

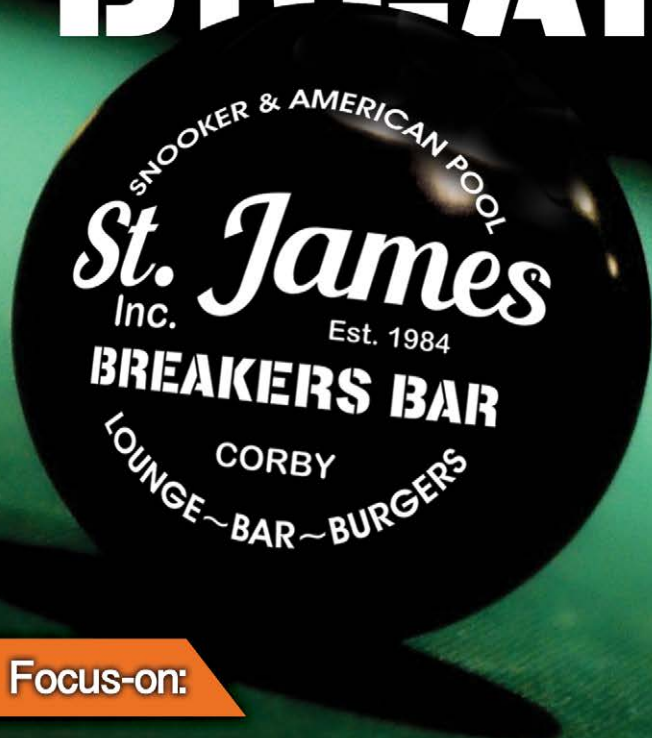
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Hello

Welcome to the seventh issue of 'Focussed on Corby' magazine. And what an issue it is, now hitting 72 pages of all things local, which also means more money saving vouchers for you to enjoy. Remember the vouchers are reusable in the 'Focussed on Corby' App, so if you like an offer... then go get it again... and again... and again until the vouchers expiry date.

We also have an App for Kettering, so if you are visiting Kettering then download the 'Focussed on Kettering' App and enjoy vouchers to use in the town and beyond. Watch out for the 'Focussed on Rothwell & Desborough' App coming in April, giving you a truly wide spread of vouchers across our local area.

We have had some crazy weather lately and if you are like me you are already planning your summer! Well make sure you check out all the local events going on in the town. From Sausage & Cider Fest 30th June, to Steelfest the week before on the 23rd June. Steelfest will be for all the family and have an array of music, food, drink and other attractions, including headlining bands, DJs and MCs. Once the daytime music stops, the Dance Warehouse opens for the rest of the night into the early hours. This event is not to be missed!

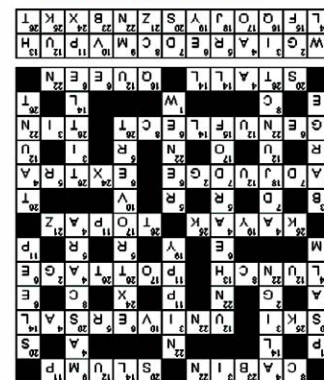
Get yourself fit at the Lodge Park Sports Centre or get fit playing table tennis with Corby Smash. Take part in the Race For Life, relax afterwards with a game of bingo at Castle Bingo or spend a night at the New York Thunderbowl, the choice is yours, all of this and more can be found inside the magazine along with some fantastic vouchers to use.

We would love to hear from you, not just through our competitions and vouchers, but through the spoken word. We want stories about local talent in Corby for our new feature 'Focussed on Local Talent'. Whether you're an artist, DJ, presenter, charity worker, entrepreneur, singer, comedian, poet, entertainer or have any other talent. Then get in touch via inbox [Facebook.com/Focussed.on.no1](https://www.facebook.com/Focussed.on.no1) or email craig.barber@focussedpublications.co.uk with your suggestion, short story and picture of the said person. We will select 2-4 different people who will have a write up in the Focussed Magazine, with a new 2-4 selected for the next issue.

Editor & Designer

Craig Barber

CROSSWORD ANSWERS



SUDOKU ANSWERS

7	9	6	9	3	1	4	9	8	5	2
3	6	1	7	8	6	2	4	5		
9	4	7	2	5	6	3	8	1		
7	2	6	9	3	1	4	5	8		
8	5	6	4	9	2	1	7	3		
4	1	3	5	7	6	2	9			
6	3	8	1	4	7	5	9	2		
5	7	2	6	9	3	8	1	4		
1	9	4	8	2	5	7	3	6		

SEARCH-WORD ANSWERS



BRAIN TEASER ANSWERS

A: This is the only number that includes all the digits arranged in alphabetical order.
B: The third room, because lions starving for years would be long dead!
C: The letter 'M'!

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STAGES was founded in 2013, following my frustration at the lack of 'real support' available locally. Our family had been suffering and struggling with my husband's Mental Health condition and through our whole marriage with his Agoraphobia, Depression and Generalised Anxiety Disorder. He was also diagnosed with alcohol dependency syndrome in 2008 when he attended his first detox. The merry go round of detoxes/short periods of sobriety began. Stumbling across holistic therapies in 2011 during a period of illness and having just read a book called 'Pathway' by local author David Knight, my journey began.

I trained in several therapies and also registered for an Open Degree with the Open University. Initially not really knowing where that would take me. I studied, An Introduction to Psychology, Social Science, Health & Social Care, Counselling & Psychotherapy, The Science of the Mind – Mental Health, Challenging Ideas in Mental Health and Management and Business Entrepreneurial Modules. Change Strategy and Projects at work and finally, Social Psychology. All the right modules coincidentally came up as options for me, parallel to where I needed to be with my work with **STAGES** and I graduated in October 2017. Going on to win the 'Educational Spirit of Corby Award' of 2017.

At **STAGES** we ran our first Project in April 2014. Since then **STAGES** has supported many local people suffering with numerous Mental Health Illnesses and their families. Many of our users have also been suffering with physical disabilities, multiple chronic lifelong and some terminal conditions. We have been funded by Big Lottery "Awards for All fund", Northamptonshire Community Foundation – 'The Margaret Giffin Fund' and by Corby Borough Council.

We kept weekly sessions going when our grant funding ended in October 2016 until the latest funding recently started, well over a year later. We managed this through weekly raffles, our local giving page and sponsored events and the goodwill of volunteers.

Finalists in 2017's Big Lottery's / ITV's – 'People's Projects' Anglia West. Although, we didn't win, we are confident in the future of **STAGES**, because local people we met during that Campaign, were passionate about ending the stigma surrounding Mental Health & Addiction, supporting people in a person-centred holistic way.

Thanks to local people using Tesco, we recently announced coming second place in the Tesco carrier bag scheme. With this we can develop our Music Therapy. We are working with local guitar teacher Chris Ward - and Corby Radio - our venue. This is going to bring much joy to members of our group who have creative talent, empowering them to express themselves through music.

Our plan for 2018, is to continue Mindfulness Courses, holistic therapy sessions and tea/coffee/chat peer support sessions fortnightly, as well as our weekly art therapy and music therapy. We also have online support groups which support those who cannot manage to attend the group, housebound through their disability, reliant on our online support.

If you can help **STAGES** in any way through donations of raffle prizes, as a volunteer, a fundraiser or a holistic therapist, please email

katie@stagesnonprofit.org

Website: www.stagesnonprofit.org
Facebook & Twitter @[stagesnonprofit](https://www.facebook.com/stagesnonprofit)
www.localgiving.org/charity/stages
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STAGES main sessions for new volunteers and new beneficiaries are held Monday evenings at Mind, in Argyle Street Corby.
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CORBY TOWN FC



Corby Town Football Club can be traced back to the formation of the Stewarts & Lloyds steelworks team on Sunday May 12th 1935 when a group of enthusiasts met at 12 James Watt Avenue, the home of the club's first secretary Charlie Gayne.

From this meeting rose Stewarts & Lloyds (Corby) Football Club and they played their first ever game, a 2-1 defeat away to Kettering Town in the United Counties League, on Saturday 31st August 1935. They could even boast a full international in their ranks as winger Johnny Murdoch had won a Scotland cap whilst playing for Motherwell.

This original Stewarts & Lloyds club enjoyed considerable success, winning the Northants Senior Cup twice, but by 1948 it was felt that the town of Corby was outgrowing a works club and at the A.G.M on Friday 28th May 1948 it was announced that Stewarts & Lloyds (Corby) FC had ceased to exist and that the formation of Corby Town Football Club was proceeding.

Although the majority of the Stewarts & Lloyds committee were indeed involved in the formation of Corby Town a few hardy souls did keep the works team alive and S & L are still the oldest club in the town today. The new club took the place of S & L in the United Counties League and with players such as Wally Akers, Jimmy Strathie, legendary goalscorer Ernie Middlemiss, ex-Leicester City player Jimmy Garvey and one-time Manchester City winger Maurice Dunkley among their number they were champions in both 1950/51 and 1951/52

This prompted a step up in status to the Midland League and in 1952/53 the Steelmen finished as runners up to Nottingham Forest Reserves. As the club progressed they reached the First Round Proper of the F.A Cup for the first time in November, 1954 when a crowd of 6,763 saw them beaten 2-0 by Division Three (South) side Watford at Occupation Road.

In 1958 it was decided that the club was ready for another step up and Corby Town became members of the Southern League. Former Manchester United and England star Johnny Morris was appointed player/manager and in 1959/60 Corby boasted two full internationals as Morris was joined by his former club and country colleague Henry Cockburn.

In the F.A Cup First Round defeats were suffered to Bristol City and Hartlepool in 1963 and 1964 before Corby got beyond that stage in 1965/66. After a First Round win over Burton Albion Fourth Division Luton Town were beaten in a Kenilworth Road replay in Round Two. In the Third Round in January, 1966 the run came to an abrupt end with a 6-0 defeat away to Plymouth Argyle.

This 1965/66 season was to be the club's zenith for many years as a succession of managers, including former Rangers and Scotland hero Eric Caldow, tried and failed to bring back the good times. With the closure of the steelworks in the late 1970's it seemed that the football club would go the same way. Men such as Jimmy Kane, Matt McIlwain, Dave McNish, Arthur Pitcher and Bip Weatherall would not let that happen and amid financial crisis after financial crisis they laid the foundations for the success which Corby Town have enjoyed in recent years.

The appointment of Peter Mallinger as chairman in May, 2007 saw another upturn in fortunes as, under the management of Graham Drury, the championship of the Southern League was won in 2008/09. The untimely death of the popular Mallinger brought with it another crisis but with Steve Noble as chairman this was eventually overcome and in 2014/15 manager Tommy Wright led the Steelmen to another Southern League championship success with a never to be forgotten last day title decider away to Poole Town.



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Getting to know Teamwork Trust

A Northamptonshire-based charity and social enterprise is giving adults with learning difficulties, physical and sensory disabilities access to the same chances, choices and opportunities as others.

Teamwork Trust is an award-winning organisation with centres in Corby, Kettering and Wellingborough, where adults with mental health needs, learning and physical disabilities can make new friends, access education and employment experiences and regain self-esteem and confidence in a friendly, supportive environment.

The charity also provides a wellbeing and counselling programme for members of the public and the wider community, a thriving commercial business outsourcing facility, and various specific and bespoke programmes for its members.

Successes in 2016-17 include the delivery of 4,672 counselling sessions to 287 clients and winning three awards for Excellence in Northamptonshire.

Members' programmes

Teamwork Trust's strategic director, John Bruce, said: "Our passion is to ensure that we embrace and celebrate individual needs and abilities. Our members can choose how they want to spend their time with us, and our packages enable members to choose from a variety of vocational opportunities, education classes, accredited and non-accredited courses, activities and life skills sessions. Our Activity Programme even includes a weekly book club and walking group, choir, arts, crafts, sports and much more."

Find out more today

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One of the many local companies using Teamwork Trust's outsourcing service is Wellingborough-based Elba Ltd. Robert Hancock, Operations Manager said: "Working with Teamwork Trust offers the unique opportunity of local sourcing at competitive rates as well as meeting the requirements of our social and community development objectives."



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Prince's Trust

PERSONAL DEVELOPMENT PROGRAMME

Meet Max Champion. Max is 23 and lives in Corby. He has recently completed the Princes Trust Team 12 Week Personal Development programme at Tresham College in Corby. Max has a degree in media but has struggled with the more social challenges in life and therefore joined the Princes Trust Team programme at Tresham College to boost his confidence, communication and job searching skills. On the programme he has excelled and found his inner confidence.

As part of a team of young people, he has been instrumental in the creation and development of a booklet designed to support people in the local community who have physical and learning disabilities. He has also supported the Traineeships programme at Tresham College in Corby by working with media students from the college's Corby and Kettering campuses to create an animation, which is part of the course's promotional marketing video. All the while Max has done this with a smile on his face and a can do attitude. His dream is to have his own video/graphic production company as part of a career in media.

Given his love of animation, drawing and media, Max completed his 2 week work experience placement with Craig Barber and the team at Focussed Publications which is based at the Corby Radio offices in the town centre.

In association with



Prince's Trust

Craig Barber said:
"It has been an absolute pleasure to work with Max on his work placement. He is a friendly character which showed from day one. It was however, clear that he was yet to come out of his shell. On the first day we went through our plan for the animation, with a very rough 8 scene storyboard. Max was able to fulfill this brief first time around without much guidance at all. This was most impressive, as following a brief is not always the easiest thing to, but to have nailed what I had in my head first time, is music to every designers ears. And can be a rare talent!

To further Max's experience we took him along to a Local Business Expo, where we had the animations he had done for us on display for all to see. This caused a great deal of engagement with the passing trade.... proving it's worth on the first day of airing. Well done Max, you have been fantastic and we look forward to working with you more in the future.....

....on that note watch out for the Corby Radio animation coming soon, another stunning animation by Max"

Do you know a young person, aged 16-25, who could benefit from the Princes Trust Team programme?

For more information, please contact:
Naomi Pike on 07795 456 788 or email npike@tresham.ac.uk

To find out how a student from Tresham's Traineeships programme could benefit your business, please contact Traineeships Coordinator:
Chris Sutherland on 07860779140 or csutherland@tresham.ac.uk.
Tresham are currently recruiting young people for their course starting May 2018.

The Focussed Animation: Using the voucher on The Focussed APP to get money off a hair cut
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Max Champion- Student (left) with Focussed Boss- Craig Barber (right)

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Lodge Park Sports Centre was opened on October 24th 1974 by the former Manchester United legend Sir Matt Busby. The Sports Centre has since stood at the heart of the community providing leisure activities for over 40 years and continues to thrive and evolve, meeting the demands of a changing industry while still focussing on some more traditional past times.

The centre was used by over 200,000 people in 2017.

Lodge Park Sports Centre is used by persons of all ages; from babies/children taking park in preschool gymnastics or in the crèche whilst parents take part in an exercise class, to adults and children visiting the many different sporting clubs and activities. Some of the clubs and activities include; Kick Boxing, Judo, Badminton, Dancing, Little Kickers football skills and Northamptonshire Trampoline Club to name but a few.

The well equipped fitness suite, aerobic studios, astro turf and 2 halls offer plenty of opportunities to take part in a favourite leisure activity. There is also a cardiac rehab group who meet twice weekly to keep active and they have become a real social gathering whilst taking part in gentle exercise.

Look out for the regular offers for new and existing leisure members. The Leisure Membership includes swimming, use of gym, studio classes and health suite at Corby International Pool.

A variety of children's parties are available and Splat Holiday Club is based here during school holidays.

The Sir Matt Busby lounge and bar caters for a range of functions, please contact the reception team for contact details for First Catering.

Football Party Testimonial:

"The coach was excellent and controlled the children really well and they had lots of fun!" **Parent**

Crèche Testimonial:

"I highly recommend the crèche facility at both Lodge Park Sports Centre and Corby East Midlands International Pool. I used both from when my twins were three months old right up until they were 4 years old. The staff and facilities are excellent, they always made me feel like my children were safe and well looked after. Special touches like seasonal arts and craft activities and cake/biscuit decorating were a bonus! They are so much more than "just babysitters", my kids love crèche and the staff." **Maria**



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www.corby.gov.uk/lodgepark

Tel: 01536 400033 or please come and visit us.

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The movement of blood around the body, pumped by the heart, is called circulation. Your heart, blood and blood vessels together make up your cardiovascular system (or heart and circulatory system). Your body contains about five litres (eight pints) of blood, which your heart is continuously circulating. Cardiovascular disease (CVD) includes all the diseases of the heart and circulation including coronary heart disease, angina, heart attack, congenital heart disease and stroke. It's also known as heart and circulatory disease, and is very common in people who live in and around Corby. Coronary Heart Disease and stroke are usually caused by the same problem, called atherosclerosis. This is when your arteries become narrowed by a gradual build-up of fatty material (called atheroma) within their walls. In time, your arteries may become so narrow that they cannot deliver enough oxygen-rich blood to your heart. This can cause angina which is a pain or discomfort in your chest. If a piece of the atheroma in your arteries breaks away it may cause a blood clot to form. If the blood clot blocks your coronary artery and cuts off the supply of oxygen-rich blood to your heart muscle, your heart muscle may become permanently damaged. This is known as a heart attack or myocardial infarction.

When a blood clot blocks an artery that carries blood to your brain, it can cut off the blood supply to part of your brain. This is called a stroke. Some people have problems with their circulation to their legs, and will have pain that starts in the calf when walking that comes on at the same distance each time. The pain will usually go away when the person stops walking. The person's feet may always feel cold to touch, but give them a burning sensation at times especially at rest. If you have noticed these problems please make an appointment at your GP surgery since you may have peripheral vascular disease.

Some of the aspects of your life may increase the risk of cardiovascular disease, these are called risk factors and are listed below:

-SMOKING- more Corby people smoke than the national average, currently about 26% of local people smoke. Pharmacies and First for Wellbeing advisers can help you to stop if you want support.

-HIGH BLOOD PRESSURE- it is estimated that there are almost 7,000 people with undiagnosed hypertension in Corby and the surrounding villages. Most pharmacists will be happy to check your blood pressure, you could use a home blood pressure cuff or use a machine in your GP surgery waiting room if there is one. If your blood pressure is above 150/90 make an appointment at your registered GP surgery to talk about what you can do about it.

-RAISED HARMFUL FATS IN YOUR BLOOD- this includes high cholesterol and these problems can run in families or may be due to your diet. If you are over 40 you can ask for an NHS health-check at your GP surgery to see if this is something you need to sort.

-BEING PHYSICALLY INACTIVE OR OVERWEIGHT- you can be referred for activity schemes so ask your GP surgery if you are eligible for this.

-DIABETES- an NHS health-check can also check you for this if you are over 40, you are also at higher risk of this if you are overweight.

-FAMILY HISTORY OF HEART DISEASE OR STROKE.

-ETHNIC BACKGROUND- particularly if you or your relatives are from Scottish, African/Caribbean or South Asian families.

-SEX- men are more likely to develop CVD at an earlier age than women.

-AGE- the older you are, the more likely you are to develop CVD. The more risk factors you have, the higher your risk of developing CVD.

Even though you can't change all your risk factors, there is plenty you can do to reduce your risk and help to protect your heart and circulation, and this will include reducing your risk of a stroke or heart attack.

Even if you manage to alter some of these risk factors, you may still experience a heart attack or stroke and it is important to know how to recognise it and what to do.

Most people having a heart attack experience chest pain or tightness, and the pain can travel to the jaw, neck, arms and back. Some people also feel short of breath and may feel weak or lightheaded. Some people feel anxious and sweaty and their skin may become pale and clammy. If you or a family member starts to experience these symptoms and it lasts longer than 10 minutes this is a medical emergency, and you must call 999 and ask for an ambulance. If you are alone make sure you unlock your door after calling the ambulance in case you become unconscious, and then call someone to be with you (if possible) until the ambulance arrives. This call will be a priority for the ambulance service. Do not try to drive anywhere or attempt to see a Corby health professional; you will be taken by the 999 ambulance to specialist Cardiology care at Kettering General Hospital where any blockage in the arteries of the heart can often be sorted out without any delay.

If you or a family member is having a stroke you may notice that one side of the face droops, an arm and/or leg may become suddenly weak, and speech may become unclear. This is a medical emergency and you must call 999 and ask for an ambulance. Do not try to get yourself to health services in Corby since acting quickly is really important, and this diversion will delay you from getting to specialist hospital services. The 999 ambulance will take you directly from where you are to the specialist stroke unit at Northampton General Hospital where it may be possible to quickly restore brain circulation.

Both heart attacks and strokes are medical emergencies, where fast action and specialist care at hospital results in the best possible outcome. If you suspect these conditions call 999 for an ambulance straight away.

Consider learning basic life support (CPR), so that if anyone near you has a heart attack leading to cardiac arrest then you will know what to do. You may be able to save their life.

If you have already had a heart attack or stroke you will be offered rehabilitation and may be advised to make some lifestyle changes. If you follow the advice you may be able to reduce the chance of having another heart attack or stroke. The British Heart Foundation has lots more information on their website www.bhf.org.uk, and Corby Stroke association can give you and your loved ones support. More details about Corby Stroke association can be found at

www.accesscorby.org.uk

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MONDAY

Oakley Vale Community Centre

Butland Road
9.30 am*
Tel: Claire
07492 864216

Danesholme Community Centre

Danesholme Sq off Motala Close
5.30pm & 7.30pm*
Tel: Karen
07954 948341

TUESDAY

Danesholme Community Centre

Danesholme Sq off Motala Close
5.30pm & 7.30pm*
Tel: Sonia
01536 508980

Priors Hall Community Centre

Gretton Road
5.30pm & 7.30pm
Tel: Toinette
07738 673679

WEDNESDAY

St Ninians Church

Beanfield Avenue
9.30am & 11.30am
Tel: Sharon
07912 849144

WEDNESDAY

Serbian Memorial Church Hall

Rockingham Road
7.30pm*
Tel: Gareth
07833 597445

THURSDAY

West Glebe Pavilion

Cottingham Road
5.30 & 7.30pm
Tel: Sonia
01536 508980

Gt Oakley Village Hall

Lewin Road
3.30, 5.30 & 7.30pm
Karen:
07954 948341

FRIDAY

West Glebe Pavilion

Cottingham Road
9am & 11am
Tel: Sonia
01536 508980

SATURDAY

Danesholme Community Centre

Danesholme Sq off Motala Cl
8am & 10am
Tel: Claire
07492 864216

SATURDAY

Old Village Community Centre

High Street
8.30 am and
10.30am
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Details are still being finalised, but a big band headliner along with big DJ & MC headliners, with the support of over **20 other local bands and 20 DJs & Mcs.**

There will be music of all genres, beer, food and a great day for all.

Tickets (online & physical) available from the end of March.

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**LOVE
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Corby Visitor Forum (LoveCorby) continues to grow and thrive since it was established 3 years ago.

The **LoveCorby** website, which is run entirely on a not-for-profit basis, promotes what is going on in Corby and the surrounding area for both residents and visitors. The website is one central place making it easy to discover what to do when spending time in Corby whether; eating, playing, exploring, shopping, studying, sleeping or looking for business products or services.

Visit www.lovecorby.co.uk and find out more!

Businesses subscribed to **LoveCorby** in 2017 were able to benefit from a significant amount of promotion, including:

- March 2017 installation of 20 lamp post banners on Westcott Way.
- 3 week placement (University of Northampton student – canvassing local businesses (door knocking). The feedback received was very positive and we also had 5 new subscribers.
- **LoveCorby** leaflet in Council Tax Bills 17/18.
- Promoting **LoveCorby** at various events throughout the year.
- Attendance by **LoveCorby** members at County Destination Marketing meetings.
- Halloween & Bonfire Night – introducing **LoveCorby** selfie frame.
- Christmas Card Competition. Two winners chosen by a panel. Both Christmas cards were sold via Lakelands Hospice shop and all proceeds to Lakelands.
- Produced a Place Marketing leaflet which will help to promote the **LoveCorby** brand and pull up banners.

For 2018 the Corby Visitor Forum has established the following priorities:

- Increase number of subscribers.
- Install 12 sponsored lamp post banners on George Street.
- **LoveCorby** leaflet in Council Tax Bills 18/19.
- Competitions and engagement with residents and businesses to increase awareness of **LoveCorby**.
- Promoting **LoveCorby** at various events throughout the year.
- Attendance by **LoveCorby** members at County Destination Marketing meetings.

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LoveCorby has held the rates for 2018 subscription fees and there is no joining fee!

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'Focussed Publications Banner'
Approval pending for George St.

**“SO come on,
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Michael Galjaardt:
Chair of Corby Visitor Forum

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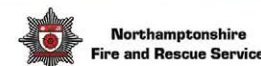
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If you haven't already joined the hundreds of local Women signing up, sign up to this local event today. There is information about how to sign up amongst our 'Top Ten' things to know about Race for Life!

Ten things to know about Cancer Research UK's Race for Life

- 1 Cancer Research UK's Race for Life is a series of fun and inspiring women-only events raising money for research to help beat over 200 types of cancer.
- 2 Race for Life started as one event in 1994 at Battersea Park. Today, it is the UK's largest women-only fundraising event series with over 380 events around the UK.
- 3 Every year, women of all ages, abilities, shapes and sizes unite to take part in Race for Life.
- 4 There's a Race for Life event to suit everyone - choose from 5k, 10k, Pretty Muddy, Pretty Muddy Kids, Half Marathon and Hiking challenges.
- 5 You can take part your way - Race for Life events are non-competitive and it's not about being first to the finish. Participants can choose to walk, jog, run, skip or dance their way around!
- 6 Look the part on event day with the official Race for Life merchandise range - from slogan t-shirts and sweaters to wristbands and accessories.
- 7 Volunteers play a vital part in the success of Race for Life events - there are roles for both men and women and it's a great way to connect with your local community.
- 8 Money raised through Race for Life will help Cancer Research UK scientists find new ways to prevent, diagnose and treat the disease, helping to save more lives.
- 9 In 2018, Cancer Research UK hopes to recruit 400,000 women and raise £38m to help fund vital life-saving research.
- 10 Signing up to take part couldn't be easier - simply visit raceforlife.org or call 0300 123 0770.

raceforlife.org



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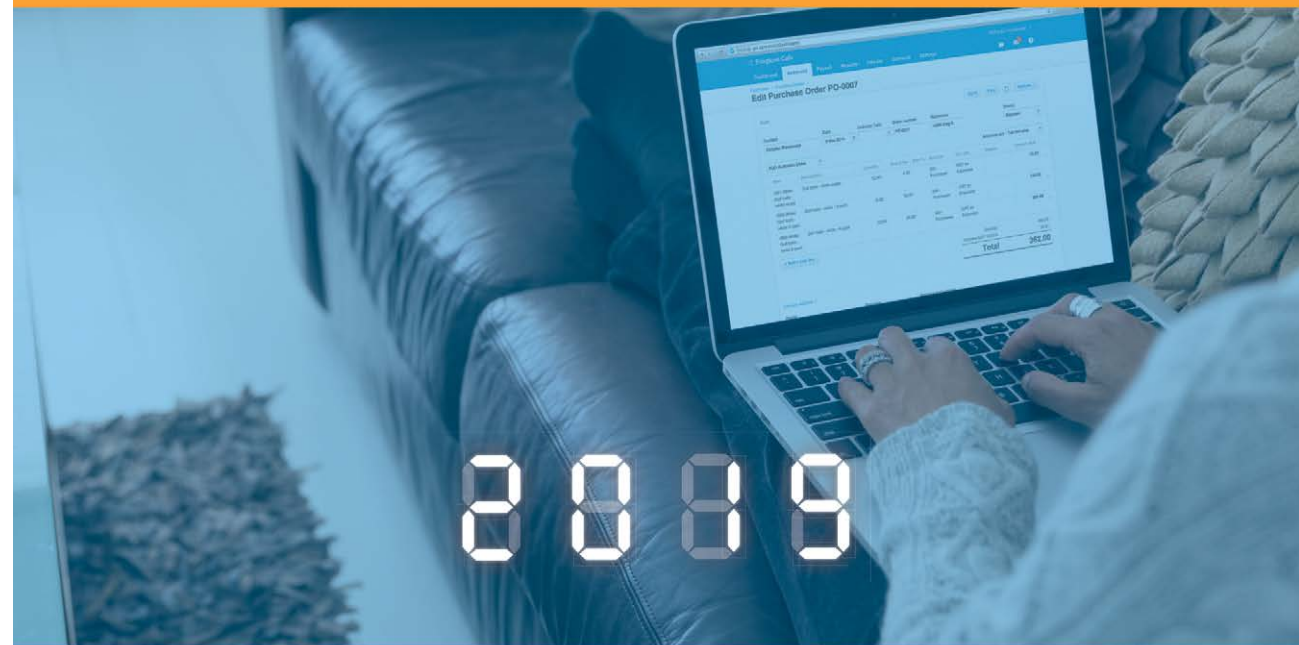
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focussed on LOCAL TALENT



Russ with a work in progress
1.2m square oil on canvas of David Bowie.

My name's Amanda and I'd like to show you some of the amazing pictures that my boyfriend Russ has painted.

His is quite a unique story. Just over 10 years ago (long before we were together) he lost his right leg. Although this was obviously a tragedy, he was unable to work, and the spare time he had enabled him to explore the talent he knew he had, but had never really tried out.

He has completed hundreds of paintings since then, sadly most of them commissions, no longer in his possession but here are a few examples.

This depiction of the Queen (he's done a few of her) is hanging in the foyer of Compass junior school in Kettering.

Yours sincerely
Amanda Preston



SOPHIA MADDEN



Dancer/Performer/Teacher
Founder of Mad2Perform.
Experienced dance and
performing arts teacher and performer

Sophia has formed her own dance company, Mad2Perform, which she built from the ground up.

Mad2Perform is a creative performing arts school who provide an innovative experience for children and young people based in Corby, who specialise in a variety of performing arts including singing, drama, ballet, street dance and contemporary dance.

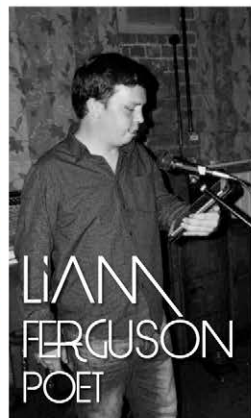
Sophia is such a wonderful teacher with some truly amazing talents and such an inspiration to the community of Corby and will continue to be so for many years to come.

I've been writing and performing for 4 years, I came across a group that was for people who wanted to give writing poetry a chance to have a go.

I enjoy writing poetry about things I have experienced, disability, making friends, family and life in general.

I thought I would find it difficult with performing and writing my poetry because of my Aspergers and that I thought it would hold me back but that's not been the case, I feel like I just keep getting stronger as a poet because of my experiences and the wonderful people who surround me and encourage me.

I have performed at several events around Northamptonshire, The Bardic Picnic in Northampton, Run Your Tongue in Kettering, Sonnets, Beats & Vibes in Corby and The Cores annual Launchpad festival.



LIANN
FERGUSON
POET

The things I enjoy most about writing and performing is the popularity of my poetry, people telling me that they can relate to my poems and how it has inspired them, also the new friends I've made along the way, I feel I have a good bright future ahead.

KNOW SOMEONE WITH A TALENT?

Get in touch with your story along with a picture of the person and it could feature in the next issue!
craig.barber@focussedpublications.co.uk

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**Lance Corporal
James Ashworth,**

**Born 26th May 1989
Died 13th June 2012
(aged 23)**



James lived and grew up in Corby, Northamptonshire, where he attended Lodge Park Technology College. James was a keen sportsman and he represented his school at both football and basketball. In 2006, aged 17, James joined the British Army following his father footsteps serving in the Grenadier Guards before joining the Guards' Parachute Platoon as part of the 3rd Battalion Parachute Regiment. James later went on to play football for his regiment.

On 13 June 2012, Ashworth was serving as part of the Reconnaissance Platoon, 1st Battalion Grenadier Guards. He was on a patrol in the Nahri Saraj District of Helmand Province, Afghanistan. He was leading a fire-team, clearing out compounds, when his team came under fire from Taliban armed with rifles and rocket-propelled grenades from several mud huts. Despite the ferocity of the insurgent's resistance, James refused to be beaten. His total disregard for his own safety in ensuring that the last grenade was posted accurately was the gallant last action of a soldier who had willingly placed himself in the line of fire on numerous occasions earlier in the attack. This supremely courageous and inspiring action deserved the highest recognition and this was duly accorded. On the 22nd March 2013 Her Majesty The Queen awarded Lance Corporal James Thomas Duane Ashworth, Grenadier Guards the highest military honour for the conspicuous gallantry under fire after he galvanised his platoon at a pivotal moment and led to the rout of a determined enemy.

James Ashworth was posthumously awarded the Victoria Cross for bravery being only the second person to be awarded the medal during the Taliban insurgency. James Ashworth is the 14th person to be awarded the Victoria Cross since the end of the Second World War. The Victoria Cross was first awarded for actions in the Crimean War of 1854-56, and is the highest British military award for bravery.

The people of Corby have recognised James with the naming of the James Ashworth VC Square in front of the Corby Cube in the town in James's memory and to honour Corby's fallen soldier. Hundreds of people also watched a memorial parade through Corby and took part in a two minute silence to honour the soldier hero who was one of their own.

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CORBY MARDI GRAS

Saturday 24th March



THE ENCHANTED CORBY MARDI GRAS RETURNS!

Produced by Leicester based cultural development agency ArtReach (artreach.biz), the popular **Corby Mardi Gras** returns for a second year on Saturday 24 March, 3-8pm. In partnership with Made in Corby, ArtReach presents a spectacular event that invites the community of Corby to experience a free celebration of light and music.

Developed in Association with Friends of Thoroughsale and Hazel Woods, the **Corby Mardi Gras** will transform the ancient woods into an enchanted forest with illuminated light sculptures, by award-winning artists Same Sky, nestled between the trees. Entertainment starts from 3pm with a live music stage outside Corby Cube running until 8pm, featuring King Brasstards, Café Jazz, Alright JACK and local talent. Free crafty workshops take place from 3-5.30pm for audiences to help create light sculptures to illuminate a special community procession taking place at 6pm from outside Corby Cube.

David Hill, Director of ArtReach said "ArtReach is delighted to be working with partners in Corby to create an exciting 2018 family Mardi Gras event on 24 March. It's great that collaboration with the Friends of Thoroughsale and Hazel Woods means the wonderful asset of this local Ancient Woodland in central Corby will be highlighted, and will provide a stunning backdrop to the creation of an "enchanted" environment for the music and light show."

For more information:
0116 261 6882
Follow the event on
f @ArtReachEvents
t @ ArtReach

3-5.30pm: Creative Camp -
Get crafty with artists Same Sky. Contribute your creativity to a large light sculpture that will then be a part of the community procession at 6pm

6pm: Community Procession of light and sculptures -
Starting outside Corby Cube and journeying through the enchanted Hazel and Thoroughsale Woods.

3-8pm: Live Music -
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Share images of
the event via
#CorbyMardiGras

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Lakelands Hospice Bereavement Support Group

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(adults only)

Meetings are on Wednesdays, in the afternoons and evenings (alternate weeks)

Afternoon meetings 1.00pm – 3.00pm

Evening meetings 6.00pm – 8.00pm

Meetings take place at Lakelands Hospice on Butland Road, Oakley Vale, Corby NN18 8LX

To let us know that you wish to join us, please contact the hospice on 01536 747755 and ask to speak to Tracy or Lynn.

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The funding is to provide improved transport and access principally for the Priors Hall Park development but will also assist our other major developments in the area supporting housing and employment delivery. It is only one of two awards made across Northamptonshire.

Priors Halls Park is our prestige urban extension. The site has planning permission for 5,100 new homes, primary schools and commercial floorspace. Over 880 new homes, an Academy, a Primary School, an Enterprise Centre have been built with further housing, retail, employment, green space and leisure facilities being proposed.

As well as ensuring money is invested on new developments and infrastructure we also know that Corby needs to invest in maintaining what we already have. Corby proudly boasts a fantastic mix of urban and rural spaces that make it a unique and beautiful place to live, work and play.

As part of our efforts to ensure that our green areas are maintained and looked after, following a Arboricultural Report, we have committed to a programme of work to ensure that 500 trees within East Carlton Country Park are managed appropriately.

This work will include removal and remedial work that will ensure all dead, dying or dangerous trees are felled and others are healthy for all to enjoy.

We are extremely lucky to benefit from our rich woodland within the Borough and will ensure it is maintained as the Borough continues to grow.

*Cllr Tom Beattie
Leader of Corby Borough Council*



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Adrenaline Alley was born out of the life experience of a Corby lad John Chard-Young and his mother Mandy who were determined to positively influence others and create a safe environment for young people to do BMX, Skateboarding, inline and scootering sports.

From the age of two, John suffered ill health and was finally free from hospitals and treatments at the age of 13 when he began skateboarding. Soon after, John became the victim of a vicious attack because he had a skateboard. Turning this negative experience into a positive one together they initially created an outdoor park and moved indoors at its current 7.5acre site on Priors Haw Road in 2006.

Since 2006 the charity has trebled in size, employs 21 people, has over 106200 individual members and hosts over 80,000 visits a year. Providing weekly training clubs, 1-2-1 coaching opportunities, school, youth group and disability group sessions with specialist equipment, this hub of energy and excitement has become internationally known and is working hard to support Team GB in BMX and skateboarding for the 2020 Tokyo Olympics.

Peter Ellwood, former High Sheriff of Northamptonshire visited Adrenaline Alley and in a note to Sir David Normington GCB, Former Permanent Secretary at the Home Office, described the Charity as

"the most inspirational story I have witnessed in my year as High Sheriff"

In May 2016 Princess Anne visited the site in recognition of the work that has been carried out in John's name. John fell asleep on 17th September 2010 aged 24 years.

Adrenaline Alley is now his legacy.

John Chard-Young

T: 01536 202049

enquiries@adrenalinealley.co.uk



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Barry Addison
Admin & Presenter

Corby 96.3
RADIO



Name: Barry Addison
Birthplace: Liverton Mines,
North Yorkshire

Describe yourself in 3 words:
Loyal, Trustworthy, Tired

Give us an interesting fact about yourself:
I grew up in South Africa and my time spent there was an amazing adventure. In my late teens I was in a motorbike club. When I arrived back in Britain I came to visit a friend in Corby and am still here 33 years later.

What is your favourite song of all time and why?

Twist & shout by the Beatles, just a great party song... AC/DC are my favourite band but I couldn't pick out just one song by them, there would be a long list...

Describe your ideal night out/in:

Night out, Having a meal with friends then going to see a band. My ideal night in would be returning home from a day watching Motorbike racing or Drag Racing with my wife a take-away and a good movie.

What do you love about Corby?

The spirit and humour of the people and the fact that Corby is perfectly placed, you can reach most places within 3 hours.

What is your favourite place in Corby?

My house.... it's where my favourite things are kept and my wife lives there.

What is your favourite part of being involved with Corby Radio?

interacting with the listeners, getting to share my love for many types of music on my Thursday night show. I'm also honoured to host the Live & Local show, it's not my show, it belongs to the very talented musicians in this area.

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ELSBY AND CO ACHIEVE A XERO WORLD FIRST!

Liz Brewster, Client Project Manager at Elsbly & Co, has become the first person in the world to complete Xero Migration Certification, a new standard recognising her abilities to help businesses reduce their worries over record keeping and use accounting information to drive decision-making.

Xero, the global specialists in online accounting were so impressed with Liz's determination to become their first successful awardee that Julian Buck, Xero Director of UK Services, travelled to Elsbly's Rushden offices to surprise Liz with her Award.

Julian commented: "We're really excited about this migration certification, which is new here in the UK. It's aimed at our partners who want to migrate their customer base over to Xero, and it fully prepares accountants to plan, prioritise and move their clients' data."

Of course all of this excitement begs the question, why should businesses be getting so fired up about shifting their tax affairs online?

The answer, simply put, is that HMRC's 'Making Tax Digital' (MTD) initiative means that by April 2019, all businesses and landlords with a turnover above the VAT threshold (currently £85,000) must be registered for quarterly reporting using appropriate accounting software.

After this date there will be a phased timetable for all other businesses to comply in the same manner, beginning in 2020.

The motivation for this activity is aimed at making tax reporting and billing much more accurate and straightforward by allowing businesses to update and access their financial information and submissions on a 'live' basis.

Commenting on her Xero Award and the journey ahead for Elsbly's clients, as well as the rest of the UK's business community, Liz picks up the story:

"I've been working with Xero since 2010 and I'm thrilled to have received this Award and the recognition it brings," she explains. "I found the migration certification very straightforward and it provides a real boost to everything I've been doing to prepare Elsbly & Co for Making Tax Digital."

"We are firmly behind the process of migrating our customers to comply with these requirements and a quick scan of UK-wide figures shows that MTD is an issue which is rapidly gaining momentum."

"Some 20% of VAT returns are already being filed using Xero and there are now over 250,000 organisations using the system in the UK, plus a further million companies worldwide."

"Receiving Xero Migration Certification has not only been a personal achievement, but also demonstrates that Elsbly & Co has knowledge of the very latest technology and is taking active steps to support our clients' ahead of MTD."

"The migration process can be complicated, and transferring records and figures from one paper or electronic accounting system to another has the potential for mistakes if not approached correctly."

"However, if action is taken early and professionally, once a business is set up with Xero or similar accounting software, then the benefits are potentially huge."

"These include: no double entry of sales invoices; one click to record a sales receipt or other transaction to reconcile against the bank; repetition of invoices and bills, and automatic preparation of VAT returns and submission to HMRC. You can also photograph receipts on a smartphone for them to be automatically uploaded to your digital account."

"For any company of whatever size, keeping your numbers up-to-date easily means you can see at a glance how your business is doing and make decisions based on the information received. You can also easily prepare management accounts on a monthly or quarterly basis, rather than just at year end for the satisfaction of the tax man."

According to AccountingWeb cloud accounting adoption has increased from 4% in 2006, to 84% in 2017, and 1.5 trillion transactions go through Xero worldwide every year.

Clare Elsbly, Business Development Director at Elsbly & Co, adds: "In order to become a cloud accounting business leader we needed someone to be able to project manage the best approach for our clients online and that's where Liz came in."

"The reward for bringing someone like Liz on board is that we have been able to make our own systems much more efficient. Xero education has been great for us. We're better informed when working with our clients and it means we can offer a vastly improved service."

Looking to the future we are advising all of our existing and prospective clients to contact us at the earliest opportunity to ensure that they are fully prepared for Making Tax Digital."

For further details call Elsbly & Co on
01604 678470 / 01536 216157

to register for our FREE Cloud Accounting workshops in 2018, or for further details email: clare@elsblyandco.co.uk

visit www.elsblyandco.co.uk/MTD



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Miss Teen UNITED KINGDOM Galaxy

Hey, I'm Katie Donnelly and I'm in the grand final of the Miss Teen Galaxy England pageant as Miss Teen Corby Galaxy. This is the first pageant I've competed in, but I have been Corby Carnival Princess and held the title of Miss South Midlands 2016.

I'm really excited to be a part of this competition because it's always been a big dream of mine to do something like this and it's so surreal to think that I'm only one step away from a national title.

Miss Teen Galaxy England takes place on 24th March in Lancashire. However, before going to the competition I'm raising money for The Christie (a charity focussing on the research, care and education of cancer) for the charity section of the competition.



I have set up a JustGiving page and hope to reach the goal of £500 by the time I leave for the final, so I would greatly appreciate it if you could donate to my cause even if it's only a small amount.

Thank you for your support,

Katie Donnelly,
Miss Teen Corby Galaxy

You can find my JustGiving page on my Miss Teen Corby Galaxy Facebook page or by going to www.justgiving.com/Katie-Donnelly-Barnard?utm_id.124

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- **Be Strong**
- **Never Say Can't**

How you can help if a child tells you they are being bullied!

Always get a teacher if you are unsure what to do.

Talk to the child to hear what is actually happening to them. Refer the bullying to the school council which will discuss it at their meeting. Talk to the bully to hear their side of the story, sometimes things are not always what they seem.

Watch the children carefully to see what is actually happening.

Find the child another friend so they are not alone.

Ask the teacher in that child's class if they talk about bullying during PSHE lessons. Make sure the teacher knows the child is worried.

Encourage the child to put their worries in to bully box so they can be discussed by other children and staff.

Ask teachers to display posters that discourage bullying around the school. Make sure that any worries about bullying are taken seriously.

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Rockingham

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CLOSES ON
26TH APRIL

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WHAT YEAR DID ROCKINGHAM SPEEDWAY OPEN TO PUBLIC?

3 SETS TO GIVE AWAY!



WIN A MASSAGE SESSION

WHO HAS RECENTLY JOINED LILY PAD?
WINNER EVERY MONTH!



WIN A GAME OF BOWLING FOR 4 PEOPLE OR 1 HOUR OF POOL

WHAT'S THE HEAVIEST BOWLING BALL WEIGHT?

MONTHLY COMPETITION - WINNER EVERY MONTH



WIN A YEARS MEMBERSHIP

WHAT'S THE HEIGHT OF A
TABLE TENNIS NET?



WIN 2 FREE ENTRIES

CORBY / NORTHAMPTON / PETERBOROUGH

WHAT'S THE NAME OF THE
LATEST ESCAPE ROOM AT BILLING?



WIN A CORBY RADIO GOODIE BAG



WHO IS THE LATEST MASCOT TO JOIN THE CORBY RADIO TEAM?



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DOES MUSCLE BURN CALORIES
EVEN WHEN THE BODY IS AT REST?

WIN A WEEKS WORTH OF CLASSES



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1979

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POP'S Brain Busting Quizzes

SUDOKU

	9	4	8					
5	7			9				
6			1		5		2	
				7				
	5	9				7		
							8	
		7	2	6				1
			7					
8					9			

SEARCH-WORD

This puzzle is a combination wordsearch and crossword. There are no clues or two-letter words. Just reveal the hidden words by blocking out the incorrect letters. The completed pattern will be symmetrical. Use this fact to help you decide which letters to leave in which ones to leave out.

P	A	S	S	W	O	R	D	G	B	A	T	T	L	E
A	M	U	V	E	L	E	J	A	H	B	B	E	C	L
R	E	S	I	L	I	E	N	T	R	D	E	N	S	E
S	V	P	M	F	N	L	B	H	V	O	G	S	D	C
N	J	E	V	A	D	E	K	L	A	M	B	E	N	T
I	M	C	F	R	V	D	W	E	Z	E	M	V	R	E
P	O	T	T	E	R	Z	S	T	A	N	D	A	R	D
V	Q	E	W	G	J	M	B	E	L	K	J	C	M	N
E	N	D	O	R	S	E	D	B	D	A	N	C	E	S
A	M	N	D	I	X	A	V	S	Q	T	W	O	C	U
S	T	E	T	S	O	N	B	T	U	T	O	R	W	P
T	X	A	V	O	Z	I	P	E	Y	R	T	D	G	R
E	I	G	H	T	G	N	A	R	R	A	T	I	V	E
R	V	E	W	T	Q	G	H	E	K	C	G	O	H	M
N	A	R	R	O	W	H	C	O	N	T	I	N	U	E

Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

	8	4	23	3	22		20	14	12	9	11		
11		14			22				4			20	S
20	25	3		12	22	3	10	6	5	20	4	14	
4		2		22		11		24		8		6	
14	12	22	8	13		11	17	26	26	4	2	6	
9			6		19		5		5			11	
	25	4	19	4	25	K	26	17	11	4	21		
23		7		5		5		10				26	
4	7	18	12	7	2	6		6	24	26	5	4	
5		12		17		22		5		3		12	
2	G	22	12	15	14	6	8	26		26	3	22	
6		8				1				14		26	
	20	26	4	14	14		16	12	6	6	22		

1	2	3	4	5	6	7	8	9	10	11	12	13	
14	15	16	17	18	19	20	21	22	23	24	25	26	

CODE CRACKER

Brain Teasers:

- A:** The number 8,549,176,320 is a unique number. What is so special about it?
- B:** A man condemned to death has the option of picking one of the mentioned three rooms. The first room is a furnace filled with flames. The second has armed men with loaded guns, while the third has lions starving for years. Which one should the man choose?
- C:** What occurs once in every minute, twice in every moment, yet never in a thousand years?

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Cottingham Road, Corby - Plots 1,2,5



Ground Floor

First Floor

Lounge 5.25m x 3.85m 17'3" x 12'6"
 Kitchen 3.45m x 4.05m 11'4" x 13'3"
 Dining 2.55m x 4.55m 8'5" x 15'0"
 Study 3.15m x 2.25m 10'4" x 7'5"
 Utility 2.35m x 1.75m 7'9" x 5'9"

Master Bed 5.25m x 4.25m 17'3" x 13'11"
 Bedroom 2 3.05m x 3.65m 10'0" x 12'0"
 Bedroom 3 4.35m x 2.55m 14'3" x 8'5"
 Bedroom 4 3.15m x 2.55m 10'4" x 8'5"

Cottingham Road, Corby - Plot 3



Ground Floor

First Floor

Lounge 5.55m x 3.25m 18'2" x 10'8"
 Kitchen 5.55m x 2.25m 18'2" x 7'5"
 Utility 2.05m x 1.65m 6'9" x 5'5"

Bedroom 1 3.35m x 3.20m 11'0" x 10'6"
 Bedroom 2 3.65m x 3.15m 12'0" x 10'4"
 Bedroom 3 2.65m x 2.75m 8'8" x 9'1"

Cottingham Road, Corby - Plot 3



Cottingham Road, Corby - Plot 4



Cottingham Road, Corby - Plot 4



Ground Floor

First Floor

Lounge 5.55m x 3.25m 18'2" x 10'8"
 Kitchen 5.55m x 2.25m 18'2" x 7'5"
 Utility 2.05m x 1.65m 6'9" x 5'5"
 Total 27.05m x 2.85m 89'0" x 9'5"

Master Bed 5.25m x 3.65m 17'3" x 12'0"
 Bedroom 2 4.05m x 3.05m 13'3" x 10'0"
 Bedroom 3 4.35m x 2.55m 14'3" x 8'5"
 Bedroom 4 4.05m x 2.55m 13'3" x 8'5"



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