

Our Ref: Safeguarding/LFo

10<sup>th</sup> February 2021

Dear Parent/ Guardian

**Re: New Support Service – The Lowdown**

We have received notification of new Lowdown services available to support young people with well-being, mental health and LGBTQ support, these include;

**ESPRESSO YOURSELF CAFÉ:** Drop-ins are available Mondays & Fridays 4-8pm. During lockdown we're not offering group activities or peer support but young people can access 1:1 support with a support worker. This service is for 11-18 year olds, their parents and carers. Drop in is available during these times or contact 01604 634385/[info@thelowdownnorthampton.co.uk](mailto:info@thelowdownnorthampton.co.uk) to book an appointment.

**NEW LGBTQ+ DROP-IN:** We now offer virtual or face-to-face drop-in every Friday 4-7pm for LGBTQ+ young people and parents. Drop-in at the lowdown or contact 07585 737482 or email [lgbtgsupport@thelowdownnorthampton.co.uk](mailto:lgbtgsupport@thelowdownnorthampton.co.uk) for more information on how to join via Zoom or WhatsApp.

**LGBTQ+ PEN PALS:** The Out There Pen Pal Scheme matches up LGBTQ+ young people (under 18's) with similar interests and encourage them to be creative and build lasting friendships with like-minded people. This is a great way to communicate with others especially during lockdown. All letter content is moderated by the Out There Team. For more information or to get involved call 07585 737482 or email [lgbtgsupport@thelowdownnorthampton.co.uk](mailto:lgbtgsupport@thelowdownnorthampton.co.uk) .

We hope you find this information and links useful.

Yours faithfully,



Mr L Martin  
**Designated Officer for Safeguarding & Child Protection**

Mr S Strickland – BA (Hons), MA, NPQH  
Principal

01604 460004

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# A NEW MENTAL HEALTH SERVICE FOR 11-18 YEAR OLDS

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

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

Monday 4pm - 8pm  
the lowdown,  
3 Kingswell Street,  
Northampton, NN1 1PP  
01604 634385

Tuesday 4pm - 8pm  
Youth Works at Corby  
Mind, 18 Argyll St,  
Corby NN17 1RU  
01536 518339

Thursday 4pm - 8pm  
Youth Works, 97  
Rockingham Rd,  
Kettering, NN16 9HX  
01536 518339

Friday 4pm - 8pm  
the lowdown,  
3 Kingswell Street,  
Northampton,  
NN1 1PP  
01604 634385



1:1 SUPPORT AND ADVICE

ALSO AVAILABLE REMOTELY

1:1 PARENT SUPPORT IS AVAILABLE



A SAFE, NON-JUDGEMENTAL AND CONFIDENTIAL SPACE



# OUTTHERE LGBTQ+ DROP-IN

VIRTUAL AND FACE-TO-FACE DROP-IN FOR YOUNG PEOPLE AND PARENTS

4-7PM EVERY FRIDAY

DROP IN TO THE LOWDOWN OR GET SUPPORT VIA ZOOM OR WHATSAPP  
FOR MORE DETAILS CALL: 07585 737482 OR  
EMAIL: [LGBTQSUPPORT@THELOWDOWNNORTHAMPTON.CO.UK](mailto:LGBTQSUPPORT@THELOWDOWNNORTHAMPTON.CO.UK)



[WWW.THELOWDOWN.INFO](http://WWW.THELOWDOWN.INFO)

# BECOME AN OUT THERE PEN PAL



Through the Out There Pen Pal Scheme we match up LGBTQ+ young people (under 18's) with similar interests and encourage them to be creative and build lasting friendships with like-minded people.  
All letter content is moderated by the Out There Team.

For more information or to get involved call 07585 737482 or email [lgbtqsupport@thelowdownnorthampton.co.uk](mailto:lgbtqsupport@thelowdownnorthampton.co.uk)

