

BATON OF HOPE TOUR 25

NORTHAMPTONSHIRE

SATURDAY 20TH SEPT 2025

MAKING SUICIDE PREVENTION EVERYONE'S BUSINESS

CORBY - KETTERING WELLINGBOROUGH - NORTHAMPTON







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Baton of Hope – Carrying Light, Inspiring Change

Join the Movement. Make a Difference.

What is the Baton of Hope?

The Baton of Hope is more than just a symbol, it is a nationwide movement dedicated to inspiring hope, raising awareness, and sparking change around mental health, suicide prevention, and community support. The Baton of Hope represents the commitment to break the silence, challenge the stigma, and encourage open conversations about mental wellbeing across the country.

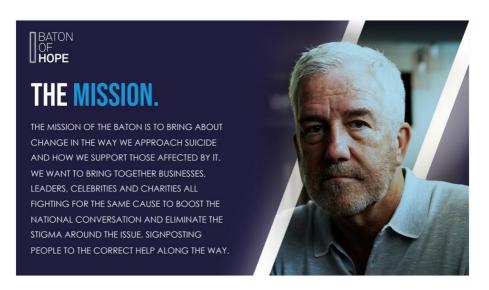
www. batonofhopeuk.org/the-tour/



Why the Baton of Hope?

Every year, thousands of lives are lost to suicide, and millions struggle in silence with mental health challenges. The Baton of Hope campaign was created to shine a light into the darkness, offering solidarity, support, and a reminder that no one is alone. By passing the Baton of Hope from person to person, city to city, we remind ourselves and others that hope is a journey we share together.

- Breaking the Silence: Our campaign encourages open dialogue, helping to dispel myths and break down barriers around mental health and suicide prevention.
- Support Network: The Baton of Hope draws attention to the vital support systems available and highlights the importance of reaching out, listening, and caring for one another.

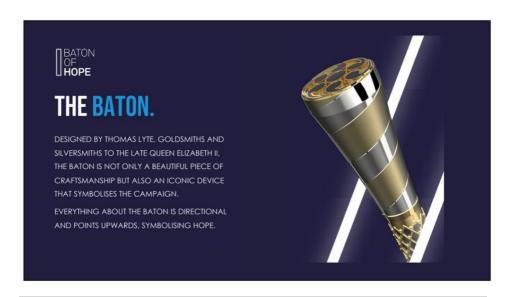


The Baton

The Baton of Hope is a powerful symbol in the national movement to confront the stigma surrounding suicide and mental health. Crafted by Thomas Lyte, the official goldsmiths and silversmiths to the late Queen Elizabeth II, the baton is a striking piece of craftsmanship.

Weighing approximately 1.6 kilograms, it is made from solid aluminium and finished with a brushed gold effect, featuring a distinctive design that includes a teardrop-shaped cut-out to represent both loss and hope.

The baton's journey across towns and cities invites open conversations, unites communities, and carries the message that suicide prevention is everyone's business.



The Baton's Journey

The Baton of Hope embarks on a remarkable journey, travelling through towns, cities, schools, workplaces, and community spaces. In each location, it is carried by people who have their own stories and reasons for championing hope, survivors, advocates, family members, and supporters.

- Sharing Stories: Individuals share their journeys, struggles, and triumphs, encouraging others to speak out and seek help when needed.
- Inspiring Action: The baton's passage inspires local action, galvanising support for mental health initiatives and fundraising for essential services.



Project Leads

Kellys Heroes



We are incredibly proud to be the **Project Leads** for the **Baton of Hope 2025 Northamptonshire tour**.

Kelly's Heroes is a Northamptonshire-based mental health and suicide prevention charity, founded in 2019 in memory of Kelly Hewitt. Born from heartbreak, our mission is to bring hope, support, and life-saving conversations to those who are struggling, reminding people that they are not alone.

After supporting the 2023 Baton of Hope leg in **Milton Keynes**, we felt compelled to bring this powerful movement home to Northamptonshire. We are passionate and motivated to make this event something truly special, not only to honour those we have lost but to spark change across our communities.

We believe that when people come together with a shared purpose, change is not only possible, but also inevitable.

We are so proud to lead this project and cannot wait to walk alongside every Baton bearer, supporter, and partner who is helping to make hope visible across Northamptonshire.





www.kellysheroes.org.uk

Baton Bearers

At the heart of the campaign are the Baton Bearers, individuals chosen to carry the Baton of Hope as it moves from place to place.

Each bearer represents a unique thread in the tapestry of our shared journey: survivors who have found light after darkness, advocates who tirelessly champion mental health, family members who honour loved ones lost, and supporters who stand in solidarity.



Rachael Hewitt & Amy Hewitt Riley in 2023

Their courage and compassion light the way for others, transforming the baton into a symbol of lived experience and communal resilience.

As the baton passes from hand to hand, every bearer lends their voice and presence, reminding us that hope is carried, not alone, but together.

How You Can Get Involved

There are countless ways to play your part in the Baton of Hope movement. Whether you have a personal connection to our cause or simply want to make a difference, your involvement is vital.

- Join the Relay: Walk with the baton in your community, sharing your story and helping pass the message of hope.
- Host an Event: Organise a school assembly, workplace seminar, or neighbourhood gathering centred on mental health awareness.
- Volunteer: Lend your time and talents to support the campaign, from event coordination to publicity and outreach.
- Become an Advocate: Use your voice to promote mental health, challenge stigma, and encourage those around you to seek help.

Together, We Carry Hope Forward

By getting involved with the Baton of Hope, you are not just supporting a campaign, are joining a movement for life, resilience, and compassion. Whether you walk with us, organise an event, or simply share our message, your actions help light the way for others.

For more information, event registration contact us at hello@kellyheroes.org.uk, or justine@kellysheroes.org.uk

Let's carry the Baton of Hope together. Because hope belongs to us all.

Our Vision

Our vision is simple but ambitious: a world where nobody suffers in silence, where mental health is treated with the same importance as physical health, and where every individual feels supported and valued. By carrying the Baton of Hope, you help us build resilient communities, foster understanding, and save lives.

Real Stories, Real Impact

At the heart of the Baton of Hope are the stories of real people: those who have faced challenges, reached out, and found hope. By sharing these stories, we aim to inspire others to seek support and remind everyone that healing and hope are possible.

- "Carrying the Baton of Hope allowed me to honour my loved one and help others find light in the darkness."
- "I never thought my story could help someone else, but being part of this journey changed my life and the lives of those around me."



The Baton of Hope Northamptonshire Tour

From Corby to Northampton

As Hope Travels Across Our Communities, what our tour day looks like

Time	Town	Starting Location	End Location
8:00 – 9:30	Corby	Corby Town football Club	Corby boating lake
9:30 – 11:00	Kettering	Wicksteed Park	Wicksteed Park
11.00 – 14:30	Wellingborough	Wellingborough Golf Club	Chester house
15:00 – 18:00	Northampton	Abington Park	Northants Cricket Club
19:30 – Late	Kettering Park Hotel	Kellys Heroes After Party	

The Baton of Hope Route



Corby - Forging Hope in a Town of Industry and Renewal

Corby, once a small village in Northamptonshire's rolling countryside, has grown into a vibrant town with a rich industrial past and a promising future. The Baton of Hope's journey begins here, echoing the spirit of resilience that has defined Corby for generations.

Historical Background

Corby's recorded history stretches back to the Domesday Book of 1086, but it was the discovery of ironstone in the 19th century that transformed its fate. Scottish steelworkers flocked here in the early 20th century, and Corby became synonymous with the steel industry. The town earned the nickname "Little Scotland" for its influx of Scottish families who brought their culture, traditions, and a distinctive accent.

When the steelworks closed in the 1980s, many feared Corby's future was bleak. Yet the town rallied, reinventing itself as a centre for business, logistics, and manufacturing. The regeneration of its town centre and the establishment of new green spaces have attracted new generations of residents.

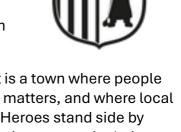
Corby

8am Start:

Corby Town Football Club

Opening Welcome: Chairman: Corby Town

Football Club



There is something special about Corby. It is a town where people look out for each other, where community matters, and where local charities like Andy's Man Club and Kelly's Heroes stand side by side, each with their own stories, each offering support in their own way. Together, they reflect the heart of this town: kind, strong, and full of empathy.

At the centre of today's event is Corby Town Football Club, more than just a football ground. It is a place where people come together. Families, friends, and neighbours gather in the stands, week after week, to cheer, to connect, and to feel part of something. The club has been a constant through generations, held together by a spirit of teamwork and belonging.

It is the perfect place to start this journey. The people who make it what it is, volunteers, coaches, supporters, bring more than energy. They bring heart. And today, they have opened their doors to us, helping launch the Baton of Hope with warmth, generosity, and an unmistakable Corby welcome.

Thank you, Corby.

You have set the tone for what this tour is all about, community, kindness, and the belief that hope is something we build together.



CORBY

SATURDAY 20TH SEPT 2025

8am: Corby Town Football Club

We have 7 Baton Bearers, passing the Baton

8:15am Procession starts

We pass through
Jimmy Kane Way,
Clywd Walk
Medina Park,
Dryden Way,
Willowbrook Road,
Kipling Road,
Willowbrook Road,

and arrive at The Boating Lake approx 9:15am

http://bit.ly/4mOYnn7









Corby Route Details

Corby: Start time:8am

Corby Town Football Club Steel Park, Jimmy Kane Way, Corby NN17 2FB.

Arrive for 8am

End Point:

Corby Boating Lake, Cottingham Road,

Corby NN17 1SZ.

Google Map Link: http://bit.ly/4mOYnn7

- Start: Corby Town Football Club
- End: Corby Boating Lake Cottingham Road, NN17 1SZ
- Approximate Distance: ~1.8 miles (2.9 km).
- **Estimated Duration:** 35–40 minutes walking pace.
- Closing Words: thanks to NHS Boating Lake 9:15 9:30am

Kettering - A Walk-Through History, Heart, and Hope

The Baton of Hope continues its journey through Northamptonshire with a heartfelt stop in Kettering, a town with a deep sense of community. Supported by the brilliant team at **Kettering Mind**.

At the heart of today's gathering is Wicksteed Park, one of the UK's oldest and most beloved leisure parks. Opened in 1921 by Charles Wicksteed, the park was created with a simple but powerful idea: to give families a place to play, relax, and connect. Over a century later, that same spirit is alive and well. With its vast green spaces, iconic lake, and vintage rides, Wicksteed Park has long been a place where memories are made.

As the Baton walks around the park and lake, it carries with it the voices of people who know the power of solidarity. People who show up, speak out, and make space for others to be heard.

To Kettering Mind, our fellow coordinator, and to Wicksteed Park, thank you. Today you have given the Baton of Hope more than just a route, you have given it a warm welcome, open arms, and the perfect reminder that community is at the heart of every journey.

Charity Stalls from 9am – 1pm in the Terrace Suite.

Thank you, Kettering, for lifting the Baton with strength, love, and purpose.

Kettering

Kettering Route Details



Guests can arrive from 9am.

Meeting point is on the green, at the end of the pavilion building, look for the Pizza Café, Wickies Cinema, or the Memorials Gardens.

Baton Arrival 10:00am

We will be welcomed by The Kettering Mayor, and have music provided by Saffron and poetry by Kerry.

The 45min walk will follow the lake

and return past the fields of Hope, accompanied by Sea Cadets, Band and schools.

The Kellys Heroes cycling team will arrive at the Pavillion Balustrade overlooking the memorial gardens, here John Hewitt will take the Baton to its next stop in Wellingborough.

Google Map link: https://bit.ly/3V06AIM

- Arrive 9am
- Walk 10:15am 11:00am
- 11:00am: Pass to Kellys Heroes Cyclists onwards to Wellingborough

BATON OF HOPE

KETTERING

SATURDAY 20TH SEPT 2025

9am: Wicksteed Park

We have 8 Baton Bearers, passing the Baton

10:15am Procession starts

We walk around the Park, down towards the lake, around the boardwalk, pass the train tunnels, water chute and up past the fields of hope towards the memorial garden.

Arrive at the memorial gardens for 11am

https://bit.ly/3V06AIM







Wellingborough - From Rock Bottom to Riverbanks

The third stop on today's Baton of Hope journey brings us to Wellingborough, and fittingly, it arrives in two parts each full of meaning, movement, and momentum.

The Baton departs Wicksteed Park not by foot, but by bike, picked up by none other than the **Kelly's Heroes team**, just as they enter the final hour of their remarkable cycle challenge. Their journey has taken them from the rock of Gibraltar all the way home to the UK, raising awareness of suicide prevention and mental health support with every mile. This is not just a ride, it is a powerful story of recovery, resilience, and hope.



Their destination is
Wellingborough Golf
Club; a hidden gem set
in the grounds of the
historic Harrowden Hall.
The club, established in
1893, is not only a
beautiful setting, but

also is a continuous supporter of Kelly's Heroes. As the cyclists roll in, the Baton is passed from two wheels to two engines, welcomed

by a group of motorcyclists "Rising Sun Bikers" ready to carry it on the next stretch.

From Harrowden Hall, the Baton travels through the heart of Wellingborough, eventually arriving at The Embankment approx. 12:30pm. Here, it meets a new team: members of Northamptonshire Search and Rescue, who will take the Baton on a unique journey, by kayak down the River Nene.

The Nene (or 'Nen' as pronounced locally) has been a lifeline through the ages. Once busy with trade and transport, it now offers peace and connection to nature, an ideal setting for this leg of the tour. As the Baton flows past, it is accompanied by members of our SOBS bereavement support groups, standing in solidarity with those we have lost and those who live every day with their memory.

The Baton's final stop in Wellingborough is at Chester House Estate, a site rich in Roman history, now brought back to life as a centre for learning, reflection, and community. It is a place where the past meets the present, just like today's journey.

Wellingborough has always been a town of connection, through industry, through water, and through people. Today, it shows once again how powerful those connections can be when we come together for a cause that matters to us all.

Thank you, Wellingborough, for lifting the Baton with strength, love, and purpose.

Wellingborough Cycle Route

Kelly's Heroes Cyclists from Wicksteed's to Wellingborough Golf Club, where the team will be welcomed back by friends and family after their epic 14-day ride back from Gibraltar "Rock Bottom".



The Baton of Hope leaves Wicksteed's 11:15am – Arrives at the Golf Club by 12:00 noon.

Leaves 12:15pm
via Rising Sun Bikers to
The Embankment for
12:30pm

| BATON | OF | **HOPE**

WELLINGBOROUGH PT1:

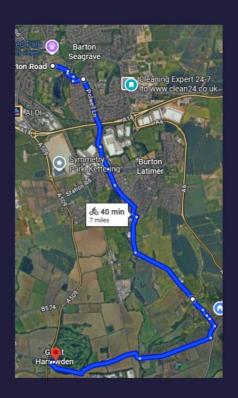
SATURDAY 20TH SEPT 2025

Kelly's Heroes Cyclists

Kelly's Heroes complete their epic 14-day ride from Gibraltar!

After an incredible journey of strength, resilience, and teamwork, the "Rock Bottom" challenge concludes at Wellingborough Golf Club — where the riders will be joyfully reunited with family, friends, and supporters who have cheered them on every mile of the way.

https://bit.ly/47oxzFr









WELLINGBOROUGH PT2:

SATURDAY 20TH SEPT 2025

Rising Sun Riders

From Pedal Power to Horsepower!

As Kelly's Heroes complete their epic cycling challenge, the Baton will be handed to the Rising Sun Riders. With thunderous engines and unshakable pride, this motorcycle group will carry the Baton to the Embankment driving its journey of hope forward with power, passion, and purpose.

Wellingborough
Golf Club

FINEDON ROAD
INDUSTRIAL
ESTATE
Kiddi Caru Day Nursery
and Preschool in Wellin
3.9 miles

Pizza Hut
MyMate Dave Van Renta

Huws Gray Wellingbo

https://bit.ly/41CbjnO







WELLINGBOROUGH PT3:

SATURDAY 20TH SEPT 2025

Wellingborough Baton of Hope route will continue from The Embankment Splash Zone, we will make our way from the car park to the water edge where we will be met by the Northants Search and Rescue Team, who will kayak down the River Nene, as the walkers take the pathway alongside to the Chester House Mooring, we will then take the Baton on the short walk up to Chester house







Wellingborough Route Details



Wellingborough Baton of Hope route will continue from The Embankment Splash Zone, we will make our way from the car park to the water edge where we will be met by the Northants each and Rescue Team, who will kayak down the River Nene, as the walkers take the pathway alongside to the Chester House Mooring, we will then take the Baton on the short walk up to Chester house.

Refreshments at Chester house sponsored by SOBS 1: 30pm - 2:30pm, speech by Ali Bromley. Live saxophone performance and local school participation.



The Baton of Hope in Northampton

The Baton of Hope's journey in Northamptonshire culminates in Northampton, the county town and one of England's greatest historical settlements.

Historical Background

Northampton's history stretches back to Roman times, flourishing as a Saxon town and later a Norman stronghold. Its imposing castle, now vanished, once hosted kings and parliaments. The town grew as a centre of trade and textiles, but it was the boot and shoe industry that defined Northampton's modern identity, its factories supplying troops in both World Wars. Despite devastating fires, floods, and industrial decline, Northampton has always rebuilt and reimagined itself. Today, it is a university town, a hub for culture and sport, and a place where people from all walks of life find opportunity and belonging.

The Final Baton Leg: Northampton

The final leg begins as the baton leaves Chester House with the Rising Sun Bikers at approximately 2:30pm, travelling to Northampton Cricket Club at 3pm, Wantage Rd, Northampton NN1 4PR.

Walk over to Abington Park, do a full circular and be back at the Cricket Club by 5:30pm for the closing ceremony and speeches.

Abington Park

Set in the heart of the town, Abington Park blends natural beauty with deep history.

Home to a beautiful lake, formal gardens, and the charming Abington Park Museum (housed in a 15th-century manor once home to Shakespeare's granddaughter), it is



a treasured place of reflection, recreation, and community.

Here, the Baton of Hope will be continued foot around the park during a gentle, 1.5 hour-long walk that also includes a visit to one of Northamptonshire's Suicide Prevention Benches.

This is Bench 16, titled "Someone is Always Listening." It was unveiled on the 28th of January 2025, a project made possible thanks to the dedication and fundraising efforts of Mervyn Hemmington and his team, who completed a million-step challenge to support the initiative.

These benches serve as a visible symbol of hope and connection, reminding everyone that no one is truly alone.





NORTHAMPTON SATURDAY 20TH SEPT 2025

The Northampton Leg

The Northampton route is a circular walk around Abington Park, designed to bring the community together for the final leg of the day. We will gather at the Northamptonshire County Ground, before setting off as one group, walking side by side in support, reflection, and hope.

The full walk will take approximately 1 hour to 1 hour 45 minutes. However, we understand this may be too much for some, so the route has been divided into three sections. This allows people to join us along the way if they wish, while still encouraging everyone to walk together as one community wherever possible.

At every crossover point, you'll see a volunteer in a pink high-vis jacket, so you will always know exactly where to go and who to follow.

Together, let's make this final leg a true moment of community, connection, and hope.





Closing Ceremony: Northamptonshire County Cricket Club

After the walk at Abington Park, all roads lead to the grand finale at **Northamptonshire County Cricket Club**, a place ready to welcome the Baton of Hope with open arms.

The atmosphere will be electric as the baton arrives, greeted by our local heroes from the police, fire service, and ambulance crews. These extraordinary teams work tirelessly in suicide prevention, and today we honour them with heartfelt thanks and a standing ovation.

As the sun begins to set, we will come together for one final celebration — of lives touched, stories shared, and the power of hope in our community.

At **6:00pm**, the Northamptonshire leg of the Baton of Hope will officially close, but the spirit it carries will live on, inspiring action and connection long after the day is done.

Entertainment by the Northampton Male Voice Choir



The After Party

Kelly's Heroes After Party

Join us for an unforgettable evening as we bring the Baton of Hope Day to a close in true Kelly's Heroes style!

This special ticket-only event is a double celebration, marking the powerful culmination of the Baton of Hope's journey through Northamptonshire, and welcoming back our incredible riders from the Kelly's Heroes Cycle Challenge, returning from Gibraltar, Rock Bottom, and Germany.



Venue: Kettering ParkHotel

√ Time: From 7:30pm

Tickets: £45 (includes full buffet)

Live Music

Raffle in honour of the Baton of Hope

Tickets are limited and moving fast, so be sure to secure yours early!

www.tickettailor.com/events/kellysheroes1

The Baton of Hope Northamptonshire tour would not have been possible without the incredible support, generosity, and community spirit of so many individuals and organisations.

We would like to extend our sincere thanks to:

- Andy's Man Club, Corby
- Andy's Man Club, Northampton
- Rising Sun Biker
- Northampton Male Voice Choir
- Emergency Services:
 Police Fire Ambulance
- Billy Lockett
- Chester House
- Corby Town Football Club
- Kettering Mind
- Kettering Samaritans

- Northamptonshire
 Search and Rescue Team
- Northants County Cricket Club
- Saffron
- Wellingborough Golf Club
- North Northamptonshire & West Northamptonshire Public Health Teams
- Wicksteed Park

 Dave Askew of Northamptonshire Walks – for his invaluable guidance and support in planning our walking routes, and his dedicated team of volunteers for providing marshals and support on the day.

Your belief in our mission and your commitment to suicide prevention and mental health awareness has brought hope to communities across the county.

From all of us at Kelly's Heroes, thank you. Together, we are stronger. Together, we carry hope.



HARROWDEN HALL HOME OF WELLINGBOROUGH GOLF CLUB



MEMBERSHIP
GOLF DAYS
WEDDINGS
PRIVATE FUNCTIONS
MEETINGS & EVENTS

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Harrowden Hall, The Slips, Great Harrowden, NN9 5AD

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Kettering Mind Marks Over 50 Years of Mental Health Support

Kettering Mind is proud to celebrate over five decades of supporting mental health and wellbeing in the local community. Since opening its first supported accommodation house in 1974, the charity has grown into a vital hub for recovery, outreach, and housing support.

Today, its Russell Street centre offers wellbeing courses, peer support, crisis services, and tailored individual and community support. Through supported accommodation and rehabilitation, individuals are given a



safe, affordable place to call home — with the mission of empowering people to live their best lives with dignity and respect.

Kettering Mind also runs a dynamic outreach programme, training volunteers within local community groups to promote positive mental health, provide early intervention, and connect individuals with local resources. This ensures help is accessible, relatable, and rooted in local knowledge.

As an independent charity affiliated with National Mind, Kettering Mind continues to champion mental health for all.

Nene Education

Trust is comprised of eight schools across North Northamptonshire who are at the heart of their local communities. Our ethos - raising aspiration



and developing character in a positive environment - is underpinned by the belief that positive mental health and psychological fitness is the foundation of all learning.

Following the tragic loss of one of our children to suicide several years ago, we have worked closely with Kelly's Heroes to ensure that all Trust colleagues are trained to signpost both students and colleagues who may need some support. This partnership with the charity has been instrumental in strengthening our approach to mental health and wellbeing.

In collaboration with the Department for Education, we have also helped to drive the integration of suicide awareness and prevention into the national curriculum. We are proud that this vital issue is gaining national attention, helping to ensure that those who are in need can access the professional support they require.

We are honoured to play a small role in the Baton of Hope initiative, helping to keep the conversation around suicide prevention alive and in the public eye.

Legend On the Bench

With his colleagues from Hevey Building Supplies in Northampton Mervyn Hemmington has raised over£10000 for the Legend on the Bench charity. Enough for five suicide prevention and mental health awareness benches in Northamptonshire.



Mervyn is now a local champion for the Charity legend-on-thebench.co.uk



Kelly's Heroes Listening Ear





Online everyday from 6pm Remember - You are NOT alone kellysheroes.org.uk



Your messages with us are confidential and anonymous



We are dedicated to breaking down stigma surrounding mental health, while empowering individuals with the tools and knowledge to help themselves and others navigate challenging times.

If you would like to find out more about Kelly's Heroes or discuss how we could support your business with mental health, please get in touch.

- Every day we carry out 10 counselling sessions.
- Every evening we support 10 callers on our listening ear service
- Every week we receive 9 referrals.
- Every month we carry out bespoke mental health training to businesses and schools.

www.kellysheroes.org.uk





BATON OF HOPE TOUR 25 NORTHAMPTONSHIRE SATURDAY 20th SEPT 2025

With heartfelt thanks to



WICKSTEED PARK



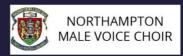




















About High Voltage Systems & Services (HVSS)

HVSS is a nationwide Independent Connection Provider, delivering electricity, water, gas, fibre, EV, and renewable energy solutions. Established in 2010, we operate from offices in Kettering, Leeds and Norfolk, supported by a skilled UK-wide field team.

We pride ourselves on delivering reliable, high-quality services for Asset Owners, Site Owners, Contractors, Consultants, and Facilities Managers. Our work spans housing, commercial builds, major construction, high-rise projects, infrastructure, and master planning. With ongoing training and commitment to best practice, we ensure every project meets the highest standards.

Supporting Kelly's Heroes

Since 2021, HVSS has proudly supported Kelly's Heroes, participating in numerous fundraising events from golf days, football matches, cycle challenges, marathons and much more. This September, Mark Buckby, Stephen Duncan and Lee Foster from HVSS will be taking part in the From Rock Bottom, A Journey Back ride, which begins in Gibraltar, through Spain and France, back to the UK.

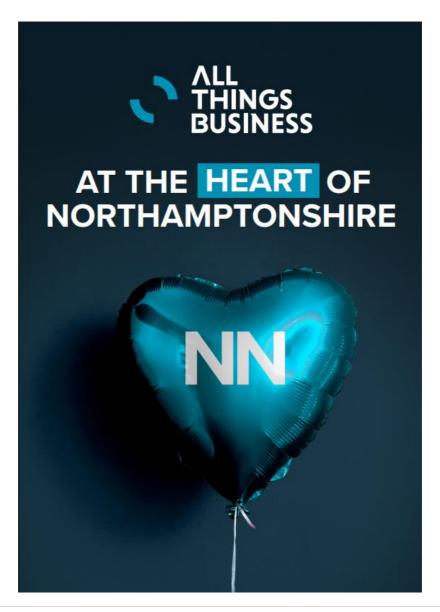
Looking ahead to 2026, Mark Buckby, Henry Staniland, Ed Hall, and Shannon Evans will represent HVSS in the TCS London Marathon to raise funds for Kelly's Heroes. We are proud to support this incredible cause and remain deeply committed to raising funds for a charity that holds a special place in our hearts.











Resources & Support

If you or someone you know is struggling, you are not alone. The Baton of Hope campaign is partnered with national charities, helplines, and professional services ready to help.

- Kellys Heroes www.kellysheroes.org.uk Listening Ear Chat Service online every night from 6pm
- Samaritans: Call 116 123 for confidential support 24/7.
- Kettering Mind www.ketteringmind.org.uk
- SHOUT Text 85258

Spread the Word

Join us in raising awareness by sharing our message far and wide.

- Take photos with the Baton of Hope
- Post on your social media
- 器 Tell your friends and family about our campaign

We would love your support across all social media platforms you use, Facebook, Instagram, LinkedIn, X (Twitter), or TikTok.

Please follow us and use our hashtags to keep the message alive:

- #KellysHeroes
- #BatonOfHope25
- #AskTwice
- #YouNotAlone
- #RockBottom25

Together, we can make a difference.

