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on Corby



HANDS



FACE



SPACE

PREVENT ANOTHER LOCKDOWN:
Support your community and do your bit to protect our loved ones

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Money Saving Coupons Inside

Focus-on:

- Jo Watts: Living Well
- Covid Advice & Support
- Kingswood Kitchen - Little Chefs
- Papa John's in the Community
- Council Facilities Re-Open
- Corby Radio: Meet the Team

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Hello,

We hope you are keeping well through this strange time we are living in!!

We know things have been hard in so many ways, especially the mixed messages coming from the government. We have been working with Corby Council to bring you the correct information in order to get this virus under control and protect our loved ones. It is not until you loose someone to the virus, that it becomes a whole new reality. Together we can beat it, Corby is a great town and always works hard for its people, and sure we will pull together for the benefit of us all.... I mean who really wants to lockdown again!!!

A massive **THANK YOU** to all our NHS & Keyworker staff, you know who you are! I know that this has really been a testing time for you all, having to work through and still look after family and loved ones.

You are all legends!

Editor & Founder

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COVID-19: SUPPORT YOUR COMMUNITY!

Although Corby has recently come off of the Government's official watch list due to cases of Covid-19 showing some signs of decreasing, Corby Borough Council is urging residents to continue to be vigilant and follow guidance extremely closely as cases nationally are continuing to rise.

Residents are asked to:

- Limit contact with others outside your household or bubble
- Work from home if you can
- Keep 2 metres from others where possible and use a face covering where you are less than 2 metres apart
- Avoid using public transport or car sharing and wear a face covering if you cannot avoid this
- If you have Covid-19 symptoms, stay at home, self-isolate and get tested
- Avoid meeting those outside of your household or bubble in an indoor space
- Wash your hands regularly and thoroughly for 20 seconds each time
- Do not share items with others outside of your household or bubble
- If you are contacted by the NHS Test and Trace and asked to self-isolate, stay at home for 14 days, if you develop symptoms, get tested

For further guidance and advice surrounding Coronavirus, please visit:
www.gov.uk/coronavirus

Leader of Corby Borough Council, Cllr Tom Beattie, said:

"We are pleased to see that the number of positive cases of Covid-19 in Corby are beginning to decrease, however this is not a time to relax. We need to ensure that we continue to stick to the guidance given in order to see a further decrease in cases and hopefully avoid any further restrictions put on the Borough."

'As we see the national trend in cases rise and lockdowns in several locations up and down the country we need to do all we can in Corby to take care of ourselves and each other.'

Coronavirus has not gone away. Corby residents are at risk!



Stay Safe

Help stop the spread,
protect yourself and each other:

- Call 119 or visit nhs.uk/coronavirus to get tested if you have symptoms
- Minimise social contact
- Keep a safe distance from others
- Wash your hands regularly
- Wear a face covering in enclosed public spaces and on public transport



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www.northamptonshire.gov.uk

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Living well in the last years of life

Most of us hope for long happy healthy lives, and during our later years many people will develop one or more long term health conditions. These conditions may include COPD, arthritis, cancer, diabetes, heart disease and failure, kidney disease, neurological conditions and dementia. It is never too early to think about the future that we want for ourselves and our loved ones and it is important to talk to friends and family about our wishes. These wishes can be recorded in an advanced directive which is also known as a living will <https://www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/>. This will often include preferences for where you want to be at the end of your life such as at home or in a nursing home, and a wish to die naturally and with dignity when the time comes without attempts at resuscitation. This information should be shared with your GP surgery and any health teams caring for you. You may also have preferences for funeral arrangements and it is often a comfort to bereaved families if they know they have been able to fulfil the final wishes of their loved one. <https://www.corby.gov.uk/home/environmental-services/deaths-funerals-cemeteries/advice-support> It is helpful to write a will if you have money or possessions that you wish to leave to friends, family or charities after you die. You may also wish to consider telling your family if you want to donate your organs or tissues to someone who is in need. www.organdonation.nhs.uk

While you are still well you may want to consider drawing up a lasting power of attorney (LPA) document so that a friend or family member can make decisions if you lose the capacity to do so yourself.

Be aware that having LPA for managing finances does not entitle you to make health decisions for your loved one, and to do this you would also need LPA for health and welfare. <https://www.gov.uk/lasting-power-attorney-duties/health-welfare>

Most people want to stay as independent as possible while living their later years in their home. If reduced mobility is an issue for you or a loved one you may wish to consider installing a key safe on the outside of the property so that trusted friends and family can unlock the door. Please consider giving the key safe number to your GP surgery to store securely in your medical notes to be used if a district nurse or GP needs to visit. Corby Borough Council can also talk to you about a home assessment and arrange fitting of home adaptations to maintain independence including grab rails and devices to make using the toilet and bathing safer. <https://www.corby.gov.uk/home/environmental-services/private-sector-housing-information/disabled-facilities-grant-residents>

Northamptonshire carers can also support you to make sure that anyone you care for is getting the financial and practical support needed, including arranging an assessment of your care needs and exploring how they can be funded. <https://www.northamptonshire-carers.org/>

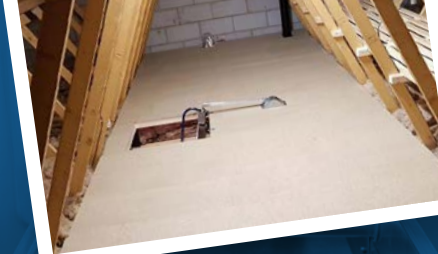
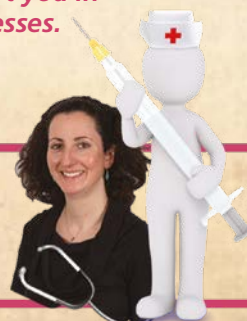
We are fortunate to have a wide range of charitable and voluntary organisations in Corby, most of them have details on the Access Corby website <https://www.accesscorby.org.uk> and the countywide

<https://www.northamptonshirehpc.co.uk/directory/> directory. Many of them run befriending services and support groups, that keep people active, connect them socially and share useful information. You can ask your GP surgery receptionist how to access a new (social prescribing) link worker who will help you to find the best support for your situation. At the end of life the Hospice at Home service run by Lakelands hospice <https://www.lakelandshospice.org.uk/> provides nursing care for patients and their families in their own home. We also have Marie Curie nurses and GPs (including the out of hours GP service) to support patients during their final days, and they can be contacted via your registered GP surgery or by calling 111 when your surgery is closed. If someone is expected to die a GP will often prescribe "Just In Case" medications that can be kept at home and given to ease pain, sickness or agitation during the final days. Lakelands hospice also runs a bereavement support group that can support you in your grief even if your loved one was not cared for by them.

It can be very difficult to talk about how you want things to be in your final days, months and years. However, if you share your wishes with your family and friends in plenty of time they will be better able to support you in your final illnesses.

Dr
**Joanne
Watt**

Great Oakley Medical Centre
Clinical Chair Corby CCG



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We are all worried about the impact of the Coronavirus outbreak, in particular those who are in self isolation. If you or your family and friends need and advice on any legal matter, then please contact us and we will be delighted to help.

There is often no need for us to meet face-to-face and you can deal with matters from the comfort of your own home. We can communicate either over the phone or video conference call (Zoom/WhatsApp/Facetime etc) and by post and email

Please call us on **01536 276300** for a free initial telephone call or video conference call. We are here to protect and look after your best interests. We hope you stay safe in these uncertain times.

OVER 60? RETIRED?

Three things to think about.

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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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The "original Jamie Oliver" has just opened a teaching kitchen in Corby

A new functions and events venue opened in Corby recently, following a truly spectacular makeover at Kingswood Kitchens, located in The Grove on the outskirts of town.

The venue's crowning glory is its state-of-the-art teaching kitchen. Here, people of all ages, backgrounds and abilities can come to learn the art, the science and the joy of cooking.

The enormous space accommodates up to 28 people in a stylish, contemporary kitchen decked out with top-of-the-range cooking facilities.

As well as basic cookery lessons, you can also learn to cook authentic cuisine from around the world. Vegetarian, vegan and gluten-, lactose- and sugar-free cooking classes will also be available, plus a wide range of themed offerings, such as Cooking at Christmas, <Ready Steady Cook>-style classes and fun kids' parties - where they make the birthday cake!

The teaching kitchen is the vision of Julie Belford, the director of Kingswood Kitchens, who has been dubbed 'the original Jamie Oliver,' thanks to her pioneering work in school dinners.

While working at a school back in the early 90s, the former home economics teacher realised the meals being served there desperately needed a makeover. So when the principal asked Julie to take over running the canteen, she was only too happy to take on the challenge.

The result was a literal food revolution, with Julie gradually ditching the junk food in favour of five healthy, affordable and delicious meal options every day.

Today, almost 30 years later, Kingswood Kitchens makes and distributes meals to schools all across Northamptonshire and Lincolnshire through its Kingswood Catering division, feeding an astounding 60,000 children every week.

Over the years, the company has expanded to encompass two new divisions: events catering and corporate catering. And now, with the opening of its teaching kitchen, Kingswood Kitchens is entering a whole new era. And helping a whole lot of people learn to cook along the way.



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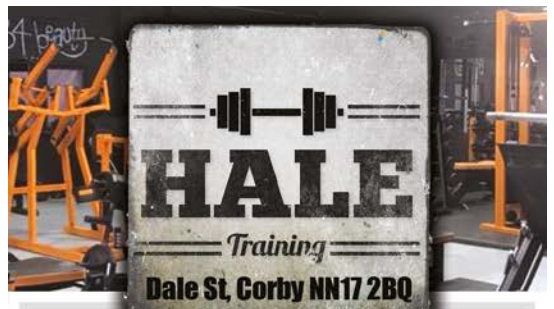
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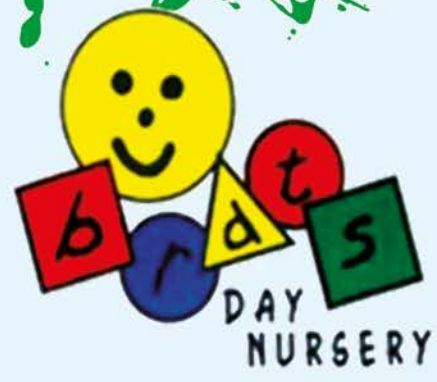
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I enjoy a lot being the part of the local community. Be it providing free pizzas for TV Show, DIY SOS while refurbishing a house for a very worthy local cause or free pizzas at Lakeside Surgery for our Local NHS Hero's.

It gives me immense pleasure that Corby is growing so fast and there is huge prospect of increasing our customer base and provide them a quality pizza every time they order with best prices around.

We have a continuous offer of **Buy one get one free pizza all year round** which my competition struggle to match!

I am so excited with Corby town's expansion and looking forward for a bigger happier satisfied customer base.



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Winter opening times from 1st October, 10am – 3.30pm, 7 days a week.

Car parking areas close at 4pm. The shop is now taking orders for firewood, hampers and Christmas table decorations.

*Foxy's Woodland Shop open, 10.30am – 2.30pm.

West Glebe Pavilion –

Exercise classes available include; Chair aerobics - Tuesday 10:30am; Exercise to music Friday 1:30pm and Steady Steps fall prevention program Wednesday 1:30pm.

Classes are £3.50 and need to be booked in advance, call 01536 204217.

Join the **FREE health walk** at West Glebe at 1.30pm every Wednesday, no booking required.

Hazelwood Neighbourhood Centre



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Schedule

Meet the Team

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



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