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focussed on Kettering



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Focus-on:

- The Kettering Awards
- She Can Run
- Home Start Kettering
- Raver Tots
- Kettering Skittles League
- Northamptonshire Blind Association

Money
Saving
Coupons
Inside



It's about a work life balance

I used to work long hours as a Care Worker for an agency...

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Winnie Badza
Proud owner of
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ready2grow



This project is part funded by the European Regional Development Fund.

Welcome

To our third issue of Focussed on Kettering magazine. With the sun finally appearing it certainly lifts the spirits. There is always plenty to do around Kettering and the local area, we hope to help inform you of everything that's going on via our magazine, radio and social media. So please do check our pages and groups out to find out 'What's on' and entertain yourself and the family this summer. While doing so, why not use the Focussed Vouchers, found in both the magazine and also our App, where you can use the vouchers over and over again for the life of voucher. Allowing you to save money over and over again.

It is a special time for Kettering businesses with local groups such as the 'Kettering Business Network' really putting in the time and effort to expose and recognise some of the amazing businesses in and around the town. To achieve this 'The Kettering Awards' were born, and we here at Focussed are very proud to be the media partners for the awards. The deadline for entries to the awards is short, but very easy to do. Simply head to www.ketteringawards.co.uk and register your business for your particular category or categories. The deadline for entries is the 31st May 2018 with the Awards night being held at the Kettering Park Hotel on the 5th October 2018. Good luck to all entries and we look forward to celebrating with you on the night.

Do you know someone who should appear in our 'Local Talent' feature? Whether they are a band, artist, DJ, charity worker, poet, rapper, singer, entrepreneur... Really any talent that shines. Then get in touch with us here at Focussed with your short story and images. We look forward to celebrating some of the amazing talent within the town and local area.

Editor & Designer

Craig Barber



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Helping parents
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a guide to the UK's leading
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Home START

Support and friendship for families

Across the UK thousands of Home-Start volunteers visit families at home each week, supporting parents in situations as diverse as isolation, bereavement, multiple births, illness, disability or who are just finding parenting a struggle. They provide non-judgemental practical and emotional support and help build the family's confidence and ability to cope. Home-Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

Home-Start continue to need volunteers to help support our families. They train and support volunteers to spend 2/3 hours a week offering support to children and their families through home visits. They pride themselves in taking care of their volunteers, offering an informal chat to answer any questions you may have, a comprehensive training programme, careful matching with a family and regular ongoing support.

One Volunteer's Story...

I left my full-time job last year after winning my battle against cancer.

After researching many volunteering opportunities I chose Home-Start because they're all about helping families to give children the best start in life. I am fortunate enough to have two children myself and could see that volunteering with Home-Start would also fit well around them.

I attended the preparation course which was really informative and enjoyable. The course was very informal and covered a variety of topics. I particularly found the discussions around possible scenarios very helpful. I've also attended several other training courses which have benefitted me outside of Home-Start such as first aid training.

I've supported two families so far and have been amazed by how I have actually been able to make a difference. The time that I have spent with the mums and children has been extremely rewarding as well as good fun. I meet up with my co-ordinator monthly which is a great support and she's also at the end of the phone if I ever want to talk something over with her. We also meet up socially with other volunteers which is a great opportunity to share experiences.

"In a nutshell I have met and helped some really lovely people, made new friends, had fun and learned loads!"

In addition to looking for Home-Visiting Volunteers, they are also recruiting for people to join their Board of Trustees or to join Friends of Home-Start Kettering Area and help raise further, much needed funds.

Home-Start can be contacted on 01536 484318 (9-2pm weekdays)

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Hello I'm Garry Allen the Secretary of the Kettering and Burton Latimer & District Skittles Leagues, a league that boasts 43 teams and over 500 registered players.

Since I came to Kettering some five years ago I hadn't even heard of Northants Skittles but having joined a team and progressed through the ranks to Captain then Secretary of both leagues I found I was hooked with a sport that is the oldest team pub sport in the County. I started a website four years ago and we are enjoying over 82,000 hits so far on an average of around 150+ hits a day. I also produce a monthly Newsletter, mainly for the benefit of our team members that don't have a computer.

My ambitions are to help grow this traditional sport as most of our members are "mature"! We struggle enticing the younger generation to join and, with the country wide closure of pubs and clubs always in our thoughts, we know that if we don't do something now this sport will fade away and die like so many have around other parts of Northamptonshire.

The game of Northants Skittles is unique to our County and only Leicestershire have anything similar albeit with a variant of the rules. So our league is currently the biggest in the County, our website is the most successful and we have the largest number of registered players in the County.

I would like that to grow and prosper but I can't do that without help.

We currently offer very reasonable advertising and sponsor deals on our website, should you know of anyone who may be interested please get in contact, as this all helps to grow our wonderful sport.

I have an application with The Guinness Book of Records for an attempt on setting a new world record pending a successful application.

Our website is www.northantsskittles.leaguerepublic.com

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There are an increasing number of opportunities for adults over the age of 50 and those with mobility or health issues to stay active in and around Kettering:

Walking football sessions take place at Kettering Arena and Desborough Leisure Centre on a Tuesday and Friday morning respectively, from 10:30am - 12 noon. An increasingly popular form of the beautiful game, the rise of walking football across the country has allowed players who thought their career was over to get their boots back on, on even allow new players to start, whatever their age. Sessions are discounted for Kettering Leisure Pass holders, but also attract players from across the county.

In addition, new walking rugby and walking basketball sessions hope to prove as popular. Kettering Rugby Club, in partnership with Kettering Borough Council, are hosting two new walking rugby sessions a week. Both Wednesday mornings, 10:30am - 12 noon and Friday evenings, 6:30 - 8:00pm are open to men and women to enjoy a handling version of the game without the tackles, rucks or scrums. These sessions are also discounted for Leisure Pass holders or KRFC members.

Kettering Phoenix have added walking basketball to their club, with sessions taking place at Southfield School on Sunday evenings from 6 - 7:30pm. This is also a fully mixed, non-contact version of the sport.

Finally, 'Get Up & Go' strength and balance sessions provide an opportunity for older adults to exercise safely in an enjoyable group setting. These sessions are designed to improve and maintain muscle strength, balance and confidence, keeping people independent for as long as possible. There are a number of sessions taking place across the borough. An up to date list can be found at:

www.kettering.gov.uk

For more information on any of these session, please contact Tim Webb on 01536 410333 or email: timwebb@kettering.gov.uk

Do you want to get involved in sport but feel like something is holding you back?

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focussed on LOCAL TALENT



Russ with a work in progress
1.2m square oil on canvas of David Bowie.

My name's Amanda and I'd like to show you some of the amazing pictures that my boyfriend Russ has painted.

His is quite a unique story. Just over 10 years ago (long before we were together) he lost his right leg. Although this was obviously a tragedy, he was unable to work, and the spare time he had enabled him to explore the talent he knew he had, but had never really tried out.

He has completed hundreds of paintings since then, sadly most of them commissions, no longer in his possession but here are a few examples.

This depiction of the Queen (he's done a few of her) is hanging in the foyer of Compass junior school in Kettering.

Yours sincerely
Amanda Preston



KNOW SOMEONE WITH A TALENT?

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She Can... Run, is a friendly, supportive ladies only running group with a range of abilities but most importantly the emphasis on running for fun rather than for speed. Camaraderie and team spirit are the foundation of what makes SheCan a success and the group's leaders, Emily James and Kate Gardiner pride themselves on helping their group members find confidence and fitness through running.

SheCan was born from Emily and Kate's participation in Race for Life in 2013 and the continued desire to get fitter but it proved difficult to find a club that supported beginners or that met at a time that fitted in with busy family lives. So, Emily and Kate (now England Athletics accredited coaches) set up She Can...Run, a ladies only running club that offers beginners through to ultra-marathon coaching in a supportive and friendly club environment that meets after kids bed times!

The group has gone from strength to strength, with around 30 ladies taking part in each of our very successful beginner courses. The group currently has more than 60 members with 30 members of the England Athletics affiliated club, SheCan...Run Kettering Ladies. Emily and Kate also provide an after school club to girls at Brooke Weston school in Corby.



For more information:
www.shecandoit.co.uk



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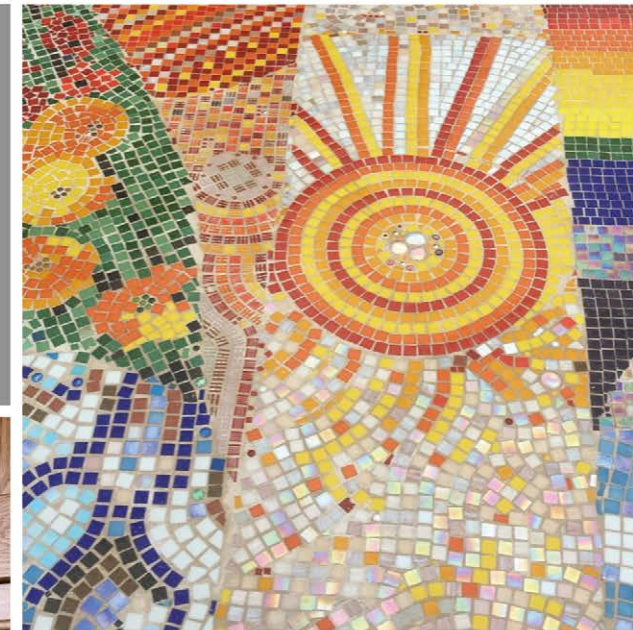
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DRUM AND BASS

SATURDAY 23RD JUNE, 2018

Corby Town Football Club, Steel Park, Jimmy Hane Way, Corby

Corby Town Football Club are pleased to announce their first all day music festival on Saturday 23rd June, 2018 at Steel Park, Corby.

On the day there will be over 30 mainly local acts, but Steelfest is excited to announce two fabulous headliners.

'The Farm' will again be performing in Corby, over twenty years after their million selling album **Spartacus** reached No 1 in the UK album charts.

The legendary Liverpool band had eight top forty hit singles in the UK including Groovy Train and All Together Now that were a soundtrack for a generation and will be playing with their original line-up.

Penultimate headliners, 'Big Minds', are a mix of old and new members of Big Country, Simple Minds & China Crisis.

Playing 80s classics such as 'In a Big Country' 'Waterfront' and 'Chance', 'Big Minds' add perfectly to the mix of styles and genres on display at Corby Town's fabulous ground. Local bands, The Fevers, Owaysis tribute, Shadow on the Sun, Dirty Money and Solarise, complete the 'Grandstand Stage' line up.

Specialised music fans will be further served with Alternative Indie and Dance Tents brought to you by the 'Audio Unity' team. Headlining the dance arena will be jungle and DnB legend 'Kenny Ken' with 'MC Juiceman' on the mic... one not to miss!

Acoustic and spoken word lovers are able to see more local acts in the Steelman Bar.

A warehouse Drum and Bass after-party is also taking place on the premises until the early hours in the morning, for those who want to party on.

500 online early-bird tickets are on sale from today via Steelfest.co.uk and paper tickets, from a variety of outlets, please check the website for more info.

More details can be found at
Steelfest.co.uk

or search for

'Steelfest'

on Facebook or Twitter.

STEEL FEST

THE FARM

BIG MINDS Featuring: Mark Brzezicki & Simon Hough (Big Country) & Derek Forbes (Simple Minds)

SPITTING FEATHERS **THE FEVERS** **OWAYSIS**

Dirty Money | Shadow on the Sun | Solarise Skirt | Redneck Jesus | The Modern Age | Stonepit Drive | The Monarchs | Special Guests | Lots of local acoustic acts

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ALT CORNER TENT Hosted by Chuck Middleton

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STEEL FEST

THE FARM

BIG MINDS Featuring: Mark Brzezicki & Simon Hough (Big Country) & Derek Forbes (Simple Minds)

KENNY KEN | NEIL BADBOY | DJ BARBWIRE
SCOTTY P | SKINT DISCO | OZY B2B MUSH | DEANO
THE ENABLERS | JOHN GRANA & SPECTRO
With MCs JUICEMAN | DETRIMENTAL
NOMINSTOR | JOHNNY D & FLOWZY

GRAND STAND STAGE Hosted by Jim Byrne

ALT CORNER TENT Hosted by Chuck Middleton

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Exclusive Aftershow Party

Tickets £10 from www.steelfest.co.uk
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SAT 23RD JUNE 2018 9pm-5am £10
CORBY TOWN FC - SPORTS BAR NN17 2FB

STEEL FEST **AUDIO UNITY**
DRUM AND BASS
WAREHOUSE AFTERPARTY

XINNIIX

ANNIX
MC JUICEMAN
FILTHY HABITS
DJ NEIL BADBOY
MISS MELODY
BUSTA MC
BARBWIRE | SUBLIMIT
BLYTH | AYVA | SCOTTY P
DJ TRICK | DETRIMENTAL
JOHNNY DEE | NOMINSTOR

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DJ BARBWIRE ■ **SCOTTY P**
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KENNY KEN & MC JUICEMAN

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Rave for Tots... and parents!



"When i thought it couldn't get any better, it did!"
Curtis-Jackson Barber
-Aged 8

"The atmosphere was incredible and loved raving with my family"
Paige-Milli Barber
-Aged 13



Karley Barber, her partner Dean and the her three children Paige, Curtis and Lacey enjoy their first Rave Tots experience:

"The wait was not long at all, there was a comfortable waiting area while we did, containing plenty of sofas and regular updates on time until entry... not that we wanted to sit down filled with excitement! Punctual to the updates we proceed into the venue on time. With the baselines vibrating through the floors the kids were so excited, the look on their faces said it all after receiving their glow sticks. The bars were ready to serve and various areas set up to entertain the kids in different ways such as ball pits, photo shoot area supplied by Prime Focus Photography, but the main focus was the dance floor, confetti cannons, inflatables, Spiderman, streamers combined with amazing music made for an amazing atmosphere from the start to the finish.

There was not a face in the room without a smile! it was simply infectious, the whole room adult and child joined in dancing and singing along to the legend DJ Nicky Black Market... Someone i have wanted to hear for a long time, and to enjoy that with my children was a very special moment. Nicky interacted with the whole crowd, kids and adults alike, it was refreshing to see, and made the kids marvel over his amazing DJ skills. supported by MC Chalky White who had the whole rooms moving and a grooving. Allowing the children to sing down the microphone to the parts they knew of the songs, a moment or event as a whole that i wont forget for a long time and are already looking forward to the next one..... more so than the kids!! Ha"

www.ravertots.co.uk

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focussed on *Andy Barnes* **Corby 96.3 RADIO**

Finance Manager & Presenter



Name: Andy Barnes
Birthplace: Aberdeen
Describe yourself in 3 words:
 Hardworking, happy and Soulful

Give us an interesting fact about yourself:
 In my day job I am an Accountant, when I was 18 I went off to live in London for a few years to take up Accountancy. Like many Corby lads I eventually came home to stay.

What is your favourite song of all time and why?
 I Get The Sweetest Feeling - by Jackie Wilson. I guess I like it so much because it is sincere, soulful and Jackie's delivery is superb.

Describe your ideal night out/in:
 A nice Indian meal and then off to a Motown and Soul gig.

What do you love about Corby?
 I think it is the people that make Corby special, you will always find a warm friendly welcome. Oh - and Corby Radio of course!

What is your favourite place in Corby?
 Corby Radio

What is your favourite part of being involved with Corby Radio?
 Presenting the Soul Show on Sunday night, I just love it

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WHAT IS THE NAME GIVEN WHEN SCORING THREE STRIKES IN A ROW?
- 2** WIN A ONE NIGHT STAY AT 'THE R INN' WITH A BOTTLE OF PROSECCO FOR 2 PEOPLE

HOW MANY ROOMS DOES 'THE R INN' HAVE TO BOOK?
- 3** WIN A YEARS MEMBERSHIP

WHAT MATERIAL ARE TABLE TENNIS BALLS TYPICALLY MADE OF?
- 4** WIN TWO ENTRIES TO ROOMS AT CORBY OR NORTHAMPTON

HOW LONG DO YOU HAVE TO ESCAPE ANY OF THE ROOMS?
- 5** WIN A CORBY RADIO GOODIE BAG

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- 6** WIN A FAMILY TICKET FOR UP TO 4 PEOPLE

Sherlock Gnomes is released on 11th May but which Arthur Conan Doyle (who wrote the original Sherlock Holmes stories on which the film's main character is loosely based) title was used as a partial basis for the story (and sub-title) for the second Jurassic Park novel and its resulting movie?
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		4		1		8		
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24								25				
26												27

Across

- 1 Grain store (4)
- 3 Sheath for a sword (8)
- 9 Legendary female warriors (7)
- 10 Elevate (5)
- 11 Precipitous (5)
- 12 Shrewd (6)
- 14 Male goose (6)
- 16 Extortionate money-lender (6)
- 19 Exactly right (4,2)
- 21 Roman meeting-place (5)
- 24 Steed (5)
- 25 Capable of being dissolved (7)
- 26 Bravo! (4,4)
- 27 Adhesive (4)

Down

- 1 Virgo, for example (4,4)
- 2 Rental agreement (5)
- 4 Free-and-easy (6)
- 5 Soft flat hat (5)
- 6 Airman (7)
- 7 Slimming course (4)
- 8 Pair (6)
- 13 First showing of a film (8)
- 15 Non-aligned (7)
- 17 Without risk (6)
- 18 Venom (6)
- 20 Rated (anag) (5)
- 22 Insurgent (5)
- 23 Caesar and Cleopatra playwright (4)

Brain Teasers

A: Give me food, and I will live; give me water, and I will die. What am I?

B: What two words, when combined hold the most letters?

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