

THE ELIZABETHAN ACADEMY

Student Briefing: 2 March 2026



Important notices from Staff

From Mr James – World Book Day is on **Thursday 5 March** and we are running an **interhouse competition**. Each tutor group is challenged to write a short story of EXACTLY 20 words. Please drop off your form's entry into the library no later than Thursday 12 March. World Book Day also has a competition **to design your own book token**. The winning entry will have their design printed on to next year's book token. The school's winning entry will also receive a book token to spend in any book shop. Entry forms can be found in the library.

From Mr Broadley - PE clubs going ahead after school this half term ... all welcome

| Monday | Tuesday | Thursday |
|---------|---|---|
| Netball | Badminton KS3 Football Table Tennis | Climbing Year 11 GCSE PE revision (ML2) Year 11 BTEC Sport revision (AR1) |

From Mr Matthews - please do not wear football boots with studs on at social time, wear trainers. If you need first aid during social time, don't wait until the end of break and lunch, go and be seen during social time.

From Miss Clark - the local businesses adjacent to school have complained that some parents/carers are parking in their car parks to drop-off and pick-up their children at the start and end of the school day. On occasions, our students have been seen running across these areas carelessly and dangerously even though they are used frequently by large vehicles for deliveries, as well as a lot of customer parking. So, in the interest of health and safety and being respectful to local businesses please ask your parents/carers to use the side roads to drop you off and pick you up from school.

From HoYs and PMs - a reminder to students in Year 8, 10 and 11 please use the stairs nearest your toilets at break and lunch ... Year 8 the technology stairs, Year 10 the maths stairs and Year 11 the science stairs. Please do not eat food on the corridors or in the toilets. There should only be 1 student in any cubicle using the toilet and as soon as you have washed your hands you should vacate the toilets so others can use them. Anything other than this is anti-social behaviour and disrespectful to students in your year group.

The community being Brilliant ... please share the following news about students and staff with your tutees



Miss Hurt congratulates Jack who has won the dramatic reading competition, Daisy was 2nd and Erin and Eliza finished 3rd as a duo. Jack should go to the library on Monday break to collect his prize.

Houses will be rewarded with positive points as follows ... 400 to Galileo, 300 to Burghley and 200 to Shakespeare to reflect the interhouse competition.

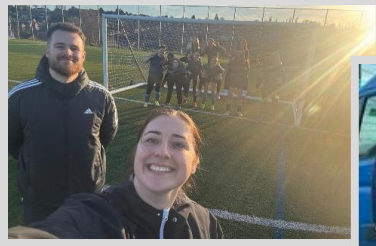
Congratulations to Elliott who has won the U13 County at the Nottinghamshire Table Championship which took place during half term. He will now go on to represent the county and school at the National Finals in April in Wolverhampton. This is a brilliant achievement for Elliott, particularly as this is an U13 age category and he is still classed as U12. Good luck at the finals Elliott



Last week Mrs Tsiknakis and Mr Rhymes accompanied our Year 7/8 girls football team to their Notts Cup quarter final fixture on a beautiful, Carlton hilltop. As the sun was setting, a fierce matchup played outPING - does Erin even have “miss the target” in her vocabulary? Our fearless captain puts the Lionesses 1-0 up early in the game. HIBBO - Katie scrambles home a second goal to set nerves at ease. An absolutely monster performance by Katie in this game, playing both RW and RB masterfully. PINNNNNGGGGGG - forget Alessia, forget Chloe ... this should be the first name on the England team sheet. What a player. 3-0.



First half nerve rattler... Carlton Willow bring it back to 3-1 right before HT. The second half creating many a grey hair for Mrs Tsiknakis and Mr Rhymes - an utterly brilliant defensive effort by the whole team to deny chance after chance for Carlton. The backline and goalkeeper working together like AC Milan between 1984 and 1997! A slight slip up at the end brings the score to 3-2. FINAL WHISTLE - LIZZIE LIONESSES ARE IN THE SEMI FINALS!!



Our Year 10 netball team travelled to Carlton Willows last week for an exciting and competitive girls’ netball tournament – and what a fantastic afternoon it was! Facing some very strong and well-drilled opposition, the team rose to the challenge with positivity, teamwork and unwavering determination. From the first whistle to the final centre pass, the girls showed resilience, supported one another brilliantly and never let their heads drop. Their defensive pressure improved with every game, transitions became sharper, and communication across the court grew stronger as the tournament progressed.

The highlight of the afternoon came in the final match when Tate confidently stepped up and delivered not one, but two superb goals! The celebrations that followed could probably be heard across the whole of Carlton Willows — teammates and staff alike were absolutely delighted. It was a moment that perfectly captured the team spirit and togetherness the girls demonstrated throughout the event. Mrs Tsiknakis said she is incredibly proud of the squad’s performance, praising their effort, commitment and refusal to give up, even against tough competition.

Well done, Year 10 — a brilliant display of teamwork, resilience and school spirit.



Congratulations to the following students for their brilliant Work of the Week



Miss Moore is so proud of 7S1 who had a great time carrying out neutralisation reactions and exploring the pH scale in science last week ...



Well done **Ben, Conor** and **Megan** who received their attendance draw voucher last week from Mrs Mason



Well done to the following students who received Hardwick Honours last term in recognition of their outstanding contributions to Hardwick House and demonstration of the Three 'R's of
Respect, Responsibility and Resilience ...



Ellena, Alfie, Holly, Florence, Freya, Daisy-Mai, George, Bryn, Vienna, Aiden and Izzy



Mrs Rawson reports Katrina has been offered a place at the Interlocken Academy, Michigan, USA on their advanced drawing and painting course for 3 weeks in the summer. She has received a partial merit scholarship which is a brilliant achievement ... huge congratulations Katrina



Well done to the following students who topped the positive point league table last week for showing excellent attitudes to their learning ...

Junior, Iman, Sam, Emilie, George, William, Trinity, Isla, Goodness, Amelia, Heidi, Abigail, Zuzanna, Millie, Sophia, Aiden, Milo, Euan, Arthur, Finley, Nathan, Rosie, Annabelle, Thomas and Skyler.



Mr Crowther would like to see these students at 9:00 on Monday, in his office, to recognise and celebrate this success enjoy breakfast together. There is a 15-prize lottery at the end of each half term for all the students who top the positive points table.



There are 7 reward star badges available for students to collect across the year ... 100 points Bronze, 200 points Silver, 300 points Gold, 400 points Emerald, 500 points Platinum, 600 points Amethyst and 700 points Ruby. Keep collecting those reward points to hit the milestones and gain the stars! Staff, please remember to give 3 best in lesson rewards, every lesson, as a minimum!



**Congratulations to the 29 students who achieved their Bronze Points Badge last week.
Congratulations to the 87 students who achieved their Silver Points Badge last week.
Congratulations to the students who achieved their Gold Points Badge last week ...**



| | | | |
|---|--|---|---|
| Sophie Lois Emily Holly Leonie Euan Sam Charlie Georgina Emily Mason Ruby Evie Isabelle Eryk Hannah | Imogen Isla Olivia Lilly Rory Rosie Heidi Eryn Destiny Finley Emily Skyler Ethan Trinity Freddie Katie Scarlett Martha Ollie Iris Caden Freya Abbie | Elsie Aurelia Louise Mason Tilly Lucas Seryn Millie Dulce Thomas Tyler Aiden Lucy Meghna Millie Holly Angel Evie | Eliza Freya George Lydia Isabella Heidi Bryony Milo Vivienne Anders Orson Leah Boris Ru Reece |
|---|--|---|---|

Congratulations to the students who achieved their Emerald Points Badge last week ...

| | | |
|------------------|-------------|-------------------------|
| Scarlett Claudia | Jacob Grace | Arthur Gaia Chloe Abbie |
|------------------|-------------|-------------------------|

Congratulations to the students who achieved their Platinum Points Badge last week ...

| | |
|--------|--------------|
| Junior | William Maie |
|--------|--------------|

Congratulations to Iman who achieved her Amethyst Points Badge last week ...

Rewards from last half term

Students ranked in the top 20 for positive points, per House, over the last half term, will receive a £2 voucher to spend at the canteen at breakfast, break or lunch across wc 9 March.

| Burghley | | Galileo | | Hardwick | | Shakespeare | |
|-------------|-----|-----------|-----|------------|-----|-------------|-----|
| Name | RPs | Name | RPs | Name | RPs | Name | RPs |
| Junior | 180 | Iman | 214 | Gaia | 162 | Amelia | 178 |
| Claudia | 171 | Nelly | 185 | Meghna | 161 | Tess | 150 |
| Daisy | 165 | Hope | 156 | Chloe | 155 | Mia | 150 |
| Eleanor | 161 | Grace | 153 | Abbie | 146 | Orson | 149 |
| Vanessa | 141 | Brandon | 151 | Vienna | 141 | Bella | 142 |
| Sophia | 140 | William | 149 | Nyasha | 141 | Iris | 139 |
| Mercede | 140 | Summer | 144 | Christiana | 137 | Rowan | 138 |
| Henri | 140 | Francesca | 143 | Katherine | 135 | Jacob | 137 |
| William | 138 | Scarlett | 143 | Mason | 134 | Myles | 132 |
| Olivia | 135 | Benjamin | 142 | Freya | 133 | Aditi | 129 |
| Sophie | 133 | Ava | 141 | Amelia | 129 | Harry | 128 |
| Archie | 131 | Martha | 134 | Lucy | 128 | Jessica | 128 |
| EmmiLeigh | 131 | Eliza | 130 | Anya | 128 | Amelia | 123 |
| Scarlett | 129 | Isabelle | 130 | Bertie | 126 | Ayden | 122 |
| Mason | 128 | Emili | 128 | Thomas | 125 | Eleanor | 121 |
| Belle | 128 | Ellie | 128 | Blake | 124 | Anna | 120 |
| Leah | 127 | Oliver | 128 | Katrina | 124 | Rukarin | 118 |
| Jack | 123 | Maie | 125 | James | 123 | George | 116 |
| Maksymilian | 123 | Tilly | 124 | Arthu | 123 | Emrys | 116 |
| Caitlin | 122 | Chloe | 123 | Matthew | 122 | Milana | 112 |

The group in each House (including tutors) highlighted green in the grids below, achieved the most positive referrals as an average per student over the last half term and will enjoy a non-uniform day on Monday 23 March. will also be given a congratulatory postcard and a pass in TP. should be sensible and appropriate for a work environment ie no short shorts, torn jeans or revealing tops, no coats, no pyjamas etc.

| Burghley | | | Galileo | | | Hardwick | | | Shakespeare | | |
|----------|-----|-----------------|---------|------|-----------------|----------|-----|-----------------|-------------|-----|-----------------|
| Form | PRs | Ave per student | Form | PRs | Ave per student | Form | PRs | Ave per student | Form | PRs | Ave per student |
| 9B1 | 916 | 36.64 | 8G1 | 1241 | 41.37 | 8H1 | 988 | 35.29 | 11AMP | 323 | 35.89 |
| 10B2 | 930 | 35.77 | 7G1 | 1083 | 38.68 | 10AMP | 139 | 34.75 | 8S2 | 798 | 30.69 |
| 10AMP | 241 | 34.43 | 10G1 | 835 | 36.30 | 8H2 | 979 | 33.76 | 8S1 | 804 | 29.78 |
| 8B1 | 860 | 33.08 | 10AMP | 353 | 35.30 | 11AMP | 127 | 31.75 | 10S2 | 653 | 29.68 |
| 10B1 | 701 | 30.48 | 10G2 | 726 | 30.25 | 7H1 | 822 | 31.62 | 11S2 | 607 | 27.59 |
| 11AMP | 233 | 29.13 | 11AMP | 242 | 30.25 | 10H2 | 690 | 31.36 | 10S1 | 629 | 27.35 |
| 9B2 | 809 | 27.90 | 9G1 | 884 | 31.57 | 9H1 | 871 | 30.03 | 9S1 | 846 | 27.29 |
| 7B1 | 835 | 26.94 | 8G2 | 846 | 27.29 | 10H1 | 641 | 27.87 | 9S2 | 725 | 26.85 |
| 8B2 | 775 | 26.72 | 9G2 | 846 | 27.29 | 11H2 | 608 | 27.64 | 7S1 | 791 | 26.37 |
| 7B2 | 765 | 26.38 | 11G1 | 379 | 25.27 | 9H2 | 825 | 27.50 | 7S2 | 668 | 25.69 |
| 11B2 | 446 | 26.24 | 11G2 | 576 | 25.04 | 7H2 | 843 | 26.34 | 10AMP | 116 | 23.20 |
| 11B1 | 437 | 25.71 | 7G2 | 644 | 23.00 | 11H1 | 474 | 22.57 | 11S1 | 469 | 22.33 |

The group in each House (including tutors) highlighted green in the grids below, achieved 20 or fewer negative referrals over the last term and will enjoy a non-uniform day on Thursday 26 March.

| Burghley | | Galileo | | Hardwick | | Shakespeare | |
|----------|-----|---------|-----|----------|-----|-------------|-----|
| Form | NRs | Form | NRs | Form | NRs | Form | NRs |
| 11AMP | 0 | 10AMP | 2 | 10AMP | 2 | 10AMP | 0 |
| 10AMP | 4 | 11AMP | 2 | 11AMP | 2 | 11AMP | 2 |
| 9B1 | 17 | 8G1 | 25 | 7H2 | 18 | 11S1 | 24 |
| 7B2 | 18 | 10G1 | 26 | 11H2 | 21 | 7S2 | 32 |
| 11B1 | 23 | 7G1 | 29 | 8H2 | 33 | 7S1 | 35 |
| 11B2 | 34 | 9G1 | 38 | 10H2 | 41 | 10S2 | 38 |
| 7B1 | 41 | 11G2 | 48 | 11H1 | 45 | 11S2 | 41 |
| 9B2 | 47 | 11G1 | 53 | 9H1 | 58 | 8S2 | 43 |
| 8B2 | 54 | 9G2 | 53 | 10H1 | 63 | 10S1 | 50 |
| 8B1 | 62 | 7G2 | 55 | 8H1 | 64 | 8S1 | 62 |
| 10B2 | 65 | 8G2 | 59 | 7H1 | 69 | 9S2 | 115 |
| 10B1 | 87 | 10G2 | 108 | 9H2 | 76 | 9S1 | 145 |

The House (including tutors) highlighted green in the grids below, have achieved the most net referrals (positives minus negatives) and will enjoy a non-uniform day on Friday 27 March. will also be given a congratulatory postcard and a pass in TP...well done Galileo!

The Year (including tutors) highlighted green in the grids below, have achieved the most net referrals and will enjoy a non-uniform day on Thursday 26 March. will also be given a congratulatory postcard and a pass in TP...well done Year 8!

| | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 | Total | Position |
|-------------|--------|--------|--------|---------|---------|-------|----------|
| Burghley | 1541 | 1519 | 1661 | 1716 | 1059 | 7496 | 3rd |
| Galileo | 1643 | 2003 | 1639 | 1778 | 1094 | 8157 | 1st |
| Hardwick | 1578 | 1870 | 1562 | 1364 | 1141 | 7515 | 2nd |
| Shakespeare | 1392 | 1497 | 1312 | 1310 | 1332 | 6843 | 4th |
| Total | 6154 | 6889 | 6220 | 6168 | 4626 | | |

| | | | | | | | |
|----------|-----|-----|-----------------|-----|-----|--|--|
| Position | 4th | 1st | 2 nd | 3rd | 5th | | |
|----------|-----|-----|-----------------|-----|-----|--|--|

504 students with 97+% attendance last half term will be rewarded with a non-uniform day on Tuesday 24 March.

The Cup ... standings after HT3

Behaviour points towards the House Cup... at the end of each half term the number of positive points and net referrals each House achieves will count towards the House so it's important you continue to work hard and do your best for your House.

Attendance points towards the House Cup... individual attendance for the time in school last half term ... 100% attendance = 10pts for your House and 95 – 99% = 5pts for your House. points for last half term are as follows

...

| HT3 | Totals after HT2 | Comps | 100% attendance | 95-99% attendance | Positive | Net | Total | Position |
|-------------|------------------|-------|-----------------|-------------------|----------|------|--------|----------|
| Burghley | 57,181 | 1400 | 91x10 = 910 | 79x5 = 395 | 17,682 | 7509 | 85,077 | 2nd |
| Galileo | 60,257 | 1100 | 107x10 = 1070 | 76x5 = 380 | 18,605 | 8181 | 89,593 | 1st |
| Hardwick | 56,789 | 900 | 99x10 = 990 | 64x5 = 320 | 17,998 | 7518 | 84,515 | 3rd |
| Shakespeare | 51,850 | 1000 | 108x10 = 1080 | 67x5 = 335 | 16,700 | 6877 | 77,842 | 4th |

Attendance ... do your bit and attend to achieve for yourself, your House and your year

Improving individual attendance remains high priority for us. All students need to ensure they attend school every day and on time as these are important life skills in preparation for the world of work and allows maximum learning, positive relationships and enrichment opportunities. The am and pm registers are officially closed after 30 mins ie 0840-0910 and 1315-1345 and students arriving after this time are recorded as absent for that session, not as late.

This is an unauthorised absence and 10 sessions of unauthorised absence over a rolling 10 school week period is likely to result in a fixed penalty notice for parents/carers (£160 fine!)

Students who have an attendance level of 90% or below are classed as persistent absentees and this puts them at a distinct disadvantage when competing with other students for places at college, university, apprenticeships, work etc plus it leaves big gaps in learning, increases anxiety and slows down progress. As a minimum we are aiming for an individual threshold of 97% attendance #AttendToAchieve

| | Burghley | Galileo | Hardwick | Shakespeare | Totals |
|---------------------------------|----------|---------|----------|-------------|--------|
| Week 23/2/26 - 27/2/26 | 92.2% | 92.5% | 91% | 93.4% | 92.3% |
| Overall 2/9/25 - 27/2/26 | 92.6% | 93.2% | 91.2% | 92% | 92.2% |

| | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 | Total |
|---------------------------------|--------|--------|--------|---------|---------|-------|
| Week 23/2/26 - 27/2/26 | 93.4% | 93.3% | 92.5% | 89.6% | 92.6% | 92.3% |
| Overall 2/9/25 - 27/2/26 | 94.3% | 92.8% | 93.1% | 90.2% | 90.5% | 92.2% |

Best attendance last week at 98.3% is ... Best attendance YTD at 96.7% is ... impressive!

Behaviour by House ... weekly data

The numbers of positive and negative incidents plus positive points are detailed below by House and Year ... work hard to add to your House and Year positive counts. Remember that any negatives you receive are deducted from your positives total and other students in your House and Year!

| 23.2.2026 to 1.3.2026 (week) | | | | Overall 23.2.2026 to 1.3.2026 (HT) | | | |
|------------------------------|----------|----------|----------|------------------------------------|----------|----------|----------|
| House | Positive | Positive | Negative | House | Positive | Positive | Negative |
| Burghley | 1371 | 4577 | 82 | Burghley | 1371 | 4577 | 82 |
| Galileo | 1395 | 4961 | 82 | Galileo | 1395 | 4961 | 82 |
| Hardwick | 1341 | 4683 | 91 | Hardwick | 1341 | 4683 | 91 |
| Shakespeare | 1239 | 4309 | 138 | Shakespeare | 1239 | 4309 | 138 |
| Year group | Positive | Positive | Negative | Year group | Positive | Positive | Negative |
| Year 7 | 1259 | 2528 | 60 | Year 7 | 1259 | 2528 | 60 |
| Year 8 | 1175 | 10551 | 80 | Year 8 | 1175 | 10551 | 80 |
| Year 9 | 1142 | 2040 | 93 | Year 9 | 1142 | 2040 | 93 |
| Year 10 | 1075 | 2127 | 117 | Year 10 | 1075 | 2127 | 117 |
| Year 11 | 599 | 1089 | 43 | Year 11 | 599 | 1089 | 43 |

Staff, please remember to give 3 best in lesson rewards, every lesson, as a minimum!

Lunch arrangements

We operate 2 sittings at lunch, queuing up the middle and each side of the Dome to support students getting through service quickly and smoothly. Year groups on late sitting ... do not start queuing until the early sitting are nearly through. Make sure you continue to put your food waste and any litter in the bins provided.

| | |
|--------|---|
| wc 2/3 | Early sitting (1230/1155 Wed) ... Years 9, 10, 11 (students leave the Dome as soon as eaten) Late sitting (1245/1210 Wed) ... Years 7, 8, 12, 13 (students do not enter the Dome until 1245/1210 Wed) |
| wc 9/2 | Early sitting (1230/1155 Wed) ... Years 7, 8, 12, 13 (students leave the Dome as soon as eaten) Late sitting (1245/1210 Wed) ... Years 9, 10, 11 (students do not enter the Dome until 1245/1210 Wed) |

Please remind students which side they queue ...

- The left side (nearest English/Science) is for Year 7 and Year 9
- The right side (nearest Humanities/IT) is for Year 8 and Years 10/11

Assemblies

Assemblies are scheduled as follows ... leave bags in tutor rooms please and move to the sports hall quietly and sensibly for an 08:50 start (on Friday 8 are in the main hall.) Tutors, please sit with tutor groups ... Year group assemblies this week with Mr Dainty on National Week

| Monday | Tuesday | Thursday | Friday |
|------------------------|-------------|----------|----------|
| Year 7 Years 12 and 13 | Year 9 | Year 10 | Year 8 |
| Hardwick | Shakespeare | Galileo | Burghley |

★ **Coming Up!!!!** ★



Opening Night of Hadestown is getting closer !!!!!

Based on the ancient myth of Orpheus in the Underworld, Hadestown relocates the tragic tale to the deep south of the USA in the early part of the 20th Century. The fantastic score contains a mixture of Blues, Gospel and Jazz style melodies that will stay with you for a long time after the curtain comes down!

We are delighted to be returning to the beautiful Grove Street Methodist Church for four evening performances from March 11th -14th where students from KS4 and 5 will perform this extraordinary production.

We would love to see as many parents and students as possible supporting the hard work that this group of performers have put in over the last five months of rehearsals. We would especially love to see KS3 students that are considering auditioning for our second show of the year, the year 7 and 8 only production of Sister Act Jr, which will begin rehearsals as soon as Hadestown has finished.

Tickets can be ordered via the QR code which can be found on the attached poster or via the following link

<https://www.ticketsource.co.uk/the-elizabethan-academy-trust>



Safeguarding update

| | | | |
|---|---|--|--|
| <p>Cruse Bereavement Bereavement counselling service.</p> <p>Cruse Bereavement Support</p> <p>https://www.cruse.org.uk</p> | <p>NHS 111 Health advice from healthcare professionals.</p> <p>111 111.nhs.uk</p> <p>Go to 111.nhs.uk or dial 111 anytime.</p> | <p>Childline Get help and advice about a wide range of issues.</p> <p>ChildLine 0800 1111</p> <p>Call 0800 1111 or go to www.childline.org.uk</p> | <p>Fearless 'Crimestoppers' for young people aged 11-16 years.</p> <p>fearless Part of Crimestoppers</p> <p>Call 0800 555 111 or go to www.fearless.org</p> |
|---|---|--|--|



..... sources of support for children, young people and their families

Let's talk about

| | | | |
|---|---|---|---|
| <p>Base 51 Nottingham-based face to face counselling and drop-in service.</p>  <p>www.base51.org</p> | <p>Papyrus Support for people experiencing suicidal thoughts.</p>  <p>PAPYRUS PREVENTION OF YOUNG SUICIDE</p> <p>Call 0800 0684141 or go to www.papyrus-uk.org</p> | <p>Harmless Provides support, information, training and consultancy about self-harm to individuals who self-harm, their friends, families and professionals.</p>  <p>https://harmless.org.uk</p> | <p>CEOP Protect children and young people from online sexual abuse.</p>  <p>https://www.ceop.police.uk/Safety-Centre/</p> |
| <p>Chat Health Confidential text service for young people aged 11-19 to ask for help about a range of issues.</p>  <p>ChatHealth</p> <p>https://chathealth.nhs.uk</p> | <p>Kooth Online mental health support for young people.</p>  <p>https://www.kooth.com</p> | <p>NHS Crisis Line Call the NHS Crisis Line on 0808 196 3779 or dial 111 and select option 2. Available 24/7 to people of all ages.</p>  <p>Nottinghamshire Healthcare NHS Foundation Trust</p> | <p>Young Minds Mental health support for children and young people and their parents/ carers.</p>  <p>YOUNGMINDS fighting for young people's mental health</p> <p>www.youngminds.org.uk</p> |
| <p>Nott Alone Local mental health advice and help for people <25 in Nottinghamshire.</p>  <p>https://nottalone.org.uk</p> | <p>NSPCC Children's charity specialising in child protection and the prevention of child abuse.</p>  <p>www.nspc.org.uk</p> | <p>Samaritans Whatever you're going through, a Samaritan will face it with you.</p>  <p>Call free on 116 123 or go to www.samaritans.org</p> | <p>Shout Free, confidential, 24/7 text messaging support service.</p>  <p>here for you 24/7</p> <p>Text 'SHOUT' to 85258 or go to https://kiveusashout.org</p> |
| <p>Be U Support Free early mental health and emotional wellbeing support service for children and young people in Nottinghamshire.</p>  <p>Be U SUPPORT WHEN YOU NEED IT</p> <p>www.beusupport.co.uk</p> | <p>Change Grow Live Drug and alcohol support for people and their families.</p>  <p>Change Grow Live</p> <p>https://www.changegrowlive.org</p> | <p>Beat Eating Disorders Support for eating disorders.</p>  <p>Go to http://www.beat-eat.co.uk/ or call 0808 801 0711 (Youth) or 0808 801 0677 (Adults)</p> | <p>Notts LGBT+ Network Information and support for LGBT+ people.</p>  <p>Go to https://www.nottslgbt.com, call 0115 934 8485 or text 07481 344040</p> |

IDEA ALERT!

More social,
less media