

A-Z Summary

Accommodation Concern	Family Support Link	NHS counselling
Adult Learning	Groundwork / The Green Patch	Northamptonshire Rape Crisis
Alcoholics Anonymous	Johnny's Happy Place	Northamptonshire Rights and Equalities Council
Age UK Northamptonshire	Kelly's Heroes	Picture the Difference (PtD)
ARTworks	Kettering Complementary Therapy	Samaritans (Kettering)
At a Loss	KCU (Kettering Community Unit)	Shout
Averil Phillips	Kettering Library	Substance to Solution (S2S)
Burton Brotherhood	Kettering Nature	TALK (Men's online support in Kettering)
Cafeness	Kettering Refugee Assistance	Voice Northants
CALM (Campaign Against Living Miserably)	Kettering Street Pastors	Youth Works
Citizen's Advice	MIND Kettering	
Cocaine Anonymous	Narcotics Anonymous Northamptonshire	
C2C - Kettering Women's Centre	Domestic Abuse Service.	
Evolve - Behaviour change programme		

Service	What they offer	When / where
Accommodation Concern	Housing, Debt and Benefits Advice, Food Parcels, Charity Applications for White Goods	Phone: 01536 416560 Email: help@a-c.org.uk Website: https://www.accommodationconcern.co.uk/
Adult Learning	A range of courses including cookery, tech, creative skills, psychology and more.	Website: https://www.northnorthants.gov.uk/adult-learning
Alcoholics Anonymous	The website has a "Chat Now" facility. Call for support or join local meetings.	Website: Find a Meeting Alcoholics Anonymous - Great Britain Local helpline: 01604 367788 National helpline, 24/7: 0800 9177650

Age UK Northamptonshire	Services and support for older people in Northants. Telephone befriending and Day Centre.	Website: https://www.ageuk.org.uk/northamptonshire/ Phone: 01536 310072 Email: access@ageuknorthants.org.uk
ARTworks	Sketching breakfast at Kino Lounge, second Tuesday of the month	See Facebook page for latest info: https://www.facebook.com/KDAS1905/
At a Loss	Connecting you to local bereavement services. Bereavement live chat.	Website: https://www.ataloss.org/ Live chat: https://www.ataloss.org/live-chat
Averil Phillips	Free bereavement services for customers	Website: https://averilphillips.co.uk/resources/free-bereavement-counselling/
Burton Brotherhood	Burton Brotherhood - in-person support & mental wellness for men	Email: michael@pureturtle.co.uk Link: www.facebook.com/events/345104928006541
Cafeness	Have a pay-it-forward drink or cake and a chat with the owners.	Location: Unit 1, Market Street Mews, Market St, Kettering NN16 0AH Open 8:30am-5:30pm, Mon-Sat
Calm Zone (Campaign Against Living Miserably)	Live chat support from 5pm-midnight every day. Articles on a range of topics.	Website: https://www.thecalmzone.net/get-support Guides: https://www.thecalmzone.net/guide-list

Citizen's Advice	Advice on multiple areas with specialist advice available for issues relating to Housing, Benefits, Debt, UC, Energy and Cost of Living support.	Phone: 01536 482281 Email 24/7: https://www.nnca.uk/email-us Call, email or drop-in to make an appointment.
Cocaine Anonymous	In person meetings, every Tuesday	Check for time and location: https://centralukca.org/meetings/kettering/
C2C - Kettering Women's Centre	Wellbeing, confidence and empowerment courses, trauma courses, 1:1 support, peer mentoring, hot desks, safe space for women.	Email: KWCCReferrals@c2csocialaction.com Phone: 07597 575 988 Website: www.c2csocialaction.com/about-3-1
Evolve Behaviour change programme	A programme for individuals who have identified a need to change their abusive or violent behaviours. Self referral or referral via Social Services.	Phone: 01604 230311 https://eveda.org.uk/the-she-project/
Family Support Link	1-1 and group support for adults, young people and children whose lives are impacted by someone else's drug or alcohol use.	Support Helpline: 01933 227078 Available from 10am-2pm Mon-Fri General Enquiries: 01933 224632 Email: contactus@family-supportlink.co.uk Website: https://familysupportlink.co.uk/
Groundwork / The Green Patch	Beautiful space to access with community garden, chickens, rabbits, free yoga, wellbeing walks,	Location: Valley Walk, Kettering, United Kingdom Link for up-to-date times: https://www.facebook.com/TheGreenPatchKettering

	free Tai Chi, workshops.	
Johnny's Happy Place	Community Café, creative sessions, free groceries, free counselling, arts group, writing group, community gardening.	Location: 97 Rockingham Road, Keystone Centre, Kettering NN16 9HX Open 10am-2pm, Sat & Sunday Link: www.johnnyshappyplace.com
Kelly's Heroes	Suicide prevention support and counselling. Live chat 6-9pm every day. Mental Health First Aid, suicide prevention and self-harm awareness training.	Website: www.kellysheroes.org.uk Email: hello@kellysheroes.org.uk Phone: 0800 0025 400 Training: https://wemindandkellymatters.org.uk/services/education/our-training/
Kettering Complementary Therapy	Support maintaining mental and physical wellness, talks workshops taster sessions. Monthly meet ups.	For further information, contact: Chris 07791580218 Barb 07748591065
KCU (Kettering Community Unit)	Befriending and mentoring services, free clothing and furniture, personal development courses, volunteer placements.	For education / training or general enquiries email kcu@kcultd.org.uk or call 01536 481989. Website: https://kcultd.org.uk/
Kettering Library	Free activities for families Free use of computers	Location: Sheep Street, Kettering Monday-Friday, 9am-6pm Saturday, 9am-5pm Website: https://www.northnorthants.gov.uk/list-libraries/kettering-library

	<p>Free warm space to use</p> <p>Health and Wellbeing days</p>	
Kettering Nature	<p>Free to attend nature events. Wildlife surveying, bat walks, nature walks.</p>	<p>Facebook: https://www.facebook.com/Ketteringnaturegroup</p>
Kettering Refugee Assistance	<p>Support for refugees and asylum seekers. Volunteer group offering support learning English and settling in locally.</p> <p>Also try the Resettlement Team at the council.</p>	<p>Facebook: https://www.facebook.com/ketteringrefugeeassistance</p> <p>Council Resettlement Team: resettlement@northnorthants.gov.uk</p>
Kettering Street Pastors	<p>Practical, emotional and spiritual support on Saturday nights in Kettering town centre</p>	<p>Every Saturday, and the last Friday of the month (payday) 11pm-3am Facebook:https://www.facebook.com/KettStPastors/</p>
MIND Kettering	<p>Crisis Cafe - drop ins. Wellness courses, peer support, pottery, Menopause Support Group, community visits, 1:1 sessions.'</p>	<p>Location: 49-51 Russell Street, Kettering, NN16 0EN Crisis Cafe: 11:00 - 22:00, Tuesday/Wednesday/Thursday</p> <p>Office & Phone Line: 09:00 - 16:30, Weekdays: 01536 523216</p> <p>Email: info@ketteringmind.org.uk</p> <p>See more on their website: https://ketteringmind.org.uk/support-and-services/</p>

<p>Narcotics Anonymous</p>	<p>Help for anyone with a problem with any substance/ drug. Speak to people who understand and can help you.</p>	<p>Help Line (in confidence) 0300 999 1212 10am-12 midnight.</p> <p>For meetings please visit https://meetings.ukna.org/meeting/search</p>
<p>Northamptonshire Domestic Abuse Service.</p>	<p>24/7 helpline for women, men and children affected from the trauma of domestic abuse.</p> <p>Referrals can be made by individuals or professionals.</p>	<p>24/7 Helpline: 03000 120154 (in an emergency call 999)</p> <p>Website: https://www.ndas.co</p> <p>Email: advice@ndas-org.co.uk</p>
<p>NHS referral - go to your doctor</p>	<p>24/7 mental health helpline.</p> <p>Go to your GP to get referred for counselling.</p>	<p>Adult mental health 24/7 helpline: 0800 448 0828</p> <p>Under 18 mental health helpline: 0800 170 7055</p> <p>NHFT website: https://www.nhft.nhs.uk/</p>
<p>Northamptonshire Rape Crisis</p>	<p>Specialist trauma informed sexual violence counselling</p> <p>Emotional support</p> <p>Information and Advocacy</p> <p>Services are available to anyone aged 14+ who has experienced sexual violence, rape or childhood sexual abuse</p> <p>Self- referrals and/or professional referrals received online / via phone</p>	<p>Contact number: 01604 250721</p> <p>Call to self-refer or make a referral, or to get information on other services.</p> <p>https://www.northamptonshirerapecrisis.co.uk/</p> <p>0300 222 5930 helpline is open 10am to 3pm Monday to Friday</p>

	<p>Helpline</p> <p>Independent Sexual Violence Advisor – provides information and advocacy, supporting to understand the criminal justice process</p>	
<p>Northamptonshire Rights and Equalities Council</p>	<p>Discrimination help in the workplace or applying for a job</p> <p>Mental health discrimination help</p> <p>Hate crime and impacts on mental health</p> <p>Creative activities supporting those who are a target of hate</p>	<p>01604 400808 / 07393191482</p> <p>https://northantsrec.org/</p> <p>Contact via social media:</p> <p>https://www.facebook.com/Northantsrec</p>
<p>Picture the Difference (PtD)</p>	<p>PtD is a creative and performing arts organisation for children and young adults with additional needs. We co-produce purposeful community outcomes on relatable social themes, that allow those involved to develop their creative skills, personal qualities and to showcase their work. We encourage independence and employability skills by supporting</p>	<p>Location: The William Knibb Centre, Montagu Street, Kettering, NN16 8AE</p> <p>Monday Night social group 7.30pm-9.30pm (teen & young adults) Traditional painting & drawing (local artist);band rehearsal; music production; board games/video games; pool; drama games)</p> <p>Try-it Tuesdays (young adults - limited, bookable spaces) 10am-12pm Art/Craft 1pm-3pm Chronicles journey adventure in a D&D style</p> <p>Wednesdays - PtD on Stage 10am-3pm (young adults) script writing, music & prop making for community performances.</p> <p>PtD Schools' Programme 10am-3pm:</p>

	<p>individuals to share a skill, volunteer, develop their own arts projects and to maybe become a PtD Arts Leader.</p> <p>Our core values recognise that for wellbeing and happiness, it is important for people to find their place, purpose and a way to participate in their community.</p> <p>All referrals via website: https://linktr.ee/picthediff</p> <p>Or email Zoe Martin: admin@picthediff.com</p> <p>Mobile: 07947575190</p> <p>Schools' Programme: speak to your school SEN Coordinator for referral.</p>	<p>Thursdays - KS3 students Fridays - KS4 students</p>
<p>Samaritans (Kettering)</p>	<p>24/7 helpline for support</p>	<p>Location: 111 Montagu Street Kettering NN16 8XL</p> <p>Call 116 123 or email jo@samaritans.org.uk (reply may take a few days).</p> <p>Website: www.samaritans.org/branches/kettering/</p>
<p>Shout</p>	<p>24/7 texting service for mental health support</p>	<p>Text: 85258 Website: https://giveusashout.org/</p>

Substance to Solution (S2S)	Support for those having issues with drugs and alcohol. 1:1's, peer lead groups, workshops.	Website: https://www.changegrowlive.org/substance-to-solution-northamptonshire/kettering
TALK (Men's online support in Kettering)	Online men's support & mental wellness	Contact for latest details: https://www.instagram.com/jamesgarside/
Voice Northants	Support for victims of a crime.	Call: 0300 303 1965 Email: info@voicenorthants.org Website: www.voicenorthants.org/
Youth Works	Youth counselling and emotional wellbeing support (ages 11 - 18), wellbeing drop-in wellbeing, activities for young people (see website).	Location: Keystone Centre, 97 Rockingham Rd, Kettering NN16 9HX Tel: 01536 518339 Email : enquiries@youthworksnorthamptonshire.org.uk Website: www.youthworksnorthamptonshire.org.uk Drop in support information: www.youthworksnorthamptonshire.org.uk/counseling/drop-in-support-and-sexual-health-service/ Activities: Youth Groups & Activities « Youth Works Northamptonshire