

OCUSSEC on Corby

WORKING TOGETHER:

A message from the director of Public Health, Northamptonshire County Council









Money Saving Coupons Inside

- -ocus-on:
- Covid: Public Health Announcement
- Jo Watts: Please Be Kind
- Corby Fire Station Safety at Xmas
- Willows Place Xmas Mr Kriss
- The Core '10th Birthday'
- Seatons Personal Injury



Welcome,

to the final edition of 2020... and I am sure you will agree, we can't wait to see the back of it and hope that 2021 is better for all, businesses and the residents alike. It really has been a tough year, and a heartbreaking one at that. COVID IS REAL!! I have experienced this first hand, with both of my parents coming down with Covid and being hospitalised. Thanks to all the doctors, nurses, care workers & Keyworkers that helped them in one way or another. My father, Des has spent

nearly 3 weeks in intensive care, and is still not ready to come home due to all the knock-on effects Covid has left him with. It is hard to see your parents looking seriously unwell, and unsure if and when they would get better. So please, please, please stay safe, not only for you and your family, but for our community altogether. The businesses of Corby and beyond are really struggling to keep their doors

open with both lockdowns this year, I couldn't imagine the impact of another. it would be catastrophic!!

Our advertisers know times are tough and that's why you will find a voucher within this magazine for many of them. If you see an advert that grabs your attention, why not check the voucher pages and see if they have an offer you can't refuse! Perfect timing for Christmas gifts and New Year improvements.

Wishing a very Merry Christmas to all our readers and advertisers, we look forward to seeing and working with you all next year.

Fditor & Founder

Craig Barber

19-M; 17-G; 18-F; 19-H; 20-E; 21-I; 23-X; 23-B; 24-N; 28-F; 28-K; 28-K; 28-F; 28-K; 28-F; 28-K; 28-F; CODE BREAKER ANSWERS

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SUDOKU ANSWERS

ISSUE 17

to ensure the accuracy of their content.

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NORTHAMPTONSH RE BRITAIN'S BEST SURPR SE





As we continue into winter I want to inform you of the current situation relating

As we continue into winter I want to inform you of the current situation relating to Coronavirus in Northamptonshire and specifically the areas in which you live. I'm also hoping to share some key tips to help you and your families stay safe during the winter period and how to access support if you need to self-isolate, if you become unwell, or if you require help with shopping, medication or loneliness.

We are currently seeing the largest rise in cases in Northamptonshire since the first national lockdown. Positive cases range across all age groups, but significantly are largest in the age groups from 10-59. We know that these age groups are amongst the most sociable, go to school, university or work, and may be involved in the care of others, children and/or older people.

Worryingly, we are also seeing a rise in cases amongst those aged over 60. This age group is the group that are most likely to become severely unwell should they get Coronavirus, they may need to stay in hospital and sadly, as we are starting to see once again, more of this age group are likely to die from the virus

Transmission can easily spread within families, especially where children and parents mix with grandparents and particularly in indoor settings. Whilst we recognise the importance of social interaction, we would recommend that if you have to work with or care for someone who is older or more vulnerable, or if you ordinarily mix with grandparents, that you consider reducing your social contacts elsewhere, or move your interactions with those older, more vulnerable contacts to an online format where possible during the winter period.

The introduction of recent national lockdown guidance will help us to reduce community transmission of the virus. Community transmission is where the virus spreads in households with people mixing in indoor spaces in particular. We would recommend that where anyone enters your home, or you theirs, for example for childcare purposes, that everyone wears a face covering, maintains a two metre social distance, and keeps interactions as short as possible. Continue to wash your hands regularly and clean any surfaces or contact points such as door handles, cupboard handles and taps.

If you have any concerns about whether you may have COVID-19, how to get a test, how to get more support for someone who is vulnerable or the current guidance and what you can and cannot do, visit the County Council website. https://www.northamptonshire.gov.uk/coronavirus-updates/Pages/default.aspx Northamptonshire County Council

Lucy Wightman Director of Public Health.

Northamptonshire County Council

We all need to work hard to ensure that case numbers reduce in our local area, to ensure that we keep the people we love safe, and so that we can return to a more normal way of living as soon as possible when the national measures come to an end. We are all in this together and all of our actions contribute to the outcomes we face.

Let's continue to work together, to wash our hands regularly, to wear our face coverings and to keep two metres from others.





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

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Details of Christmas activities, as well as any lockdown restrictions, can be found on Corby town centre's website at

willowplace.co.uk

& WILLOW PLACE

A Christmas like no other in **Corby Town Centre**

The UK's largest illuminated Santa display is the centrepiece of this year's Christmas activities in Corby town centre.

The giant 'Mr Kriss' - measuring 5m high and 7m across - is taking pride of place in Corporation Street and is proving a big hit with shoppers! The town centre has also been bedecked with Christmas lights and real Christmas trees to add to the festive spirit.

Centre Director Dan Pickard says:

"This year it was always going to be a Christmas like no other with the continuing restrictions due to the Covid-19 pandemic. Then, just as we were finalising our Christmas activities, the government announced a second nationwide lockdown from 5 November to 2 December. We were due to welcome back the popular Historic Travelling Market at the end of November but, subject to any further restrictions, we hope to reschedule that for 10-13 December.

Sadly, we will not be able to have our Santa's Grotto this year, but we are pleased that we have been able to secure the services of Mr Kriss instead!"

Last year was Corby's most successful Christmas ever, with its ice rink named as one of the top ten in Europe. The Historic Travelling Market also attracted large crowds with a weekend of free entertainment and unique handmade gifts and Christmas fare on sale.

Dan Pickard says: "It's been an extremely challenging year for retail and we can only hope that things start to improve as we head towards Christmas, so that family and friends can share this special time together with as few restrictions as possible. Over the past months, we've done our best to keep everyone safe as they shop in the town centre and, rest assured, we will continue to do so over the festive period."

To bring some additional Christmas cheer, the town centre team are hosting an Advent Calendar competition on their Facebook page from 1-24 December, with the opportunity to win some great prizes as well as gift cards from local retailers.

"We have a fabulous range of shops here in Corby town centre, where we are privileged to have many independent retailers, bars

amongst some of the UK's well as a daily market," much want to encourage customers to support their town centre and to shop local this

and restaurants nestled leading national brands, as adds Dan Pickard. "We very

Christmas."



Christmas opening hours

MONDAY 21 DECEMBER: 9AM - 8PM TUESDAY 22 DECEMBER: 9AM - 8PM WEDNESDAY 23 DECEMBER: 9AM - 8PM THURSDAY 24 DECEMBER: 8AM - 5.30PM CHRISTMAS DAY: CLOSED BOXING DAY: 9AM - 5.30PM SUNDAY 27 DECEMBER: 10.30AM - 4.30PM MONDAY 28 DECEMBER: 10.30AM - 4.30PM TUESDAY 29 DECEMBER: 9AM - 5.30PM WEDNESDAY 30 DECEMBER: 9AM - 5.30PM THURSDAY 31 DECEMBER: 9AM - 5.30PM FRIDAY 1 JANUARY: CLOSED

SATURDAY 2 JANUARY >: NORMAL HOURS

Town centre festivities



Don't miss our Travelling Historic Market, offering handcrafted Christmas gifts and festive treats. Open 10-13 December.



Selfie alert: Meet Mr Kriss - the UK's largest located in Corporation Street as part of this year's decorations!

All hours are subject to any Government restrictions which may be imposed due to Coronavirus and may change without notice.







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This is a difficult time when Covid has affected everyone in our community in some way. You may know someone who has been infected, or has been affected by the pandemic restrictions and lockdowns we have all experienced over recent months. When you wear a face covering or keep your distance from people, you are being kind to your community and protecting them from the Covid infection, that you may not realise you have. Please do self-isolate when you are advised to do so, and that will reduce the risk of other people catching Covid.

Avoiding close contacts with large numbers of people and washing your hands to protect other people is an important way to be kind to other people and will keep them safe. It can be difficult to know how challenging other people are finding it to live their lives during the Covid Pandemic, if you can find a way to make other people happy you may make this difficult time just a little easier. This may be something as simple as saying a kind comment to someone in a shop, or thanking someone who has helped you. There may be people for whom a text message, phone call or a video call may be the sort of kindness that they need from you at this time.



Health and care services are still available for those who need them and have been working throughout the pandemic, although they may look a little different to you. Many of your contacts with these important services will be remote via telephone or digital methods especially to start with.

GP surgeries have been caring for patients in this way throughout the pandemic and have been able to see those patients face to face who needed to be examined. This remote working is in place to keep you and the staff as safe from Covid as possible while providing you with the care you need. Some services are under more pressure than they were a year ago and staff will do their best to help you, although vou may find that there are delays and appointments may be rearranged. This change to services may be frustrating, and the health or care staff are trying to do their best to be kind to you in difficult and uncomfortable circumstances.

Some of the health and care workers will have their own health conditions and may be working remotely to protect their own health. They may also have vulnerable family members who they need to protect and have often worked like this for many months while putting their own lives at risk when they see the people they care for. Please be kind to the health and care staff that you speak to including reception and administrative staff and it will be really appreciated. If you continue to be kind to frontline workers they will do their best to help you despite the difficult and frustrating situation we all find ourselves in at the moment.



For many of us 2020 has not been the year that we were expecting. Most of us have been separated from family and friends, and we may have loved-ones who have died from Covid or other conditions and may be struggling to grieve.

Please take some time to be kind to yourself and forgive yourself for not being perfect. While it is natural to focus on the things we cannot do at the moment and the aspects of our lives that we are missing, it is also helpful to focus on the things we have and the positive aspects of our lives however small they may be.

This is a good time to look at eating well, trying to exercise and getting some fresh air. You may wish to take the time to make meaningful connections with other people even if it is at a distance. You may just want to take the time to read a book or chat to a friend or family member. Your GP surgery will have employed social prescribing link workers who can give you more information about groups and support in your area, and you can ask to speak to them by contacting your registered GP surgery. You may need some support to help you to do this and if you are struggling with your mental health you may wish to call the mental health hub on 0800 4480828. This has been a difficult year and we need to remain hopeful for the future, we can support each other and get through this by considering others and treating them and ourselves with kindness and understanding.



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It's incredibly important to us to give something back to the community. Many charities have found themselves in desperate need of funding during the COVID crisis

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(is not the first question you need to answer!)

The first step in making a personal injury claim is not finding out how much your claim is worth – it is finding a lawyer that you can work with. Deciding whether to make a claim can be stressful and you will have many questions about the process.

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We must

keep on protecting

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Online Zoom Meeting

Guest Speaker:

Mr James Saunders Watson.

Lord Lieutenant of Northamptonshire



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For more info visit our 'Events' page on facebook

HM Government

each other.





HANDS



SPACE

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

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.



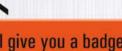




Unlimited Skills Preparing to return to work



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.

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- 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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PARK, JIMMY KANE WAY, CORBY, NN17 2FB

TIME: 10:00am - 12:00pm

DATES:

SATURDAY 19TH DECEMBER 2020 SATURDAY 16TH JANUARY 2021 WEDNESDAY 17TH FEBRUARY 2021 WEDNESDAY 31ST MARCH 2021 SATURDAY 1ST MAY 2021 WEDNESDAY 2nd June 2021

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This week marks the 10th birthday of The Core at Corby Cube. Although The Core cannot celebrate as planned due to the current pandemic, they want to take this opportunity to look back on their exciting first 10 years and plan ahead for their role in the community for the future. They are asking audiences and participants to share their best memories at the venue and particularly want to hear from some of the local performers that have taken part in over 250 shows at The Core since 2010.

Since opening its doors 10 years ago. The Core has firmly established itself at the heart of the local community, welcoming local people to get involved on and off the stage whilst programming a diverse range of quality shows. The venue has welcomed more than 325,000 audience members to live performances and films, including over 70,000 young people under the age of 19. In addition, over 150,000 people have been involved in participatory activities, including over 75,000 young people. As well as the many professional and visiting productions, The Core has also hosted more than 250 performances from Corby community groups and societies and supported over 4000 local artists.

Over the past ten years, The Core's local economic impact has totalled £30.2 million, including over £4.1 million spent on employing 406 staff from the area and £0.8 million spent by customers on local services such as restaurants, public transport and taxis.

During this time, The Core has worked with with a range of exciting companies, including China Plate (Macbeth – Blood Will Have Blood in 2016), Frantic Assembly (No Way Back in 2015), The Wardrobe Ensemble (Wind In The Willows in 2017), New Old Friends (Swiss Family Robinson in 2019) and New International Encounter (Beauty and The Beast in 2018). They have also worked closely with Made With Many (formerly Made In Corby) on a range of productions, including Danny Hero (in association with CATS) and Empire Soldiers, putting local people and local stories in the spotlight. It has also produced its own Christmas shows including its launch production Hansel and Gretel in 2010 and the much loved A Christmas Carol in 2016.

Community project highlights in recent years have included Concept, a music making programme for disadvantaged young people and The Gunpowder Plot series with Metro Boulot Dodo and Launch Pad, a series of shows to develop emerging artists in the area. The Core is proud to provide such a significant support to young people in the area, both through its weekly programme of activities and in helping them to achieve Arts Awards, as well as supporting schools to provide access to high quality arts and arts educators with over 6500 students a year taking part in our arts projects in the classroom.

The Core has also welcomed a diverse range of touring productions, with past offerings from many well-known comedians such as Sarah Millican, Ed Byrne and Kevin Bridges, world-class theatre shows Trainspotting Live and Austentatious, music from The Illegal Eagles and Bay City Rollers plus multi-sensory art experiences The Isle of Brimsker and The Art Of Tolerance working in schools to explore hate crime and racism. The Core are also proud to host regular visits from CATS, Shape Dance, WATS, Youth Brass 2000, Corby Festival of Dance and hundreds of performers of all ages from the local amateur performing arts community.

For the past 3 years, The Core has also co-produced GROW Festival with Made In Corby, filling the town centre with a wide range of arts activities for one weekend; from free street theatre like the spooky SPARK drummers to thrilling new arts experiences, including a large scale community feast in 2019 and Museum of The Moon earlier this year.

The Core's Director, Joe Flavin, said: "As we approach The Core's 10th Birthday, there are so many brilliant moments to reflect on, From our first Christmas show Hansel and Gretel and packed houses for youth slam events in 2010, to the GROW festivals and Museum of The Moon at the start of this year bringing just shy of 10k people through the doors in one week. We were hoping to make a big splash this season to mark the occasion but our spirits are not dampened and we can't wait to welcome audiences back for the next 10 as soon as it is safe to do so."

To mark their 10th Birthday, for the month of December, The Core will be giving away 10 tickets a week to shows in Spring 2021 with some big names to be announced at the start of the month. To be in for a chance to win tickets, simply head to their social media pages in December and comment with your best memory, or email your memory to Rosie at rosie.blackadder@namtrust.co.uk. The Core can be found at The Core at Corby Cube on Facebook and @thecorecorby on Instagram and Twitter.



For more information, please contact: Rosie Blackadder on **07582 634254** or rosie.blackadder@namtrust.co.uk





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CLASS TIMETABLE

DAY	CLASS	TIME	
MONDAY	BOXING	6:30PM	
TUESDAY	STRENGTH	6:30PM	
WEDNESDAY	FITNESS	6:30PM	
THURSDAY	BOXING	6:30PM	
SATURDAY	CIRCUITS	10:00AM	
SUNDAY	STRENGTH & CONDITIONING	10:00AM	

TO

LET

tocussed on

Keeping safe this Christmas

It's that time of year again where we are all gearing up for Christmas. This year for many of us, it will be a different festive period but we can all hopefully have a fun and safe time. The Fire Service would just like to give you a few to tips to help you on your Christmas journey.

To start with we must all adhere to all the national COVID messages, the last thing we want to do is to pick up the infection and spread it to our families. The constant message of washing our hands, sanitizing and wearing a mask where needed, still needs to be at the front of our minds but we can still enjoy ourselves.

Below are a few tips from Northamptonshire Fire and Rescue Service that will also keep you safe during the holiday time:

Please make sure that you check your smoke alarms on a regular basis and have one on each floor of your house.

Check that you have a fire escape plan and everybody knows what to do in the event of a fire

Most fires start in the kitchen, stay with your cooking and avoid alcohol during this time

Never place candles near a Christmas tree. Make sure that candles are on a proper holder and place away from decorations, curtains or any other flammable items and don't leave them unattended. Try changing your wax candles for LED candles, same effect but safer to use

Check your lights before you put them on the tree. Electrical Safety First, advise the use of LED lights and that you buy from a reputable dealer making sure they have a CE or BSI mark on them. Switch them off before you go to bed

Do not overload your plug sockets, or daisy chain your extension leads

If you have an open fire, make sure you have a firequard round it and do not hang decorations over the fireplace

Make sure all cigarettes are put out properly and smoke outside if you can

Lastly, take time to check on elderly relatives and neighbours to make sure they are safe and well but keeping that social distance at all times

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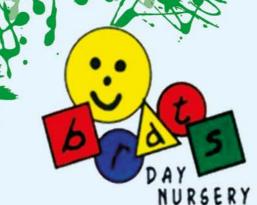
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- Complementary build-up provided







Why not join the new operators in Corby this year, which have included a bar & restaurant, a travel agency business, a food wholesaler, a new concept department store incorporating an artisan food hall and an egg-free cake retailer.

A range of fitted and part-fitted unit sizes are available with short term/flexible deals.

TO LET

Retail/leisure/ office units

Opportunities for regional local/independents and new start-up businesses to join other successful local operators as part of Corby town centre.



161 sa ft (14.9 sa m) Fitted Kiosk Unit

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1,417 sq ft (131.6 sq m) Fitted Unit in Fashion Pitch

40 Corporation Street 9.693 sa ft (900.5 sa m) Large Fitted Retail Unit

Further opportunities in addition to the above.

8-9 New Post Office Square

21 Willow Place

For further information on current availability contact joint agents:

CONTACT



Stephen Henderson T: 0113 220 1206 M: 0787 099 9618 E: shenderson@savills.com

M: 0789 608 4299

E: ihowe@savills.com

Josh Howe T: 0113 220 1239



Simon Smith T: 0121 410 5551 M: 0777 160 4539 E: simon.smith@wrightsilverwood.co.uk

Andrew Benson T: 0121 410 5546 M: 0777 160 4524 E: andrew.benson@wrightsilverwood.co.uk

CORBY FAST FACTS



146 town centre retail units plus residential TK Maxx, H&M & River Island.



New 470 space surface level car park with direct access to town centre (over 720 spaces



Town centre footfall over 7.5 million



and transport business audience: A43, A14, A1, M6. M1



Upgraded train station providing direct and with a journey time of 1 hour 10 mins



UK's fastest growing borough outside London. by 2024" (Office of National Statistics), 2030: 100.000+ predicted.

Population of 252,000 in principal catchment



2017 Academy of Urbanism The Great Town' award winner



www.willowplace.co.uk

Fresham College located nearby, with 7,000



Over £100 million invested by both public and private sector in the town centre since 2006.

- The Cube (civic hub, library & leisure)
- Neville House refurbishment, bringing vacant flats back into use

- Willow Place, new town centre gateway car park & outline consent for up to an additional 50,000 sq ft of retail



Consent granted for over 9,500 new houses Vale under construction) with a commitment to build a total of 28,000 new homes by 2031.

Outline planning application submitted for 4,500 new homes & infrastructure developments as part of the Corby West Urban



Latest consumer exit survey revealed:

- Non-Grocery spend is 11% higher than
- Shopper visit frequency of **74 times** per
- 100% penetration of core catchment
- Net Promoter score is **6% higher** than
- Family shoppers are 4% higher than national



Willow Place & Corby Town Shopping





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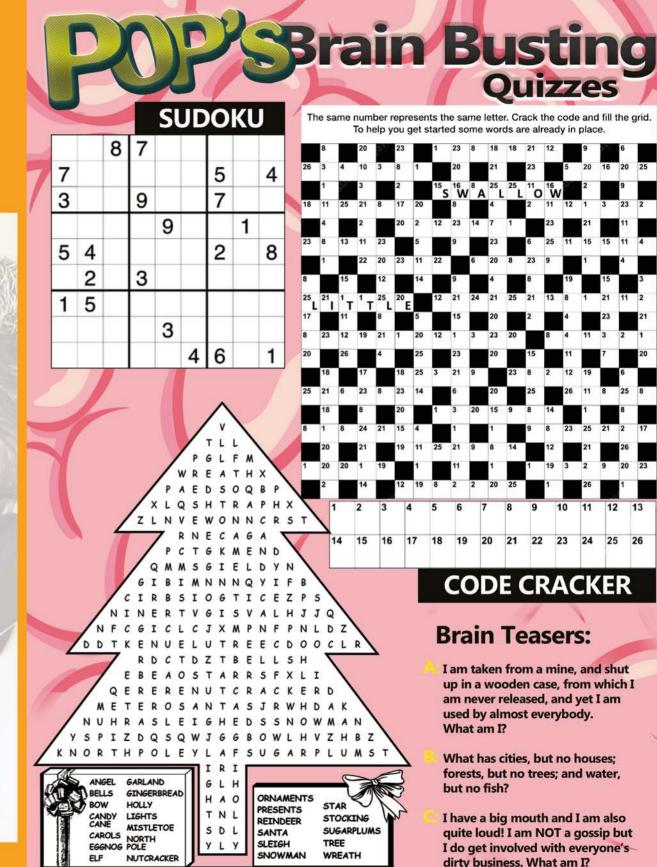
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Schedule

Monday to Friday Daytime

'The Big Breakfast Show' with Stewart McNeill 7am - 10am

10am - 11am 'Number 1' s Rewind'

11am - 2pm 'The Mid-Morning Show' with The Corby Radio Team

Meet the

Team

2pm - 3pm

'The Big Drive Home' with Des Barber 3pm - 6pm

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

'The Country Hour' 8pm - 9pm

'The Corby Radio Rock Show' with Darren Jackson 9pm - 10pm

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 Edgewort 10am - 12 Noon 'Saturday Morning Special' with James Ashton 'In the Groove Disco Show' with Kazzi B 12 Noon - 2pm 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

'The Sunday Breakfast Show' with David Edgeworth 7am - 10am

'Sunday Movie Buff show' 10am - 12 Noon

with Andy Barnes and Julie Forsyth

Call: 01536 265 666

www.corby.radio

Text: 963CORBY + MSG to 88802

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12 Noon - 2pm 'Sunday Social Show' with James Ashton 'The 60's Show' with Terri Meechan 2pm - 4pm

'The Classic Soul Show' with Andy Barnes 4pm - 7pm

7pm - 10pm 'The Jukebox Drive-in' with Robbie Owen 10pm - 11pm 'The Legends Show' with John Headley







From us all at Corby Radio

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LOCAL NEWS LOCAL WEATHER LOCAL & NATIONAL S AND MORE!

It will be a different Christmas this year, but we are still here for you Corby!

Why not send in song requests and dedications for loved ones this Christmas and put a smile on their face in these times of separation.



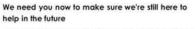
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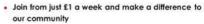




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