



29<sup>th</sup> March 2023

Dear Parents/Carers,

**Re: Available support for children and young people and their families.**

Following the tragic incident in Kingsthorpe on Wednesday, 22nd March, we recognise this may have caused shock and distress for many children and young people within the local schools and wider community. As such, we wish to let you know about the services and support that are available for children and young people and their families at this time, and over the coming weeks and months.

**Social media**

We know children have been communicating with one another online and appreciate this will offer a level of support to them as they come to terms with what has taken place. However, we do ask that people refrain from sharing insensitive posts and images on social media which are likely to cause additional distress.

**How to report**

There are several ways for you contact the police. If it's information about the incident, including events before or after it, please call 101, quoting incident number 23000174855. Alternatively, information, including pictures and videos can be submitted via an online portal

<https://mipp.police.uk/operation/33EM22D92-PO1>

**Free2Talk**

Free2Talk offer free weekly youth clubs across Northampton as well as online youth mentoring support. Professionals, parents and young people can get in touch directly via the website for further information, referral forms and direct contacts. An open-door policy will be operated throughout the Easter holidays for any young person seeking mentoring support or a safe place to talk.

Website: [www.free2talkcic.org](http://www.free2talkcic.org)

**Fearless**

Fearless is the dedicated youth service of the independent charity Crimestoppers. They give young people the power to report crime 100% anonymously. You can give information to them using their online form <https://crimestoppers-uk.org/fearless/give-information-anonymously> or by calling their freephone number, 0800 555 111. They cannot track your IP address or your phone number and have no way of knowing who has contacted them. Fearless are not the police - they are a charity. You will not be contacted by the police after passing information on to Fearless as the police have no way of knowing who the information has come from.

Website: <https://crimestoppers-uk.org/fearless/parents-guardians>



### **The lowdown**

The lowdown offers free and Confidential Counselling, Wellbeing Support, LGBTQ+ Support, Practical Support and Sexual Health Services for 11–25-year-olds and their families.

Address: 3 Kingswell Street, Northampton NN1 1PP

Telephone: 01604 634385

Email: [info@thelowdownnorthampton.co.uk](mailto:info@thelowdownnorthampton.co.uk)

Website: [www.thelowdown.info](http://www.thelowdown.info)

### **The lowdown Parent Support Drop-in Service**

A weekly drop-in session for parents and carers of young people who are struggling with their mental health or emotional wellbeing takes place every Monday from 4pm to 6pm. Come along if you need to offload, explore strategies to improve relationships at home and spend time with people in a similar situation. Support can be given both face-to-face or remotely via video or phone.

### **The lowdown Parent/Carer Support Facebook Group**

Search 'Lowdown's Parent/Carer Support Group' for support, information, share experiences and gain coping strategies.

### **Lowdown Counselling**

The lowdown offer a free and confidential service for anyone aged between 11-25 and living within the NN1-NN7 postcode area. Young people can self-refer, or someone can make a referral for them. Referrals can be made via the website.

Website: [www.thelowdown.info/counselling-referrals](http://www.thelowdown.info/counselling-referrals)

### **Countywide Support from The REACH Partnership:**

Counselling Support is available countywide from 5 different agencies (including the lowdown) dependent on postcode area:

Time2Talk – Daventry/South Northants [www.time2talk.org.uk](http://www.time2talk.org.uk)

Service Six – Wellingborough [www.servicesix.co.uk](http://www.servicesix.co.uk)

Youth Works – Kettering and Corby [www.youthworksnorthamptonshire.org.uk](http://www.youthworksnorthamptonshire.org.uk)

CHAT Youth Counselling – Oundle [www.chatyouthcounselling.org.uk](http://www.chatyouthcounselling.org.uk)

### **Countywide Wellbeing Cafés**

The Espresso Yourself Wellbeing Cafe is available countywide, 6 days of the week for young people aged 11-18 years and their parents/carers. It provides immediate support in a safe, non-judgemental space to offload and gain coping strategies.



### **School Nursing – Northamptonshire Healthcare NHS Foundation Trust**

School Nurses can offer 1:1 support or signpost on to other services and help if required. The School Nurse can be contacted on 0800 170 7055 option 4. Chat Health (text 07507 329 600) can be accessed by all young people aged 11-19 and is a confidential text messaging service with a school nurse.

### **Mental Health Support Team- Northamptonshire Healthcare NHS Foundation Trust**

To contact MHST, schools can email [CYP.MHST@nhft.nhs.uk](mailto:CYP.MHST@nhft.nhs.uk) – please note that support can only be offered from this team to schools currently linked in with MHST programme.

### **Child & Adolescent Bereavement Service - Northampton General Hospital NHS Trust**

The bereavement service can offer support and advice to parents, carers and school staff by phone or Email. If an assessment for 1-1 counselling is required a member of the school staff or a health care professional will need to complete a referral to RMC, the referral management centre. The form can be found at [www.nhft.nhs.uk/cyp-rmc-referral-form](http://www.nhft.nhs.uk/cyp-rmc-referral-form)

### **Northamptonshire Police - Information on Knife crime**

There are many misconceptions about knife crime and it's important to remember that the vast majority of people don't carry knives or get involved with knife crime. Northamptonshire Police are working hard with partner agencies and the communities within Northamptonshire to prevent knife crime from happening and to tackle those that do get involved with knife crime.

Knife crime is any crime which involves a knife whether it is used or not and some examples include:

- Carrying a knife
- Threatening someone with a knife
- Intending to hurt someone with a knife
- Using a knife to injure or kill someone
- Thieves carrying knives during a robbery or burglary
- The involvement of a knife or knives in gang-related offences
- Someone under 18 trying to buy a knife

If you are worried about someone you know carrying a knife, want to talk to someone about knife crime or ask advice please call 101 - always call 999 in an emergency such as when a crime is in progress and/or someone is in immediate danger.

Yours Sincerely

A handwritten signature in blue ink, appearing to read 'Mr Serráo'.

Mr Serráo

Executive Headteacher