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on Corby

LOCKDOWN MENTAL HEALTH:

Putting the pieces
back together

Money Saving **Coupons** Inside

- Mental Wellbeing during Covid-19
- Northants Stop Smoking
- KGH Little Stars Appeal
- Foxy Woodlands Shop Returns
- Mothers Who Make
- Adult Careers : Accredited Training
- Starting & Growing a Business
- Made With Many : Evolves
- West Glebe :
Heritage and Cycling Trail

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WE ARE BACK!! ISSUE 15

It is such a great feeling to be able to get the magazine back out to the homes of Corby. What a crazy year this has been for everyone, including many businesses who have really struggled to fight the effects of lockdown. With many new measures coming into play daily, it really is hard for businesses to keep up. Please do bear with everyone as we get the 'New Normal' underway. It is such a shame to see so many amazing businesses suffering, and even closing! **We wish you all the very best of luck bouncing back.**

We want to hear from you, what have you been up to in lockdown, have you been creative? Started a new hobby? Let us know on social media and we will share your ideas to get the creative juices flowing for others.

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Editor & Founder

Craig Barber

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Mental Health & Wellbeing

in Northamptonshire in the time of Covid-19

The Covid-19 pandemic has had a significant effect on the mental health of our nation, and some people will be at greater risk of worsening mental health. This includes those with previous mental health problems, physical disability, people who have been advised to shield over recent months, and those from Black and Minority and Ethnic groups where the disease has been more common and many people have been more severely affected by Covid-19. We recognise that there have been particular challenges for many people around home education of their children, many young people feel disconnected from their peers and are uncertain about their future options, and some people have struggled with bereavement at this difficult time.

There are lots of things you can do to look after your mental health that will help you and your family and friends to get through this and prevent some of the more serious mental health problems. Try to focus on aspects of your life that you can control such as improving your diet, increasing the amount of exercise that you do and taking notice of the good things that are around you. Be aware of your surroundings and pleasant physical sensations such as eating good food, notice what you are doing during the day and what you can hear around you. Find something that will give you focus such as a hobby or project that will give you satisfaction. It is ok to acknowledge that you are going through a hard time or feeling anxious and think about what you can do to change that. Try to think about how you can be kind and caring to yourself or others, and how you can support your loved ones and the wider community. Can you find a way to make life better for someone else while observing social distancing, maybe via a phone call or making some food for someone? It is important to work on supportive relationships with those around you even if you cannot be physically near. For those people who have continued to work through the last few months as key workers or other roles, it is important to remember to take your annual leave and get support from your employers to help you to stay well or support you if you are feeling the strain.

If you feel that your mental health is deteriorating, recognise that this is your opportunity to do something about it.

Many people are staying away from asking for help until they reach a crisis, and if you act early you can prevent more serious mental health consequences. Some people will have turned to alcohol, illegal substances or smoking and it is important to recognise that if this applies to you that this may not be helping. This is your opportunity to show your body some kindness and make some changes to stop smoking and reduce your alcohol intake.

Mental health problems are not a sign of weakness, if you are starting to struggle please seek help and don't try to pretend things are not going wrong. Everyone has had a different experience of lockdown, most people are feeling more anxious and this may include worries about the future, and concerns about finances and employment, lack of ability to go out or fear of going out. Some may be worried about household relationships, LGBT related issues, physical health, home schooling pressures, and some may be afraid of domestic abuse. This situation affects all ages from children to older people, especially if you had problems with your mental health before Covid-19, although it also affects those who had no mental health problems in the past. We are aware that reduced vision, hand problems and hearing impairment may also make it difficult for some people to communicate using digital and remote methods. Some have chosen to isolate to try to keep themselves safe from the virus and will need to work out how to reintroduce themselves to their community while keeping themselves as safe as possible.

Once you have recognised that your mental health has become affected it is important that you take action and do something to help you to get better. There has been an increase demand locally for help with emotional and wellbeing problems, as well as those who need support with severe mental illness, psychosis and PTSD. Mental health services and support organisations have responded by increasing their capacity and are working differently to keep everyone safe which means lots of telephone calls and sometimes video consultations, and they are still able to see people face to face when necessary. Crisis cafes and youth counselling are still functioning. GP surgeries are still open and their staff have been consulting with patients throughout lockdown, and are there to support you.

We have lots of local services and here are some that may be useful:

Northamptonshire NHS Mental Health Hub
0300 330 1011

We have a number of directories that can help you to find the support organisations that will best suit your needs and this includes information about charities and voluntary organisations:

Access Corby -
www.accesscorby.org.uk

Northamptonshire Health and Care Partnership directory of services – (MiDoS)
<https://northamptonshirehpc.co.uk/directory/>

The national directory of NHS approved organisations -
<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helpline/>

Young people aged 11-18:
<https://www.youthworksnorthamptonshire.org.uk/Pages/home.aspx>

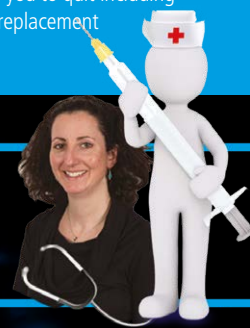
Domestic abuse - **Sunflower Centre: 01604 888 211**

National Domestic Abuse Helpline
0808 2000 247.

Addiction to alcohol or other substances you can contact S2S at <https://www.changegrowlive.org/substance-to-solution-northamptonshire/corby>

You can call the county's stop smoking team on: **0300 126 5700** and they will support you through a 12 week programme to help you to quit including supplying nicotine replacement or vape supplies.

Dr Joanne Watt
Great Oakley Medical Centre
Clinical Chair Corby CCG



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LAKELANDS HOSPICE



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Mike Brown

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Mothers Who Make

Northamptonshire

CARBON
THEATRE

Image credit: Lisa Whiting

A new hub for Mothers Who Make will come to Northamptonshire led by **Carbon Theatre's** Courtenay Johnson and storyteller Jo Blake, with the support of **Royal & Derngate** and **The Core at Corby Cube** with start-up funding from the **Avon Fund, Northamptonshire Community Foundation**. Mothers Who Make is a growing national initiative which offers a monthly peer support group for mothers who are artists and makers, in any discipline and at any stage in their creative paths.

The first sessions will take place on Zoom, prioritising the safety of artists and their family. Operating a Pay What You Can system, these sessions look to be as open and inclusive as possible, connecting a network of artists and mothers to strengthen the creative roots of Northamptonshire. The sessions create a supportive space to explore how being a mother and an artist can enrich both experiences as much as looking at the challenges they can hold.

Every kind of maker is welcome:

professional and/or passionate, full-time, part-time, freelance; writers, painters, performers, producers, musicians, bakers, crafters, architects, historians, wherever creativity flourishes. **Every kind of mother is welcome too:** biological, adoptive, step, surrogate, mother figures, foster, LGBTQ+, bereaved, grand, great grand, future, to be... Children are encouraged to attend as well and are integrated into the meeting. These group sessions are about recognising the dual roles of mother and artist and they are given equal value within all their events. The initiative grew from founder, Matilda Leyser's understanding of the experiences and challenges specific to being both a mother and an artist. She noticed many parallels between the two roles: both are concerned with creativity and play, both require stamina, patience, sensitivity, both keep her up at night.

But she was struck by the cultural assumption that the two were incompatible, that one would always end up compromised. Mothers Who Make challenges this. Born in London six years ago, now the peer support group meetings take place in almost thirty different regions across the UK and overseas.

The first Northamptonshire session will take place on **Thursday 23rd July at 8pm – 9.30pm, sign-up here:** <https://www.carbontheatre.org.uk/events/mwm-northamptonshire-launch>.

Mother, producer with Carbon Theatre and Northampton Hub co-founder, Courtenay Johnson comments, I can't wait to start this hub in Northamptonshire and meet more local creative mothers. I'm a freelance arts producer and mum to my 2½ year old daughter. Taking on the dual roles of 'mother' and 'maker' is such a challenge, especially when you are breaking down notions of old-fashioned professionalism or gender roles. I have a baby in this meeting, so what? I'm an unmarried single mother - shock horror. Having a group of mother-makers, creative womxn who understand a part of what your life is like and support you 100% is hugely valuable.

Mother, storyteller, dancer and Northampton Hub co-founder, Jo Blake adds, Isolation has always been an issue for mothers with young children. And in these challenging times, where isolation is enforced to protect us all, and we are witnessing such devastation to the cultural sector, it is even more important that those of us who are mothers who make reach out and stay connected. We intend these gatherings to provide a virtual space for reconnection, support and inspiration to women in the area.

Jo Gordon, Chief Executive of Northamptonshire Arts Management Trust, comments,

I'm thrilled that Royal & Derngate and The Core are able to support Mothers Who Make. As a mum of two boys myself, I'm so aware that it is the most invigorating and sometimes the most isolating job in the world. Mothers Who Make is a safe and supportive space for mums of kids of all ages to come together, in this case with a fundamental connection – that of being an artist, or a maker - a skillset and identity that can often be put on hold in the early days of motherhood. While we can't wait to welcome the groups to our buildings when it is safe to do so, the launch of Mothers Who Make online is an exciting moment for Northamptonshire.



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www.motherswhomake.org

Northamptonshire Info: www.carbontheatre.org.uk/mwm-northamptonshire

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STARTING & GROWING A BUSINESS

Starting a new business is an exciting adventure. Many people dream about having their own firm and being the boss! But did you know that 60% of new businesses will go under within 3 years, and 20% will close their doors within just 12 months. Let's take a look at what can get in your way and hinder growth and success.

If you're starting out, work out a first-year survival budget - what you need to run your business and survive - what's known as **'working capital'**. The more you grow, the more you'll need.

Prepare a cash flow forecast using software packages or ask your accountant for help. That way you'll be making better decisions based on accurate facts and figures, not guesswork

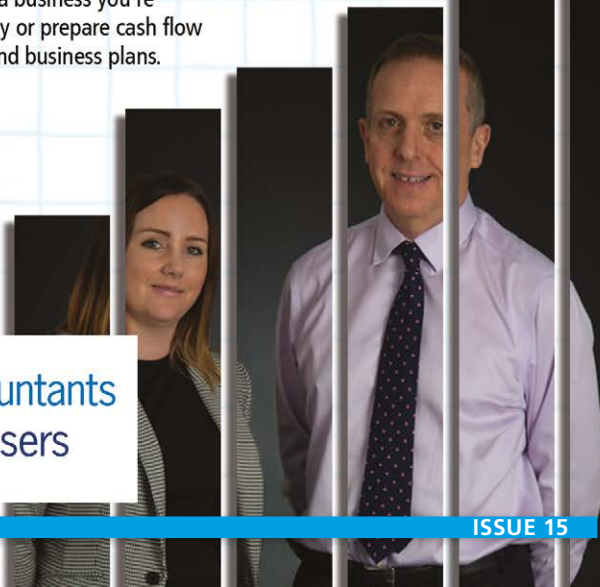
Keep a close eye on costs and profits. After a flying start, it's easy to focus on driving up sales. Growing too quickly is a mighty challenge if you simply haven't got enough cash. Keep on top of your figures and know exactly what you're making, and spending.

Know when money's coming in from customers and when it's going out to pay bills. You might think if you're making a decent profit margin that you're doing well but good cash flow is the lifeblood of a business and it's all about timing.

Business owners in Corby have been turning to the team at Chartered Accountants and Business Adviser firm CFW since 1981. With an established team of partners and qualified staff, they can help you set up a new business, carry out due diligence for a business you're looking to buy or prepare cash flow projections and business plans.

To make an appointment for an initial, informal discussion, contact Leanne Revie or Partner Shane Hampson on **01536 713555** or by email to enquiries@cfwaccountants.co.uk www.cfwaccountants.co.uk

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Corby Borough Council WEST GLEBE PARK

Corby Borough Council is currently applying for funding to create a Heritage and Cycling Trail in the borough.

This project will create an accessible natural heritage trail across the green spaces within the borough of Corby aimed at but not limited to, families, those in education and hard to reach groups within the community.

The project will implement clearer signage across the town and create new cycle routes providing all users with the opportunity to use bikes rather than using public transport.

This will build on those new habits of family-based exercise, which has hugely increased during the lockdown period. Waymarker signs, maps, leaflets, interpretation boards and QR codes will inform visitors of the heritage background for each site and will clearly provide links between all.

The project primary objective will be to improve visitors understanding of both the industrial heritage and the natural heritage within the borough. Safer cycle routes will provide safe green corridors between 5 main sites within Corby including Kingswood LNR, West Glebe, East Carlton Country Park, Weldon Park as well as Hazel and Thoroughsale Woods.

The project will also increase user presence within the parks therefore improving health and safety and potentially reducing anti-social behaviour. The project is looking to work collaboratively with a number of stakeholders including Friends of Parks and Open Spaces, Rockingham Wheelers, British Cycling, KHL Big Local Community Group and the education and health sector.

To introduce families and individuals to cycling it is proposed to change the grass BMX track (see pictures below) which is sadly now very outdated into an accessible learn to ride area made from tarmac.

Any feedback on this proposal would be gratefully received via email:

**culture.leisure
@corby.gov.uk**



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General Chiropractic Council British Chiropractic Association

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kgh Charity Fund

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ADULT CAREERS

Accredited Training

Unemployment figures are on the rise. The current Covid-19 situation has affected this as a growing number of people are not actively looking for work, plus the number of available vacancies has significantly dropped.

Many adults (people aged 19 or over) who are unemployed will rush to find quick employment without looking at career options first. This means most will end up in temporary work as a quick fix and be in the same situation months later.

A large percentage of unemployed adults are not aware that there is funding out there to help them boost their skills, gain qualifications and improve their working situations.

This is what Smart Business Assistance campaign for! No matter how old a person is, it is never too late for self development and there is funding out there that will support it.

Smart Business Assistance work with Training Providers, Funding Providers, Employers and Unemployed Adults to help bridge this gap and deliver accredited and non accredited training to help improve employment across the UK.

We represent the Adult Education and Employment industry to offer many tailor made solutions that help people into work. We also help employers to retain employees and create an integration process so they can easily employ people who have been long term unemployed for different reasons.



Useful info:
sbaproject.org.uk
www.semlep.com
themallowscompany.com
east-northamptonshire.gov.uk

ISSUE 15



Smart Business Assistance have created a new training initiative called **Unlimited Skills**.

We now offer a range of fully funded bite sized skills workshops and will be delivering the following around Northamptonshire in the coming months.



Unlimited Skills
Employability Skills



Unlimited Skills Preparing
to return to work



Unlimited Skills Starting
your own business

Each of these workshops will give you a badge that you can add to your CV and a certificate of completion, it will also make your CV stand out when applying for work.

Other services available in the Northamptonshire area are:

- CV writing and applying for work support for unemployed adults
- Tailored in house delivery to employers of the following Unlimited Skills workshops – Customer Service, Internal Sales, Office and Administration, Employability Skills
- Approved Employer Membership Package

Our goals are:

- To work with all organisations that have networks of adults who are looking to gain qualifications, find employment and offer support in all areas.
- To create a space and platform for all organisations who work with different groups of adults to network, communicate and share best practices.
- To ensure that policies and processes are streamlined across all UK employers to help employ new members of staff, retain current employees and continue the personal development of employees
- To campaign and raise awareness of adults who need additional support in gaining qualifications and finding employment

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QUIT smoking!

Join millions during *Stoptober*, and beat the habit

Despite hundreds of Northamptonshire residents kicking the habit in recent years there are still more than 90,000 smokers in our county, and more than 14,000 of these smokers live in Corby.

Smoking is still the leading cause of preventable death and ill health in England, and medical professionals agree that quitting is the single best thing you can do for your health. This is especially important at the moment given the complications that can occur for smokers who contract COVID-19.

It's widely recognised that the best way to stop smoking is through a combination of behavioural support and some form of medication to help you beat cravings. In fact, you are up to 4 times more likely to successfully quit if you get help from a specialist service. In Northamptonshire, we have our very own specialist team to help you quit for good, the Northamptonshire Stop Smoking Service.

The team, led by Corby resident Richard Holley, gives smokers the chance to take part in their free 12 week quit programme.



Every smoker that sets a quit date with the service gets tips and advice on how to stay smoke free, regular telephone appointments with a trained Stop Smoking Advisor, and a course of nicotine replacement products (including nicotine patches and vaping starter kits) at absolutely no cost.

More than 100 Corby residents have quit with the service this year, if you would like to join them simply email smokefree@northamptonshire.gov.uk or call 0300 126 5700.

Northamptonshire Stop Smoking Service



12 Weeks of FREE behavioural support



Tips and advice on how to quit



Face to face and telephone appointments



A course of nicotine replacement therapy



Electronic cigarette starter kits and a 12 week supply of E-liquid



Champix referral



Public Health Northamptonshire

smokefree@northamptonshire.gov.uk
0300 126 5700

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SHOWROOM OPENING HOURS:

Mon, Tues, Thurs and Fri 9am - 5pm, Sat 10am - 4pm. Closed Weds & Sun.



focussed on

Corby Woodland Project

Corby Woodland Project embeds the importance of preserving the Corby Borough woodlands and green spaces for future generations through business and community involvement.

For almost a thousand years, Corby has been part of the historic Rockingham Forest. Within the Borough, remnants of this ancient woodland have been preserved and new woodland areas created for the benefit of nature, the people of Corby and its surrounding villages.

External funding has allowed Corby Borough Council to produce a management plan to improve and conserve Hazel and Thoroughsale Woods (H&TW), an ancient woodland located in the heart of Corby which has social forestry at its core.

If you have some spare time you could join our friendly and welcoming volunteering group. There are several areas in which you can volunteer your time; perhaps you enjoy retail and would like to join our team of volunteers supporting Foxy's Woodland Shop in the beautiful East Carlton Country Park? Or do you have an interest in wood turning and carpentry? If so you can join our group of volunteers who are busy making saleable goods for the woodland shop.

If you prefer fresh air and getting your hands dirty join our group of volunteers who help to clean and preserve our woodlands through a variety of activities such as litter picking, pruning, brushcutting and coppicing. We provide all the training and support and you can give as much time as you are able!

FOXY'S WOODLAND SHOP

Located in **East Carlton Country Park**, Foxy's is a rapidly expanding retail outlet specialising in timber products, candles, food products such as jams/preserves and plants. We rely on our team of volunteers to help keep the shop open 7 days a week. Reducing our overheads through volunteer support means an increase in profit - all of which is spent on conserving Corby's woodlands and green spaces.

This is a great opportunity to help a fantastic cause and meet new friends!

Please contact Rebecca Jenkins on **01536 464019** or email: **rebecca.jenkins@corby.gov.uk**

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www.corby.gov.uk/corbywoodlands

f /CorbyWoodlands

Schedule

Monday to Friday Daytime

7am - 10am	'The Big Breakfast Show' with Stewart McNeill
10am - 11am	'Number 1's Rewind'
11am - 2pm	'The Mid-Morning Show' with The Corby Radio Team
2pm - 3pm	'Rewind'
3pm - 6pm	'The Big Drive Home' with Des Barber

Monday Evening

6pm - 8pm	'A Touch Modern Soul' with Des Barber
8pm - 10pm	'The Sensational 70's' with Kazzi B
10pm - 11pm	'The Love Groove'

Tuesday Evening

6pm - 8pm	'SKA, Mod and Reggae Show' with Andy Cox
8pm - 10pm	'The Indie and Alternative Show' with Chuck
10pm - 11pm	'The Love Groove'

Wednesday Evening

6pm - 8pm	'Early Evening Show' with Oliver Mills
8pm - 9pm	'The Country Hour'
9pm - 10pm	'The Corby Radio Rock Show' with Darren Jackson
10pm - 11pm	'The Love Groove'

Thursday Evening

6pm - 8pm	'Early Evening Show' with Libby Fisher-Byrne
8pm - 10pm	'Live and Local' with Barry Addison
10pm - 11pm	'The Love Groove'

Friday Evening

6pm - 8pm	'The Real 80s Show' with Tim Maddocks
8pm - 9pm	'The Session' with Darren Jackson
9pm - 10pm	'The Legends Show' with John Headley
10pm - 2am	'Club Corby' with Will Trueman

Saturdays

7am - 10am	'The Saturday Breakfast Show' with David Edgeworth
10am - 12 Noon	'Saturday Morning Special' with Paige Barber
12 Noon - 2pm	'In the Groove Disco Show' with Kazzi B
2pm - 6pm	'Sport 963' with Stewart McNeill
6pm - 8pm	'Totally 90's' with Leigh Jamison
8pm - 10pm	'Corby Radio's Music Jam'
10pm - 2am	'Weekend Anthems' with Simon Marshall

Sundays

7am - 10am	'The Sunday Breakfast Show' with David Edgeworth
10am - 12 Noon	'Sunday Movie Buff show' with Andy Barnes and Julie Forsyth
12 Noon - 2pm	'Sunday Social Show' with James Ashton
2pm - 4pm	'The 60's Show' with Terri Meechan
4pm - 7pm	'The Classic Soul Show' with Andy Barnes
7pm - 10pm	'The Jukebox Drive-in' with Robbie Owen
10pm - 11pm	'The Legends Show' with John Headley

Meet the Team



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www.corby.radio
studio@corby.radio
Text: 963CORBY + MSG to 88802

Corby LOTTERY

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'The Voice of Corby'

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GIVINGTUESDAY

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2		WIN 4 TICKETS TO TWINWOODS WET N WILD	WHAT IS THE WET N WILD ADVENTURE AT TWINWOODS?
* 3		WIN TWO ENTRIES TO ROOMS AT ANY LOCATION	NAME A NEW ESCAPE ROOM AT THE CORBY BRANCH?
* 4		WIN TWO ENTRIES TO ROOMS AT CORBY	WHAT LOCATIONS CAN YOU FIND OUR DESTROY'D ROOMS?

*MONTHLY COMPETITION

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