



How to find us

Information on how to get to The Lowdown building, travel options and what entrance you need for each service – including how to enter the building. If you need to contact us, find all our details here.

What this information pack includes:

(You don't have to read everything, You can skip to the parts you need – click the link below.)

Where we are, travel info:

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How to get to us and find The Lowdown building

Address:

- 3 Kingswell Street (off Gold St) Northampton, NN1 1PP

Directions: From The Drapery/ bus stop approx. 4 min walk (270 yards)

(From the Market square, St Giles Street/ St Giles church):

1. Travel towards Gold Street. Micheal Jones Jewellers is on the left corner and Wingstop will be on the right corner.
2. Turn left just after the Sandwich Bar/ Virgin Money, onto Kingswell Street (opticians on corner.)

From St Peters (Argos) car park via Woolmonger Street.

1. Go through the alley to the right of Pure Gym.
2. Turn left and walk up the hill and follow the road round. The flats will be on your right.
3. At the top of the hill there will be a car park in front of you.
4. The Lowdown building is on the left of the car park.

From the bottom of Kingswell Street approx. 4 min walk (270 yards, uphill)

1. Pass The King Billy Rock Bar on the left, A1 taxi's will be on your right
2. Head up the hill towards Gold street
3. The Lowdown building is at the top, on the right.

How to get to us and find The Lowdown building



1. Our address - 3 Kingswell Street (off Gold St), Northampton, NN1 1PP



2. Nearest Bus Stops: Closest is **The Drapery (pictured)** approx. 4 min walk (270 yards).



3. Northampton Main Bus station (pictured) Northgate (off college street) – approx. 6 min walk.

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How to get to us and find The Lowdown building:

Nearest Car Parks: please note prices are subject to change and car parks not affiliated to The Lowdown, please check terms and conditions at time of arrival.

- St Peters (Argos) NCP car park – approx. **4 min walk** (mostly uphill) to Kingswell Street **2 hours free parking.** (terms and conditions apply please see car park info board.)
- Commercial Street car park (below St Peters) - approx. **5 min walk** (mostly uphill) **Paid** parking - long stay available. (Costs, terms and conditions apply please see car park info board.)
- The Ridings Car Park (St Giles/ Abington Street) – this is small and very busy in Peak times. **Approx 6 min walk (0.3 miles)** to Kingswell Street.
- Grosvenor Multi Storey car park – approx. **7 min walk (0.2miles)** to Kingswell Street.
- Mayorhold Car Park – approx. **8 min walk (0.3 miles)** to Kingswell Street.
- Sol Central (VUE) – approx. **6 min walk (0.2 miles)** to Kingswell Street.

Nearest Bus Stops:

The closest bus stop is **The Drapery** – approx. **4 min walk (270 yards)** to Kingswell Street.

Northampton Main Bus station – Northgate (off college street) – approx. **6 min walk** to Kingswell Street

How to get to us and find The Lowdown building - continued:

Transport via Car or Taxi:

There are several Taxi companies in Northampton, however these are generally the most expensive way to travel to The Lowdown. The advantage is it would allow young people to be dropped at the door and can be easily booked via apps. Please ensure the taxi's are licensed.

Distance from other locations in Northampton:

Train station to Kingswell Street – approx. 9 min walk (0.3 miles)

UoN Waterside Campus to Kingswell Street - approx. 15 min walk (0.6 miles)

Northampton General Hospital to Kingswell Street - approx. 17 min walk (0.8 miles)

If travelling to or transport is a barrier to attending The Lowdown, please contact us in advance to discuss.

Getting to The Lowdown – from The Drapery



1. Turn right onto Gold Street (follow signpost towards Northampton Station).



2. Walk past Michael Jones Jeweller on the left and Wing Stop/ Turtle Bay on the right.

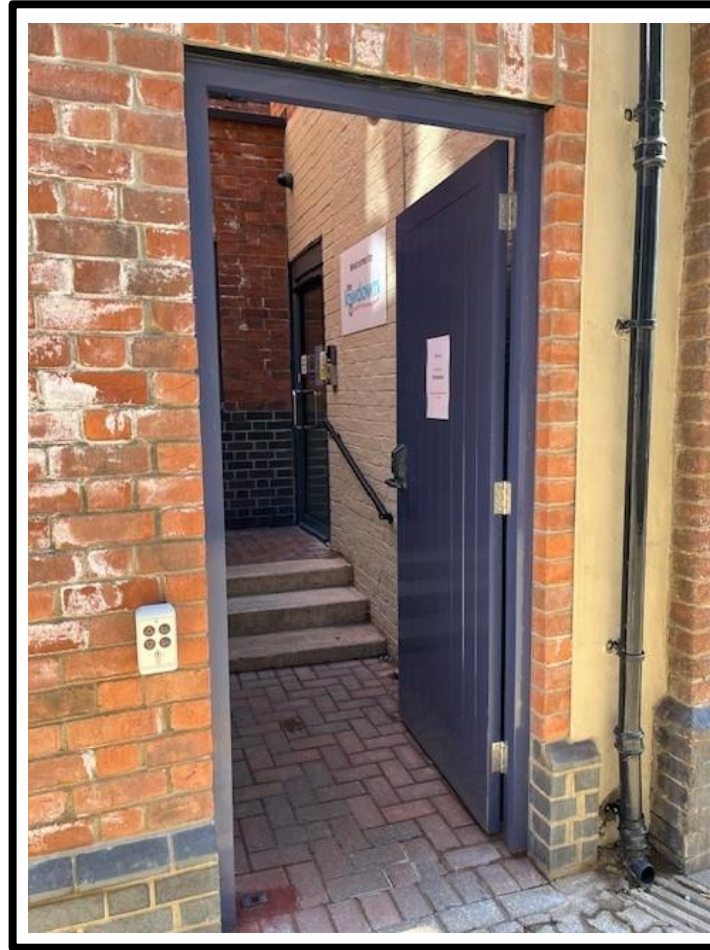


3. Turn left down Kingswell Street (when you see the opticians on the corner, past Virgin Money on left).

Getting to The Lowdown – from The Drapery



4. You should be able to see The Lowdown sign from the top of the street.

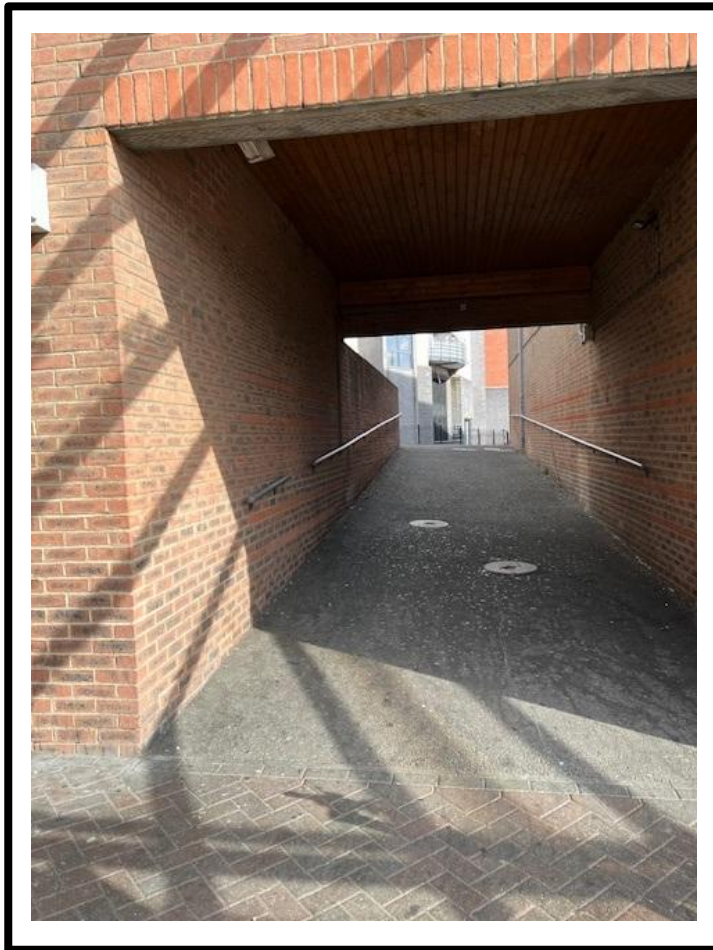


5. Counselling appointments: Enter via the blue door. The door will be open when the building is open.



6. Drop-In's enter via the red door.

Getting to The Lowdown - from St Peters car park, via Woolmonger Street



1. Walk through the alley way (pictured), next to Pure Gym (top right corner of car park.)



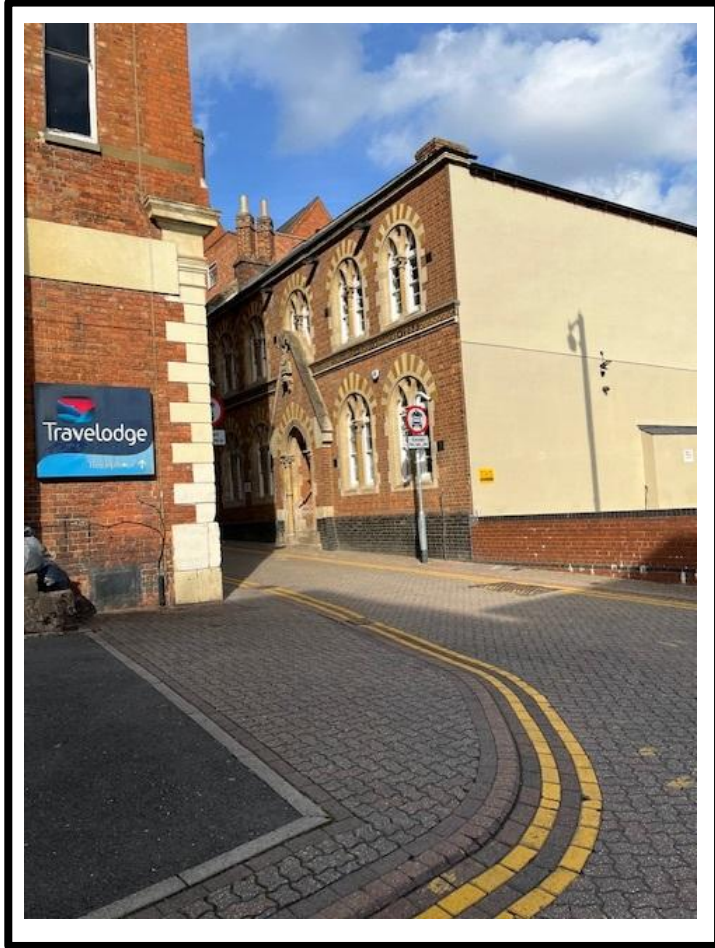
2. Follow the road round past the flats on the right (Woolmonger street)



3. You will see the car park/ side entrance to The Lowdown at the top of the hill

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Getting to The Lowdown – from St Peters car park, via Woolmonger Street



4. Pass the back of the Travelodge to the left & the car park to the right – The Lowdown building is on the right.



5. You will see the car park and side entrance to The Lowdown at the top of the road to the right.



6. The Red door (drop-ins) and Blue door (appointments) are at the front of the building. (Accessible entrance via the car park/ ramp).

Getting to The Lowdown – from the bottom of Kingswell Street



1. Travel up Kingswell Street past the King Billy (Music bar) on the left. (approx. 4 min walk uphill)



2. Pass the flats on the left (continue uphill – narrow pathways.)



3. You will see the Travelodge sign to the left, The Lowdown building is opposite this (on the right).

Entrance – All services



1. Blue door – Counselling,
the door will be open when
the service is open.



2. Red door – Drop ins.
Press the buzzer or call the
number posted on the door for
entry.



**3. White door – Accessible
entrance/ RE:Start/
Lounge based activities.**

How to enter the building - What to do on arrival

Counselling

1. Look out for the blue door from the street.
 2. Come up the steps to the glass door.
 3. Press the buzzer – this is situated on the right.
 4. If you have an appointment – when you press the buzzer, let the staff member know what or who you are there for. For example – “I am here for counselling with...”
 5. One of the team will answer and let you in.
 6. The waiting area is on your left – please take a seat wherever you find it most comfortable.
 7. Wait for your Counsellor or staff member to meet you.
 8. In the main waiting area, you will find/see – Fidget toys, books and magazines, information cards, flyers, a water dispenser. The water is free, please help yourself.
- **If you have any mobility or accessibility requirements, please contact us in advance where possible.**
 - There is a ramp at the side of the building for an accessible entrance.
 - If it's your first time to the building and you are unsure what to do, press one of the buzzers and let a staff member know what you are here for.

How to enter the building - What to do on arrival

RE:Start

1. Enter via the side entrance, white door.
2. Come up the ramp, press the buzzer and notify your support worker you are there and someone will open the door. (Please note automatic door opens outwards.)
4. Enter the garden/ courtyard area.
5. Walk through the white gate and up the stairs to the left.

Drop In's - Information and Guidance/ Mental Health & Wellbeing/ Sexual Health

1. Enter via Red door, up the steps and press the buzzer on the right.
 2. Let us know what you are here for if you can, for example “I am here for the Mental Health drop-in.”
 3. Enter the waiting area (**you DO NOT need to sign in**).
 4. Wait for a staff member to meet you.
- If you have any mobility or accessibility requirements, please contact us in advance where possible.
 - **If you have an appointment** – when you press the buzzer let the staff member know what or who you are there for. For example “I am here for my appointment with...”
 - For **drop ins**, if you don't have an appointment or are here for the first time and unsure where to go, press the buzzer and let us know what you are here for if you can.

How to enter the building - What to do on arrival

Youth groups/Young Adult Social –

1. Enter via the side entrance, white door.
2. Come up the ramp. The door will be open when the session starts, do not press the buzzer.

Mindspace/YAB –

1. Enter via the side entrance, white door.
2. Come up the ramp, press the buzzer (at the session start time) and the door will be opened.

All services mobility and access needs –

1. Enter via the side entrance, white door.
 2. Come up the ramp, press the buzzer and someone will open the door and come and meet you.
 3. Automatic door opens outwards.
- If you have any mobility or accessibility requirements, please contact us in advance where possible. If you have an appointment – when you press the buzzer let the staff member know what or who you are there for. For example, “I am here for counselling with...”
 - If you are attending any of the drop-ins, don’t have an appointment or are here for the first time and unsure where to go – press the buzzer and let us know what you are here for if you can.

Thank you for reading. Is there anything missing from this information pack that you would like to see included/ need to know?

If you have any questions or need any further information, contact us:



@thelowdownnn1



thelowdown



info@thelowdownnorthampton.co.uk



01604 634385



YouTube search the lowdown nn1