

focussed on Corby

Introducing
The Corby Lottery



LOTTERY
Corby

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Coupons
Inside

Focus-on:

- The Corby Lottery
- The Travers Foundation
- Manual Therapy: Who should I choose?
- International Pool Gym Refurb





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Welcome

To the third edition of 'Focussed on Corby' magazine. Which now goes out to 25,000 homes across the whole of Corby. Our new state of the art GPS tracking system on our deliveries, has allowed us to determine the true number of homes in the town, and we only feel its right to cater to Corby in it's entirety.

Some exciting news for the people of Corby and the Businesses who give back to the community. We welcome the Corby Lottery! Increase your chance of winning whilst giving to your chosen local good cause. We urge the town people to get involved with this as it can only benefit Corby as a whole by putting the money back into it's own community.

We are set to grow the Focussed brand across other towns and talks are underway or nearing completion with areas such as: Rothwell, Desborough, Market Harborough, Bedford, Luton, Dunstable, Kettering, St. Neots, Rushden & Rushden Lakes to name a few. You will then start to get the benefits of traveling into these towns using the 'Focussed on' Apps for that town to take full advantage of all the vouchers those towns businesses have to offer.

Editor & Designer

Craig Barber

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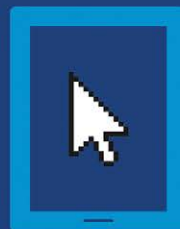
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Challenge yourself & raise vital funds for **Lakelands Hospice in 2017**



For an information pack and full details of the schedule and costings please contact

Paul Marlow on 01536-747755

Lakelands Hospice fundraising manager
paulmarlow@lakelandsdaycarehospice.org.uk

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Corby Lottery

The Corby Lottery is the first Local Authority run online lottery in the County.

It is a weekly online lottery whereby you can buy tickets that give a potential jackpot of £25,000 if you match all 6 numbers. 60% of every £1 ticket goes to support local charities and good causes. You choose the causes that you want to support so it is a great way of local organisations to raise funding whilst you also have the chance to win up to £25,000.

If you are a local organisation that is struggling for cash you can register as a good cause and then when people buy tickets they can support your cause.

The draw occurs every Saturday night at 8pm.

- Each ticket costs £1 per week and consists of 6 numbers. The more numbers you match in a draw the bigger the prize.
- Players choose who their ticket supports. They can either support the central fund (funds are dispensed to the local community by a committee) or they can choose a specific good cause to support.
- There are a range of payment options. Players can pay by:
 - Monthly via Direct Debit
 - Monthly via Debit Card (VISA, Mastercard etc.)
 - One off payment via Debit Card of either:
 - 3 months
 - 6 months
 - 12 months
- Players are notified by email when they win. To claim their winnings they log in to the site and choose to either have the winnings paid directly into their nominated account or donate their winnings back to the good cause.

It is quick and easy to register or buy tickets. Just go on-line at

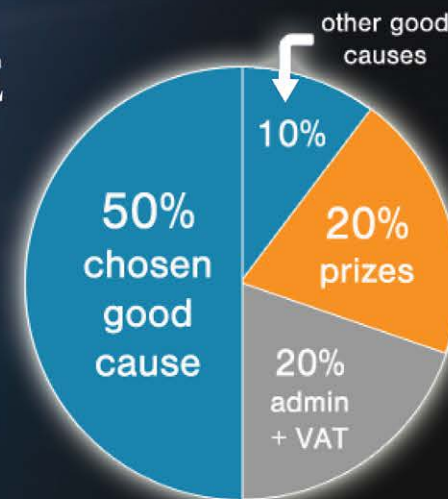
www.corbylottery.co.uk

Good Luck



HOW DOES THE £1 GET SPENT?

You can see how the pound is split in the figure to the right. As you can see 60% from every ticket sold goes directly to good causes!



WHAT ARE THE PRIZES?

Matching Numbers: You must match the first or last 2-6 numbers in a row to win! Odds of winning any prize 50:1

HOW DOES IT WORK FOR GOOD CAUSES?

Good causes that support the Corby community can get their own page on the site. They will keep 50% of all tickets sold through their page.

- Visit the site and click 'Are you a good cause?' to find out more information and apply online.
- Applying is easy. It's all done online and takes a few minutes.
- Corby Borough Council will check each cause qualifies and approve them. Once approved the cause will have their own Corby Lottery page and start selling tickets within 1-2 working days!
- All the good causes need to do is market the lottery to their supporters. We will even provide the marketing materials!
- Every month the cause will get their raised funds paid directly into their nominated bank account!

Match	Prize	Odds
Match 6 ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	£25,000	1,000,000:1
Match 5 ✓ ✓ ✓ ✓ ✓ □ □ ✓ ✓ ✓ ✓ ✓	£2,000	55,556:1
Match 4 ✓ ✓ ✓ ✓ □ □ □ □ ✓ ✓ ✓ ✓	£250	5,556:1
Match 3 ✓ ✓ ✓ □ □ □ □ □ □ ✓ ✓ ✓	£25	556:1
Match 2 ✓ ✓ □ □ □ □ □ □ □ □ ✓ ✓	3 tickets	56:1

For more information
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9.30pm

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Ticket prices £12.50 (£10 concessions)

To book: Tel. 01536 470470 or www.thecorecorby.com
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We charge a \$1 per-transaction fee for telephone and website bookings only, does not apply in person or to groups.

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We are based in the **Corby Enterprise Centre** and always available whenever you need us. If you are a more established business we can also help.

To find out how we can help you, call us on **01536 216157**, email Leanne.revie@elsbyandco.co.uk or visit our website, www.elsbyandco.co.uk to find out more.



Remember, we look forward so you can move forward.

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The Traversers Foundation

The Traversers Foundation is a volunteer-run charity, which helps 13 to 30 year olds living in Northamptonshire, Rutland or Leicestershire improve their skills in sports, the creative arts and the performing arts.

Young people from the Corby area supported by the Traversers Foundation have achieved great success.



Iulia Petrie, aged 14, from Corby Archers

is the under 16 British Ladies Champion Bristols III in Archery. She is also Northamptonshire Junior Ladies Compound under 18 champion indoor and outdoor, regional EMAS Junior Ladies Compound champion, and has made claims for three national records. She aims to represent Archery GB in international competitions, retain her existing titles and to win the overall junior national indoor under 18 championship.



Isaac Akers, 17, runs with Corby AC and was Corby Borough Council Young Sportsman of the Year in 2016.

Isaac won national titles, competed at top level athletics having represented GB in the European Athletics Championships and ended 2016 ranked 3rd in Europe and 8th in the world for his main event, the 3000m. Isaac is also county and national cross country champion, and won bronze at the English Schools' cross country championships.



Traversers Foundation patron: golfer Ryan Evans, the first ever recipient of funding from the charity when it was established in 2012

Iulia and Isaac receive funding for coaching and competition expenses.

Fundraising is an important aspect of the charity's work and local Ironman and ex-Northampton Saints rugby player Bruce Donald is undertaking the challenge of a lifetime to raise money for The Traversers Foundation.

Bruce is taking part in the grueling Marathon Des Sables in April. Described as the toughest footrace on Earth, this is a multi-day marathon, run over a course of 150 miles in the heart of the Moroccan Sahara Desert.

Help raise money for young people. Sponsor Bruce at www.justgiving.com/teams/saharachallenge



MARATHON DES SABLES



William Sharman, the Commonwealth and European Championship silver medalist in the 110m hurdles, is one of the charity's five trustees.

For more information on the Traversers Foundation please visit www.traversers-foundation.org.uk

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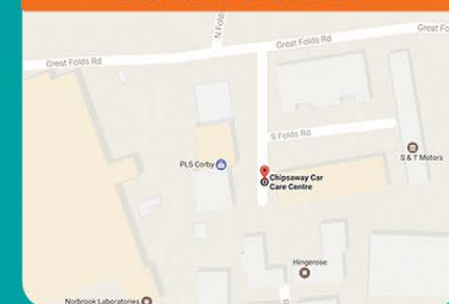
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CORBY EAST MIDLANDS INTERNATIONAL POOL GYM REFURBISHMENT

On January 6th 2017, here at Corby East Midlands International Pool (CEMIP), we opened the doors to the fully refurbished gym. The gym has had a complete makeover, not only has it got new equipment, it also has new flooring and a larger layout. It is now an 80 station gym.

We offer a wide variety of equipment, programmes and support to help you achieve your desired goals; from weight loss to increasing muscle; power, strength and flexibility; we have it all. There is plenty of cardiovascular equipment such as treadmills, four types of bike including spin bikes, upright cycles, recumbent cycles and a hybrid cycle. Further to this there are cross trainers, climb mills and the S-drive treadmill, which you power yourself.

Our resistance range caters for all parts of the body and can be adjusted to suit each individual.

The free weights area has increased in size and now consists of three benches, smith machines, power rack, hack squat to name a few. Our dumbbells range from 2kg - 50kg and we have 1100kg worth of plates.

Our functional area consists of suspension straps, plyometric boxes and medicine balls; this area is also aimed to cater for those wishing to use their bodyweight as a resistance.

Our membership offers great value for money giving inclusive use of over 100 studio classes (and virtual spin), use of two gym facilities (CEMIP and Lodge Park Sports Centre), swimming and the health suite which includes a spa, steam room and sauna (a great place to relax after your workout). Our guaranteed results based Members Journey offers a moneyback guarantee (yes, we are that confident in helping you see a difference).

Our professional, friendly and fully qualified staff are always on hand to offer support, personalised programs and for those with specific goals in mind, personal training is also available (booked separately). So remember we are more than "just a gym".

We hope to see you soon.

Opening hours:

Mon – Friday

CEMIP: 6:30am – 10pm

LPSC: 6:15am – 10pm

Weekends

CEMIP: 9am – 5pm

LPSC: 8:15am – 9:30pm Saturday

8:15am – 10pm Sunday

If you wish to come and see what we have to offer, please visit our website

www.corby.gov.uk/corbypool

or alternatively, contact

CEMIP on 01536-464643 or

LPSC on 01536-400033



I have been a GP in Corby for the last 11 years working at Great Oakley Medical Centre, and have wanted to be a GP since I started training to be a doctor twenty five years ago. As a GP it is important to be able to work as part of a team as we look after our population, together with their families and carers. We all aim to care for our patients' physical and mental health and also try to promote their sense of wellbeing. Modern GPs work closely with other practice staff such as nurses and nurse practitioners, and community and mental health practitioners in order to try to offer the best possible care for our patients. We are also putting our patients in touch with the voluntary sector and with our social care colleagues, as well as working with our borough council to encourage our population to make changes in their lifestyle such as stopping smoking and doing more exercise.

I have been the Clinical Chair of Corby Clinical Commissioning Group (Corby CCG) for the last 18 months. Corby CCG oversees most of the money spent on NHS health services for the people who live in and around Corby. This includes the cost of hospital outpatient appointments, hospital inpatient stays and operations, prescribed medicines, investigations, GP practice appointments and care, GP out of hours services, Corby Urgent Care Centre, community and mental health services, and many other services. It is really important that all local residents register with a local GP, so please register if you have not already done so. Please do not wait until you are ill, since you will miss out on important prevention services and health checks which can detect diseases such as diabetes and cancer at an early stage. This includes everyone who is planning to live in the area for more than a few months, particularly if you may require regular prescriptions for medication or other items.

We are in the fortunate position of having 5 GP practices in Corby, which have all been given a 'good' rating by the inspectors at CQC. The surgeries are Great Oakley Medical Centre, Lakeside Healthcare, Studfall Medical Centre, Studfall Partnership and Woodsend Medical Centre.

If you need to register with a local GP surgery please contact your preferred surgery. Please visit our website if you want to know more about local healthcare at www.corbyccg.nhs.uk

Dr Joanne Watt
Great Oakley Medical Centre
Clinical Chair Corby CCG





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Manual Therapy

- Who should I choose?



Manual therapy is any physical treatment applied to the muscles or joints of the body and is primarily used to treat painful problems such as back and neck pain. It can involve massage, mobilisation or manipulation of the muscles and joints. There are many different professions that offer manual therapy, including Chiropractors, Osteopaths, Physiotherapists and Massage Therapists. With such a variety of options out there how do you choose who to see?

In truth all manual therapists treat the same problems in similar ways.

Chiropractors are best known for treating back and neck pain, although patients also consult chiropractors regarding a range of other related conditions such as headaches and sciatica.

Chiropractic treatment mainly involves safe, often gentle, specific spinal manipulation to free joints in the spine or other areas of the body that are not moving properly. During manipulation there may be popping sounds (similar to the 'crack' heard when people flex their knuckles). This is quite harmless and is the sound of gas bubbles popping in the fluid of the joints as pressure is released. Chiropractors use a range of techniques to reduce pain, improve function and increase mobility, including hands-on manipulation of the spine, exercises, dry needling (medical acupuncture), along with advice about posture and lifestyle. As well as manual treatment, chiropractors are able to offer a package of care which includes advice on self-help, therapeutic exercises and lifestyle changes.

Chiropractors train for a minimum of 4 years and are trained to take and read x-rays. Chiropractic is a regulated primary healthcare profession supported by evidence-based research.

Osteopaths are also regulated and must also train for a minimum of 4 years. Osteopaths traditionally tend to prefer slower rhythmical movements and cranial techniques.

Although there are some differences, the Osteopathic and Chiropractic professions are similar and individual practitioners will apply the knowledge they have in their own way. As both professions are evidence-based, more research has meant that the lines between them have continued to blur over time.

Physiotherapy places an emphasis on the patient's involvement in their own care, taking a more exercise-focussed approach. They train for a minimum of 3 years covering many areas of the body including rehabilitation after surgery and other medical conditions such as heart attacks and stroke. Those who specialise in manual therapy are often referred to as 'musculoskeletal' or 'sports physios'.

Sports Massage is usually Diploma level and is a more hands on treatment involving deep tissue massage, neuromuscular techniques, passive and active stretching. The prime purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. Above all, it can help prevent those niggling injuries that so often get in the way of performance and achievement. This treatment is not just for the sports person: anyone can benefit from sports massage, including people in physically demanding jobs and those not quite so obvious (occupational, emotional and postural stress may produce many similar characteristics to sports injuries).

The bottom line is that really it is all about your preference and word of mouth recommendations from friends or family can be helpful. If you are unsure then try speaking to your local manual therapist about your problem first and find what works best for you.



Katharine Clarke
Chiropractor
Corby Chiropractic Clinic



Louise Cook
Sports Therapist
Lifestyle Massage



Corby Chiropractic
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General Chiropractic Council

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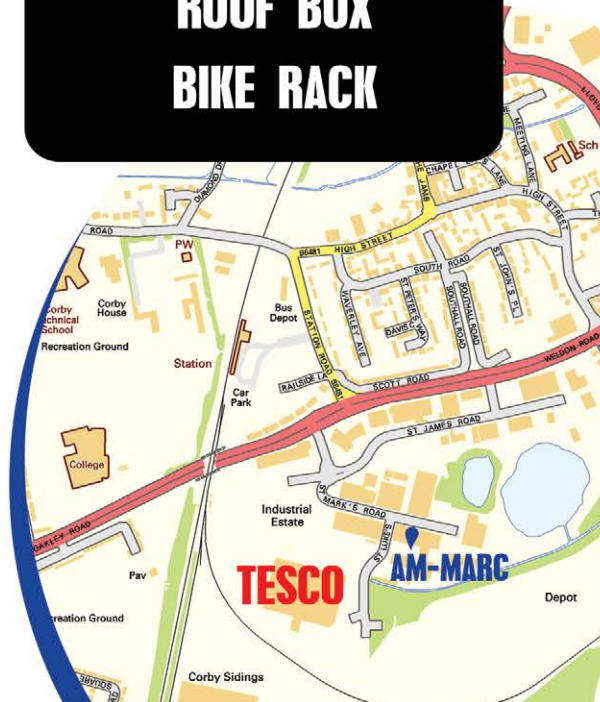
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Tom Pursglove MP

I know I speak for everyone in Corby when I say that we are proud of our town's rich steelmaking heritage; and the challenges the industry has faced in recent years, particularly during the past twelve months, have been troubling to us all.



Both locally, and in Parliament, as the Vice Chairman of the All Party Parliamentary Group (APPG) for Steel, I have been working tirelessly on a cross-party basis with the unions, local authorities, industry and Government, to help secure the future of steelmaking both in Corby, and across the UK.

Recently, it was announced that thousands of workers at Tata Steel have voted for a new deal on their pensions, as part of a wider package of proposals put forward, following discussions between Tata and the unions towards the end of 2016. With respect to this outcome, I associate myself with the comments of Roy Rickhuss, General Secretary of Community, whom I hugely respect and have worked closely with on this issue, who said:

"Steelworkers have taken a tough decision and have shown they are determined to safeguard jobs and secure the long-term future of steelmaking. Nobody wanted to be in this situation, but as we have always said, it is vital that we now work together to protect the benefits already accrued and prevent the BSPS from free-falling into the PPF."

This has indeed been a very difficult and worrying period for steelworkers and their families - a sense of which has stuck with me after every visit I have made to Corby works - and in light of this news, we all now expect Tata to make good on their promises and deliver the investment plan for the whole of their steel business, including Corby.

I will also be keeping the pressure up in Westminster to ensure the industry receives the help and support it needs from Government, as clearly set out in the APPG's recently published '2020 Vision for Steel' report - utilising the opportunities that large infrastructure projects present to buy British; making sure the industry has a level playing field to compete on, with robust action on steel unfairly 'dumped' on our market; and ensuring that steel is at the heart of the Government's flagship Industrial Strategy.

I believe that, with determination, energy and enthusiasm, there is a strong future within our grasp for our steel industry, but to get there, we must all continue to work together to chart a course - unions, workers, industry and Government. We all share one objective: to secure the future of the UK steel industry for generations to come. To my mind, we owe it to all those steelworkers in our community, past and present, who have endured the highs and the lows, to make it a reality.

It is an enormous honour and a privilege to be your Member of Parliament, and I am here to help everyone regardless of how they vote. I hold weekly advice surgeries in Corby and if I can ever be of any help with a problem, please do not hesitate to get in touch.

For appointments or any enquiries, please contact me on 0207 219 8043, or email me at pursglovet@parliament.uk.



WIN A FAMILY TICKET TO CORBY SAVOY VALID FOR UPTO 4 PEOPLE

March

March 10th sees the release of Kong: Skull Island, but in the 1933 film "King Kong" who plays the character of Ann Darrow, the lady who gets carried up the Empire State Building by the colossal primate?

April

On 7th April the vocal talents of Alec Baldwin portray the central character in the animated comedy Boss Baby. However, in 2000 he played the character of Mr Conductor in a partially live-action film adaptation of which classic locomotive-based set of children's stories?

May

Alien: Covenant is released on 19th May, but which recently deceased actor played the character of Kane, the executive officer on board the Nostromo in the original 1979 film Alien who, after being implanted whilst investigating a distress signal from a crashed spaceship, dies when a creature bursts from his chest?

SAVOY CINEMAS

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KHL Big Local puts residents in charge

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For more information please contact:


Karen: Project Officer

Tel: 07889 373 700

Tracey: Development Worker

Tel: 07788 123659

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