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- Halloween Walk
- Firework Night
- Corby Developments
- Corby Nightlight
- Carnival Update
- Top Ten Online Security Tips
- DJ Andy Barnes
- Change For Life

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# We are ne

Welcome to the fifth edition of 'Focussed on Corby' magazine, in which we celebrate our first birthday. A whole year has passed, and it's been quite a whirlwind, with plenty lined up from the Focussed camp to give you, the reader, all the joys of the great town of Corby. Starting with one for the ladies, a FREE AVON Mascara or Lipstick to every reader! Check out their adverts and voucher within the magazine. We are sure you will enjoy these fantastic products!

As the summer seems to have drawn away all too quickly, we look to the events coming up in the town. Yes it's almost time for Halloween and Bonfire night, and this year is no exception to the entertainment that will put on for you lovely people. We take a little look into the 'Spooky Walk' at East Carlton Park, which seems to get better year on year.

The amazing firework display will take place as usual and im sure they will 'wow' the crowd as they fill the sky with fantastic colours and shapes. We can tell you that we will not be missing it!

In this issue we have really pushed the boat out too bring you an array of vouchers that cross over all types of businesses. Remember if you forget your voucher from the magazine, then download the 'Focussed on Corby' App and receive you vouchers on the spot. Enjoy.

Editor & Designer

*Craig Barber*



**Focussed Publications Ltd**

Media Complex  
59A Corporation Street  
Corby NN17 1NQ

**Craig Barber: 07710 569 142**

[craig.barber@focussedpublications.co.uk](mailto:craig.barber@focussedpublications.co.uk)

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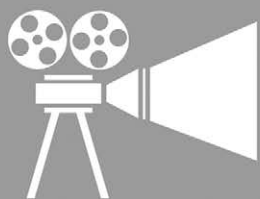
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# CORBY BIGFILM WEEK

14 -17 October 2017



## EVENTS SO FAR:

BUT please keep checking our Facebook and Website (due to go live on September 1st) for regular updates

### SATURDAY 14 OCTOBER

**2pm launch event –**  
**Willow Place Shopping Centre, Corby**

**7pm – Classic Film Night –**  
**at the SAVOY cinema**

Film and special guest to be confirmed

### SUNDAY 15 OCTOBER

**International Day at the Core at**

**Corby Cube: 4pm –**  
**music, dance and food in the Lab**

**6.30pm – Screening in the Core Theatre**  
**with special guest Q & A session**

### MON 16 OCTOBER

**Industry Pro Workshops in the Core at**  
**Corby Cube Lab**

**10am - 12pm – workshop 1**

**1pm - 3pm – workshop 2**

Workshops will be chosen from Camera, Sound, Hair and  
Make-up or the Art of the Edit

School enquiries / to book places please e-mail  
**corbybigfilmweek@hdmediacic.co.uk**

**7pm – Heritage film night**  
**at the Core Theatre**

2 historical: PLUTO and Double Harvest (newly restored)

2 more recent: Adrenaline Alley Royal Visit 2017 and  
HD Media's Podcast compilation

### TUE 17 OCTOBER

**Wallace & Gromit Day at the**  
**SAVOY cinema**

A morning and afternoon session with Aardman  
Animations comprising a 30-minute showing of 'The  
Wrong Trousers' followed by a talk by one of the  
animators. Then a practical workshop with modelling  
clay allowing all interested to create their own Gromit.

**7pm – Finale Gala Film night at the**  
**SAVOY cinema. 'I Daniel Blake'**  
with special guest interview after the screening.

**Tickets will be available from 18th September**

for CORE events contact <https://www.thecorecorby.com>

for SAVOY events contact <https://savoycorby.co.uk>

For regular updates check out <https://www.facebook.com/corbybigfilmweek>

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TUE:	8/8.30-5PM *
WED:	9-5.30PM
THURS:	9-7PM**
FRI:	9-5.30PM
SAT:	8.30-2.30PM

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Oakley Vale NN18 8QT

\*\*7pm closing time for this shop only

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Corby NN17 1PN

\*8.30am opening time for this shop

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# Corby Developments

Development may be slow nationally but here in Corby that is certainly not the case as we continue to grow and remain well on track to achieve our ambition of doubling the Borough's population to 100,000 by 2030.

Already since the beginning of 2000 we have built over 6,000 new properties, including over 600 affordable homes - 153 of which are council houses. These affordable figures mean that we are actually out-building most local authorities including the likes of big cities such as Manchester and this is certainly no mean feat during what has been a turbulent global economy.

As well as new homes, we have also been improving the infrastructure of our Borough which has resulted in achievements such as schools in Corby being built, rebuilt or significantly improved, our train station being enhanced by a new dual track that will increase journeys to and from the Borough and our night time economy going from strength to strength due to the investment in the Town Centre through the Core theatre, Corby East Midlands International Pool, Savoy Cinema and surrounding restaurants and bars.

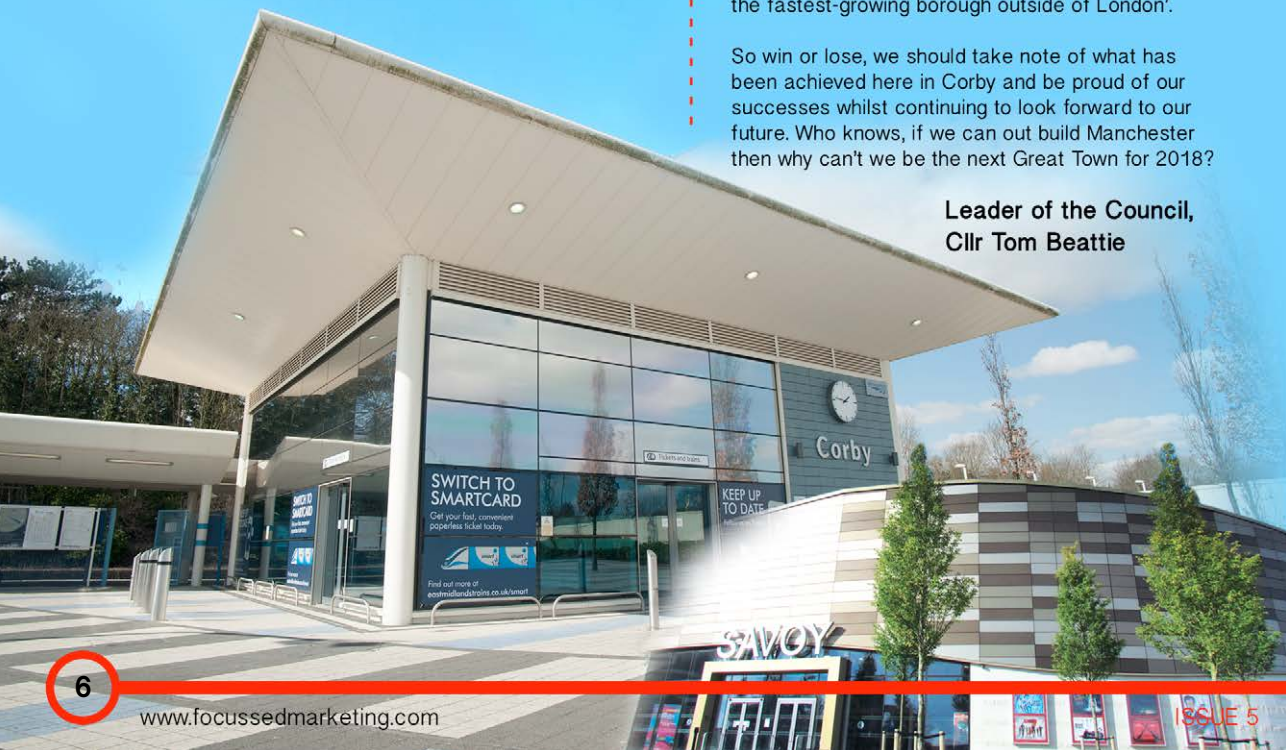
But we are not sitting on our laurels here in Corby, we know there is still more to achieve and this is why Corby Borough Council is continuing to work hard to bring new investment, jobs and training to our area. Most recently Corby Borough Council opened the Corby Innovation Hub on Bangrave Road, which along with its sister site, the Corby Enterprise Centre, focuses on the business community, offering both office and industrial accommodation through quality offices and workshops.

Looking over what has been achieved here in Corby it is not a surprise that our Borough has recently been shortlisted as one of the 3 finalists of the Academy of Urbanism Great Town Award 2018, taking pride of place alongside Milton Keynes and Coventry. To be shortlisted for this award is an acknowledgement of the great amount of vision, investment and partnership working that has gone in to regenerating our Borough. The opening line of the Academy's nomination for Corby wrote:

'Corby is a town being transformed. Corby demonstrates what can be achieved through civic ambition and a commitment to growth and today is the fastest-growing borough outside of London'.

So win or lose, we should take note of what has been achieved here in Corby and be proud of our successes whilst continuing to look forward to our future. Who knows, if we can out build Manchester then why can't we be the next Great Town for 2018?

**Leader of the Council,  
Cllr Tom Beattie**



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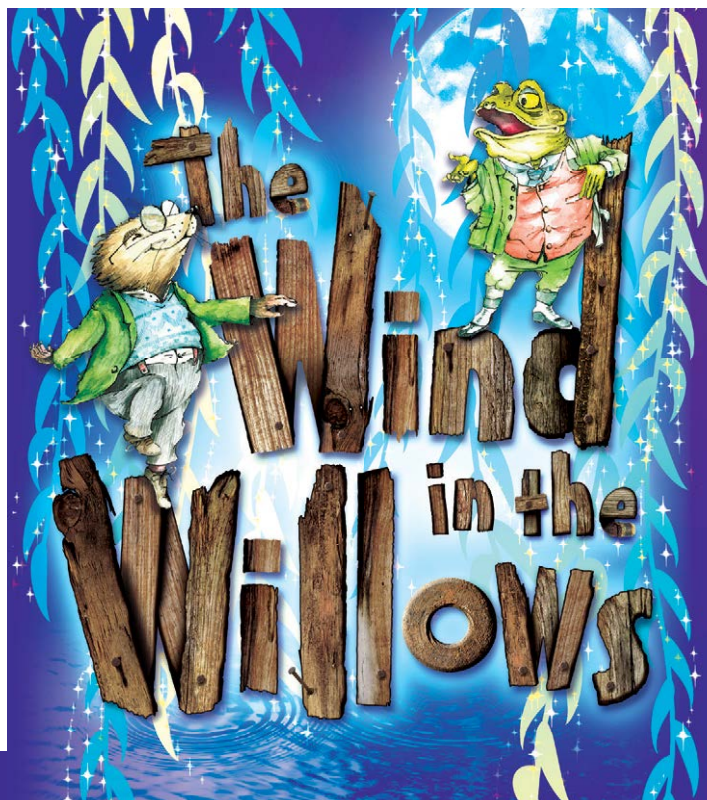
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**The Core**  
 at Corby Cube

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# HALLOWEEN AT EAST CARLTON PARK

Prepare for a fright if you're visiting East Carlton Country Park on **Tuesday 31st October 2017!!**

For just £5 per car, come along in your scariest outfit to be in with a chance of winning a prize in our Fancy Dress Competition from 5.45pm, followed by the **"Spooky" Walk**; all those brave enough are welcome to join! If you would like to take part as a **"Scarer"** please contact us.

Visitors are advised to arrive in good time in order to get a parking space and everyone is encouraged to wrap up warm and wear suitable footwear.

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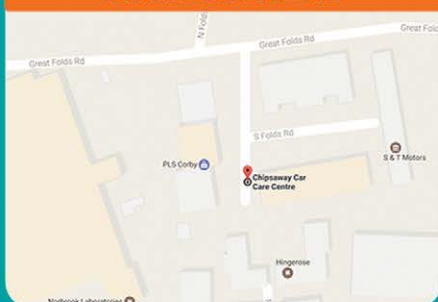
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LAKELANDS HOSPICE



BEREAVEMENT  
SUPPORT GROUP

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Meetings will take place at **Lakelands Hospice on  
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The group will offer bereavement support, a chance  
to talk with others in a similar situation and to make  
new friends.

The meetings will be member led. We want you to  
tell us what format you want at our meetings. It will  
be your ideas and needs that direct us to give you the  
best possible and relevant support.

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.

Charity Number: 1062120



**Lakelands Hospice Caring for Corby, Funded by the community for the community**

Meetings will be on  
**Wednesdays**, in the  
afternoon one week  
and the evening the  
following week.

*(alternate weeks thereafter)*

**Afternoon meetings  
1.00pm – 3.00pm**

**Evening meetings  
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# Corby Bonfire & Firework Display

Corby Borough Council will light up the night sky at the annual Bonfire Night at Corby Boating Lake! This spectacular event will take place on Friday 3rd November 2017.

From 6.30pm you can join the Torchlight Procession starting at Corby East Midlands International Pool where you will be led to the Bonfire ready to be lit at 7pm. 2017's firework display is set to go off with a bang from 7.30pm and it's sure to be bigger and better than ever!

Please remember to wear suitable clothing – wellies may well be needed and a torch is always useful. Drivers should only use car parks in the Town Centre.

Please note that the fireworks will be set off on Westcott Way, opposite the Bonfire. Westcott Way and Cottingham Road will be closed to vehicles from 6pm until after the event at around 9pm.

As usual, this event is **completely FREE**, but donations on the night are very much appreciated.

For more information please call Corby Borough Council, Culture & Leisure on  
**01536 464042**



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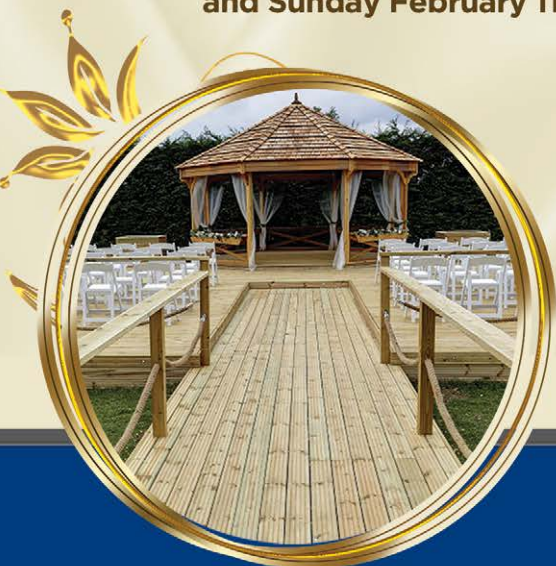
Fuel consumption in MPG (l/100km) for Hyundai range: Urban 18.0 (15.7) – 83.1 (3.4), Extra Urban 32.8 (8.6) – 78.5 (3.6), Combined 25.2 (11.2) – 83.1(3.4) CO<sub>2</sub> Emissions 261 – 0 g/km. Our vehicles are homologated according to the current European leg-islation on the basis of the New European Driving Cycle (NEDC). The results of the tests are published for comparison purposes. Real fuel consumptions, emissions and electric range will be different and will vary according to driving conditions, driving styles, types of routes and the standard of maintenance of the vehicle. Model shown: Tucson Sport Edition 1.7 CRDi Blue Drive in solid paint at no extra cost. Sale Event offers valid from 1st August 2017 until 30th September 2017 and are only available at Spirit Hyundai Corby. Offers and savings are subject to availability, while stocks last. 5 Year Warranty terms and exclusions apply.



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# CORBY CARNIVAL UPDATE

The 2017 CORBY CARNIVAL was just an amazing day and event for everyone involved and the organising Committee (of just six volunteers) would like to say a huge THANK YOU - In fact Thank you doesn't seem enough, to everyone who helped in some way towards making this years' CORBY CARNIVAL a fantastic one - probably the best yet!!! In no particular order...

Steve McEachran and Caldan  
Cor-Bee  
DB Transport  
Core Transport Services  
Owen Little Transport  
SD Daniels Haulage  
Malcolm Woolf Photography  
Mike Brown Photography  
Alison Bagley and the ET  
Alan J Kane  
Sharon Tandy  
Tim Fox  
Northamptonshire Police

Des Barber and all the Team at Corby Radio  
Craig Barber and Focussed Magazine  
RCS Logistics  
Recycleforce  
Robinsons Logistics  
Baileys Skip Hire  
Norman Stronach – Chief Exec CBC  
Nils FotoPositief  
The Mayor of Corby, Cllr Matt Keane  
Yvonne-Bonnie Moore-Mayhew  
Shaun Williams  
Grampian Club  
Rockingham First Responders

EVERYONE who gave their time and services to support this years Corby Carnival, whether it be behind the scenes or taking part – it really just couldn't happen without you all

**FROM CORBY CARNIVAL ASSOCIATION – THANK YOU ALL!!!**

Kettering Carnival Association Marshalling Team-Alan Cockshoot and ALL the volunteer Marshalls (too many to name individually)

## CORBY CARNIVAL PARADE RESULTS

Absolutely EVERYONE who took part should be so proud and Corby Carnival Association were thrilled to bits with the effort that everyone made to contribute to yet another bigger and better Parade than ever ... THANK YOU CORBY!!!

### BEST CHILDRENS FLOAT -

**Sponsored by DB Transport**

Winners : Beanfield Primary School  
2nd Place: Exeter- a Learning Community  
3rd Place: Happening Project

### BEST CHILDRENS WALKING

Winner : Fuze Dance  
2nd Place: Corby Girl Guiding  
3rd Place: St Neots Sentinels Troupe

### BEST ADULT FLOAT

Winner : Venture Autism  
2nd Place: Teamwork  
3rd Place: Corby Lions

### BEST ADULT WALKING

Winners : Melton Mowbray Toy Soldiers

### BEST ENTERTAINMENT ENTRY -

**Sponsored by Fred Jelly and Caroline Cuddy**

Winner : Fuze Dance  
2nd Place: St Neots Sentinels Troupe  
3rd Place: Melton Mowbray Toy Soldiers

### BEST MOBILITY ENTRY -

**The Andy Coupland Shield**

Winner : Lyn Buckingham - Grotbag  
2nd Place: Nicola Buckingham - Emu  
3rd Place: Young Cruiser in Box Car

### BEST DRESSED FLOAT - Sponsored by CORBY RADIO

Winner : Teamwork  
2nd Place: 1st Corby Scouts  
3rd Place: Beanfield Primary School

### SPIRIT OF THE CARNIVAL - OVERALL WINNERS

Venture Autism

**PERSONALITY OF THE YEAR - Chuck Middleton** - Do we need to say why? haha! Chuck is awesome in comparing the Arena every year and has done for many, many years now with that unique character of his .. and that after he has walked with the Parade from the start keeping everyone updated on social media with whats going on.

### SUPPORTER OF THE YEAR - Duncan Buchanan

Since Day one - Every year Duncan has provided the Carnival with as many lorries and Drivers as he can and has always been there for us - we just could not put our Carnival on without this kind of support and help

### QUEENS SPECIAL RECOGNITION AWARD - Des Barber and the Corby Radio Team

- who have been supporting Corby Carnival every year since we started as a voluntary group by providing all the PA and Music plus a lot of other 'behind the scenes' support. They have also Sponsored an Award for the Best Dressed Float.

### Congratulations to all winners - absolutely awesome!

Please feel free to come back and defend your titles next year!! haha  
THANK YOU TO EVERYONE WHO TOOK PART THIS YEAR and keep a look out for our Theme for next year which will be our 15th Carnival as a voluntary group.

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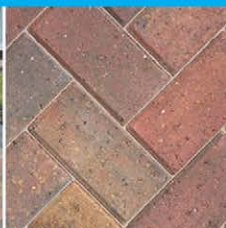


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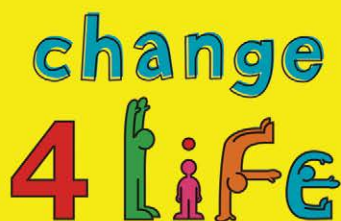
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British  
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Eat well Move more Live longer

# Healthy Lifestyle Advisers 0 - 19 Team

**Kerrie Pearson -**  
Children's Weight  
Management Specialist &  
Team Lead

**Chloe Walters -**  
Northampton  
chloe.walters@nhft.nhs.uk

**Francesca Speck -**  
Daventry & South  
Northants  
francesca.speck@nhft.nhs.uk

**Natalia Fletcher -**  
Corby & Kettering  
natalia.fletcher@nhft.nhs.uk

**Rachael Walding -**  
Wellingborough & East  
Northants  
rachael.walding@nhft.nhs.uk

Healthy Lifestyle Advisers are an integral part of the new 0-19 Team at NHFT. Their aim is to promote lifestyle change and provide weight management support to children and families across the county.

The Team are friendly, experienced and deliver brief interventions through 1-1 support and health promotion in schools to improve well-being and self-esteem for those children who are an unhealthy weight, (or those who are at risk). They assist in the delivery of the School Readiness Review, incorporating the National Childhood Measurement Programme (NCMP) and also work in close partnership with the Public Health Healthy Child Advisers (HCA's) and other professionals/agencies. Together they ensure the effective delivery of Weight Management and Lifestyle Services along with wider aspects of the Healthy Child Programme to children and families. All of the HLA's are AliveNKicking trained and manage a programme in their locality.



**Alive N Kicking** is a 10 week targeted Weight Management Programme for children and families, delivered through various settings including schools, leisure centres and community venues.

**Referral criteria - children above BMI 91<sup>st</sup> centile.**

If you are unsure or have any questions/referrals then please contact the HLA for your area or Kerrie Pearson, Children's Weight Management Specialist Lead on **01604 745084**  
**kerrie.pearson@nhft.nhs.uk**

For information about local programmes: <http://www.ank.uk.com/ank-22>



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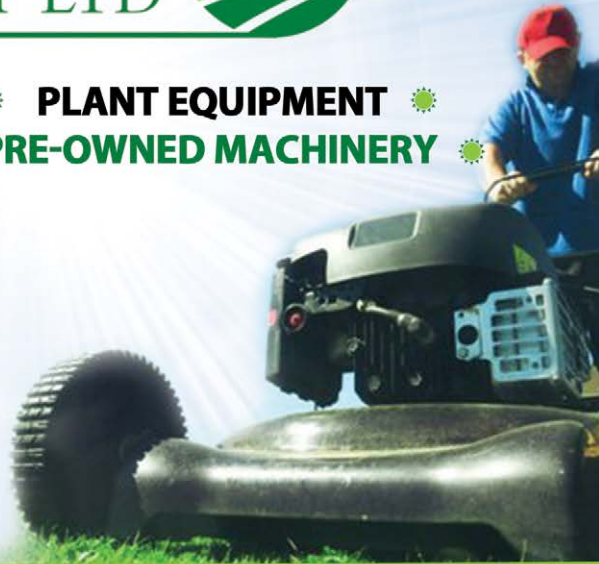
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## Dr Joanne Watt

Great Oakley Medical Centre  
Clinical Chair Corby CCG

### Corby Clinical Commissioning Group

(CCG) has been engaging with the people of Corby to find out how aware they are of the challenges facing the NHS locally. We have a limited amount of money to spend and want to make sure we get the best deal for the people of Corby. We also asked people for their views on primary care. Primary care is where most people go to first for healthcare, usually your GP surgery. As a CCG we wanted to strengthen our connections with local support groups, faith groups, charities, the voluntary sector and the organisations we work with to help keep people healthy and happy – such as the local councils and other NHS organisations. To do this we started to build a contact list of the groups and organisations in Corby that are involved in health and wellbeing or represent different areas of this community. So far we have over 250 contacts on this list and we are still adding to it.

Then, in February and March this year we ran a public survey. This was available online and at GP surgeries where the Patient Participation Groups (PPGs) at each of the surgeries asked people to complete the survey. With this valuable support from the PPGs, we received nearly 700 responses. If you were one of the people that took the time to complete the survey, thank you. We also ran three workshops and invited people from our contact list to attend.

**So what did we find out?** Many of you (but not all) have concerns about difficulties in getting access to primary care. Most people who responded accepted there needs to be changes to services – however a significant number of people are undecided on this.

Service quality and accessibility were considered the most important criteria that we as a CCG should consider when looking at change.

We were interested to find out that many of you still do not feel that mental health is given enough priority. And you also told us that you want better access to primary care and a wider range of health and wellbeing services to be located in the same place.

More recently the results of the national GP survey have been published, and you can look up how patient from your surgery have responded at <https://gp-patient.co.uk/>. We will be working with our 5 GP surgeries to understand these results and try to further improve patient care.

As a CCG we will be continuing to listen to the people of Corby to get your views on health services locally. We will be using your feedback and experiences to help us make decisions about these services.

We need to make sure that we look after all the needs of the people of Corby and their carers. This includes physical and mental healthcare, routine and urgent care, maternity services and paediatrics, cancer diagnosis and treatment, preventing future disease and coordinating long term conditions and medication. If you want to know more, our annual report for the year 2016/17 is available on the Corby CCG website. You can also download more about our engagement results so far at [www.corbyccg.nhs.uk/current-consultations](http://www.corbyccg.nhs.uk/current-consultations).



30<sup>th</sup> SEPT - 1<sup>st</sup> OCT 2017

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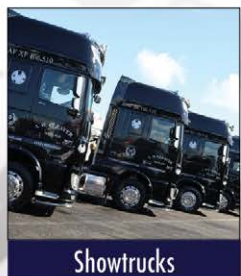


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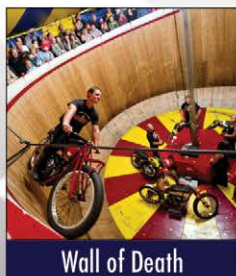
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## OUR TOP TEN TIPS

If you're new to the internet, or already use it to take advantage of the huge variety of things it can do to make life easier, we'd like to help you to stay safe online.

Here are our top tips to help you to protect yourself, your money, your identity and your devices:

1. Choose, use and protect your **passwords** carefully, and use a different one for every online account in case one is hacked. Don't use a name or dictionary word. Use at least 8 digits, with a mix of upper & lower case letters and numbers, possibly an acronym of a meaningful phrase. Remember, your email, if compromised, could be used to reset all your other passwords – so ensure your email password is strong and unique.
2. Look after your **mobile devices**. Don't leave them unattended in public places, and protect them with a PIN or passcode/fingerprint.
3. Ensure you always have **internet security software** loaded on computers and a similar app on your mobile devices, kept updated and switched on. Remember that smartphones and tablets can get compromised too. Download software and app updates as soon as possible, they may contain vital security upgrades to keep your device and data safe.
4. Don't assume **Wi-Fi hotspots** in places like cafes or hotels are secure - never use them to do anything confidential, like using your email or making a payment. Instead, use 3G, 4G or a VPN (virtual private network). Ensure your home Wi-Fi has a strong password security code.
5. Never reveal **too much personal or financial information** in emails, on social networking and dating sites, or in person. You never know who might see it, or use it. Identity theft is increasing. Always dispose of sensitive documents, bills, or addressed letters by shredding or confidential waste. Avoid posting that you are away from home on social media.
6. Take your time and **think twice**. Beware that online or on the phone, **people aren't always who they claim to be**. Fake emails and calls are common ways for fraudsters to approach their victims, so if you're unsure, research them online or call the company using the published number. Remember - if something seems too good to be true, it probably is.
7. **Don't click on links in emails**, posts, tweets or texts – and **don't open attachments** if the source isn't 100% known and trustworthy, or if it seems strange you'd be receiving them. Clicking on a bad link could upload malicious software, which could result in data loss, financial loss or even lock you out of your device. Never log onto your online banking or any other site via an email link – fake sites look like the real thing. Always go to your bank or other company's login page by typing their web address into your browser.
8. Never pay for anything by **direct bank transfer** – and never pay for anything via a money transfer service, such as Western Union – unless it's to someone you know personally who is reputable. Remember that credit cards offer greater protection than most other payment methods. Alternatively, use a secure payment site such as PayPal.
9. **Regularly back-up your data**, securely, to a portable hard drive or online. If your device is lost or compromised, you can then retrieve your essential or irreplaceable information.
10. For free expert advice about all aspects of staying safe online, visit [www.getsafeonline.org](http://www.getsafeonline.org).





# CORBY NIGHTLIGHT

Changing Homelessness in Corby

**Nightlight** began in 2013 as a church project run by St Columba's Church in Corby in conjunction with St Jude's, a Kettering based charity, which had been working with homelessness for several years. The original project focussed on helping those who found themselves rough sleeping to survive the coldest winter months. Accommodation was provided in the hall of the Church of the Epiphany hall, which is situated on Elizabeth Street in the town centre. Guests would arrive between 10pm-11pm and receive a hot meal before bedding down for the night on camp beds. They were then woken in the morning and offered breakfast before all the equipment had to be packed away until the shelter opened again that night. Facilities were limited as there were no showers but the shelter provided a great service and managed to prevent many people from freezing to death over the four years it ran.

During the last season it became apparent that the church hall was going to be converted into a gym so Nightlight would have to find a new home. On top of all this, the leader of St Jude's, who had managed the Nightlight project, decided to retire. Thankfully a group of volunteers from the shelter got together and came up with a plan for the future to save the project.

The new independent charity Corby Nightlight was registered on 3 May 2017. A small leased building has now been secured close to the town centre and a new service providing will open on 1st November 2017 providing a 24 hour a day, year round hub facility for homeless adults. Not only will we be providing a place to eat and sleep, we will also have shower and washing facilities for guests to use.

The overall aim of the new shelter will be to help people out of the situation they find themselves in, rather than to just keep them alive. Guests at the new will have support to address the issues that led them to be rough sleeping in the first place. This will be done through the positive influence that the project's experienced staff can offer, and links to outside agencies such as the mental health service Mind and substance misuse organisations such as Bridge and S2S. Within the shelter we want to create a community atmosphere in which guests can feel that someone cares for them and has their best interests at heart. The shelter will work with people as individuals to achieve the best outcomes for them and to ensure they have the best future possible.

There are many ways that local people can get involved and support us to change homelessness in Corby and surrounding areas. The most important thing that we need is volunteers to work at the new centre. Do you have 4 hours of free time a fortnight? We will be holding volunteer information events on Saturday 9th September at 2pm and Wednesday 20th September at 7.30pm at the Hazel Tree pub on Greenhill Rise. We are also looking for people to collect tinned food and toiletries for us, and for people to join our meal rota. Could you help us by cooking a meal for 12 people once a fortnight? There are more details about volunteering on our website

[www.corbynighlight.org.uk](http://www.corbynighlight.org.uk)

We have also recently won £10,000 of building materials from Jewson in their Building Better Communities award. We are hoping to get the keys to our new building on 1st September and we'd love to hear from trades people or anyone that loves DIY who would be willing to give up a few hours to help us transform our new building.

For more information please contact us.  
We'd love to hear from you!

Email: [info@corbynighlight.org.uk](mailto:info@corbynighlight.org.uk)

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Disclaimer: This is not a performance of the Rocky Horror Show and is not connected with the Rocky Horror Company in any way

# COMPETITIONS

email your answers to all questions in one hit to [competitions@focussedpublications.co.uk](mailto:competitions@focussedpublications.co.uk) or via inbox at our Facebook page /Focussed.on.no1



1

**WIN 2 FREE TICKETS FOR**  
**'1 DANIEL BLAKE' 17 OCT 2017**  
**NAME THE 2 LEAD ACTORS IN THE FILM**  
**WHO PLAY DANIEL AND KATIE?**  
**ANSWER DEADLINE: FRIDAY 13TH OCTOBER**

**2 COURSE**  
**SUNDAY LUNCH**  
**FOR TWO**



**IN WHAT YEAR DID THE HOTEL OPEN?**  
**WINNER EVERY MONTH!**

2

**TRUXX FACTOR**

**WIN A FAMILY WEEKEND TICKET@**  
**ROCKINGHAM SPEEDWAY**

**HOW MANY RED TRUCKS ARE IN THE PICTURE**  
**POSTED ON AUGUST 27TH 2017 @ 1.03PM**  
**ON OUR FACEBOOK EVENT PAGE?**

4



**WIN A**  
**MASSAGE**  
**SESSION**

**WHEN DID LILY PAD SPA OPEN?**  
**WINNER EVERY MONTH!**

5

**Corby Smash**  
**Table Tennis Centre**

**WIN A**  
**YEARS**  
**MEMBERSHIP**

3

**THE WINNER OF A TABLE TENNIS GAME**  
**IS THE FIRST PERSON TO SCORE WHAT?**

**WIN A FAMILY TICKET**  
**EVERY MONTH!**  
**SAVOY**  
**CINEMAS**

**September**

A group of kids called the "Losers Club" encounter a creature called 'IT', which preys on children and whose favourite form is called Pennywise ...

**What is the Phobia that might make some people skip this film?**

**October**

Thirty years after the events of the first film, a new blade runner, LAPD Officer K, unearths a long-buried secret that has the potential to plunge what's left of society into chaos. K's discovery leads him on a quest to find Rick Deckard, a former LAPD blade runner who has been missing for 30 years. **Who is the actor that is reprising his role as Rick Deckard?**

**November**

Thor is imprisoned on the other side of the universe without his mighty hammer and finds himself in a race against time to get back to Asgard to stop Ragnarok the destruction of his home world and the end of Asgardian civilization at the hands of an all-powerful new threat. With the Hulk's inclusion, elements from **What 2006 comic storyline were adapted for Ragnarok?**

10

**WIN 2 FREE**  
**ENTRIES**

**CORBY OR NORTHAMPTON**



**NAME TWO ROOMS FEATURED**  
**AT THE CORBY SITE?**

**WINNER EVERY MONTH!**

6

**WIN A**  
**CORBY RADIO**  
**GOODIE BAG**



**WHAT YEAR DID CORBY RADIO LAUNCH FULL TIME?**

7



**WINNER EVERY MONTH!**

**WIN A**  
**MONTH**  
**OF FREE**  
**CLASSES**

**HOW MANY CALORIES CAN BE BURNT**  
**UP TO IN AN HOUR OF WOMAN S FITNESS CLASS?**  
**A- 300-500 B- 500-750 C- 750-1000**

**WINNER EVERY MONTH!**

9

**WIN A PAIR OF TICKETS**

**WHICH SOUL BAND HAD**  
**A HIT IN THE 70s WITH**  
**'HOLD BACK THE NIGHT'**





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Andy Barnes

Corby Radio 96.3

Finance Manager & Presenter



**Name:** Andy Barnes  
**Birthplace:** Aberdeen  
**Describe yourself in 3 words:**  
 Hardworking, happy and Soulful

**Give us an interesting fact about yourself:**

In my day job I am an Accountant, when I was 18 I went off to live in London for a few years to take up Accountancy. Like many Corby lads I eventually came home to stay.

**What is your favourite song of all time and why?**

I Get The Sweetest Feeling - by Jackie Wilson. I guess I like it so much because it is sincere, soulful and Jackie's delivery is superb.

**Describe your ideal night out/in:**

A nice Indian meal and then off to a Motown and Soul gig.

**What do you love about Corby?**

I think it is the people that make Corby special, you will always find a warm friendly welcome. Oh - and Corby Radio of course!

**What is your favourite place in Corby?**

Corby Radio

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

Presenting the Soul Show on Sunday night, I just love it

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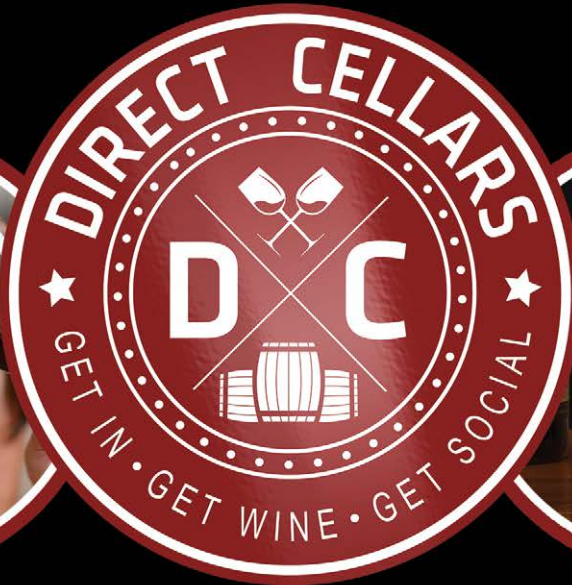
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## Outsourced Virtual Office in the running for **'Best New Business'** award

Outsourced Virtual Office (OVO) of Corby has made it through to the finals of the SME Northamptonshire Business Awards.

The company, which started operating in September 2016, is up for the Best New Business Award after judges recognised that it had 'hit the local business scene with a bang' and is 'really getting noticed for what it does.'

OVO is run by Debi Noone and helps business owners and managing directors to gain back control of their business through outsourcing various elements. The model is simple and designed to make the lives of business owners easier. Debi meets with a client and performs a process review. She looks at the systems and procedures currently in place and how they can be improved and streamlined to save time and costs. OVO produces a report of the findings and suggests actions. Businesses can either implement these themselves or OVO can feed them through to a trusted team of experts in areas such as call handling, administration, HR, accountancy and payroll to get the work done.

*"Our team are specialists in their own specific fields and have been carefully selected based on their skill sets to allow OVO to meet any requirement that a business may need,"* explains Debi.

*"Clients can use us for just one service or several. We can be used to fill a temporary need, or we can be a permanent part of the team, working alongside existing staff."*

Since September, OVO has helped over 50 businesses to run more efficiently. It has also made a real splash on the networking scene with Debi joining the Northamptonshire Chamber of Commerce and The Business Club and founding the already hugely successful Corby Business Network group, which started in March.

Debi has also gained popularity in the local business community for her mix of informative and thought-provoking blogs and vlogs on a wide range of topics from the controversial General Data Protection Regulations (GDPR) to more light-hearted anecdotes and hints and tips to make a business run more efficiently.

*"I'm over the moon to be a finalist for the SME Northamptonshire Business Awards after being in business for less than a year,"* said Debi. *"There is a real need out there for what we do and that has given me a great confidence boost. It is tough running a business and we really are there to help make lives easier."*

Debi will find out if she has won the award at the SME Northamptonshire Business Awards final, which takes place at the Mercure Daventry Court Hotel on Wednesday 25th October.



**To find out more about OVO, go to  
[www.outsourcedvirtualoffice.com](http://www.outsourcedvirtualoffice.com)**

**For further information on the SME Northamptonshire Awards, visit [www.northamptonshireawards.co.uk](http://www.northamptonshireawards.co.uk)**

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