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## Hello

Corby, we hope you are all ready for an eventful Summer in the town and surrounding area. There certainly is lot's to do for you and the family, so make sure you fill the calendars in so not to miss out! There are some great local websites and Facebook pages that will keep you up-to-date on local events, such as; **Corby Radio 96.3FM**, **Lovecorby.co.uk/Events**, **MadeinCorby.co.uk**, **Focussed Publications** to name a few.

Some stand out events are the annual Carnival, which this year see tribute act **'ARIANA GRANDE'** grace the stage for all to enjoy, along with many of attractions through the day, including the amazing parade, which everyone works so hard on.... Remember they only have the morning to make their floats!!

The **Highland Gathering** is another prestigious event of Corby, this year occupies both the Saturday and the Sunday with a whole array of attractions through the weekend, along with the tradition of the 'Highland Dancers' and 'Pipe Bands'.

**Steelfest** is also back this year and bigger than before boasting 6 Music Arenas to cover all music tastes. This year's head-liners **'Doctor and the Medics'** certainly know how to put on a show, so expect an amazing day of music on your doorstep!

Editor & Founder

*Craig Barber*

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# ISSUE 12

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BIGGER AND BETTER THAN EVER!!

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# CORBY CARNIVAL

13<sup>TH</sup> JULY 2019

The Parade, which we are very proud to announce, will this year, be led by the Knox Grammar School Pipe Band, who come all the way from New South Wales in Australia.

This will leave from Oldlands Road on Oakley Vale at 1pm sharp! It will make its way down Sower Leys Road, then into Gainsborough Road, where it will join Oakley Road and then into Elizabeth Street making its way down to Cottingham Road and West Glebe Park ..... **PLEASE COME OUT ONTO THE STREETS AND SUPPORT ALL THOSE TAKING PART!**

At West Glebe Park there is just sooo much going on – too much to tell you in the space we have – but **SOME** of the things are, the **CORBY RADIO Big black bus** and entertainment arena of course; **Grand Dog Show**  
**Kiddies Fun Fair**  
**Tug-of-War Competition**  
**Truck Pull**  
**Kids Races**  
**Motor Bike display**  
**Loads of Craft and other Stalls**  
**Meet the Corby Carnival Queen** Sienna and her Court as well as many other Carnival Courts from around the area AND once again, we are very honoured to welcome the Princepair and the Junior Princepair from our Twin Town of Velbert in Germany!

PLEASE SUPPORT YOUR CORBY CARNIVAL ON SATURDAY 13TH JULY **GUARANTEED A GREAT FAMILY DAY OUT!!**

**FREE ENTRY**



We are thrilled to announce that.....

## THE DANGEROUS WOMAN - ARIANA GRANDE TRIBUTE

Will be performing on the Corby Radio Stage and Arena!!

But you have to be there to see and enjoy the whole fun of the Carnival – a day for the whole family – you may not get to see everything if you don't get down to West Glebe park early!

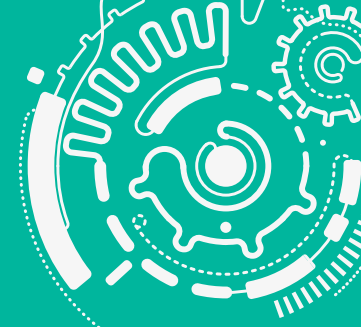
Please keep visiting the 'Corby Carnival' Facebook page for more information or for any enquiries, please either Message Terri Meechan on Facebook or call **07795-985419**



Please show your support and choose us in the Corby Lottery [www.corbylottery.co.uk](http://www.corbylottery.co.uk) search for: Carnival

## See A Show At The Core

To see the full range of great shows now on sale, pop in and pick up a brochure or visit our website at [www.thecorecorby.com](http://www.thecorecorby.com)



**Zog**  
Mon 20 – Wed 22 May



**Elvis In Vegas**  
Fri 24 May



Northern Ballet's  
**Puss In Boots**  
Wed 5 June



**Michael Pinchbeck Presents: Concerto**  
Thu 6 June



**Tina: Simply The Best**  
Fri 7 June



**The Kilkennys**  
Thu 13 June



**Opera Boys**  
Fri 14 June



**Richard Jones: Escape**  
Fri 21 June



**Dee Maxwell: Survival Kit Of A Council Session**  
Sat 22 June

[@thecorecorby](https://twitter.com/thecorecorby) [The Core at Corby Cube](https://www.facebook.com/thecorecorby) [@thecorecorby](https://www.instagram.com/thecorecorby)

Tickets **01536 470 470**  
[www.thecorecorby.com](http://www.thecorecorby.com)

The Core  
at Corby Cube

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# Inspiration DEN

Inspiration Den is a place for you to feel empowered, supported and hopeful for the future. They are a non-profit community organisation, based in Corby, Northamptonshire.

Inspiration Den was founded in April 2018 following Victoria's personal experiences with anxiety, depression and loneliness. Her own journey brought her to discover a passion for both wellbeing and helping people. And so, Inspiration Den was born.

Their vision is to improve wellbeing and happiness and reduce loneliness, by promoting the 5 areas of wellbeing – Being Active, Making Connections, Learning, Noticing and Giving. They aim to build supportive communities and provide positive experiences.

They organise a variety of events, groups and sessions including Walk and Talk sessions, a weekly Wellbeing Warriors group and monthly Workshops on a variety of themes and topics, as well as social events.

All of the sessions and groups are friendly, informal and welcoming to everyone. They are based around kindness, joy and compassion; peace, wellbeing and happiness, all packaged in a safe and inspiring environment.

To find out more contact Victoria at [inspirationdenuk@gmail.com](mailto:inspirationdenuk@gmail.com) or visit their Facebook page to connect with them (just search Inspiration Den)



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# Hay Fever

Hay fever is a seasonal condition where you are allergic to one or more types of pollen. Different plants blossom at different times from early spring until late summer, so you may find that you are affected by allergies to different pollens for all of this time or just part of it. Common symptoms of hay fever include itchy or watering eyes, runny or congested nose or sneezing, and a dry cough or wheeze. You may have just one of these symptoms or a combination. These symptoms make it particularly difficult to function normally if you have exams or need to work and can disturb your sleep. Most people with hay fever find that the sunny weather affects the severity of their symptoms, and you may choose to keep your home and car windows shut and stay inside as much as possible when the pollen count is high. You may wish to wear sun glasses when you go out at these times and it may help to shower and wash your hair when you come back in. Hay fever affects about 1 in 5 people in the UK and tends to run in families, it is also more common if you also have eczema or asthma.

If you have nose symptoms there are really effective products that can be bought from a pharmacy, and these cost less than a prescription. Nasal sprays containing a mild steroids such as Beclomethasone can work really well although they take a few days to reduce inflammation and stop your nose from running. There are also a variety of anti-histamine nasal sprays available from supermarkets and pharmacies which can quickly reduce your allergic reaction. Some people find benefit from using nasal washes and your pharmacist can give you information about which equipment to buy to do this. Decongestant nasal sprays can be suitable for some people but should only be used for a few days.

If you have itchy or watery eyes you can buy eye drops containing Sodium Cromoglicate or Nedcromil or various

anti-histamine eye drops from supermarkets and pharmacies. These work really well for most people and do not cause many side effects. You may need to use them a few times each day in order to get the best control.

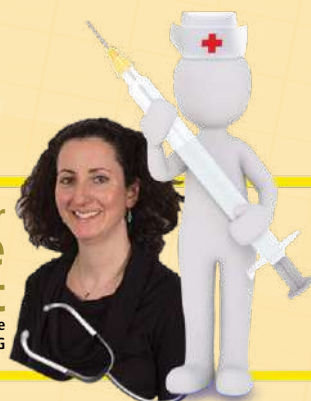
If you have a cough or wheeze you may have some benefit from the nasal sprays, although you will probably need something else too. You can buy once-daily non-drowsy antihistamine containing Cetirizine, Loratadine or Acrivastine from most supermarkets and all pharmacies. These non-drowsy medications are a particularly good choice if you need to be alert at work or school, and also come in a liquid form for those unable to swallow tablets. For pregnant women, or for those people where drowsiness would not be a problem you can buy Chlorpheniramine tablets or liquid which is also an anti-histamine. Chlorpheniramine does not last as long as the once-daily antihistamines and so you may need to take it multiple times each day to ease symptoms. It may also cause drowsiness so if Chlorpheniramine affects you in this way please do not drive or operate dangerous machinery. Antihistamines can be bought from supermarkets and pharmacies for children who are over the age of 2 years. If you find that your hay fever cough is making it difficult to breathe despite taking an antihistamine, especially if you also have asthma, then you need to make an appointment at your GP surgery to see if you need an inhaler or other treatments. If your breathing is so bad that you cannot speak please call 999.

Corby GP practices no longer routinely prescribe the hay fever medications which can be bought in supermarkets, pharmacies and other shops. This means that if you have hay fever then you do not need to wait for an appointment at your GP

practice to get treatment, and this also frees up time and NHS resources for other patients with more serious conditions. GPs no longer use steroid injections for hay fever since finding out that they created some serious long term side effects. Sometimes a GP or practice nurse will prescribe prescription-only medications for hay fever such as inhalers, steroids, anti-allergy tablets or alternative antihistamines if the self-care medications that have been tried have not worked.

Many people with hay fever will find that they need to take a combination of different medications to manage the different symptoms that they have at any time. It is safe to take a nasal spray with eye drops and an anti-histamine all together if that is what you need to control your symptoms. It is cheapest and equally effective to buy own-brand products, and if you are not sure which ones to choose then speak to a pharmacist who will be able to guide you by giving you expert advice. Seeing a pharmacist is usually quicker and easier than making an appointment at your GP practice, and they will be able to advise if you need to make an appointment. You may need to take your preferred medication combination for a few months until your symptoms settle. This should help you to enjoy the summer and control any hay fever symptoms.

**Dr Joanne Watt**  
Great Oakley Medical Centre  
Clinical Chair Corby CCG



## What's your CHALLENGE going to be?



### 02 WALK

March

#### Ascend

Climb the 02 via a walkway suspended 52m above ground



### ZIP WIRE

June

#### Speed

The longest zip line in Europe and the fastest in the world



### FIREWALK

June

#### Motivational

Brave the hot coals for unique personal challenge



### SKYDIVE

August

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### Three Peaks

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### SWIM WITH SHARKS

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#### Awesome

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## Challenge yourself & raise vital funds for Lakelands Hospice in 2019

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

**Paul Marlow on 01536-747755**

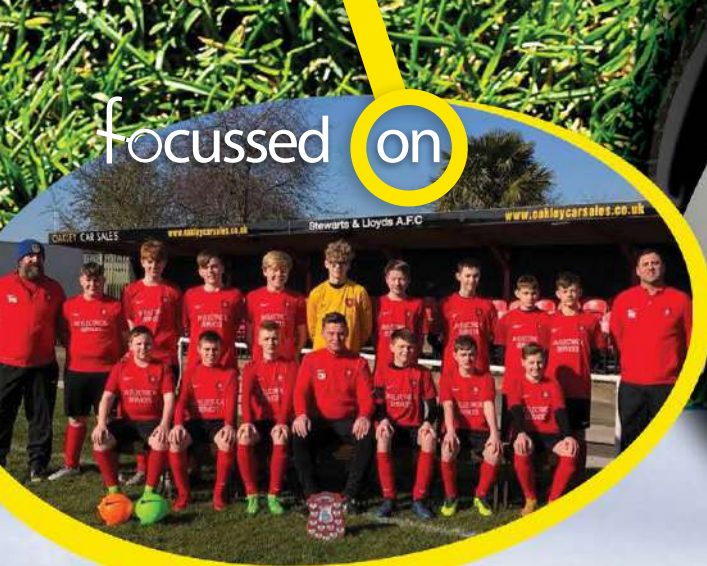
Lakelands Hospice fundraising manager  
paulmarlow@lakelandsdaycarehospice.org.uk



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



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## The Oldest Football Club in Corby has a new injection of life.

Corby Stewart's & Lloyd's are entering a new chapter. We are looking forward to the 2019/20 season after a revamp of the junior section and are looking for new players, coaches, volunteers and sponsors.

We are looking for new players of all ages and experience to join our club with teams accommodating young footballers from 5 years olds through to 16. Training is held for all age groups at our Occupation Road ground with 9v9 & 11v11 matches taking place on Sundays. Small sided football matches

are all played at a central location chosen by the league.

As an established club in Corby we have excellent facilities with 3 full size 11v11 pitches that are complimented by 3 junior 9 v 9 pitches. The clubhouse has 4 changing rooms as well as a first floor bar selling food and drinks with balcony overlooking the first team pitch to socialise, enjoy your surroundings and watch a match or two.

Our team of enthusiastic FA qualified coaches and volunteers are motivated by providing a safe enjoyable

environment for children of all ages and abilities to participate and most importantly enjoy their football. We are currently looking to add to our team and can provide an excellent foundation for your first steps into junior football at the best junior football facilities in Corby.

Like most junior football clubs we are run not for profit by a team of volunteers. **If you are interested in volunteering or discussing sponsorship opportunities we would love to hear from you.**



**Neil Woolcott: 07970 797 412**  
**S&L Youth Chairman**  
 neil.woollacott@sky.com  
**Carl Mathew: 07841 625 235**

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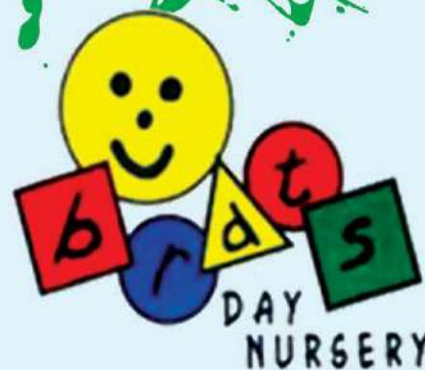
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# CORB Y HIGHLAND GATHERING

13<sup>th</sup> & 14<sup>th</sup> July 2019



Corby Highland Gathering, celebrating its Scottish Heritage since 1968, are pleased to announce their return on 13<sup>th</sup> and 14<sup>th</sup> July 2019 for their 51<sup>st</sup> Annual Event!

It is one of the main events in the Corby calendar and as a local community event, organised by a small committee, it strives to make a weekend for everyone to enjoy keeping an exciting and vibrant Corby tradition alive and flourishing.

Live Music on the Field featuring Scotland's Drums 'N' Roses (tickets sold separately), sponsored by SIMA; Unite The Union, as well as The GrooveGetters and The Rock 'N' Roll Rebels will be at Charter Field on Saturday evening as an alternative for people to enjoy.

On Saturday 13th July, there will be Strongman Events, in conjunction with The Cave of Corby, sponsored by Belvoir, a 'Mini Highland Games' organised by Rainbow Recreation, displays from local groups, plus Craft Stalls, NANNA Animal Rescue and a variety of Catering vans.

Glasgow Comedian Gary Faulds will be at Corby Highland Gathering as their Chieftain. Gary also has a live show arranged for Friday 13th July. Tickets can be purchased from [www.garyfaulds.co.uk/see-me/live](http://www.garyfaulds.co.uk/see-me/live)

As well as the return of the All England Highland Dancing Championships, with dancers competing on both Saturday and Sunday, there will be Solo Piping, Quartets and Pipe Band competitions on Sunday where Knox Grammar School Pipe Band from Australia are returning. Don't forget to stay and watch the Massed Pipe Bands on Sunday afternoon, which is an amazing experience to see.

Corby Highland Gathering want to provide the local community and visitors with a traditional, cultural experience with minimum expense to the public, but to do this we need support from sponsorships and advertising. Corby Highland Gathering is a totally non-profitable event and would welcome any support from businesses interested by becoming a sponsor or placing an advert in our programme.

Space is still available for Local Groups to come and do a display to promote their group on Saturday and for musicians on the Saturday evening for our Live Music event. As well as this, we have a few spaces left for craft stalls. Get in touch now to secure your place.

There will be a Ceilidh on the Saturday evening at Corby Masonic Complex (tickets sold separately) for those wanting to enjoy a live Ceilidh Band further enhancing the Scottish weekend. Bring your dancing shoes for the Dashing White Sergeant, The Gay Gordons, Strip the Willow and many more!

If you have any questions, would like to book tickets for the weekend, Ceilidh or Live Music or would like to discuss sponsorship or advertising further, please contact Mark Pengelly (07885 463955) or Suzanne Lilly (07449 330041) or email [corbyhighlandgathering@gmail.com](mailto:corbyhighlandgathering@gmail.com)



Follow Corby Highland Gathering on Facebook for up to date information;

[f /CorbyHighlandGathering](https://www.facebook.com/CorbyHighlandGathering)

<http://corbyhighlandgathe.wixsite.com/corbygames>

## CORB Y HIGHLAND GATHERING

Saturday 13th July & Sunday 14th July 2019

£5.00 PER ADULT FOR BOTH DAYS—All day Saturday and Sunday!! (Not Including Evening Entertainment) Children Up to 16 Free when accompanied by a paying adult



Strongman Events In Association with The Cave Gym

Sponsored by BELVOIR!



Mini 'Highland' Games

In Association with Rainbow Recreation

Local Displays—including Step N Groove Dance School, Valley Voice, NVDA Dance, Chambers Academy of Irish Dancing, Folklori Ansamb Sv.Ilija

Lots of Stalls NANNA Animal Rescue Catering Vans for all Tastes



Ceilidh at Corby Masonic Complex 7.30pm—10.30pm

Tickets to be purchased separately; £5.00 per person



LIVE MUSIC ON THE FIELD—Featuring Drums 'N' Roses The GrooveGetters & The Rock 'N' Roll Rebels 7.30pm—10.30pm Tickets to be purchased separately; from £7.50 per person

Sponsored by SIMA



All England Highland Dancing Championships Inc Scottish National & Pre-Championship



Solo Piping, Quartets & Pipe Band Competitions



Glasgow Comedian GARY FAULDS 2019 Chieftain

See Gary Live on Friday 12th July at Corby Masonic Complex\*

[www.garyfaulds.co.uk/see-me-live](http://www.garyfaulds.co.uk/see-me-live) \*not in conjunction with Corby Highland Gathering



Fun Dog Show

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Interested in becoming involved? Contact Us on 07449 330041 or e-mail [corbyhighlandgathering@gmail.com](mailto:corbyhighlandgathering@gmail.com) Follow us on Facebook to get up to date information!

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focussed on



My role at Corby Mind is to raise awareness and funding for the charity, to ensure that it can continue to provide mental health support for the people of Corby and its surrounding areas.

There are many different methods that I use for fundraising; managing and directing events, public appeals and also writing and applying for grants. We depend heavily on donations from the public and support from local businesses, schools and community organisations.

Corby Mind is franchise. We receive no money from National Mind, the Government or statutory Funding which often surprises a lot of people when they here this information.

Like all charities, we have to work hard to guarantee our future. Corby Mind is not as well known as it could be and a massive part of my role is making sure people know where to go when they are in need.

Approximately 1 in 4 people in the UK will experience a mental health problem each year and 1 in 5 will have suicidal thoughts. At Corby Mind we offer a few different services and are continuously striving to obtain funding to build on these services, making them as accessible for as many people as possible.

We currently offer a peer group and counselling service which are managed through an assessment process once a referral form has been filled in. People can self refer or be referred by their doctor. We are presently organising a self harm group, an anxiety workshop and an anger management group which will all hopefully begin later this year. These groups would not have been possible without the support and donations from Corby Businesses and Corby people.

I would like to thank everyone that has donated or fundraised for Corby Mind. This is the start of our fundraising journey and without your support new projects would not happen.



**Morgan Hay**  
Fundraising Lead Officer - Corby Mind

*"I first started using Corby Mind just over 2 years ago. I found out about it through a friend who I came with whilst supporting her through own issues. 2017 was an extremely difficult year. My close friend passed away in the February and then my mother sadly passed away in the July. I came to Corby Mind as I felt like I needed some support and someone to speak to. Once I had my initial assessment I then visited the Peer Group which is run on a Wednesday and Friday, whilst waiting for my counselling sessions to begin. Since completing my counselling I now visit the Peer Group weekly and really enjoy it. I started new challenges like joining the Chapel Gym, who offered a 15 week free*

*course for service users of Corby Mind and I also took on the role of being the Peer Group Representative. This role means that I attend Corby Mind Board Meetings and raise any concerns or questions the Peer Group may have. I have now also joined the Fundraising Committee; helping plan and attend many of the Corby Mind events.*

*Without Corby Mind and its support I don't know where I would have been. They have helped me so much and assisted me in understanding the issues, thoughts and feelings that I had. They are a fantastic charity and really need more support and volunteers within Corby Mind and to help with their fundraising."*



**John McGilvray**  
Age 39 from Corby

**Charity Golf Day - Priors Halls Golf Club - Tuesday 16th July 2019 8am Tee Off**  
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# INVISIBLE

## INVISIBLE DOES NOT MEAN IMAGINARY

**INVISIBLE** is a support group for people aged 16+ with a chronic or invisible illness. The group is aimed at people with any invisible illness that interrupts daily life. This could include chronic illnesses like: fibromyalgia, ME, MS, autism, arthritis, osteoporosis, COPD, asthma, diabetes, IBS, CF and dementia.

The list goes on but this is just a few to mention. This also includes any mental health issues like: depression, anxiety, bipolar, PTSD, eating disorders, personality disorders, OCD and ADHD/ADD. Again the list goes on but these are just a few examples. I decided to set this group up because, as someone who also suffers from both a chronic illness and mental health issues, I found a lack of support in my local community and although I had a lot of support from my family and professionals I found it difficult to connect to people who hadn't been through similar struggles and so I felt very isolated and alone through this battle with my health.

I also feel like I benefited from sharing my own issues with a friend who faced similar circumstances. And so I set this group up as I felt not only I needed support with my health struggles, but I could help to support others going through the same thing. My goals for the group is to help people gain more understanding about their illness and to share and learn from other people's experiences with invisible illness.

Another goal is to present an opportunity for people to meet others in similar circumstances to them and to encourage them to reach beyond their limitations and to increase their self

worth to feel empowered. But most of all the goal for this group is to support each other.

**MEETINGS EVERY WEDNESDAY  
3.30-5PM: THE OLD TA BUILDING**

**INVISIBLE**

Invisible is a new support group for people aged 16+ with any chronic pain or illness that interrupts daily life

Invisible does not mean imaginary

Our aim is to help-

- Inform
- Support
- Encourage
- Empower

any young person struggling with invisible illness

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disABILITY

The Old T A Building  
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Meetings will take place every Wednesday from 3.30-5pm at Corby VCS. Please feel free to drop in and see what we're all about



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2019 **FEST**



**SATURDAY 29<sup>TH</sup> JUNE, 2019**

CORBY TOWN FOOTBALL CLUB, STEEL PARK, JIMMY KANE WAY, CORBY

Corby Town Football Club are pleased to announce the return of SteelFest, the all day music festival on Saturday 29<sup>th</sup> June 2019, at Steel Park Corby.

With over 50 amazing acts that cross all music genres, from Indie and Punk to Rap and Drum and Bass, there really is something for everyone!

This year we bring 6 arenas of music for your listening pleasure: The Grandstand Stage, Audio Unity Drum & Bass Tent, Corby Radio 'Retro' Bus playing all the hits from yesteryear, IMP Tent, Alternative Corner and finally Bar Acoustics.

Remember to bring the whole family as there will be plenty to do, with various rides and bouncy castles for the kids, food and drink stalls, face painting and much more.

Our Headliner needs no introduction... None other than 80's legends 'Doctor and the Medics' Doctor and the Medics were created almost at the dawn of the 80's, in 1982 by The Rev Dr. Clive Thomas Jackson.

The band has had a very colourful and successful career as both recording artists and performers. Undoubtedly they are been known for their massive 1986 No 1 "Spirit in the Sky", which sold over 24 Million copies world wide and was number 1 in 23 countries!! They are also recognized as a great live act, in 1985 the NME referred to them as "THE live band of the year".

We are also pleased to announce that £1 of EVERY ticket bought will be donated to 'Red Kite Academy' A new special school in Corby, doing amazing things, it really was a no-brainer to help.

Make sure you listen to Corby Radio 96.3FM up to the event for your chance to win tickets, hear interviews with the bands and DJs, along with guest mixes every week.



More details can be found at [Steelfest.co.uk](http://Steelfest.co.uk) or search for

'Steelfest'



**SAT 29<sup>TH</sup> JUNE 2019** 12PM-10PM **£10**

CORBY TOWN FOOTBALL CLUB - STEELPARK NN17 2FB

TICKETS: [WWW.STEELFEST.CO.UK](http://WWW.STEELFEST.CO.UK)



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**AUDIO UNITY**  
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CORBY EXPIRES: 30/08/2019



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Phil Wilson - Team England

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I understand why the process is made so difficult by the assessors, during the assessment lots of situations are thrown at you that you have to deal with, this is very real in amateur boxing at the highest level.

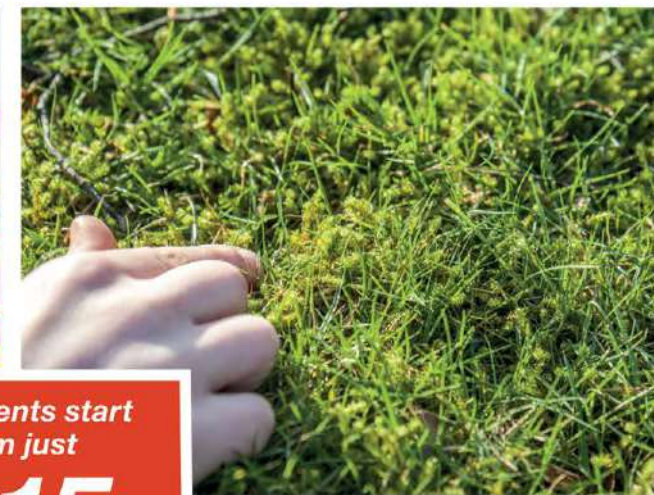
I have just returned from a Talent Development Camp in Billericay, Essex for Junior Boxers, this camp included our squad of junior boxers who are off to compete in EUBC European Junior Championships, and looking at the quality of boxer involved I expect there to be a decent haul of medals coming back to the UK.

I'd like to say a big thank you to Mick Driscoll and Amanda Coulson for giving me this opportunity and there'll be no looking back for me now!!

**Team England**



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## Soulfy McD



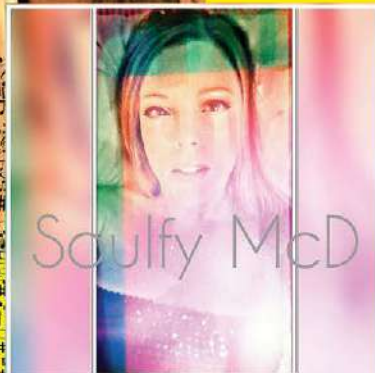
health needs, learning and physical disabilities.

Soulfy McD's newly released single 'Hard' is one of many songs she is releasing in 2019 for Teamwork Trust.

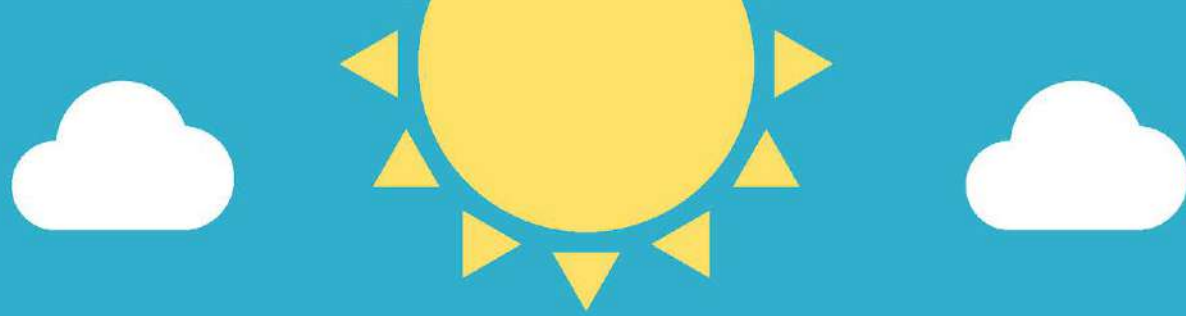
Soulfy McD hopes to inspire others to find their inner creativity and to promote music therapy for mental health.

To support Soulfy McD's fundraising please visit **[www.soulfymcd.com](http://www.soulfymcd.com)** follow on Facebook & Instagram **@soulfymcd**.

Soulfy McD (Sophie McDonald) is a singer/songwriter from Corby, Northamptonshire. Through music, Soulfy McD is supporting the Sober Sophie (@sophieissober) fundraising campaign and raising money for the charity, Teamwork Trust - a Northamptonshire, UK charity that support adults with mental







Everyone is invited to attend!

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  - 5 - FREE ONLINE DIRECTORY LISTING ON [www.focusseddirectory.info](http://www.focusseddirectory.info) (Normally £35)
  - 6 - FREE ADVERT DESIGN & SOCIAL MEDIA POSTS DESIGNED (Normally £60)
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**NHS**

**Corby**

Clinical Commissioning Group

# Extended Access service

## Evening and weekend healthcare appointments available in Corby.

From 1 April people registered with GP surgeries in Corby will have access to more appointments as NHS Corby CCG introduces a new Extended Access service. The additional appointments will mean people can access GP services between 8am and 8pm on weekdays and slots will also be available at weekends and Bank Holidays including Christmas and Easter.

Corby's new Extended Access service will allow people to book routine and on the day appointments with a GP or other healthcare professional, including nurses, health care assistants and first contact physiotherapists seven days a week. To access these additional appointments, people contact their GP practice in the usual way and are then booked into the Extended Access service as appropriate.

Toby Sanders, Accountable Officer for the Northamptonshire CCGs said:

*"We understand our patients are leading increasingly busy lives and*

*there is increasing demand to be able to get healthcare in their GP practice outside normal working hours.*

*The GP Extended Access Service will make it easier for patients to book an appointment at a time which suits them, including at evenings and weekends. Patients needing a primary care appointment will still contact their GP practice in the usual way but now may be offered an appointment with the GP Extended Access Service, if this is right for them."*

The service is being delivered by Aspiro Healthcare at Woodsend Medical Centre and will be exactly like an appointment at a patient's GP practice. The service will be tailored to meet the needs of the Corby population.

Senior GP partner, Dr Akram Khalid, Senior Partner from Aspiro Healthcare said: *"We are really excited to have been awarded this contract. We will work*

*with the local practices and the patients to ensure that this truly delivers the highest quality of care for our patients. We look forward to working with all our local practices and clinicians and patients in Corby to ensure patients get the right service at the right time from the right clinician. We are an experienced provider who already provide a range of services such as urology, minor surgery and community ear wax from our site for patients in Corby and across north Northamptonshire."*

Patients needing healthcare when their practice is closed should continue to call NHS 111.

For more information, visit:  
[www.corbyccg.nhs.uk](http://www.corbyccg.nhs.uk)

For more details on the service visit:  
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For more information or to start your journey into fostering call our team today on **0800 160 1604** or visit our website

[www.fosteringsolutions.com](http://www.fosteringsolutions.com) for more information.

## Already a foster carer?

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**Karen Barber**  
DIRECTOR & PRESENTER



**Name:** Karen Barber

**Birthplace:** Corby

**Describe yourself in three**

**words:** LPassionate..Caring and Fun  
( I hope so ! ) lol

**Interesting fact**

In my day job i work at Kettering General Hospital in Cellular Pathology doing Microscopy. Ohhh and i have seen a ghost and had many weird experiences!

**Favourite song of all time and why**

I love Soul music funk and Disco but The O Jays I Love music is my all time favourite as i went to Baileys in Leicester in the early 70s and when it was played live it Rocked my Word.

**Ideal night out/in**

I love dancing so a 70s/80s/90s Disco or a Northern soul gig.

**Love about Corby**

I can boast that i am a Corby Girl through and through, born on Willowbrooke Rd. I Love Corby and Corby people are the most generous caring people on the PLANET!

**Favourite place in Corby**

The Town Centre. I love shopping and we truly now have a great town centre full of great shops a Cinema an Olympic swimming pool and many great places to eat and drink. Ohhh and of course Corby Radio.

**Favourite part of being involved with Corby Radio**

I was part of the dream bringing Corby Radio to the people of Corby, with local Sports/news/events and helping all Charity and non profit organisations with awareness and fundraising. We are here for our listeners for requests and dedications for the special people in thier lives Corby Radio "Its a Kinda Magic"

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# 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 A GAME OF BOWLING FOR 4 PEOPLE OR 1 HOUR OF POOL WHAT WEIGHT IS THE HEAVIEST BOWLING BALL?
- 2  WIN 2x STEELFEST TICKETS HOW MANY MUSIC ARENA'S ARE AT THIS YEAR'S FESTIVAL? WINNER ANNOUNCED 25/6/2019
- 3  WIN A CORBY RADIO GOODIE BAG WHAT TENT ARE CORBY RADIO HOSTING AT THIS YEARS STEELFEST?
- 4  WIN A YEARS MEMBERSHIP HOW LONG IS A TABLE TENNIS TABLE, FROM PLAY TO PLAYER?
- 5\*  WIN TWO ENTRIES TO ROOMS AT CORBY OR NORTHAMPTON WHERE CAN YOU FIND THE 'FORSAKEN' TRAPP'D ROOMS?
- 6\*  WIN A FAMILY TICKET FOR UP TO 4 PEOPLE JUNE  
On 14th June MEN IN BLACK: INTERNATIONAL is released. Previous incarnations of this franchise had Will Smith as J, but which film, due to be released in October this year, sees Will Smith playing against a younger version of himself?
- 7\*  WIN A FAMILY TICKET FOR UP TO 4 PEOPLE JULY  
On 19th July we see the release of the new version of THE LION KING. But who was the voice of Zazu the Hornbill in the 1994 original?
- 8\*  AUGUST  
On 9th August the film adaptation of Eoin Colfer's book Artemis Fowl is released. Which 007 alumni has been lined up to play Commander Julius Root, the irritable leader of the LEP-recon?

\*MONTHLY COMPETITION

9  **WIN A FAMILY TICKET FOR 2 ADULTS & 2 KIDS**

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