



EXCITING START TO 2021

We have had a fantastic start to the year as the lowdown has been awarded The 'Rose of Northamptonshire' Award. The award recognises the hard work and determination of groups or individuals who have worked tirelessly to keep our communities safe and businesses moving during the global COVID-19 pandemic. The lowdown is so proud as we have adapted services and made significant changes to our building to enable our fabulous counsellors and support workers to continue supporting vulnerable young people during 2020 and into 2021. Well done to our fabulous team for their hard work.



We are also pleased to say that Socitm Advisory who offer Independent and expert consultancy advice for the public sector have chosen to support the lowdown during 2021 alongside two other charities. Sign In App, a Northampton based company providing one of the world's fastest-growing visitor management and staff sign in solutions have also chosen the lowdown as their charity to support throughout 2021. Both companies will be holding fundraisers throughout the year to raise funds and raise awareness of the lowdown services.

"The team here at Sign In App were really keen to support a local charity this year; we're really passionate about breaking the stigma around mental health and particularly after the last 12 months, it just felt right to support a charity that focuses on mental health (and more)." says Amy Bampton, Marketing Manager for Sign In App. We are so grateful for links such as this, as it's a great way for the lowdown to gain vital funds and raise awareness of our services to businesses in Northampton and beyond. The money raised will make a huge difference towards changing and sometimes saving the lives of young people in Northamptonshire.



SERVICE UPDATE

COUNSELLING: Self referrals for counselling are currently being accepted for remote support only – Monday-Friday between 11am and 5pm. This service is being delivered by our friendly, trained counsellors.

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 or info@thelowdownnorthampton.co.uk to book an appointment.

WELLBEING SESSIONS: Remote wellbeing sessions are available every Saturday between 1pm and 3pm and every Wednesday between 5pm and 7pm using either video call or telephone. To book your slot, please call us on 01604 634385. Further wellbeing information and tips to look after your mental health is accessible via our dedicated web page too. Take a look at our website www.thelowdown.info

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 lgbtqsupport@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 the pandemic. 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

OUT THERE YOUTH GROUP AND OUT THERE PLUS:

These groups are designed so that young people are able to explore who they are, socialise, meet new friends, talk through difficulties with others who understand, whilst also having fun and joining in with activities. Currently Out There Youth Group for 13-20 year olds meet online every Friday between 6pm and 8pm. Out There Plus are still meeting online via WhatsApp and Zoom every 2nd and 4th Wednesday between 6pm and 8pm and we hope to bring back face-to-face meetings for both groups very soon.

PARENTS AND CARERS SOCIAL: This zoom event on Thursday April 15th is for any parents/carers of LGBTQ young people who would like to meet other parents/carers on similar journeys with their young people. You will also find out about the support our Out There group offers, ask questions and share stories. For more information contact Helen on 07585 737482 or email lgbtqsupport@thelowdownnorthampton.co.uk

SEXUAL HEALTH: We're unable to offer sexual health support for the time being, however sexual health queries are being diverted to the hospital clinic and you can contact them on 01604 609766. Testing kits can be ordered by going to www.nhft.nhs.uk/sexual-health. Young people will be able to get C card training and free condoms from pharmacies. Contact CHAT C CARD for more information on 07519 293410.



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supporting young people

Wellbeing Drop in

SATURDAYS
1-3 PM
WEDNESDAYS
5-7 PM
TELEPHONE OR
ZOOM CALL

Free and confidential wellbeing drop in for 11-25 year olds and their loved ones

Wellbeing Navigators will offer a listening ear, self-help resources or signposting to in-house services or to other services in the area.

Call: 01604 634385 to book a slot



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

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3 KINGSWELL STREET,
NORTHAMPTON NN1 1PP

WWW.THELOWDOWN.INFO



BECOME AN OUT THERE PEN PAL

Out There Pen Pals
Under 18's

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

Funded by:

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Thursday 15th April 6-8pm

Parent & Carers Social

This zoom event is for any parents/carers of LGBTQ young people who would like to meet other parents/carers on similar journeys with their young people. You will also find out about the support our Out There group offers, ask questions and share stories.

For more information contact Helen on 07585 737482 or email lgbtqsupport@thelowdownnorthampton.co.uk

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EVENTS & FUNDRAISING



The Mayor, Cllr Brian W Sargeant is hosting an online 'Northampton History' Event on Friday 26th March at 7pm alongside local historian Mike Ingram to raise funds for the lowdown.

There are a limited number of special hamper tickets for £20 sponsored by the wonderful people at House of Dapper - expect delivery of delicious drinks and snacks to your door - unfortunately due to delivery restrictions, they can only offer to Northampton residents.

Standard tickets are £10.

To purchase tickets please email: mayor@northampton.gov.uk.

The Mayor will also be holding an online Civic Service on Sunday 21st March from All Saints Church. Keep an eye on his Facebook page for more details:

<https://www.facebook.com/MayorOfNorthampton>

Do you want to be part of our upcoming fundraising events of Skydiving and Abseiling?



THANK YOU TO ALL THAT HAVE DONATED TO THE LOWDOWN INCLUDING THE ROTARY CLUB OF NORTHAMPTON WEST FOR THEIR CONTINUED SUPPORT AND DONATION OF £1000 TO SUPPORT YOUNG PEOPLE ON THEIR JOURNEY TOWARDS POSITIVE EMOTIONAL HEALTH AND WELLBEING

LOWDOWN LEGEND OF THE MONTH:

FEBRUARY: TONIAE SMITH

MARCH: CHELSEA BUSWELL

OUR LOWDOWN LEGENDS ARE PEOPLE WHO EXCEED ALL EXPECTATIONS AND PUSH THE BOAT OUT FOR THE LOWDOWN AND THEIR CLIENTS. IF YOU KNOW A LOWDOWN LEGEND, NOMINATE THEM BY EMAILING [INFO@THELOWDOWNNORTHAMPTON.CO.UK](mailto:info@thelowdownnorthampton.co.uk)

SIGN UP TO DO A SKYDIVE
CONTACT US FOR MORE INFORMATION

TAKE PART IN OR ORGANISE FUNDRAISING EVENTS

SPONSORED RUN OR WALK

HOW YOU CAN SUPPORT
the lowdown
since 1989 supporting young people

ONLINE SHOPPING AND DONATIONS

ABSEIL
THE NORTHAMPTON LIFT TOWER

VOLUNTEER WITH US
SEE OUR WEBSITE FOR CURRENT OPPORTUNITIES

JustGiving™
f amazon
PayPal ebay
easyfundraising
feel good shopping

QR Code
the lowdown supporting young people

Or you can scan this QR code to make a donation.