



Parent Support Newsletter

A termly newsletter with information about community support and advice for parents

Your Family Support Worker is Leanne Russell

YOUNGMINDS

If you're worried about your child or young person's mental health or wellbeing, YoungMinds have a number of ways they can help and support.

Check out their website for help and advice or give them a call

<https://www.youngminds.org.uk/parent/>

Speak to us on the phone





Call our Parents Helpline for free on 0808 802 5544.
We're open Monday - Friday 9:30am - 4:00pm.



At this month's Coffee morning we will have the staff from the brand new Northampton Family Hub joining us!!

Find out everything the Hub has to offer you and your family
25th June
9am-10am

FREE cooking class at the Doddridge Centre
Attend all sessions and receive a £50 food shopping voucher!!!



THE DODDRIDGE CENTRE
BUDGET FRIENDLY COOKING CLASS
FROM THURS 12 JUNE TO THURS 17 JULY 2025
9:45AM - 11:15AM
109 ST JAMES ROAD, NN5 5LD
JOIN US FOR A FREE 6 WEEK COOKING CLASS AND LEARN TO PREP AND COOK HEALTHY MEALS FOR YOUR FAMILY TO ENJOY
LIMITED SPACES AVAILABLE.
CALL 01604 586384 TO BOOK

£50 VOUCHER FOR THOSE WHO COMPLETE ALL 6 SESSIONS

ADULT OPEN SKILLS DAY
MONDAY 14TH JULY 12-3
@ The Doddridge Centre

Explore a variety of courses designed to enhance your skills and brighten your future, including English, Digital Skills, Maths, ESOL, Health & Social Care, Childcare, Employability, and distance learning options.

Register your interest




Local support for Neurodiverse children with selective eating

Neurodiversity

PART 2
SELECTIVE EATING FOR NEURODIVERSE INDIVIDUALS

Designed for parents of neurodiverse children, teens, and young adults, this session explores the difference between fussy eating and selective eating—covering sensory sensitivities, the need for predictability, mealtime challenges, and when to seek professional support.



with Vanessa Peat & Dr Nicholas Peat
Co-founding Directors of Uniquely Created U

19 June 2025 @ 19:00 - 20:00

Duston Community Centre, Pendle Road, Duston, NN5 6DT

All welcome—just contact us by phone or email to reserve your spot!

 www.duston-pc.gov.uk 01604 583626     eventsmanager@duston-pc.gov.uk



We are able to offer FREE food parcels every school holiday!
Just let the office know if you would like one



Follow us on FACEBOOK
@ Earl Spencer Primary School