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Focus-on:

- Corby on Ice
- Grow Festival
- Jo Watts: Keep Active
- Click 'n' Shop
- Big Dave - Knife Crime
- Made in Corby Extension
- 5 Areas of Wellbeing
- Corby Radio - Karen Barber

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Hello HO HO!

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

We can not believe how quickly this year has flown by, sure you can't either! But what a year it has been for Corby. Some amazing events all year long, so a massive well done to all promoters, events organisers and the people of Corby and the surrounding area for making the events what they are. Without you these events simply would not survive. We are sure 2020 will not disappoint as Corby has certainly raised the bar this year.

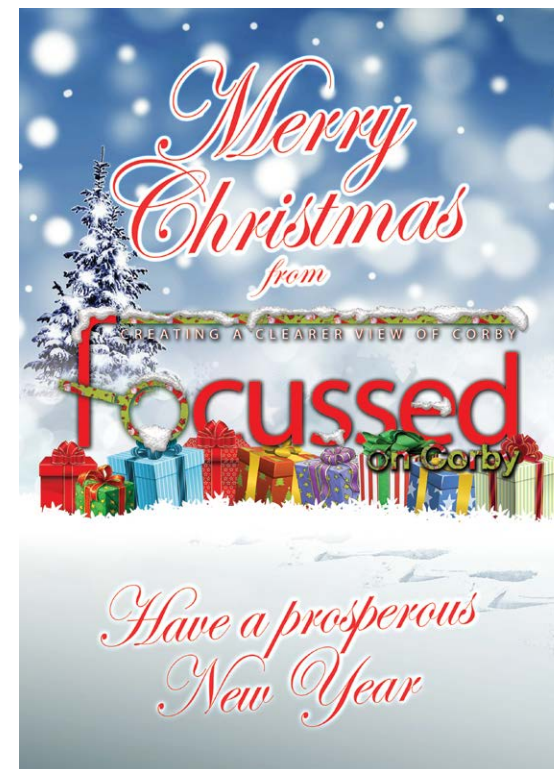
To keep up to date with local events, jobs and offers visit www.lovecorby.co.uk and why not subscribe to the newsletter for further information direct to your email. To all business owners or reps, Love Corby now run bi-Monthly networking meetings on the second Thursday of the month at a cost of £5 to non-members, but **FREE** to members of Love Corby. Check out the Website for further details.

We have to mention, although early in the season, but how well are Corby Town FC doing!! Come on you Steelmen, if they keep this up, they are sure to go up a division next season! Good luck guys and to all involved at the Club, we know you work hard!!

Finally we wish to say a very Merry Christmas to our clients, customers and most of all you, the reader of Focussed. May you have a fantastic time and have a very Happy New Year! We will see you then, when we go Bi-Monthly.

Editor & Founder

Craig Barber



ISSUE 14

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CORBY TOWN SHOPPING & WILLOW PLACE

Corby on ice!

For the first time ever, Corby Town Shopping & Willow Place is to host a real ice skating rink and a three-day Victorian-themed travelling market as part of its 2019 Christmas festivities.

The **Corby ice rink** will operate until 5 January and will be open from 10am – 10pm Saturdays and school holidays, 10am – 8pm on Sundays and from 4pm – 8pm from Monday to Friday (closed Mondays and Tuesdays in November).

The ice rink will be installed alongside the new Gateway long stay car park off Anne Street, which offers over 470 spaces and easy access via lifts and stairs to the town centre shops. It will measure a mammoth 25m x 12m: up to one hundred people can take to the ice during each 45-minute session and a roof over the rink will guarantee family-fun whatever the weather. A range of ice-skates, illuminated polar bear skating-aids and double-bladed trainer skates will be available for hire. **Adult tickets will cost £9.50** per session including skate hire and **£7.50 for children** and there will be general, as well as some disco skating sessions.

The **Victorian-themed travelling market** will take place from **29 November until 1 December** alongside the skating rink. On sale will be a selection of handcrafted and unique Christmas gifts as well as festive food and drink, including spiced wine, a hog roast and roasted chestnuts. To add to the festive spirit, there will be juggling, stilt-walking, circus skills workshops, balloon modelling, magics shows and more. Entrance to the market is free.

Centre Director Daniel Pickard says: *"A real ice rink on this scale is a first for the region and we hope that this and the additional attractions, coupled with our extensive retail offer and unrivalled independent line-up, will encourage people to make Corby their one stop shop this Christmas season."*

Online bookings for the ice skating can be made now at **www.corbyicerink.com**, where full details can be found.

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

CORBY on ice

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Your one stop shop for festive fun this Christmas!

Enjoy real ice skating until 5 January on our huge covered rink, a first for Corby!

Book online now at: **www.corbyicerink.com**

Visit our free Victorian-themed travelling market from 29 November until 1 December, offering unique Christmas gifts as well as festive food, drink and entertainment.

Meet Santa in his grotto! Open 30 November and 1, 7, 8, 14, 15, 21 and 22 December, 11am to 5pm on Saturdays and 11am to 4pm on Sundays. Admission £2.50, includes gift!

See our website for full details of all our Christmas activities: **www.willowplace.co.uk**



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GROW FESTIVAL

Support Grow Festival and help put Corby on the cultural map

Grow is a series of outdoor arts festivals commissioned by **Made in Corby** and co-produced with **The Core at Corby Cube** that has seen thousands of people descend on Corby's town centre for a weekend of fun and entertainment in both 2018 and 2019, and promises to be even more spectacular in 2020!

However, whilst Grow remains predominantly free to attend it is far from free to produce as it relies on public funding from **Arts Council England** through the **National Lottery**, as well as the generosity of audiences and sponsors. Grow Festival 2020 is fast approaching and the organisers are asking for help from local businesses and residents to help make it happen.

As Corby is the fastest growing borough outside London, the festivals are aptly inspired by the elements necessary for healthy growth – first Water in 2018, then Food in 2019 - and over the weekend of **Friday 7 and Saturday 8 February 2020** the town centre will be animated with Light!

Amongst the highlights are a magical music and light parade on the Friday evening with the **Spark!** drummers and a spectacular aerial dance finale from **Heliosphere** on Saturday night that will delight people of all ages. The Core at Corby Cube will host the iconic **Museum of The Moon** light installation and sprinkled around the town centre you'll find many surprising walkabout acts, multi-sensory experiences and enchanting performances.

Made in Corby and **The Core at Corby Cube** are also delighted to be joining forces with **ArtReach** to incorporate the extremely popular **Corby Mardi Gras** event in 2020, as well as working alongside local young people who are getting involved as decision makers and artists. Northamptonshire's **Britain's Best Surprise** campaign will also formally launch their **2020 Year of Arts and Culture** initiative at Grow Festival, putting Corby firmly on the county's cultural map.

If you would like to know more about supporting the local charities who run Grow Festival, contact Vanessa Oxspring on development@madeincorby.co.uk or 01536 267895. The sponsorship pack is available for download from www.growcorby.co.uk, as well as information about volunteering at Grow and regular updates about the festival.

Follow **@GrowCorby** on Facebook, Twitter and Instagram.



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ArtReach



The Core at Corby Cube

For more information:



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Keeping Active in Corby

An important issue in Northamptonshire is Musculo-skeletal conditions, and this means everything that affects bones, muscles and joints and that stops them from working properly. This includes problems such as arthritis, broken bones, back pain and joint pain. There are things you can do to keep active and healthy and by being more active you can often prevent long-term problems with your bones muscles and joints as well as helping the rest of your body including your heart, lungs and helping your mental health.

Exercise: Corby has some wonderful facilities including gyms and our beautiful swimming pool as well as parks and cycle routes. There are special offers and dedicated classes for people with a range of physical and mental health problems such as dementia friendly swimming sessions and seated exercise classes at Glebe park. The Corby Borough Council website has lots more information about the wide range of services we have on offer locally. If you have a long term condition such as heart or lung conditions, are overweight or have anxiety or depression, most people benefit from being more active and you can get a referral from your GP surgery for a 12 week reduced price 'Activity on Referral' where you are supported to get active and motivated. You may not need to see a GP to get this referral since other practice staff can also complete the forms. Ideally everyone should be doing 30 minutes of exercise at least three times a week where you get a bit warm and sweaty, although it is good for your physical and mental health to be as active as possible even if you cannot do this much.

Physiotherapy: We now have an NHS service called First Contact Physiotherapy (FCP) here in Corby. This is a service where you can see a physiotherapist for an assessment and advice without seeing a GP first. This is ideal for people who have had joint or back pain for a few weeks that is not going away with simple pain relief that has been bought from a

supermarket or pharmacy. These FCP Physiotherapists are based in the Diagnostic and at Woodsend Medical Centre on Gainsborough Road. If you would like to see a First Contact Physiotherapist please contact your own registered GP surgery and the receptionists have all been trained to book people into these appointments directly, and they are usually available in just a few days without needing to see a GP.

Occupational Therapy and Disabled Facilities Grant: The Occupational Therapy service available via the County Council website www.northamptonshire.gov.uk/councilservices/adult-social-care/living-at-home/Pages/equipment.aspx and the Disabled Facilities Grant is available via the Corby Borough Council website <https://www.corby.gov.uk/home/environmental-services/private-sector-housing-information/disabled-facilities-grant-residents>. These services help people with mobility problems to adapt their homes and the way they function in order to stay as active and independent as possible.

Podiatry: Podiatrists look after feet and try to improve their function, the podiatry services on the NHS are limited although they are still useful professionals to involve on a private basis if your feet problems are limiting your mobility. If you have diabetes and feet problems your practice nurse will refer you to the NHS podiatry service. Try to wear appropriate supportive footwear if you are walking long distances or if you have mobility problems.

Minor injuries: If you injure a bone or joint you may need to be seen by a health professional, especially if you are worried that something may be broken. Corby Urgent Care Centre has X-ray facilities and a team of clinical staff who assess and diagnose people with minor injuries, and are happy to see you if the injury has occurred within the previous 48 hours. If you injure an arm or leg and nothing is broken you will often be advised to rest it for a few days, put a cold compress on it for the first 24 hours to reduce swelling, wear a compression bandage and keep it elevated to reduce

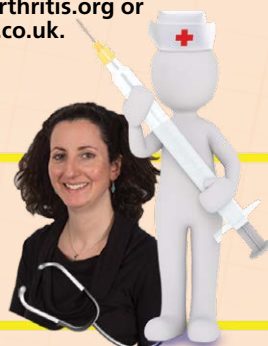
swelling. If you are worried that your injury is more serious then you should call 111 for advice about whether you need to attend the accident and emergency department at Kettering General Hospital, and if you have heavy bleeding that will not stop then you should call an ambulance by calling 999.

X-rays and scans: A doctor, nurse or physiotherapist will request an X-ray or scan if it will make a difference to managing your problem, and will often being able to diagnose you without an X-ray by listening to your story and examining you. X-rays of an injured joint or limb can show the bone positions and any fractures or deformities, although they will not give very much information about soft tissues such as muscles and cartilage. MRI scans give more information about these soft tissues and are useful if an operation is planned, but will not always change the plans if an operation is unnecessary or unsuitable. MRI scans are not recommended for back pain unless pain has been present for over 6 weeks and your health professional is suspecting a trapped nerve that may need spine surgery to release it. If you have back pain and rapidly lose the ability to control your bladder and bowels this may indicate more serious damage to your spinal cord and you should also call 111 for advice since you may need to attend the accident and emergency department. Most back pain gets better with pain relief and gentle exercise and may need support from a physiotherapist.

For more information about musculoskeletal conditions visit www.nhs.uk, www.versusarthritis.org or www.patient.co.uk.

Dr Joanne Watt

Great Oakley Medical Centre
Clinical Chair Corby CCG



Lakelands Hospice Carers Support Group

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.

Charity Number: 1062120



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



Mike Brown

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Big Dave's Safe Station Building Positive Relationships

Enough Is Enough is a program supported by The Police and HMP Prisons and builds on the previous successful anti-bullying program that has been presented to over 1 million school children across the UK. Big Dave Gauder is a national community champion and World Strength Athlete, who holds 26 Guinness Book Of World Record entries and has appeared twice on Britain's Got Talent, Record Breakers and many other TV shows throughout his career.

Big Dave is visiting schools around the UK delivering his Enough Is Enough campaign in his own unique style that has to be seen to be believed. Big Dave is able to quickly gain trust and a bond with the children who attends his presentations and whom is then able to deliver these very important life-style messages around the dangers that every child faces today.

Visit www.dgangelofstrength.co.uk to see more about Big Dave Gauder and the work that he does and watch out for the new website aimed at the younger children coming soon. Big Dave's Safe Station which can be viewed currently at www.bigdave.online.

Big Dave's Safe Station is designed to be an early intervention program to help to deliver a more safe and secure environment for the people who live in our Community or who travel through our towns and cities. Specific emphasis is designed around children and teenagers. If you're a school teacher or a parent and you would like to find out how you can get Big Dave to come along to your own school, then you need to contact Big Dave through his website for more information.

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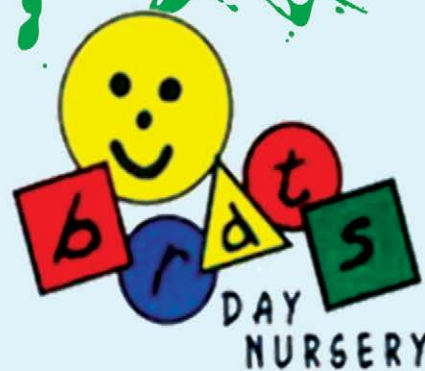
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MADE IN CORBY

Made In Corby programme to continue until June 2023

Arts Council England have announced plans to invest a further £500,000 of National Lottery funding in the Made In Corby programme to allow their work in Corby to continue until June 2023.

Made in Corby is one of four successful arts projects to receive a share of £2.5m National Lottery funding allocated in areas across England where people tend to engage less with arts and culture as part of Arts Council England's Creative People and Places (CPP) programme.

Made in Corby has been part of CPP since 2014, securing Arts Council investment of almost £3.3 million to date to co-create arts opportunities with communities in Corby, including the highly popular Mardi Gras and Grow Festival, which will combine in February 2020 for a light-themed extravaganza.

Over the next 3 years, the programme will establish a number of Creative Hubs in Corby; community venues that regularly host a range of creative activities from workshops to exhibitions and performances. Each year, there will also be a large-scale event, giving the whole borough an opportunity to come together to celebrate the creativity in their communities. Support for local communities and Corby-based artists to deliver their own creative activities will also continue.

Rebecca Blackman, Director, Audiences and Engagement, Arts Council England, said:

"We're delighted that Made in Corby have had their funding extended for a further three years. This is a testament to the great work the project has done so far, and the way they've been engaging the local community. We're looking forward to continuing to working with Made in Corby, along with the other 29 Creative People and Places projects changing lives across England."

Helen Willmott, Programme Director, Made in Corby, added:

"Having recently surpassed 100,000 engagements in the arts we're really looking forward to building on this by involving even more local people and organisations, to further develop a culturally vibrant town we can all be proud of."

Made In Corby is run by a consortium of local organisations led by Groundwork Northamptonshire, and has recently welcomed a new Corby partner, KHL Big Local.

In August 2019 the programme also received funds to expand into Wellingborough, cementing Made In Corby's place in the county's cultural landscape. This means a change of name will soon be needed for the growing organisation to reflect its commitment to delivering exciting, ambitious and accessible cultural activities created with local people across North Northamptonshire.

For further information, sign up for email updates about the programme or follow

@MadeInCorby

on facebook, twitter and instagram.

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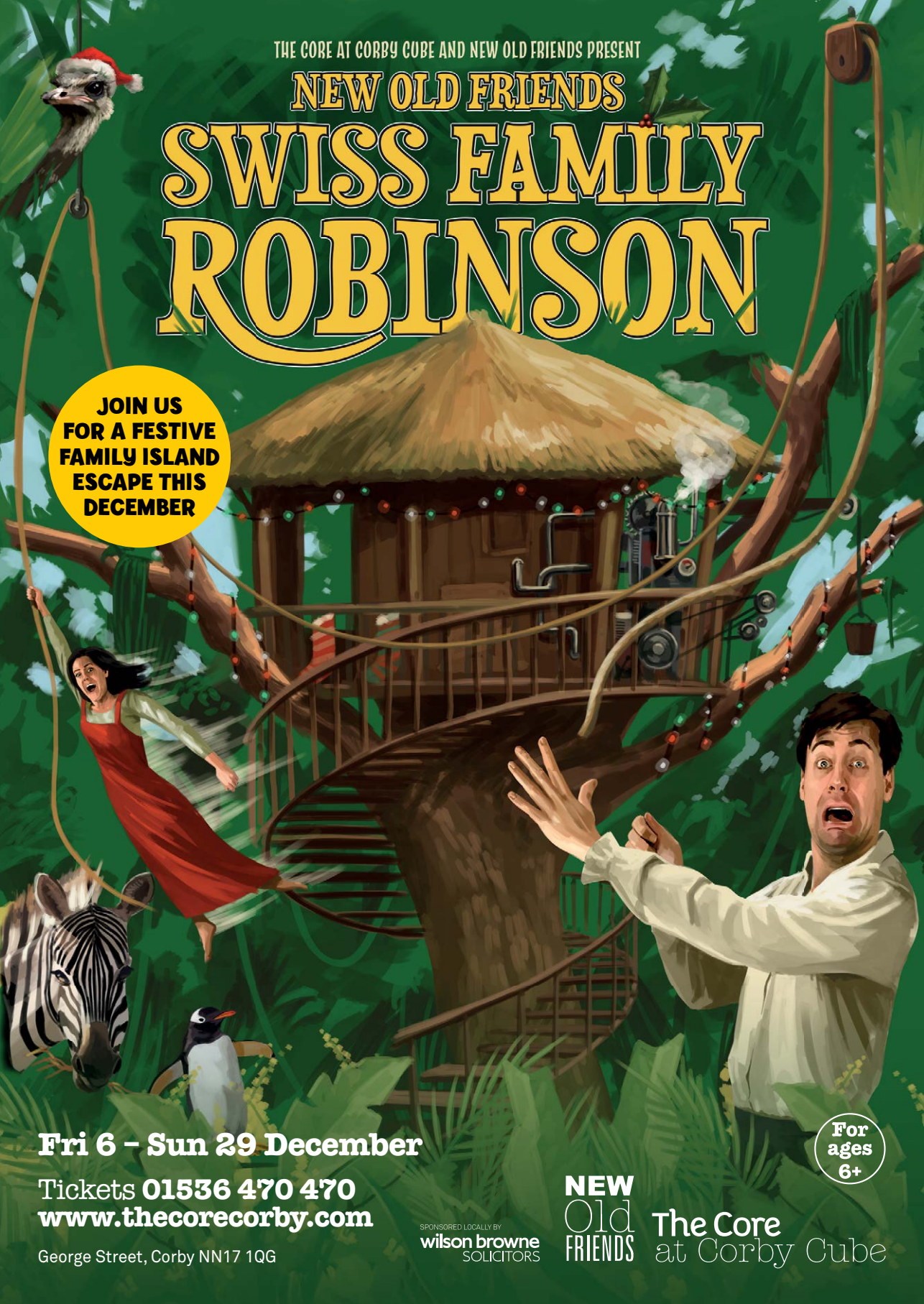


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5 AREAS OF WELLBEING

When you hear the term wellbeing what do you automatically think?

Have a manicure? Go for a spa day?

Airy - fairy nonsense?

Self-indulgent? Waste of time?

I would describe wellbeing as the difference between surviving and thriving. Most of us get through each day and collapse exhausted on the sofa in the evening. We work, eat and sleep and there seems very little time or energy left over for anything else. Sound familiar? By taking notice of our wellbeing, we can start to see what's working for us and what we can change to make our lives more fulfilling.

So what exactly is wellbeing?

Well... A person with good wellbeing will be comfortable, healthy and happy. They will feel confident in themselves and be energized and fulfilled. What that looks like will vary for each person. The most important thing is to create balance in our lives. A great tool to help us with that is the 5 Areas of Wellbeing.

Being Active - Getting your body moving at whatever level is right for you. Start small and go from there. Try: walking the dog, yoga, swimming, taking the stairs instead of the lift.

Taking notice - Opening our minds as well as our eyes to what is going on around us and how we are feeling. Try: getting out in nature, starting a gratitude journal, mindfulness.

Connecting - Even small moments of connection can help to tackle loneliness. Try: saying hello to someone at the bus stop, checking in with a neighbour, joining a group or club.

Keep Learning - Keeping our minds active and curious. Try: taking an online course, researching something interesting, trying a new hobby, learning a new skill.

Giving - We feel good when we do good. Try: volunteering, giving support to a friend, sending a thank you card, donating items to charity, food bank or animal shelter.

It can be tempting to want to change everything all in one go. But what happens is we very quickly lose our motivation and then revert back to our old ways. A much more sustainable method to make lasting changes is to take baby steps. Choose one thing that you can successfully achieve today, then choose another tomorrow and the next day. It doesn't matter how small, as long as it's achievable. By gradually building on your successes, you will be feeding your motivation and fuelling future successes.

What one thing can you successfully achieve today that will enhance your wellbeing?

"You will never speak to anyone, more than you speak to yourself in your own head. Be kind." Unknown

Written by -
Victoria Draycott
Founder: Inspiration Den



Next time you notice those negative self-thoughts, or you are having a difficult time, why not try this:

Take a moment to yourself

Read or say aloud these phrases

Allow the phrases to deeply connect with your heart

Be present in the moment and remember to breath!

This is a difficult moment; it feels painful right now.

Everyone feels this way sometimes, it's part of being human.

May I be kind to myself in this moment.

May I give myself the compassion I need.



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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 thier lives.....
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	WIN TWO ENTRIES TO ROOMS AT CORBY	WHAT LOCATIONS CAN YOU FIND OUR DESTROY'D ROOMS?
*	WIN A FAMILY TICKET FOR UP TO 4 PEOPLE	NOV In October Angelina Jolie reprises her role as Maleficent. However, Angelina Jolie's father Jon Voight won an Oscar for a 1969 film co-starring Dustin Hoffman. What was the name of the film?
*	WIN A FAMILY TICKET FOR UP TO 4 PEOPLE	DEC In November Charlie's Angels gets another reboot. In the original TV series, the character of Bosley was played by David Doyle and will be played by Elizabeth Banks in this version, but who played the character in the 2000 reboot with Lucy Liu, Cameron Diaz and Drew Barrymore?
*	WIN A FAMILY TICKET FOR UP TO 4 PEOPLE	JAN In December, Star Wars: Rise of Skywalker is released in which Domhnall Gleason plays General Hux, a General in the Galactic Empire's First Order, but which 2017 film saw him playing a literary great, famous for a particular set of children's stories, opposite Margot Robbie?

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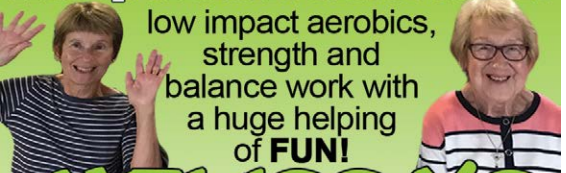
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