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- Corby & Kettering Citizens Advice
- Jo Watts: Covid Vaccination info
- Lottery Fund: Corby Heritage Trail
- Travers Rising Stars 2021 Competition
- Wellbeing in Corby: Loneliness
- Seatons: Workplace Accidents
- Jordan Vucenic World Champ
- North Northants Community First Responders

# Say hello to your new Council



# Here for you from 1 April 2021



0300 126 3000 www.northnorthants.gov.uk **Please note:** These new contact details will only be active from 1 April. Until then, please continue to contact your existing council.

### Hi Corby,

we hope you are managing to keep well as we continue to struggle through Covid-19 times. But as they keep saying there is light at the end of the tunnel, and it begins this month whoo hoo!

It will be fantastic to get some sort of life going again, and for businesses this is music to their ears as they begin to re-open their doors to the public. We really need to support our local businesses in the coming months as many are still holding on by a shoe string, so please when safe to do so, get out and enjoy all that Corby has to offer once again.

Some BIG changes coming to Corby this month as we welcome the new unitary Council, **North Northamptonshire Council.** As you can imagine this has been a huge task behind the scenes, well done to all involved with setting this up! **Visit www.northnorthants.gov.uk.** 

With this comes, **Corby Town Council**, Corby Town Council provides your local services and a democratic and representative voice for the community. We strive to make Corby a better place to live, work and visit and we support and contribute towards the sustainable economic and social well-being of the town, having regard to the needs and wishes of the local community. **www.corbytowncouncil.gov.uk** 

If you have something important to tell the people of Corby, please do get in touch and we will see where we can help. Send your email to **craig.barber@focussedpublications.co.uk**.

Editor & Founder

### Craig Barber

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# ISSUE 19

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# Did you know that we've been working throughout the Coronavirus pandemic?

Though the work has been from home. Your local Citizens Advice provides advice on a range of subjects including benefits, debt, housing and employment.

When the country is released from lockdown we expect to see a rise in all of these areas, but especially debt. There have been protections put in place to protect people from creditor actions and evictions as a result of them falling into arrears.

We know that people are struggling to meet their basic needs financially due to loss of income, whether that be from being furloughed and getting by on 80% of their normal income or perhaps they have lost their job completely as their employer couldn't survive the restrictions that had to be put in place.

We are here to help people with such issues. We are aware that people can feel embarrassed or ashamed that they have got into debt but they needn't be, we make no judgement on how or why people have fallen into debt and we're pretty sure that we've heard it all before but feel free to test us!

We offer free debt advice up to and including DRO's and it's better to reach out sooner rather than later so if you're struggling then please call us on **Corby** 265501 or **Kettering** 482281 and we'll do our best to help.



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ISSUF 19

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# Corby Heritage Trail

### Corby Borough Council is working in partnership with National Lottery Heritage Fund and KHL (Kingswood and Hazel Leys) Big Local to develop the Corby Heritage Trail.

This project aims to connect residents and visitors to Corby with our local heritage, both natural and industrial, through a network of fully accessible trails. The routes will provide green space corridors connecting King's Wood LNR, West Glebe, Hazel and Thoroughsale Woods, Weldon and East Carlton Countryside Park.

The funding is already supporting essential conservation works identified through the 2019 tree survey conducted by Corby Borough Council ensuring our green spaces are safe and welcoming for our residents and visitors. Directional signage will include way-markers and finger-point posts and the Love Exploring app will provide a photographic

journey through history and identify points of interest; as well as the route maps. Excitingly there will also be dinosaur trails at West Glebe Park and East Carlton Countryside Park to engage children of all age groups.

There are 5 suggested routes which will enable individuals and families to not only to decide where to join the trail, but also which route to choose as they are all different distances. The larger of the routes will be approximately 32 km, with shorter routes of approximately 6 km. The routes are generally available for walking, running or cycling and will hopefully encourage users to start exploring their local areas.

In addition the funding will also provide a new Learn to Ride pump track at West Glebe which will replace the old BMX track. Public consultation was held to decide the track design which will include a beginners area and a track or advanced wheeled users.

Work is expected to be completed by the end of April with a launch date in May subject to government guidance on COVID.



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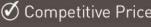
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### What is in the vaccine?

A vaccine contains a small part of the coating of the virus but cannot cause infection. A vaccine stimulates your immune system to protect you against the virus. exactly like it would if you were exposed to the disease. After getting vaccinated, you develop protection against the disease a few weeks later, without having to get the disease first. There are different licensed vaccines and they all give very good protection. The vaccine is given as injection in your upper arm and you may have an uncomfortable arm for a few days after the injection.

Since the first COVID-19 vaccination in the county was administered on 8 December 2020, more than 250,000 doses of the vaccine have been administered to local people across Northamptonshire. The COVID-19 vaccine is safe and effective, and it gives you the best protection against coronavirus. The NHS is offering the COVID-19 vaccine to those most at risk from coronavirus, starting with the most clinically vulnerable.

**GET TESTED, GET VACCINATED. GET BACK TO NORMAL** 

You should have received an invitation for the vaccination if you

- Aged 50 and over
- Clinically extremely vulnerable

(You will have received a shielding letter from the NHS)

- Someone who lives or works in a care home
- A health or social care worker
- Someone who has a condition that puts you at higher risk

(This is also called clinically vulnerable, and vou will be contacted if you have a condition that makes you eligible)

- Someone who has a learning disability
- The main carer for someone at high risk from coronavirus, and are registered with the council or your GP surgery

People in these groups have the choice about where they wish to be vaccinated so if you have received a letter or text you can choose to be vaccinated at a local GP site, the vaccination centre at Moulton Park or one of the

pharmacy sites. You may need to wait until the next vaccine delivery date to book your appointment. Please only book a vaccination at one site, and cancel the appointment if you cannot attend.

You will need to have a second COVID-19 vaccine at the same site as your first one, this will usually be 12 weeks later. Please make sure you also attend for your second vaccination to make sure you get maximum protection against coronavirus. After your vaccination you still need to observe social distancing and the other national guidelines.

If you fall into one of the groups listed above but have not vet received a letter or text or communication from your GP practice, please visit www.nhs.

uk/covidvaccination any time or call 119, free of charge between 7am and 11pm, seven days a week to book an appointment at the vaccination centre or a pharmacy site only. If vou would prefer to be vaccinated at a local GP practice, please call your own GP practice directly to make an appointment.

Find out more about who can get the COVID-19 Vaccine.







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So if you have had a workplace accident in the last three years - give us a call and we will do all we can to help.

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East Midlands Ambulance Service





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In addition to providing an Emergency response, we are passionate about providing complimentary CPR and Defibrillator training within our local area. This is in the format of a free 2 hour interactive group session designed to prepare individuals with no medical or first aid experience to deliver basic life saving CPR in the event of an emergency.

Whilst 999 call handlers will talk bystanders through CPR having had prior training saves time and improves the quality of the CPR delivered.

Every minute that someone is in cardiac arrest without treatment reduces their chance of survival by 10%.

Our aim is to train as many members of our community as possible and through fundraising, provide defibrillators close at hand in schools, shops, pubs and workplaces.

If we can help you by delivering a CPR and defibrillator training session or if you would like to find out more about supporting or joining us, or please don't hesitate to contact us.

www.northnorthantscfr.nhs.uk nnfirstresponders@gmail.com







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# Wellbeing in Corby gets a £31,000 boost

### Made With Many's Corby arts programme has received a 31,000 boost for creative projects from the government's Loneliness and Isolation Fund

Made With Many have been offering activities online and remotely since Spring 2020 and this additional funding will help to develop new projects that provide immediate, targeted relief to those most at risk of Ioneliness in Corby as a result of COVID-19. The seven projects all aim to help people feel more connected to their community, as well as having a greater sense of belonging and wellbeing through taking part in creative and cultural activity.

Working with a variety of artists and partner organisations, Made With Many will offer online opportunities as well as some COVID- safe offline activities once restrictions start to be

Pre-walking babies and their grown-ups will be able to take part in Baby and Me online sensory play and movement sessions with dance artist Anna Daly starting in March and April. These fun and relaxed sessions are being run in collaboration with experts in child development, Pen Green Centre for Children and Their Families. And from mid-April, new parents with babies under one can join the Bumps and Buggies group, who will be exploring the green spaces around town with cameras under the guidance of Corby Community Arts.

For those who would enjoy the chance to meet new like-minded friends online, artists Carole Miles and Phiona Richards, (collectively known as The Eloquent Fold) will be running a Joyful Conversations group on Zoom for adults starting on 29th March. Whilst residents in Supported Housing will get the chance to converse with younger people through the Pen Pals project, which will encourage members of Writing East Midlands' Young Writers group to exchange letters with older people.

Regular service users at Corby Mind will be offered creative wellbeing activities in their green space in Argyll Street with support from **Groundwork Northamptonshire as** well as an artist of the group's choosing. The green theme is continued in the work of ArtReach who will be sending out Paper Planes activity packs to families who will be asked to share photos of their creations to inspire the design of a larger artwork, for installation in a public place in May.

And in April, The Core at Corby Cube will team up with Creative Kingswood and Hazel Leys to present Lyrical Lockdown, a music and production course that will bring young people aged 12 to 25 from all over Corby together to write songs and poetry in a hip hop style, culminating in a live performance being filmed outside and streamed into living rooms and bedrooms everywhere on the 29th May 2021. Sessions will take place both online and in person at The Core at Corby Cube with taster workshops happening online in advance of the course starting on the 15th April.

Vicky Frayard, Corby Producer at Made With Many, commented,

"The past 12 months have been some of the most isolating we have ever experienced as a community. I became a new mum in the first lockdown so really understand the loneliness and isolation that the pandemic has forced upon us. Using this funding, we hope that people will come together to enjoy creative activities as we look towards the easing of restrictions."

To find out more about any of these projects or request support to access online activities please visit www.madewithmany.org, email info@madewithmany.org or call Community Engagement Co-ordinator Tom Briggs on 07923 221759.



### www.bratsdaynurserycorby.com

Email: bratscorby@aol.com Phone: 01536 401 881

Address: Brats Day Nursery (Corby) Limited, St Mark's Rd, St James IND EST, Corby, NN18 8AN

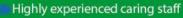


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- What type of cheese is made backward?

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|----|-----------|-----------|----|-----|----------|--------------|-----------|----|----|----|--------|--------------|-----------|--------------|
| 14 | +         | +         | +  | ╁   | Н        | 15           | +         | +  | +  | +  | 1      | 16           | +         | +            |
| 17 | +         | ╁         | +  | +-  | 18       |              | +         | +  | +  | +  |        | 19           | ╁         | +            |
|    |           |           | 20 | +   | +        |              |           | 21 | +  | +  | 1      | 22           | +         | +            |
| 23 | 24        | 25        |    | 10. | +        | 26           | 1         | 27 | +  | +  | 28     |              | +         | +            |
| 29 | $\dagger$ |           |    | 30  | t        | t            | 31        | ١  | 32 | T  | T      | 1            |           |              |
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| 44 | +         | T         | +  | 45  | ъ        | 46           | T         | +  | T  | 47 |        | 48           | +         | $^{\dagger}$ |
|    |           | 49        | 1  | +   | 50       | ۱            | 51        |    | T  | T  |        | 52           | +         | t            |
| 53 | 54        |           | 1  | 1   | +        | 55           | ъ         | 56 | T  | T  | 57     | Т            | 1         | t            |
| 58 | $\top$    | $\top$    |    | 59  | +        | T            | 1         |    | 60 | T  | $^{+}$ |              |           |              |
| 61 | $\top$    | $\top$    |    | 62  | $\vdash$ | $^{\dagger}$ | 63        | 64 |    | T  | $\top$ | 65           | 66        | 67           |
| 68 | T         | $\dagger$ | 1  | 69  | +        | +            | $\dagger$ |    |    | 70 | T      | 1            | $\dagger$ | +            |
| 71 | +         | +         | 1  | 72  | +        | +            | +         | 1  |    | 73 | +      | +            |           | $^{+}$       |

### **BRAIN TEASERS**

- First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?
- What never asks questions but is often answered?
- How can 8 + 8 = 4?

|   |   |   |   | SI | JD | 0 | ΚL | J |
|---|---|---|---|----|----|---|----|---|
| 1 | 9 |   | 2 | 3  |    |   |    | 4 |
|   |   |   |   |    | 6  |   | 9  | 2 |
|   |   |   |   |    | 5  | 8 |    |   |
| 6 |   |   |   | 2  |    | 7 |    |   |
|   |   | 7 |   | 6  |    | 1 |    |   |
|   |   | 5 |   | 4  |    |   |    | 3 |
|   |   | 1 | 3 |    |    |   |    |   |
| 5 | 8 |   | 6 |    |    |   |    |   |
| 3 |   |   |   | 1  | 2  |   | 5  | 8 |

### **ACROSS**

- 1) Hairdos
- 6) Led off
- 11) Gridlock component
- 14) Alternative to bottled
- 15) Arctic dwelling
- 16) Feel regret over
- 17) Sellers of illegal alcohol
- 19) Hard to explain 20) Emulate a bunny
- 21) Snacked
- 22) "Dear" mister
- 23) Living in water
- 27) Grandeur
- 29) It's certainly not a show dog
- 30) "Happy" mollusk
- 32) Kind of food or mate
- 33) Vicksburg combatant, briefly 34) Old rail riders, stereotypically
- 36) Animal variety
- 39) It was Persia
- 41) Black-clad teens, often

- 43) Folklore monstrosity
- 44) 100,000 make a newton
- 46) Back-up sounds 48) Shoot the breeze
- 49) "Able to \_\_\_ tall buildings ..
- 51) Edible tuber of Polynesia
- 52) Superlative suffix
- 53) Christmas tree sheddings
- 56) False fronts
- 58) Special-interest grp. 59) Crater creator, perhaps
- 60) Barely defeat
- 61) Compass reading, sometimes
- 62) In a disgraceful way?
- 68) A, in Berlin

- 69) Not just "no!"
- 70) Auto contract, sometimes
- 71) Knight or Nugent
- 72) Garbo of "Ninotchka"
- 73) " of Iwo Jima"

### DOWN

- 1) Picnic discard, sometimes
- 2) Lady associated with the Beatles
- 3) "Am believe ...?" 4) Jazzy Earl Hines' nickname
- 5) Large irregular spot
- 6) Above average in size
- 7) Coop ovoid
- 8) Faint flicker
- 9) Main arteries
- 10) Rhinoplasty
- 11) How Buddha sits
- 12) Attend a class for no credits
- 13) Remove more moisture from 18) Concluding speech (var.)
- 23) Bitter-tasting
- 24) Ask
- 25) Bit of modern folklore
- 26) One spelling for a meal on a skewer 67) "All right!" 28) 100 cents, somewhere

- 31) Short choral composition
- 35) Bundle of grain 37) Delete, as messages
- 38) Mortgages, e.g.
- 40) "No \_\_\_ to apologize" 42) Pounced
- 45) Preserving, as pork
- 47) Tea parties, e.g.
- 50) Author
- 53) Group of nine
- 54) A Muppet
- 55) Martin of comedies
- 57) Breathing problem for heavy sleepers 63) Allow
- 64) The-lower-the-better pitching stat
- 65) Thing acquired on a beach
- 66) "Acid" drug

Young performing artists are invited to showcase their work in a search for the region's best talent.

### **Travers Rising Stars**

(www.traversrisingstars.com) is a free-to-enter challenge for any bands, singing groups or solo artists between the ages of 13 and 30 who live or study in Leicestershire, Northamptonshire or Rutland.

The winner's package includes recording studio time and a chance to perform live on stage at **Glastonblaby** (www.glastonblaby.co.uk), the annual festival which backs charities including the contest organisers, The Travers Foundation.

This volunteer-run charity has already made a difference through giving financial support to local 13 to 30-year-olds in the region to help them realise their dreams in sport, music and the arts.

Now The Travers Foundation, which has an excellent track record backing young athletes who between them boast a haul of medals, want to reach out to help more young men and women who need support to find opportunities in the music industries.

Kieran Forsey from The Travers
Foundation said: "Live events have
been hard hit, so we thought it would
be an amazing opportunity to launch
Travers Rising Stars, giving a new
young band or artist the chance to
secure a slot at a local festival when,
hopefully, things are back to normal."



"Auditions will be in the form of an unedited video no longer than ten minutes which will be reviewed by the Judging panel and the best will go forward to a LIVE FINAL in Leicester. The winners will be invited to perform on stage at Glastonblaby 2021 as well as taking away a host of other prizes, including valuable studio time."

Those keen to make their break in the local music scene can register their interest and submit their video now at **www.traversrisingstars.com** to secure a place.

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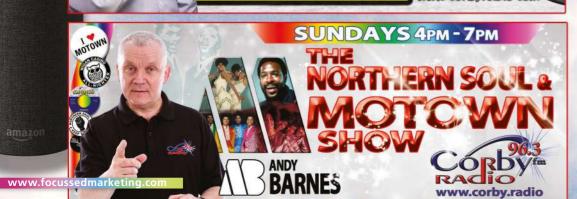
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### Saturdays

 Saturday Breakfast
 7am
 - 10am

 Brunch
 10am
 - 12noon

 In the Groove
 12noon
 - 2pm

 Sport963
 2pm
 - 6pm

 Totally 90's
 6pm
 - 8pm

 Music Jam
 8pm
 - 10pm

 Weekend Anthems
 10pm
 - Midnight

### Sundays

Sunday Breakfast - 10am Sunday Brunch 10am - 12noon Sunday Social 12noon - 2pm The 60's Show 2pm -4pm The NorthernSoul & Motown Show 4pm - 7pm Jukebox Drive In 7pm - 10pm Legends Show 10pm - 11pm

### Various Weekday evening shows available

| A Touch of Modern Soul | Mon         | брт  | -8pm   |
|------------------------|-------------|------|--------|
| Sensational 70's       | Mon         | 8pm  | - 10pm |
| The Love Groove        | Mon – Thurs | 10pm | -11pm  |
| Ska, Reggae & Mod      | Tues        | 6pm  | - 8pm  |
| Indie and Alternative  | Tues        | 8pm  | -10pm  |
| Early Evening Show     | Wed         | 6pm  | - 8pm  |
| The Country Hour       | Wed         | 8pm  | - 9pm  |
| The Rock Show          | Wed         | 9pm  | - 10pm |
| Early Evening Show     | Thurs       | 6pm  | -8pm   |
| Live and Local         | Thurs       | 8pm  | - 10pm |
| The Real 80's Show     | Fri         | 6pm  | - 8pm  |
| The Session            | Fri         | 8pm  | - 10pm |
| Music Jam              | Mon - Fri   | 11pm | - 7am  |

Karley Barber - Sales Manager

M: 07764 869401 || T: 01536 265666 || sales@corby.radio

ISSUE 19 www.focussedmarketing.com

# Corby has a new 'WORLD CHAMPION'

Corby's very own Jordan "The Epidemic" Vucenic became the new world featherweight champion on Saturday 20th April 2021. Defeating Frenchman Morgan Charriere on a split decision at Cage Warriors 122, which was very much a deserved win for the young Corby lad.

Jordan said: "I've put everything I've aot into this sport. I don't have a life outside it because I put so much into it. It's just crazy to think I've finally done it. It was just amazing to be in there."

Massive congratulations from us here at Focussed and all of Corby....on to the UFC next?





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