

## Work it...

All this being inspired is great for the grey matter, but don't forget to inspire your body too! Getting physical can improve your **mood, brain function, energy levels and quality of sleep** by 10,000% (actual science). And you can do lots of Inspirational Deep Thinking on that treadmill – or listen to your favourite tunes and catch up with Netflix.

Northampton has an embarrassment of **fitness clubs, sports arenas, a rock-climbing centre, skateboarding park, premier national sports teams** and some angry **ex-military men** who are happy for you to pay them to shout at you as you carry old army tanks around Abington Park on your back... (OK, so we're exaggerating, they're very nice really).  
<https://www.britmilfit.com/where-we-train/northampton/abington-park/>.

Or make up your own military-style assault course at Stanwick Lakes:  
<http://www.stanwicklakes.org.uk/northampton/>

## Big Blue Yonder

Northampton is ideally situated slap-bang in the middle of England. With great train routes and inspirational destinations right on the doorstep, why not let the train take the strain and see them for yourself?

Shout "bravo for the bard" in his hometown of **Stratford-on-Avon** (<http://www.stratford-upon-avon.co.uk/>), join the great thinkers at the **thinktank** in Birmingham (<http://www.birminghammuseums.org.uk/thinktank>), go interstellar at **Leicester Space Centre** (<http://www.spacecentre.co.uk/>) or head for the capital to **one of London's many inspirational activities and venues** (<http://www.timeout.com/london/things-to-do/101-things-to-do-in-london>).

## How much?!£

If you're aged 16 or over and expanding your cerebral horizons is starting to sound quite pricey, why not take advantage of your student status and apply for a NUS student discount card, or a Citizenship card? Find out more here: <http://www.nus.org.uk/en/who-we-are/what-we-do/affiliation/> and <http://www.citizencard.com/online-application>



## Online state of mind...

As a digital native, we don't need to tell you that there's loads and loads (and LOADS!) of information out there for you online. If you can't physically get to one of the Seven Wonders of the World before tea-time, use the **world wide interweb** to virtually transport you to an inspirational place or treat your inquiring mind to some fascinating new facts; such as can be found on <http://www.bbc.co.uk/iwonder> and <http://www.bl.uk/>. Just stay safe online.

And let's leave the **last inspirational word** to a theoretical physicist who thought up the general theory of relativity:

I HAVE NO SPECIAL  
TALENTS. I AM ONLY  
PASSIONATELY  
CURIOUS.  
-ALBERT EINSTEIN

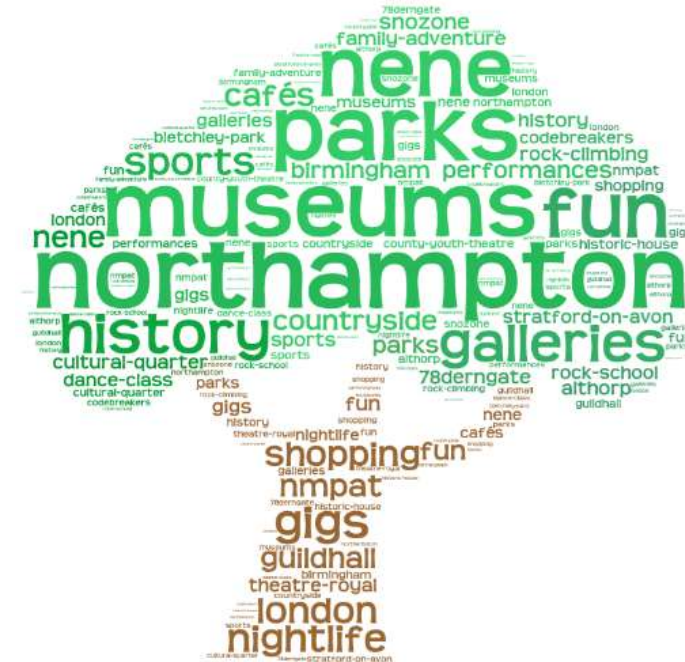
## Be curious and find *your* inspiration.

Northampton School for Girls  
Spinney Hill Road, Northampton NN3 6DG  
Tel: 01604 679540 Fax: 01604 679551

Email: [admin@nsg.northants.sch.uk](mailto:admin@nsg.northants.sch.uk)  
Website: [www.nsg.northants.sch.uk](http://www.nsg.northants.sch.uk)  
Company limited by guarantee registered in England and Wales  
No. 08591532 (an exempt charity) VAT No 179599723



## Inspiration for Learning in Northamptonshire & Beyond



## Gifted or Talented?

As one of the UK's largest towns situated in the heart of England, Northampton has a lot to offer to young minds. You can spend some time treating your soul in the Cultural Quarter, treating your soles shopping for a pair of Northampton's world-famous boots and shoes, divining lung-filling inspiration from the fresh air and scenery in one of Northampton's many open spaces or hop onto a train to enjoy the sights and sounds of many other nearby destinations.

Where shall we begin? Here is a tempting selection of inspiring activities and resources that Northampton has to offer....



## Culture Vultures

### Theatre

Northampton has a lot to offer the aspiring art critic or thespian, not least the many performances shown at one of the town's *three* theatres, with additional performances by many amateur dramatic societies. You can enjoy ballet, comedy, high drama, music and magic – there's no business like show business!

ROYAL  
DERNGATE &  
NORTHAMPTON

  
www.thedeco.co.uk

**Royal & Derngate** - <http://www.royalanderngate.co.uk/>  
**The Deco** - <http://thedeco.co.uk/>

If you are inspired by all the drama, why not take to the boards yourself with one of Northampton's youth theatre operators;

**NMPATH** <http://www.royalanderngate.co.uk/GetInvolved/YoungPeople/YouthTheatre/> and **Looking Glass Theatre** <http://www.lookingglasstheatre.co.uk/welcome.html>

### Cinema

Northampton has four cinemas to suit all tastes; from blockbuster multiplexes to those catering for more highbrow films, plus live-streamed performances of notable stage plays, opera or ballet productions. **Vue** <http://www.myvue.com/home/cinema/northampton>, **Cineworld** <https://film.list.co.uk/cinema/42914-cineworld-northampton/>, **The Errol Flynn Filmhouse** <http://www.errolflynnfilmhouse.com/> and **Forum Cinema** <http://www.trilogyleisure.co.uk/cinema>

 errol flynn  
filmhouse

**FORUM**  
Cinema

### But is it Art, Darling?

Northampton has plenty to inspire the budding Tracey Emin, with art galleries and studio space aplenty at **The Sanctuary Fine Art Studios and Gallery** <http://www.the-artist-sanctuary.org.uk/> and **Northampton Contemporary Art Gallery** <http://www.nncontemporaryart.org/>

### Museums

Fill your boots with historic facts at **Northampton Museum & Art Gallery** <http://www.northampton.gov.uk/museums>. There's always loads of different things to see, and it's a stone's throw from **Northampton Contemporary Art Gallery** (<http://www.nncontemporaryart.org/>). Nearby is the dazzling 78 Derngate designed by Charles Rennie Mackintosh, the only Modernist house of its type in England: <http://www.78derngate.org.uk/>. Nice cakes too.

### Music

If you prefer your stimulation to be of an auditory nature, why not check out the live gigs at **The Roadmender**? <http://theroadmender.com>. It was good enough for Oasis and Metallica....Or you could travel a bit further to the wild outlands of Milton Keynes (in Wavendon) to rock out at **The Stables** <http://www.stables.org/>

*roadmender*

### Literature

The pretty market town of **Oundle** in Northants is just oozing with literary types, check out: <http://www.oundlelitfest.org.uk/index.php>.

Take a peek at the freebie evening events at **Northants public libraries**, (even if most of them are extra maths tuition....), <http://www.northamptonshire.gov.uk/en/councilservices/leisure/pages/default.aspx>

You can get tips on how to polish your wordsmith skills at the **Northampton Contemporary Art Gallery** with their series of writing workshops for amateurs, such as **Write Club**, **Crit Club** and **From Art to Commerce**: <http://www.nncontemporaryart.org>



Or join (with a friend) the **amateur crowd** through <http://www.meetup.com/Northampton-Writing-Together-Meetup/>. Just remember your pen and paper - or go all 2016 with a laptop!

## Wellies and Water

If sitting in the dark admiring the wonder of Shakespeare or peering at modern art becomes a bit too much, why not head outside for a breath of fresh air and 3-D scenery?

There's plenty to see and do outdoors in and around Northampton, have a look at the web-link below to see where there's more trees than you can shake a stick at - <http://www.visitnorthamptonshire.co.uk/outandabout/countryparks.asp>



### It's a Sailor's Life for Me

With a latitude of 52.240477 and a longitude of -.902656 Northampton is about as far as you can get from the open ocean....but that doesn't deter the sturdy folks at **Northampton Sea Cadets**. See <http://www.sea-cadets.org/northampton/home.aspx> for further information about life on the high seas – or on the river Nene, anyway. Or mess about on boats on nearby Pitsford Reservoir and in similar watery places <http://www.anglianwater.co.uk/leisure/water-parks/pitsford/>

## Ancient Attractions

As the county of spires and squires, Northampton is littered with **beautiful ancient buildings**. Have a look at <http://www.visitnorthamptonshire.co.uk/outandabout/houses.asp> and <http://www.visitnorthamptonshire.co.uk/> for some old-fashioned inspiration.

