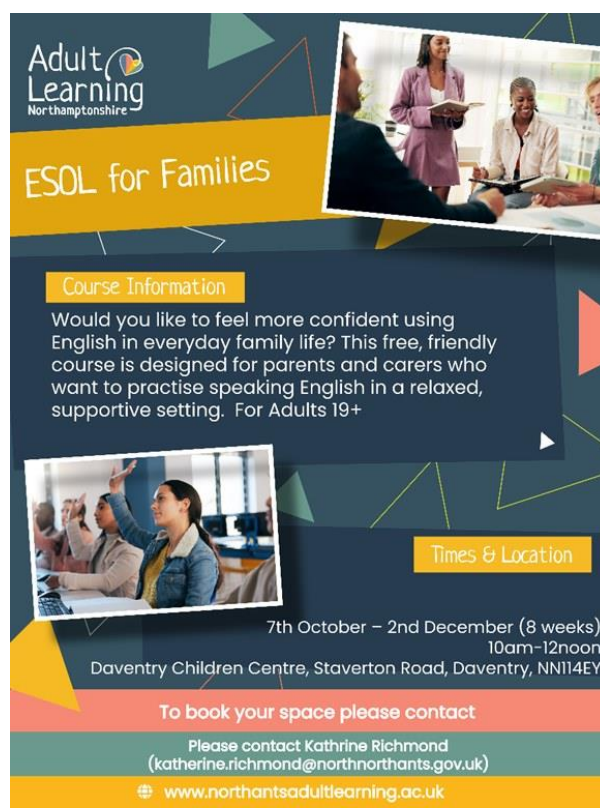
7 October to 2 December (8 weeks). 10am to 12 Noon.

Daventry Children's Centre, Staverton Road, Daventry, NN11 4EY.

To book please contact Katherine Richmond katherine.richmond@northnorthants.gov.uk

[Adult Learning | North Northamptonshire Council](#)

[Northamptonshire Adult Learning Course List](#)



The flyer is titled 'Adult Learning Northamptonshire' and 'ESOL for Families'. It features a photograph of a woman in a purple blazer talking to a group of people. The text describes the course as a free, friendly opportunity for parents and carers to practice English in a relaxed setting. It provides the course dates (7th October to 2nd December), time (10am-12noon), and location (Daventry Children Centre). Contact information for Katherine Richmond is provided, along with the website www.northantsadultlearning.ac.uk.



Drop in for Mental Health and Wellbeing Support every Saturday

A safe space to talk and be listened to with well being activities and peer support. Parents/Carers can get support too.

Age 8-25 Every Saturday 12.00pm – 4.00pm

Time2Talk – The Abbey, Market Square, Daventry, NN11 4XG

We've lowered the age range to 8 (with a parent or carer present) and increased our age range to 25. We are piloting this change for 9 months, each Saturday in Daventry from

March 1st 2025. To stress this is a non emergency, non crisis service and is not the same as our formal counselling service.

If you'd like an informal chat they'll be no need to make an appointment, just simply drop into the Abbey. If the reception is not staffed when you come just give us a call on 01327 706706 and we'll pop down and find you.

Sessions last up to half an hour and we can also let you know what other services may be available to you as well. Call us on 01327-706706 for more details.



FREE
Drop In
for Mental Health & Wellbeing support for young people and their parents/carers.

NEW
Daventry

Starting from 1st March
Formerly known as 'Wellbeing Cafe'

time2talk
your time to talk and your time to listen

NHS
Northamptonshire
Integrated Care Board

REACH
COLLABORATIVE
MENTAL HEALTH COMMUNITARIAN PARTNERSHIP

Drop In for Mental Health & Wellbeing Support

A safe space to talk and be listened to with wellbeing activities and peer support. Parents/carers can get support too.



Ages 8-25

Formerly known as 'Wellbeing Cafe'



Every Saturday



12:00pm - 4:00pm



Time2Talk - The Abbey,
Market Square, Daventry,
NN11 4XG

time2talk
your time to talk and your time to listen

NHS
Northamptonshire
Integrated Care Board

REACH
COLLABORATIVE
MENTAL HEALTH COMMUNITARIAN PARTNERSHIP

Moulton, Brixworth and Surrounding Villages



Spratton Youth Club Christmas Party

You are invited to a Christmas Party from 6pm to 7.30pm.

Wednesday 10 December. Spratton Villagel Hall for ages 9 plus.

Party games, Bingo, Music, Party Food and more.

Contact Sarah@cypn.org for further information!

You can just turn up on the night



Brixworth Library Children's Activities

Monday 15:30-16:30 - Board Games Café - 4-12 years ([Board Games Cafe | Facebook](#))

Tuesday 10:00-10:30 - Explore a Story - 0-4 years ([Explore a Story | Facebook](#))

Update: Now a walk-in session! Wednesday 09:30-10:00 - Rhyme Time - 0-4 years ([9:30am Rhyme Time - Walk-In | Facebook](#))

Wednesday 10:30-11:00 - Rhyme Time - 0-4 years ([10:30am Rhyme Time - Walk-In | Facebook](#)) Thursday 10:30-12:00 - Under Ones Fun - 0-1 year ([Under Ones Fun | Facebook](#))

Friday 10:00-11:00 - Pre-School Play - 0-4 years ([Pre-School Play | Facebook](#))

Saturday 10:00-13:00 - Construction Club - 4-12 years ([Construction Club | Facebook](#))

Brixworth Library children's activities

Monday 15:30-16:30
Board Games Cafe
(4-12 years)

Tuesday 10:00-10:30
Explore a Story
(0-4 years)

Wednesday 09:30-10:00
Rhyme Time
Online booking only
(0-4 years)

Wednesday 10:30-11:00
Rhyme Time
Walk-in only
(0-4 years)

Thursday 10:30-12:00
Under Ones Fun
(0-1 year)

Friday 10:00-11:00
Pre-School Play
(0-4 years)

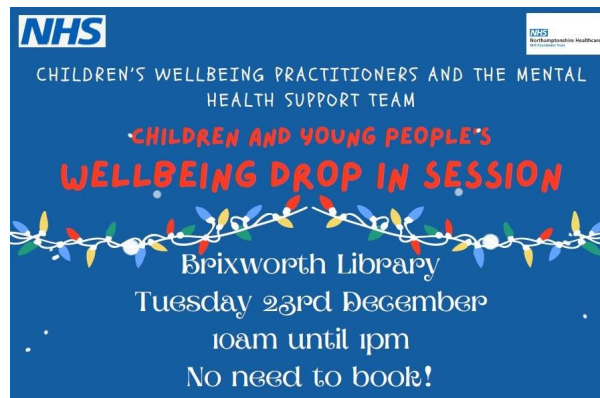
Saturday 10:00-13:00
Construction Club
(4-12 years)



Join the Children's Wellbeing Practitioners and Mental Health Support Team for challenges, games, and arts and crafts. No need to book!

Tuesday 23rd December 10am until 1pm

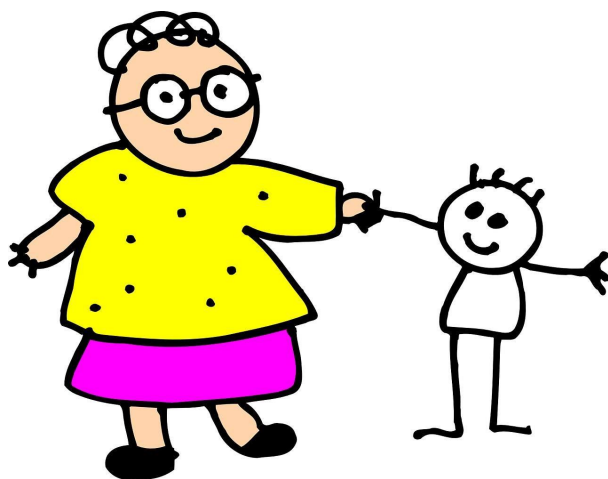
[Children and Young People's Wellbeing Drop-In | Facebook](#)



Christmassy Intergenerational Stay and Play

Brixworth Library is inviting pre-school age children, and their parent/guardian, to come along to Pytchley Court Care Home for a Christmassy intergenerational stay play! Please book your space at Brixworth Library: just pop in, or email us at:

brixworth.libraryplus@westnorthants.gov.uk



Kids in the kitchen - family cooking

Due to the popularity of this event we have added an extra date!

18th Dec, booking link below.

FREE, relaxed and inclusive cooking workshops

designed for Adults and their children!

Funded by: Northampton shire Community Foundation

Leslie Church Memorial Fund

Perfect for beginners and open to children with additional needs, including autism and ADHD, this session offers a supportive environment where you and your little one can learn essential baking skills together while creating delicious meals and lasting memories.

Learn to make a delicious Mince Pies - Pastry Making

What You'll Learn: Healthy eating,

basic baking techniques,

how to prepare and follow recipes,

Measuring, mixing, food hygiene.

Ideal For: Children and their adult —no prior baking experience needed!

What's Included:

All ingredients & equipment

Step-by-step guidance from an experienced chef

Your own creations to take home

Thursday 18th December 2025 at 5.30PM - 7PM

Moulton Library, Health & Wellbeing Hub - NN3 7AX

Booking required: [Moulton Library Health and Wellbeing Hub - Kids in the Kitchen Family Cookery Classes](#)

FREE
Kids in the Kitchen
Family Cookery Classes
Join Michelin Trained Chef Natasha

FREE, relaxed and inclusive cooking workshops designed for Adults and their children!
Perfect for beginners and open to children with additional needs, including autism and ADHD, this session offers a supportive environment where you and your little one can learn essential baking skills together while creating delicious meals and lasting memories.

Learn to make a delicious Mince Pies – Pastry Making

What You'll Learn: Healthy eating, basic baking techniques, how to prepare and follow recipes, Measuring, mixing, food hygiene.

Ideal For: Children and their adult –no prior baking experience needed!

What's Included:
All ingredients & equipment
Step-by-step guidance from an experienced chef
Your own creations to take home

Thursday 18th December 2025 at 5.30PM – 7PM
Moulton Library, Health & Wellbeing Hub – NN3 7AX
Booking required: www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub
Funded by: Northamptonshire Community Foundation
Leslie Church Memorial Fund

Moulton Library logo and Northamptonshire Community Foundation logo are at the bottom.

Textile Techniques Workshop – Moulton Library and Wellbeing Hub

A couple of spaces left for this Saturday's 6th December Textile Techniques, book your place now on the relaxed, creative workshop. Only £5pp

Boost your sewing skills and spark your creativity in this hands-on workshop led by an experienced textiles teacher. Across the session, you'll explore a variety of textile techniques, from decorative stitches and appliqué to creative embellishments, building confidence and discovering new ways to bring your sewing projects to life.

- Learn a range of techniques in one session
- Guided step-by-step instruction
- Suitable for beginners and improvers
- All materials provided

Whether you want to refresh your skills, try something new, or add fresh ideas to your sewing toolkit, this workshop will leave you inspired and full of possibilities. If you wish to find out more please ask for Rebecca at Moulton Library.

Booking contact: moultoncml@gmail.com or 01604 642202

Textile Techniques Workshop

Come join us for a lovely workshop learning a wide variety of textile art skills.



Once a month - Saturdays
See our booking system for dates or contact
Moulton Library 01604 642202
1pm - 4pm
Only £5 per person
Moulton Library NN3 7AX

Boost your sewing skills and spark your creativity in this hands-on workshop led by an experienced textiles teacher. Across the session, you'll explore a variety of textile techniques, from decorative stitches and appliqué to creative embellishments, building confidence and discovering new ways to bring your sewing projects to life.

- ★ Learn a range of techniques in one session
- ★ Guided step-by-step instruction
- ★ Suitable for beginners and improvers
- ★ All materials provided

Whether you want to refresh your skills, try something new, or add fresh ideas to your sewing toolkit, this workshop will leave you inspired and full of possibilities. If you wish to find out more please ask for Rebecca at Moulton Library.
Booking is required via the link below.



www.ticketsource.co.uk/moulton-library-health-and-wellbeing-hub

Discover the Power of Transformation with Ploughing the Mind

Your journey to better mental health starts here.

At Sol Haven, we believe mental well-being is the cornerstone of a fulfilling life.

Thanks to the generous support of the National Lottery Community Fund, we're thrilled to present **Ploughing the Mind**, a **free 12-week course** dedicated to supporting your journey to better mental health and a brighter future.

Are you feeling isolated, struggling with confidence, or searching for a fresh start?

You're not alone. This course offers the support and tools you need to reconnect with yourself, build meaningful connections, and rediscover your path forward.

This isn't just a course, it's a journey of self-discovery, growth, and connection

What to Expect

Guided by our resident occupational therapist, Michaela, and well-being expert Natasha, you'll join a small, supportive group of up to 10 participants.

Together, you'll explore a variety of activities designed to nurture your mind, body, and soul.

Duration: 12 weeks

Start Dates: Tues 6th Jan 10.30 am -12.30 pm or Mon 12th Jan 2 pm – 4 pm or Tues 13th Jan 2 pm – 4 pm

Location: Sol Havens, New Manor Farm, Harvey Lane, Moulton, Northampton NN3 7RB

Cost: Complimentary due to Lottery funding

Availability: Individual places in a group of up to 10 people

[Book your place](#)

Nature Therapy

Step into the calming embrace of nature. In our garden spaces, let the fresh air and greenery soothe your mind, reduce stress, and boost clarity. Nature therapy is your chance to escape the noise of daily life and rediscover peace in the natural world.”

Finding Your Own Tree

Discover your personal story in a way you've never explored before. Like the rings of a tree, your journey is full of layers—experiences, challenges, and triumphs. Through self-reflection, you'll uncover the roots that ground you, prune what no longer serves you, and reach for your aspirations with renewed strength.

Nature Based Therapy

At Sol Haven, our nature-based therapy invites participants to connect with the natural world by creating with items like leaves, twigs, and stones. These simple, mindful activities foster creativity, calm the mind, and provide a sense of accomplishment. By transforming natural materials into meaningful creations, participants deepen their connection to nature while discovering peace, curiosity, and renewed purpose.

Open Conversation

At Sol Haven, we believe in the transformative power of deep, open conversation as a cornerstone of well-being. This technique provides a safe and supportive space where individuals can share their thoughts, feelings, and experiences without judgment. By actively listening to one another and embracing vulnerability, we cultivate trust, empathy, and connection within our community.

Personal Workbook

As part of the **Ploughing the Mind** course, participants will receive a personalized folder with exercises and techniques covered during the sessions. This folder is designed to help clients reflect on their experience and keep the tools they've learned at hand for ongoing

support. While simple and straightforward, it's a lasting reminder of the journey, offering guidance and inspiration to continue cultivating well-being long after the course concludes.

Spaces are limited—don't miss your chance! Find out more by visiting [Ploughing the Mind - Free 12 week wellbeing course](#)

Sign up today to begin your journey toward a brighter future.

[Book your place now](#)







Northampton



Castle Hill Christmas Lights is back for 2025

We have a bigger light walk for you this year, with more rooms to explore, and a revised light show set to the music you choose on silent disco headphones.

As requested, we also have some light shows where you can sing-along (optional) to Christmas Carols or Christmas Pop

We look forward to welcoming you from the 11th to the 24th of December

Tickets are now available, **Free**, but please book so we know how many to expect

[Castle Hill Christmas lights](#)

Join us for a Christmas light walk through our themed rooms, including a light show set to music.

Please look at our Facebook page for details of dates and types of show available.

[Castle Hill Christmas Lights Facebook](#) Please message if you have any questions





Free Family Craft - Duston Library

Join Family Learning at Duston Library for a free Family Craft session to celebrate the season.

In this hands on workshop children and their families can create a table decoration with a flameless candle.

To book a place on this activity please email katherine.richmond@northnorthants.gov.uk or phone 07399 667961

[Seasonal Crafts for Families | Facebook](#)

Duston Library, 20 Pendle Road, Northampton, NN5 6DT

Times & Location

Monday 22nd December
10:00am - 12:00pm
Duston Library, NN5 6DT

Book your place for free

katherine.richmond@northnorthants.gov.uk / 07399 667961

www.northantsadultlearning.ac.uk

Mini Christmas Makers Market

From 22nd November through to Christmas, The Creative Place will be open 10am-5pm, Tuesday to Saturday, celebrating Northampton's makers and creatives.

Free Arts & Crafts (for all ages!)

- Make your own gift tag
- Help fill TCP with snowflakes
- Make your own Christmas card

Come along, get creative, and support local talent this festive season!



Abington Library Christmas Party

Saturday 6th December 10:00am – 12:00

Come and meet Mrs Claus!

Have some festive fun

Raffle with great prizes

Free books for the children

[Abington Library](#)



Carols on the Square – Kings Heath

Friday 12 December @ 3.45pm – join Kings Heath Academy and St Mary’s Primary School choirs for carols on the square. This has been kindly organised by the Reverend Roger and The Church on the Heath. All families are warmly invited to come along, sing together and enjoy some festive cheer.



Friday 12th December 2025
3.45pm

**Park Square (Outside the shops),
Kings Heath, NN5 7LQ**



All age Christingle service with lunch

Sunday 14th December from 11am-12noon - all-age Christingle service (an interactive and symbolic retelling of the whole Christian story) followed by optional bring and share lunch. The Church on the Heath meet in the school hall of Kings Heath Primary Academy (use the community entrance). All welcome - no charge.



Mount Pleasant Baptist Church - Carols

Sunday 14th December @ 6pm – **A Blue Christmas** – Remembering Christmas joys without forgetting life's pains

Wednesday 17th December @ 6pm **Community Carols** – a fun evening for all! Music, dance and audience participation

Sunday 21st December @ 4pm **Traditional Carol Service** – Timeless carols and reading with a message of hope!

147-155 Kettering Road, Northampton NN1 4BS office@mountpleasantchurch.com 01604 516809



SENdsational Families CIC December Events

16 December - Clubbercise for 16 years and over

Raving and behaving on a school night at Duston Community Centre, NN5 6DT. Cost £7.00

21 December - Wellbeing & Wavelengths – Adults Only

Our monthly Self Care Sunday drop in at the Frank Bruno Foundation NN3 9TW. FREE

26 December - Paws & Pause. Family Fun

A free nature walk for all the family. Delapre Abbey Coach House, NN4 8AW. FREE

SENdsational Families CIC provide unique indoor, outdoor and online events throughout Northamptonshire which champions the health and wellbeing of adults raising children with special educational needs and abilities (SEND) with or without a formal diagnosis.

You can find details of planned events on their Eventbrite page [SENDSational Families CIC Events - 2 Upcoming Activities and Tickets | Eventbrite](#)

SENDSational Families CIC

DECEMBER EVENTS

16 **Clubbercise - 16 Years and over**
Raving and behaving on a school night
at Duston Community Centre NN5 6DT

21 **Wellbeing & Wavelengths - Adults Only**
Our monthly Self Care Sunday drop in
Frank Bruno Foundation NN3 9TW

26 **Paws & Pause - Family Fun**
A free nature walk for all the family
Delapre Abbey Coach House NN4 8AW

SENDSational Families CIC provide unique indoor, outdoor and online events throughout Northamptonshire which champions the health and wellbeing of adults raising children with special educational needs and disabilities (SEND), with or without a formal diagnosis.

<https://sendsationalfamilies.co.uk/eventbrite>

Kingsthorpe Festive Fun for Under 5s - 17th December

Kingsthorpe Family Hub (Children's Centre)

Day: Wednesday Time: 10am - 11am Session Date: 17th December 2025

To reserve your free space(s) please visit our Eventbrite page [Kingsthorpe Festive Fun for Under 5s \(17th December\) Registration, Wed 17 Dec 2025 at 10:00 | Eventbrite](#)

A one-hour play session with a festive theme for families with children under 5.

Come along to our festive play and learn session, there will be crafts, messy play and activities for under-fives.

During the session there will be an opportunity for you to talk with our qualified professionals about development and wellbeing topics, ask questions and share any concerns or worries you have about your child or your own wellbeing.

Please register with West Northants Family Hubs before you attend this free session. You can register here: [Family Hub Registration](#)



Growing Together Northampton - Christmas Fair

Fun and Magic for the whole family. Free entry. Stalls, Cafe, Grotto. Grotto is £3

6 December. 10am to 2pm. Blackthorn Community Centre.

Blackthorn Community Centre, Longmead Court, Northampton NN3 8QD



The Spring Charity Annual Present Pick Event

A date for your diary!! The Spring Charity Annual Present Pick Event is on Thursday 18th December from 9 am to 4 pm! If you need gifts for your children pop along and select one from our Winter Wonderland Grotto!

We are still collecting gifts so if you can help visit our [Facebook page](#) to see how. Let's make this the best Christmas ever!

The Spring Charity Annex Community Centre, Spring Lane, Northampton, NN1 2JW

If you would like to hear more about what the Spring Charity offers, please contact Alice on her email Alice.springcharity@gmail.com



Festive Fun for Under 5s - Camrose Early Years centre, Spencer

Day: Thursday

Time: 10am - 11am

Session Date: 11th December 2025

Camrose Early Years Centre for Children & Families, Tenby Road, Northampton NN5 7DF

To reserve your free space please visit [Camrose Festive Fun for Under 5s Registration, Thu 11 Dec 2025 at 10:00 | Eventbrite](#)

A one-hour play session with a festive theme for families with children under 5.

Come along to our festive play and learn session, there will be crafts, messy play and activities for under-fives.

During the session there will be an opportunity for you to talk with our qualified professionals about development and wellbeing topics, ask questions and share any concerns or worries you have about your child or your own wellbeing.

Please register with West Northants Family Hubs before you attend this free session. You can register here: [Family Hub Registration](#)



SENshine MERRY CHRISTMAS Party

[SENshine](#) invites families to a festive Christmas party! Book now: [SENshine event tickets from TicketSource.](#)

Kingsley Park Methodist Church, Kingsley Park Terrace

Saturday 6th December 2025, 9:30AM - 11:00AM

Cost is £5.42/ child £2.71 for additional sibling

merry SENshine
CHRISTMAS
SENSINE PARTY
SATURDAY 6TH DECEMBER 9.30AM TO 11AM
KINGSLEY PARK METHODIST CHURCH, KINGSLEY PARK
TERRACE, NN2 7JF (ENTRANCE ON MILTON STREET)

JOIN US FOR: SUNCATCHER PAINTING, SENSORY SNOW,
STAMPING, CANDY CANE CREATING, FIDGET TRAYS
AND SO MUCH MORE.

ALL CHILDREN TO BE ACCOMPANIED BY AN ADULT.
THIS EVENT IS FOR CHILDREN WITH SEND TO ENJOY
WITH THEIR FRIENDS, FAMILY
AND CARERS.

TICKETS VIA TICKET SOURCE LINK

Tree Planting event - Hunsbury

Woodland Dwelling and RAIN are holding a 3-day tree planting event at Penvale Park, East Hunsbury, followed by a day at Blacky More Park on Friday 5th December.

We have a beautiful array of trees and aim to create an arboretum in the heart of Penvale park, while we have Cherry Trees ready for planting in Blacky More. Please come and find us any time after 10am - we will supply tools and instructions, but ask that you bring your own wellies, gardening gloves and warm clothes - and hot flask and snacks! We hope you're able to join us - everyone will be welcome.

These planting projects are part of RAIN's natural flood management programme and are being held in partnership with Woodland Dwelling.

We are looking for volunteers to join us next week for four tree planting days.

With our project partners at Woodland Dwelling we are holding a 3-day tree planting event at Penvale Park, East Hunsbury from 1-3 December, followed by a day at Blacky More Park on Friday 5th December.

We have a beautiful array of trees and aim to create an arboretum in the heart of Penvale park, while we have Cherry Trees ready for planting in Blacky More.

Please come and find us any time after 10am - we will supply tools and instructions, but ask that you bring your own wellies, gardening gloves and warm clothes - and hot flask and snacks!

We hope you're able to join us.

These planting projects are part of RAIN's natural flood management programme and are being held in partnership with Woodland Dwelling.

[Penvale Park - 3 Day Planting Event | Facebook](#)

[Home Page - RAIN](#)



Park Play at Delapre Abbey

Join us a Saturday for a morning of free active fun and games for the whole family with ParkPlay! 6th December, 20th December and 3rd January and 24th January.

Held on the South Lawn, ParkPlay is a welcoming community space where families and friends can gather to engage with volunteer-led activities!

If you'd like to come along, please be sure to register atpark-play.com/register!

Alternatively, if you would like to volunteer to help run these sessions, please visit park-play.com/playleaders

Through the power of play, ParkPlay advocates for a safe and welcoming social space through free weekly activities on the south lawn, powered by the local community, for the local community.

Be sure to register you and your family (for free!) before coming along!

Registering will mean you get your unique ParkPlay Pass so you can check in each week at ParkPlay and it only takes a minute.

To register just find your local ParkPlay on the map on the website, hover over the pin and hit 'register'.



Grinch Cupcake Decorating Workshop - Grosvenor Centre

As part of our 'Grinch takeover' for Small Business Saturday on 6 December we are hoisting a cupcake decorating workshop in the Grosvenor Gatherings space from 11am to 3pm.

It's the perfect way to indulge in a hand-finished sweet treat before the chance to meet the Grinch himself in the Market Square from 3pm to 5.30pm.

Head into town, support your favourite small businesses, and take part in our Grinch trail with hand-crocheted puppets in retailers around the town.

Santa's Grotto will be open and our Golden Ticket giveaway is up and running. For more details see our website [Discover Northampton Christmas](#)



Carols on the Square

Join us for Carols on the Square, taking place on **Saturday, 13 December** from 2pm to 6pm. Featuring local choirs and singers, this event is the perfect way to get into the festive spirit. Northampton Market Square



Santa's Grotto in the Grosvenor Centre

The Northampton Town Centre BID's Grosvenor Centre Grotto launches on Saturday November 22 alongside the switch on. Children can meet Santa for £2 per family, with all proceeds split between the Northamptonshire Toy Library and Rockin' Roadrunner charities.

The grotto is open between 10.30am - 4pm every Saturday and Sunday in December prior to Christmas Day, and on Monday 22nd December and Tuesday 23rd December. Each child will receive a gift. Pre-booking is advised. Book on the BID website: [Discover Northampton Christmas Santas-grotto](#)



Urban Sketchers – Christmas Throwdown

Saturday 6th December 10.30am

Northampton Market Square and Guildhall

10.30am sketch Christmas decorations around the town. Midday meet in the Market Square for the throwdown. Parking in nearby car parks including St Johns, Albion Place and Morrisons.

Urban Sketchers, Northampton.

[Urban Sketchers Northampton | Facebook](#)

**Saturday 6th December,
10.30am**

Northampton Market Square and Guildhall

10.30am - sketch Xmas decorations around the town
midday - meet in the Market Square for the throwdown.
Parking in nearby car parks including St Johns, Albion Place and Morrisons.

Urban Sketchers
Northampton

Christmas Reading for Children By Grandbies

Date: Monday, 23rd December

Time: 1:00 PM – 3:00 PM

Cost: £6.13

Come join us for a cozy Christmas Reading for Children, filled with holiday stories, hot cocoa, and festive fun!

Step into a world of festive magic! Join us for a Christmas Reading Event for children, filled with heartwarming holiday tales, cheerful characters, and a sprinkle of Christmas wonder.

Kids will love listening to classic stories and festive favourites brought to life in a cozy, storytelling setting. Parents are welcome to join and enjoy the joyful atmosphere too!

Perfect for little ones who believe in the magic of Christmas — a lovely way to celebrate before the big day!

[Christmas Reading for Children Tickets, Tue 23 Dec 2025 at 13:00 | Eventbrite](#)



Doddridge Free Christmas Grotto

This year we are excited to share that we are teaming up with the award winning Christmas Phill to provide a magical Christmas for the whole community to enjoy.

Visit Santa in our FREE grotto, write and post your letter to Santa, participate in festive activities and grab a few pressies from local craft stalls - all under one roof.

This is definitely one not to be missed!

Get into the festive spirit with us on 9th, 10th & 11th December from 4–7pm at the Doddridge Centre! No Booking required!

Visit Santa's Grotto where every child will receive a free small gift

Enjoy Hot Drinks

Browse Market Stalls

Support our Christmas Fundraiser – donations welcome!

It's the perfect way to celebrate the season with family and friends.

Sponsored [Dignity Funerals](#)

Free entry for everyone!



Budgeting for Christmas - help from the Doddridge Centre

We offer free budgeting advice and support no judgement, just friendly help to get you back on track.

Book your appointment here: [Community Development Session Booking](#) or scan the QR code.

Those Christmas gift sets? It's usually just the box that's festive! Save cash by buying the regular items and adding ribbon and making your own gift packs.

Bonus tip: split multipacks for simple, budget-friendly gifts!





Silhouette Youth Theatre present: Charlie and the Chocolate Factory

Northampton College, Booth Lane North, Northampton NN3 3RF

Thursday 11th Dec, Tuesday 16th and Wednesday 17th December

Silhouette Youth come together to create an ensemble performance of this well-loved play.

Over 4 nights we will be performing Charlie and the Chocolate Factory. 50 young people will take to the stage to have fun performing a much-loved story. The aim of the production is to enjoy the process of creating theatre. We can't wait to show you what we have created!

To book your free space please visit our Eventbrite page [Charlie and the Chocolate Factory Tickets, Multiple Dates | Eventbrite](#)



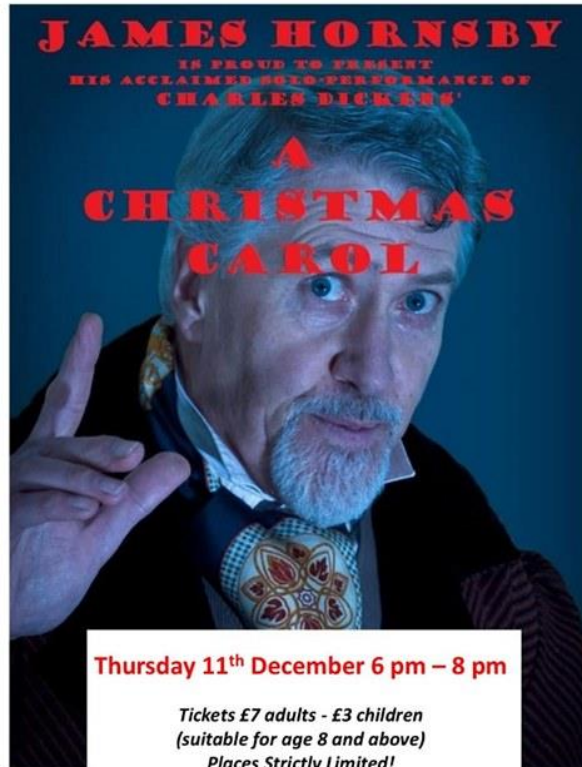
Christmas Carol at Kingsthorpe Community Library

This is going to be a CRACKER! CHRISTMAS CAROL - one man show with James Hornsby!

Thursday 11th December 6-8pm. If you saw Jame's recent interpretation of Dracula you won't want to miss this!

Booking essential - £7 adults, £3 children (suitable for age 8 and above)

— feeling festive.



Kingsthorpe Community Library

Live Nativity Experience - Broadmead Church

Broadmead Community Church and Samuels Nursery Present. Bringing the Christmas Story to Life - Booking Essential - Please Click Here [Live Nativity Experience Broadmead Church](#)

Step into the magic of Christmas with our Live Nativity —a heartwarming, unforgettable experience for all ages. Our Nativity-themed farm brings the spirit of the season directly to you. This ticket allows you and your family to visit the Live Nativity for 30 minutes.

What's Included:

We bring a delightful selection of Nativity animals, including:

Chickens

Geese or Ducks

2 Sheep

2 Goats

A Donkey and/or a Cow

You can also meet Mary and Joseph.

Please arrive 5 minutes before your allocated time. We are also serving food and drink in the church, which you can enjoy before and after your visit to the Live Nativity.

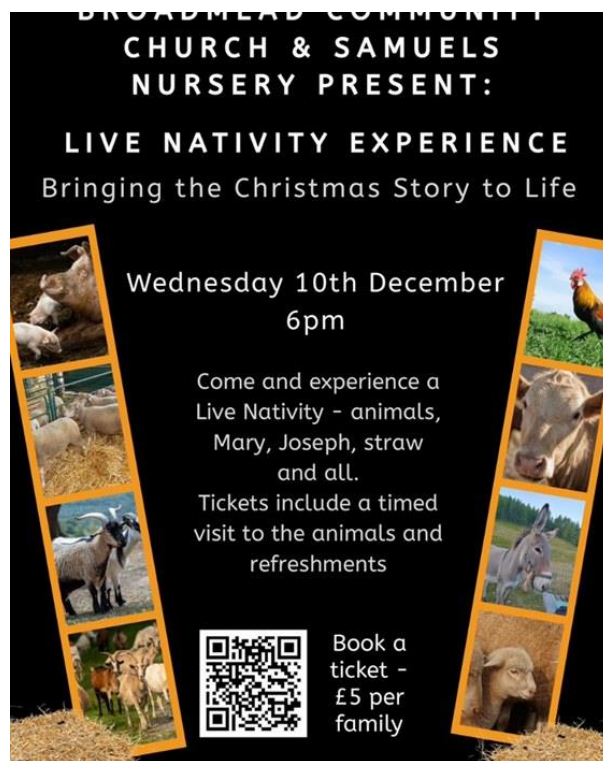
Wednesday 10 December. Timed sessions from 6pm

Come and experience a Live Nativity, animals, Mary, Joseph, straw and all.

Tickets include a timed visit to the animals and refreshments.

Book a ticket, £5 per family.

Broadmead Community Church, Broadmead Ave, Northampton NN3 2QY



Men's Christmas Walk 6th Dec – Take a Break, Feel Supported

This December, Space 2 Talk invites men to join our Men's Christmas Walk, created for those who need a breather, a moment of calm, and a safe space to walk alongside people who truly support men's wellbeing.

Come and enjoy a relaxed, friendly walk focused on mental health, connection, and looking after yourself during what can be a challenging time of year.

£5 donation

Book your place here: [Men's Christmas Walk Booking Link](#)

Tea or coffee available on arrival

Safe, supportive environment

Open to all men

We'd love to have you join us for this meaningful and supportive Christmas walk.

Date 6th Dec

09.30 start from Althorp Coaching Inn



The poster features a green Christmas tree with red ornaments and a gold star on top. To the right of the tree is the 'space 2 talk' logo, which consists of the words 'space' and 'talk' stacked vertically with a speech bubble icon containing the number '2'. The main title 'MEN'S CHRISTMAS WALK' is written in large, bold, red capital letters. Below the title is the subtitle 'TAKE A BREAK, FEEL SUPPORTED' in bold, dark green capital letters. The main text describes the event as a safe space for men to walk and talk. A list of benefits is provided, including a £5 donation, a booking link, tea or coffee, a supportive environment, and that it is open to all men. An illustration of a red mug with steam rising from it is positioned to the right of the list.

space 2 talk

MEN'S CHRISTMAS WALK

TAKE A BREAK, FEEL SUPPORTED

This December, Space 2 Talk invites men to join our Men's Christmas Walk, created for those who need a breather, a moment of calm, and a safe space to walk alongside people who truly support men's wellbeing.

- ✓ £5 donation
- ✓ Book your place here: <https://www.trybooking.com/uk/FQSX>
- ✓ Tea or coffee available on arrival
- ✓ Safe, supportive environment
- ✓ Open to all men

Sport for Fitness - Football Class

Sunday Mornings. First session Free.

Fun, Outdoor Football Activities for 3 to 7 years. £3 per child.

Sessions consist of:

Dribbling, Shooting, Teamwork, Match.

Session Time: 9:45am to 10:45am.

Venue: The Avery Pavilion, Fernie Fields Sports and Social Club, Fernie Field, Moulton, Northampton, NN3 7BD.

To register: 07491 306630. info@sport4fitness-cic.co.uk

[Sport4Fitness CIC | Home | Everyone Can Achieve - Fernie Fields Sports Club, Fernie Field, Moulton, Northampton, UK - England - Northamptonshire SEN](#)



FOOTBALL CLASS
Sunday Mornings

Sport4Fitness CIC
f t in o

Fun Outdoor Football Activities for 3 - 7 years

1ST SESSION FREE

Session Time:
Start 09:45 am End 10:45 am

Venue:
The Avery Pavilion
Fernie Fields
Sports & Social Club
Fernie Field, Moulton
Northampton, NN3 7BD

£3 PER CHILD

SESSIONS CONSIST OF:

- Dribbling
- Shooting
- Teamwork
- Match

TO REGISTER:
07491 306630 | info@sport4fitness-cic.co.uk | www.sport4fitness-cic.co.uk

Affordable Creative Workshops

Lots of up-coming dates.

£10 for a 2 hour high quality session with inspiring artists.

Affordable creative workshops. Open to everyone in Northampton

Join now – limited spaces available.

Music Mixing and Mastering

DJ & Decks Workshop

Painting and Expression

Studio Photography

Photoshop & Editing

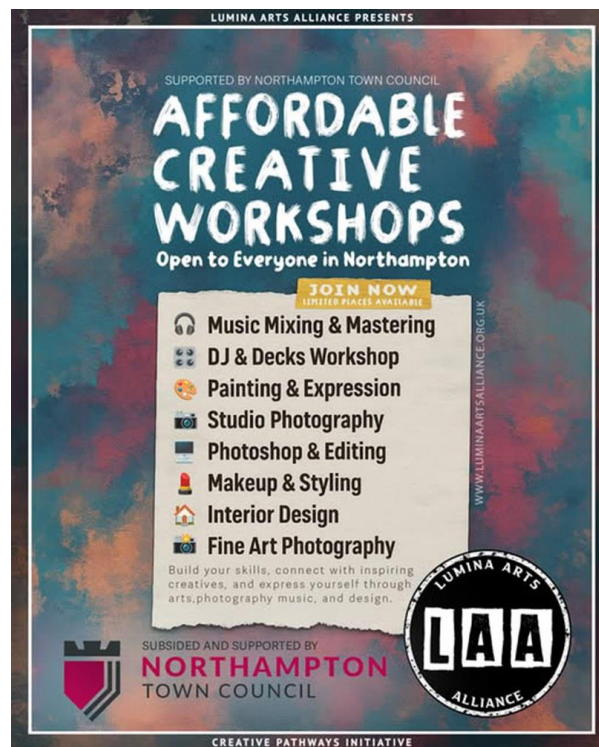
Makeup & Styling

Interior Design

Fine Art Photography

Subsidised and supported by Northampton Town Council

Visit their website to book your place [Lumina Arts Alliance | Creative workshops in Northampton](#)



Wellbeing & Wavelengths - December 2025

Come and join us for an ADULTS ONLY cuppa at Frank Bruno Foundation! This event is all about taking care of yourself and finding your inner peace. We have cuppa and craft to help you relax and recharge. Whether you're into coffee, colouring or just want to soak up some positive vibes, this event is perfect for you.

Don't miss out on this opportunity to prioritize your wellbeing and tune into positive wavelengths!

The December Wellbeing and Wavelengths will be on Sunday 21st December – book your space so we know you are coming.

[Wellbeing & Wavelengths - November 2025 Tickets, Sun 23 Nov 2025 at 10:00 | Eventbrite](#)



Duston Parish Council - Bargain Shop and Coat Exchange

Another week, and more bargains to be had in The Bargain Shop!

The Duston School uniform at Bargain prices, jigsaws, games, clothes and much more ALL priced under £5.

On top of all of that, we have our FREE Coat Exchange, so if you are feeling the cold, please come in and grab a coat for yourself or little ones. We are open **Wednesday 10-12 & 1-3pm, Thursday 1-3pm and Friday 10am - 1pm**

All funds raised from sales goes to **The Air Ambulance Service**

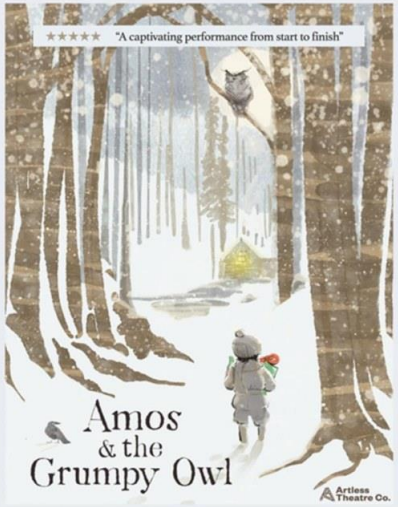


Amos and the Grumpy Owl

The Grumpy Owl and the Joy of Christmas is the story of an owl who is desperate to find some peace and quiet. Come and hear his adventure and see the nativity unfold as he returns to the very place he was trying to escape from!

Suitable for children aged 5-11. Prebooking needed - tickets are free. Please call 07896 981011 for tickets.


Wednesday 6th December at 6pm at St David's Church, NN2 7QB



**Wednesday 3rd
December at 6pm**

Free entry, **by ticket only.**
Please contact 07896 981011

St David's Church, NN2 7QB

 KINGSTHORPE
Team Ministry
St. David • St. John the Baptist • St. Mark

New opening times at The Lowdown

The days and times for our information and guidance, Mental Health & Wellbeing and Sexual Health service are changing.

You can now access ALL these services Monday to Friday 1pm – 6pm

Drop in through the RED DOOR at our Kingswell Street building.

Free Drop in for information & guidance, Mental Health and Wellbeing and Sexual Health support every week day for 8-25 year olds. Please note our Sexual Health drop in is for 14 - 25 yrs.

If you find yourself needing support, we're here for you, drop in during our opening times. Go to the red door, press the buzzer on arrival and a support worker will come to meet you.

Drop in by phone or email – if you need support remotely, we're here for you, contact us during our opening times. Information & Guidance call or Whatsapp 07985 268134 or email dropin@thelowdownnorthampton.co.uk

Mental Health and Wellbeing call 07985 268134 if you want to pre-book an appointment.



The days and times for our Information & Guidance, Mental Health & Wellbeing and Sexual Health service are changing from TODAY.



You can now access ALL these services Monday to Friday 1pm - 6pm.

Drop in through the RED DOOR at our Kingswell Street building.

A photograph of a red door set within a stone archway. The door has a decorative metal handle and a small window. The archway is made of light-colored stone with decorative elements.

FREE Drop In for Information & Guidance, Mental Health & Wellbeing and Sexual Health support every week day for 8-25 year olds and their parents/carers.

NEW OPENING TIMES

Starting from 1st November




Drop In through the Red Door at Kingswell Street

 Ages 8-25

Please note our Sexual Health Drop-In is for 14-25 year olds.

 Every Monday to Friday

 1:00pm - 6:00pm



Drop In through the Red Door at Kingswell Street

If you find yourself needing support, we're here for you, drop in during our opening times.

Go to the **red door**, press the buzzer on arrival and a support worker will come to meet you.

 The Lowdown,
3 Kingswell Street,
Northampton,
NN1 1PP



Drop In by phone or email

If you need support remotely, we're here for you, contact us during our opening times.

Information & Guidance

Call or Whatsapp: 07985 268134

Email:

dropin@thelowdownnorthampton.co.uk

Mental Health and Wellbeing

Call: 07985 268134 if you want to pre-book an appointment.



Handmade Holidays at the Doddridge Centre

With Christmas fast approaching, we have put together some fun crafting sessions to help take the pressure off gift-giving.

Learn how to make easy Christmas gifts for all ages and abilities with our three available sessions.

All materials provided, no booking necessary.

06/12/2025 11.00 – 12.00 Family Friendly Sweet and Sweet Treats – ever wondered how to make those sweet cones or other little gifts to give to teachers, friends or acquaintances? Now you can have a go at this fun interactive session.

12/12/2025 1.30pm – 2.30pm Family Friendly Make it Merry – Get into the festive spirit with a fun -filled community crafting session for all ages! Make your own reindeer food, Christmas decorations, and little handmade gifts to take home.



Sport4Fitness CIC Gardening Club

Part of the grow, cook, eat initiative.

Wednesdays start at 4pm and end at 6pm

Fridays start at 11.15am to 12.15pm

St Matthews Sensory Garden, The Avery Pavilion, Fernie Fields Sports and Social Club, Fernie Field, Moulton, Northampton, NN3 7BD. £2 per participant, £5 2 or more participants.

Activities can include Planting, Growing, Cooking, Eating

To register: Call 07491 306630, email info@sport4fitness-cic.co.uk or visit our website www.sport4fitness-cic.co.uk

GARDENING CLUB
part of
the GROW COOK, EAT initiative

WEDNESDAYS
Start 16:00 pm End 18:00 pm

FRIDAYS
Start 11:15 am End 12:15 pm

Venue:
St Matthews Healthcare Sensory Garden
The Avery Pavilion
Fernie Fields Sports & Social Club
Fernie Field, Moulton
Northampton, NN3 7BD

Sport4Fitness CIC
f X in Instagram

Gardening Club for the whole family
PARENTS / CARERS FREE

£2.50 PER PARTICIPANT
£5 2 OR MORE PARTICIPANTS

ACTIVITIES CAN INCLUDE:

- Planting
- Growing
- Cooking
- Eating

GROW COOK EAT

TO REGISTER:
07491 306630 | info@sport4fitness-cic.co.uk | www.sport4fitness-cic.co.uk

Free English Lessons

Free English Lessons

Mondays 1pm – 3pm at **Springs Family Centre**, 9 Tower Street, Northampton, NN1 2SN

For more information email hello@springsfamily.org.uk

Drop in or sign up!



Free English Lessons

Monday's 1pm - 3pm

From 3rd November 2025

Springs Family Centre

9 Tower Street, Northampton, NN1 2SN

hello@springsfamily.org.uk

Drop in or sign up!

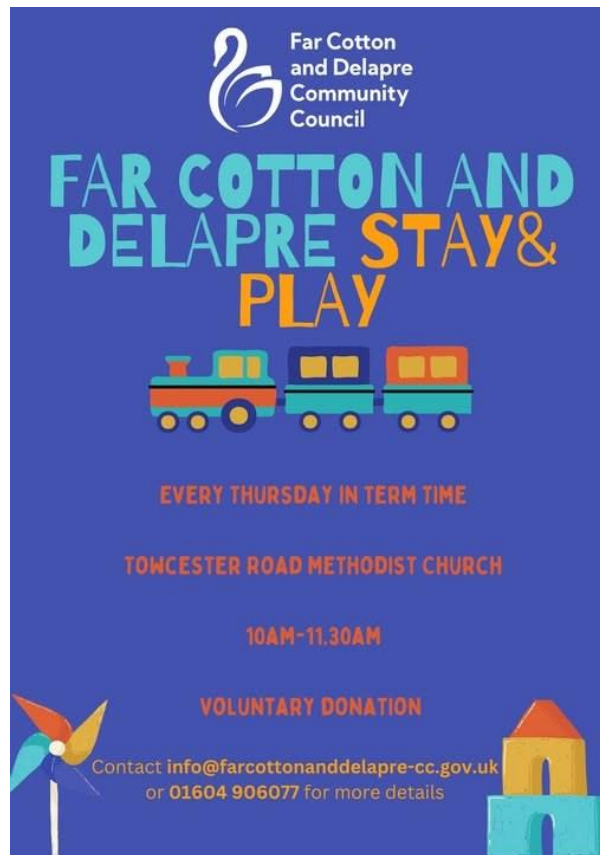
Far Cotton and Delapre Stay and Play

If you or anybody you know has a child/children under 5 and you'd like something to do on a **Thursday morning**, we'd love you to join us for our weekly Stay and Play! Each week has a new and exciting theme, and there are plenty of sensory activities, engaging and educational toys as well as opportunity for physical development. We also provide hot drinks for grown ups and a selection of snacks for the little ones. We'd love to see you there

Every Thursday in term time 10am-11.30am Towcester Road Methodist Church, Far Cotton

Voluntary donation.

For more information info@farcottonanddelapre-cc.gov.uk or telephone 01604 906077



The Spring Charity - What's on every week

Monday

8.30am Family Breakfast Club.

9am to 11am on The Hive drop-in

All morning NHS Health Visitors Clinic by Invitation only

9.30am to 11.30pm Online Henry Parenting Programme

1pm to 2.30pm Muddy Bees. Gardening for 0 to 5s.

Tuesday

8.30am Family Breakfast Club

9am to 11am Stay and Play

11am to 12 Noon Family Lunch Club.

Wednesday

8.30am Family Breakfast Club.

9am to 11am Community and Craft Cafe.

10.30am to 12.30pm Empowering Mum's tribe. A group for young mums and their babies/preschool (Mums under 25 years old).

1pm to 2pm Music Bees, music and crafts for 0 – 5s.

Thursday

8.30am Family Breakfast Club.

9am to 11am Stay and Play

11am to 1pm Taste of Home Cooking Workshop

12.30pm to 2pm Baby Bees 0 to 12 months.

Friday

8.30am Family Breakfast Club

9.30am to 12.30pm Queen Bree Drop In (Family Support)

10.30am to 12.30pm The Explorers Club.

Everyday

One to One support with our trained Family Support Workers are available by request.

The Spring Charity, Annex Community Centre, Spring Lane, Northampton, NN1 2JW

Email: springcharityoffice@gmail.com

Instagram: @springcharityventure

What's On Every Week!
The Spring Charity

MONDAY

- 8.30 am Family Breakfast Club
- 9 am to 11 am The Hive drop-in
- All morning NHS Health Visitors Clinic by invitation only
- 9.30 am to 11.30 pm Online Henry Parenting Programme
- 1pm to 2.30 pm Muddy Bees - gardening for 0.5s

TUESDAY

- 8.30 am Family Breakfast Club
- 9.00 am to 11.00 am Stay & Play
- 11.00 am to 12 pm Family Lunch Club

WEDNESDAY

- 8.30 am Family Breakfast Club
- 9.00 am to 11 am Community & Craft Cafe
- 10.30 am to 12.30 pm Empowering Mums' Tribe - A group for young mums and their babies/preschool aged children (Mums under 25 years old)
- 1 pm - 2 pm Music Bees - music and craft for 0,5s

THURSDAY

- 8.30 am Family Breakfast Club
- 9.00 am to 11.00 am Stay & Play
- 11 am to 1 pm Taste of Home Cooking Workshop
- 12.30 pm to 2 pm Baby Bees 0-12 months

FRIDAY

- 8.30 am Family Breakfast Club
- 9.30 am to 12.30 pm Queen Bee Drop In (Family Support)
- 10.30 to 12.30 The Explorers Club

Everyday

1:1 sessions with our trained Family Support Workers are available by request.

The Spring Charity
Annex Community Centre,
Spring Lane,
Northampton NN1 2JW

CHARITY NO. 1121126

Email: springcharityoffice@gmail.com
Instagram: @springcharityventure

Doddridge Centre – helping you bridge the data divide

Do you have trouble affording data or the internet on your devices? We may be able to help you! Thanks to the [National Databank](#), we have been gifted SIM cards with 25 GB or 40 GB of data on either O2 or Vodafone.

Contact us at communitydevelopment@doddridgecentre.org.uk or pop past the centre to see if you may be eligible for some help!

Free Data Sim



Do you struggle to afford data for your mobile phone or tablet?

We may be able to help you thanks to **The National Data Bank!**



Contact us today to discuss a free sim, giving you the gift of data **at no cost!**

#bridgethedatadivide

Communitydevelopment@doddridgecentre.org.uk
07938 494674 / 01604 586384

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 organisation's information please send an email to cfss@nctrust.co.uk and mark the email Stay Connected.