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Hello

Corby, welcome to another edition of 'Focussed on Corby' Magazine.

Once again we have had a very busy and eventful town over the past few months, with some great music festivals, Steelfest which really was a fantastic day out for all the family, with a great mix of music to suite all genres. Another festival was the Flyby fest which judging by the photos was also a huge success. The Mardi-Grah and recently the Grow Festival really have enriched the town with some amazing artwork, performances, food and drink for all to enjoy!

Other events include the Corby Carnival, again a huge success with star performance from Ariana Grande, what a tribute act that was, the kids loved it, especially dancing with the stunning Queen & Pincesses of the court! The Highland Gathering was also well attended as usual, with a great weekend of fabulous dancers entertaining the crowd and winning some trophies. Rockingham Castle also having it's fair share of events from Food & Drinks Fair, Vikings and Jousting and eclectic mix for all the family to enjoy.

We must a massive well done to everyone involved including behind the scenes, we know its a lot of hard work to put on these events and you are doing a great job of keeping our town entertained and well fed. Keep up the good work!

Editor & Founder
Craig Barber

ISSUE 13

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CORBY TOWN SHOPPING & WILLOW PLACE

Corby – a town apart

Those familiar with Corby town centre will know it has enjoyed significant regeneration over the last decade, including the development of Willow Place, a modern extension to the town's more established shopping streets, as well as Corby Cube and, alongside, the Corby International Swimming Pool, Savoy Cinema and associated restaurants. It has led to an impressive annual town centre footfall of over 7.5 million and the recent accolade of being named a 'Great Town' award winner by the Academy of Urbanism.

Another more recent but nonetheless equally welcome development has been the significant investment by town centre owners, Sovereign Centros and Europa Capital, in a new 471-space surface car park off Anne Street, enhancing the gateway to Corby town centre and offering customers a vastly improved parking experience.

There are some 160 stores and places to eat in the town centre and there are plans to utilise some of the space freed up by the removal last year of the multi-storey car park to provide additional retail/restaurant space, subject to planning approval.

Willow Place is home to many of the UK's major high street fashion brands, including Primark, H&M, TK Maxx, Burton, Dorothy Perkins, New Look and River Island, with large, modern units designed around the requirements of today's retailers.

But what sets Corby apart from other town centres is its thriving independent retail offer. Where many UK towns and cities have simply become clones of each other, Corby stands apart for the sheer diversity of its independent retailers, many unique to the town centre. Jewellers,

boutiques, food stores, hair and beauty salons, cafés, restaurants and specialist retailers complement their better known neighbours, providing products and services tailored to the specific requirements of local customers.

Add to this a regular market and a lively and varied programme of free craft workshops, music and family events laid on by the town centre's owners and you can begin to appreciate the growing attraction of Corby as a regional shopping destination.

For further information on Corby Town Shopping & Willow Place visit www.willowplace.co.uk

Find a token in the sand and win a prize!

Hello SUMMER beach party

Join in the fun in Corby town centre from 3rd to 31st August!

- Sand Pit, Buckets and Spades
- Deck Chairs
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Pick up a programme with full details from Corby stores.

* Charge payable. Find us on Facebook @ Corby Beach & Summer Fun.



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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 or visit their Facebook page to connect with them (just search Inspiration Den)



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focussed on all about pee Urine

Every day your two kidneys filter your blood many times, they keep essential chemicals and blood cells inside your body while getting rid of your waste products; these waste products go into your urine together with some water filtered from your blood. Uncontrolled high blood pressure can damage kidneys, as can smoking, some medications especially anti-inflammatories, being dehydrated or having uncontrolled diabetes. As you get older kidneys often don't work as well as they used to and this is called Chronic Kidney Disease or CKD, and you might not know you have this until you have a blood test. Most people with CKD still have kidneys that work well enough to allow them to live normal lives. Most people's kidneys manage to keep good enough function to last a lifetime, but some will deteriorate to the point of needing regular specialist filtering by a machine during dialysis, and eventually a few people may require a kidney transplant.

You can protect your kidneys by staying well hydrated, and a good guide is to look at the colour of your pee. If your wee is the colour of apple juice or lighter then that usually means you are well hydrated, if it is darker it may mean that you need to drink a little more fluid. Ideally you should make sure that most of your drinks do not contain caffeine, alcohol or sugar, and water is the ideal drink for keeping you hydrated. If your urine is smelly or stings or burns when you pee you may have an infection. Urine infections are not that unusual in women and can be simply treated with medications available from pharmacies or from your GP surgery team.

Urine infections in men and small babies may need more investigation and your GP will be able to tell you if you need further investigation via a specialist clinic.

As men get older their prostate gland grows and this can make it difficult to start to urinate, cause poor flow of urine, make the urine slowly dribble at the end of urinating and cause men to get up many times at night to pee. The prostate gland is found just inside the back passage and may need to be examined by your GP if you are getting these symptoms, in addition some people need to have a blood test for prostate specific antigen (PSA). At this point we do not recommend that all men have their PSA checked as a routine unless they have urinary symptoms or a family history of prostate cancer, or are of black African or Caribbean ethnicity.

As women get older they may find their urine leaks when they cough or sneeze and this is called Stress Incontinence, and is particularly common when a woman has given birth to large babies. This can be treated and prevented by being an ideal body weight and doing regular pelvic floor exercises. If symptoms do not respond to these measures and are getting in the way of life your GP surgery team may be able to advise you about ways to support your bladder including devices that are put in the vagina to support your bladder called pessaries, and some people may need surgery if everything else tried does not work.

If a person cannot control when they pass urine or if they are not able to pee at all they may need a

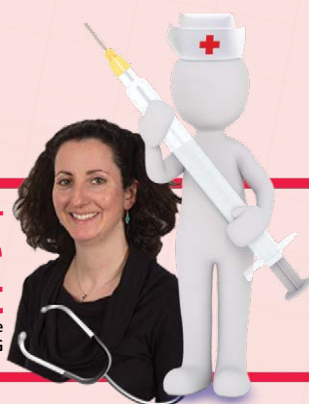
drainage tube called a catheter. Fitting a catheter involves a narrow tube being put into the bladder and this usually drains urine via their usual route into an external bag that is usually attached to their leg or a stand. Some catheters can also be fitted via a small hole in the front of the abdominal wall. Urine in catheter bags is often smelly, but this does not usually mean there is an infection if the person is otherwise well.

If you notice that there is blood in your urine you need to make an appointment at your GP surgery. It can be embarrassing to say the reason for your appointment, but if you tell the receptionists what you need the appointment for they will understand the urgency and make you the appointment with the best person. Blood in your pee can be a sign of infection, kidney stones or bladder stones or cancer and it is always a good idea to get it checked out.

If you have an appointment at your GP surgery to talk about a problem with your urine it is really helpful if you take a sample of your urine. You can collect this in a clean container at home or ask the receptionists at your surgery for a pot. Don't forget to take the sample in with you!

Dr Joanne Watt

Great Oakley Medical Centre
Clinical Chair Corby CCG



Lakelands Hospice Carers Support Group

The first Carers Support Group is on **Thursday 5th September 10.00 - 12.00hrs.**

Continuing on a monthly basis the **first Thursday of every month**

A Drop in service to offer carers help and 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.

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LAKELANDS HOSPICE



CARERS SUPPORT GROUP

*The group offers **carers** support, a chance to talk with others in a similar situation and to make new friends*

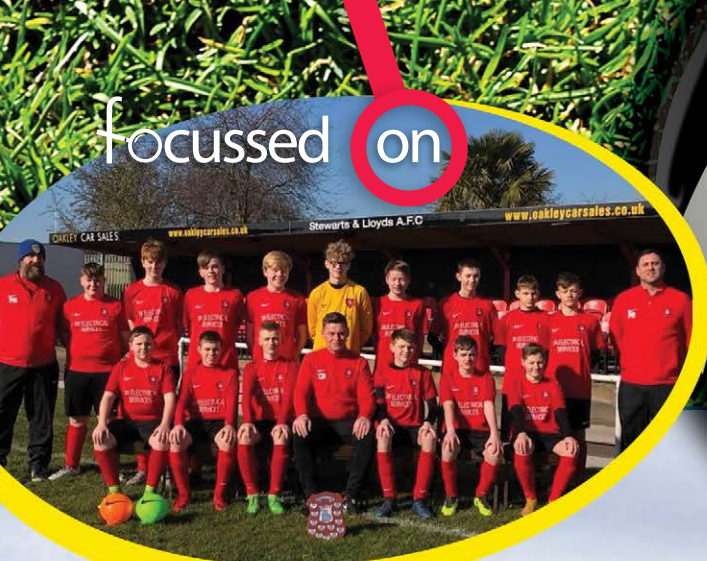
The meetings are member led. You decide the format of the meetings, your ideas and needs direct us to give you the best possible and relevant support

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



Mike Brown

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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.**

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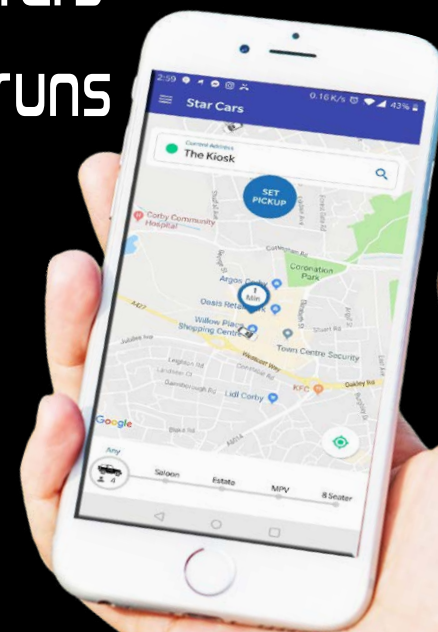
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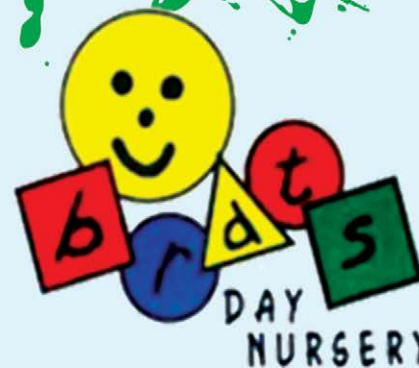


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Food & Drink Fair

"We'll make sure Rockingham Food & Drink Fair gets better and better each year"

Thousands of food-lovers experienced Rockingham Castle's first ever Food & Drink Fair at the weekend – and owner, James Saunders Watson has pledged to make it an annual event.

Thirty food and drink specialists from Northamptonshire and surrounding areas showcased their fine artisan products to crowds of local foodies on the 13th and 14th July.

Taking place mostly inside the historic castle, the two-day show was the county's only indoor event of its kind. It will now become a regular occurrence on the local food and drink calendar.

"The castle was absolutely buzzing, and our ancient rooms came alive as people enjoyed some of the finest handcrafted food and drink our county has to offer," said James. "Our vast grounds were perfect for guests to sit and enjoy some of their delicious purchases too – we had all sorts from sweets, fudge and high-quality alcohol, to baked products, condiments and spices, and fine meats. We hosted this event because 2019 is the Northamptonshire Year of Food & Drink, but it was such a success that we will be doing it again. We'll make sure Rockingham Food & Drink Fair gets better and better each year, and keeping it open to local exhibitors will always be a big focus."

The one-off reduced entry fee into the Food & Drink Fair allowed guests to experience the castle too, with many visiting for the first time.

Jousting Review

Hundreds of families enjoyed a thrilling jousting event on Father's Day as people flocked to Rockingham Castle.

The Knights of Nottingham Jousting event wowed crowds who braved the showery weather to give their dads a medieval treat.

Jousting on horseback, sword-fighting and fire-eating were among the many activities for children and families to watch and take part in. Visitors also enjoyed the authentic medieval living history village, jesters and storytellers during the event.

"It was wonderful to see so much fun and excitement everywhere," said Rockingham Castle's owner, James Saunders Watson. "This is a much-loved annual family occasion, and we were delighted that the sun came out for guests to have a truly enjoyable time. Our Castle grounds with the stunning views are the perfect setting for such a spectacular themed event."

Jason Evans, father of two from Kettering said: "It is the first time we have been to the Castle and we have had a perfect family day. The jousting was amazing, and the children loved it when they were invited into the arena before the main event to pretend to be knights – that was a real surprise."

Charlotte Clarke from Northampton said: "I am here with my husband and three children, all under 8. We are in love with the Castle. The knights were so entertaining, and we will definitely return as it's been such a brilliant day out."

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



John McGilvray
Age 39 from Corby

"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."

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 with people who hadn't been through similar struggles. 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 peoples 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. *Paige Douglas*

**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

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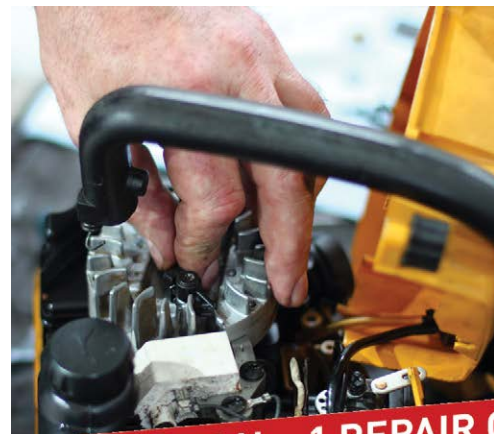
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I understand why the process is made so difficult by the assessors, during the assessment lots of situations are thrown at you that you have to deal with, this is very real in amateur boxing at the highest level.

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

Phil Wilson - Team England



Soulfy McD



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

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** follow on Facebook & Instagram @soulfymcd.

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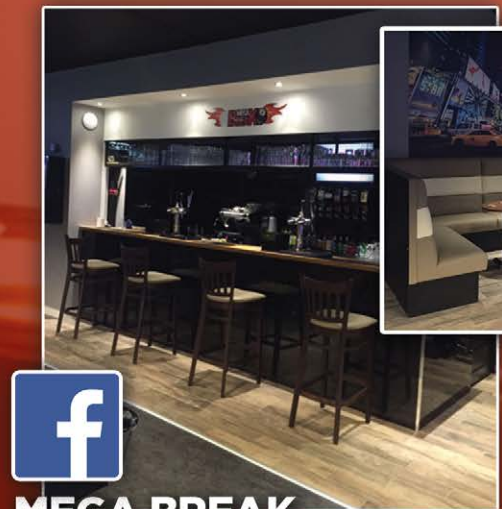
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FRI 18 OCT

At The SAVOY with AARDMAN ANIMATIONS

9.30am–12.15pm session 1
1.15–3.35pm session 2

An Evening with Simon Yates at the Core Theatre

7-8pm 'My Mountain Life'
Illustrated talk

8-9pm 'Beyond The Void'
Documentary Film



Session 1 - Premier Screening of 'Farmageddon'.
Session 2 - 4 'Shaun the Sheep' short films. PLUS the opportunity to make you own 'Shaun' with one of the Aardman animators.

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In 'My Mountain Life' Simon takes us on a journey across some of the remotest mountains on the planet. 'Beyond The Void' tells the remarkable story of how cutting the rope that attached Simon to his injured partner, Joe Simpson, saved both their lives.

SAT 19 OCT

Environmental Films Day at the Core at Corby Cube

2–5pm – 'A Breath of Fresh Air' – 12 video shorts / workshops

7.30–9.30 'Wilderland' – a brand new film festival.

'A Breath of Fresh Air' – features a message from David Attenborough, 'Tori the Eco Warrior' and a re-recording of Joni Mitchell's 'Big Yellow Taxi' by the London Community Gospel Choir

'Wilderland' offers us unparalleled insight into some of the world's most incredible wildlife.



SUN 20 OCT

At the SAVOY Cinema with Virginia McKenna.

6.30-9pm - 'Born Free'
Virginia will take questions after the film.



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MON 21 OCT

The final film of the festival celebrates David Attenborough, with a special guest in attendance for a Q&A after the screening.



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OLLIE W B2B JOEY HILLS FUZION
HALO B2B KOOL B PRO GRAM MAINLINE
ORIGINAL REDGE B2B CHESNTK NORMALITY
HARIBO TURBO B2B LITTLE BOBBY
RE:BOOTE HOODLUM B2B AUNTIE MAG
KINESIS JACK LANE FRANTIC



focussed on

Karen Barber
DIRECTOR & PRESENTER



Name: Karen Barber

Birthplace: Corby

Describe yourself in three words:

Passionate, 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! I went to Baileys in Leicester in the early 70's 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 including 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 along with helping all Charity and not for profit organisations with awareness and fundraising. We are here for our listeners for requests and dedications for the special people in their lives..... Corby Radio "It's a Kinda Magic"



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COMPETITIONS

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

1* **TWINLAKES** WIN A FAMILY TICKET
ALL ACTION! ALL WEATHER! THEME PARK!

WHERE IS
TWIN LAKES LOCATED?

2* **New York Thunderbowl** WIN A GAME OF BOWLING FOR 4 PEOPLE OF 1 HOUR POOL

WHAT IS IT CALLED WHEN YOU BOWL WITH THE TOP OF YOUR FINGERS?

3* **Corby Radio 96.3** WIN A CORBY RADIO GOODIE BAG

WHAT ANNIVERSARY ARE CORBY RADIO CELEBRATING THIS YEAR?

4* **Smash Table Tennis** WIN A YEARS MEMBERSHIP
Corby Centre

WHERE IS THE NEW HOME OF CORBY SMASH TABLE TENNIS?

5* **TRAPP'D** WIN TWO ENTRIES TO ROOMS AT CORBY OR NORTHAMPTON

WHAT IS THE LATEST EDITION TO OUR ESCAPE ROOM FAMILY AS OF AUG 19?

6* **SAVOY CINEMAS** 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* **SAVOY CINEMAS** 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* **SAVOY CINEMAS** WIN A FAMILY TICKET FOR UP TO 4 PEOPLE

AUGUST
In 2020 the film adaptation of Eoin Colfer's Artemis Fowl will be released. Which 007 alumni has been lined up to play Commander Julius Root, the irritable leader of the LEP-recon?

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

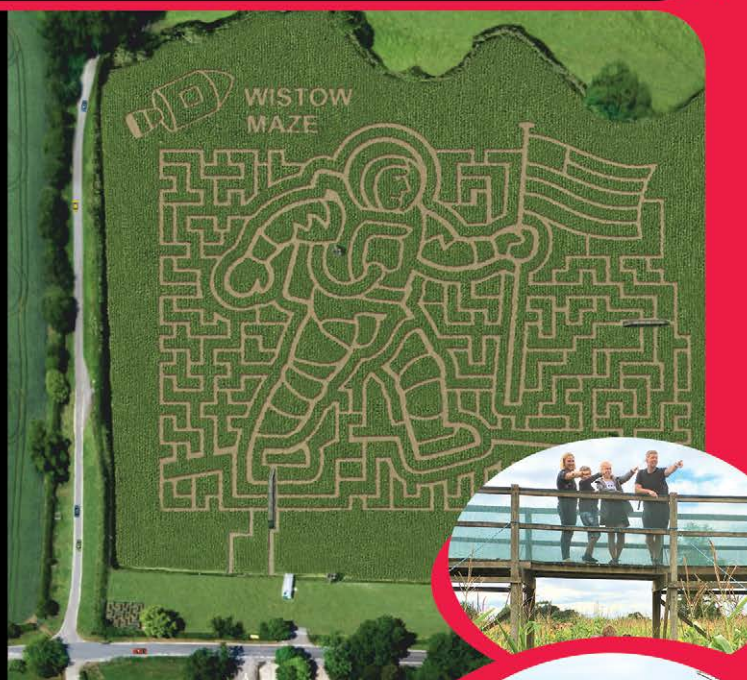
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