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- Corby Foodbank
- NNC Your New Council - Making History
- NNC Supporting Local Businesses
- West Glebe Park - Pump Track
- Joanne Watt - GP's Top Ten Tips

- NHS - Free Lung MOT
- KHL Community in Sheds
- Seatons - Residential Care
- Childcare in Corby- Childminders
- Kyle Hughes - Route to Recovery



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Hello again Corby,

we hope you have all been keeping safe and well whilst restrictions start to fully ease. I must say it has been a joy to get out and about again. Seeing all the great businesses and shops of Corby open their doors again and get themselves back to some kind of normality really does feel good. Although 'NORMAL' still seem a little while away yet!

Whilst not all still open just yet, there is light at the end of the tunnel. **On Friday 11 June, the The Core Theatre will open** with an interactive murder-mystery show hosted by superfan Tim Benzies, Solve-Along-A-Murder-She-Wrote, followed by Comedy Club 4 Kids on Saturday 12 June at 2.00pm and comedian Sam Avery's show Toddlergeddon at 8.45pm. There will be a selection of music acts to choose from, including Status Quo legend Francis Rossi and a one-off Elvis and Neil Diamond night performed by Fisher Stevens, as well as gig-theatre from Pecho Mama with the visceral Medea Electronica.

All performances will be socially distanced until the government announce further easing of restrictions, with the roadmap currently stating 21 June as the next proposed date for changes to guidelines.

Editor & Founder

Craig Barber

SUDOKU ANSWERS

6	2	4	7	1	6	8	5	3
1	3	6	8	9	5	7	4	2
7	5	8	4	2	3	9	1	6
3	6	1	9	4	2	5	8	7
8	7	9	5	3	1	2	6	4
9	5	4	2	6	7	8	1	3
4	1	3	2	5	7	6	9	8
8	6	9	5	7	6	9	8	7
5	2	5	3	8	4	6	7	1
6	9	7	1	8	4	3	2	5
2	8	5	3	6	9	4	7	1

CROSSWORD ANSWERS

1	P	O	2	U	3	L	4	A	5	A	6	L	7	U	8	S	E	
9	E	O	E	B	A	R	A	E	10	F	L	I	P	C	H	A	R	T
11	F	G	E	T	L	M	E	N	T	S	O	L	O	L	O	F	T	
12	R	M	H	N	T	N	T	E	13	H	S	M	A	R	K	E	T	
14	H	N	T	C	R	T	A	15	J	H	C	R	A	T	A	T	A	
16	O	A	17	A	N	I	C	H	E	M	A	R	K	E	T	18	N	
19	E	O	H	I	D	E	F	20	A	R	E	F	21	E	22	F	E	
23	R	S	R	T	L	T	E	24	R	T	L	T	25	R	S	R	E	
26	E	U	A	E	N	O	I	O	27	C	D	C	D	E	28	R	D	
29	D	A	R	C	D	E	K	L	C	I	P	A	R	C	A	R	D	

BRAIN TEASER ANSWERS:

- A**= A golf ball
- B**= An earthworm
- C**= A blackboard
- 1**= A clock
- 2**= An egg
- 3**= Rain

ISSUE 20

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Corby foodbank

We don't think anyone in our community should have to face going hungry - That's why Corby Foodbank provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

In 2020/21, The Trussell Trust's Foodbank Network provided over 2.5 million three-day emergency food supplies and support to UK people in crisis. Of these, 980,000 went to children.

As a network, we want to see more people helped out of crisis and fewer people needing foodbanks in the future.

HOW DOES CORBY FOOD BANK WORK?

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. A simple food parcel makes a big difference, with foodbanks helping prevent crime, housing loss, family breakdown and mental health problems.

FOOD IS DONATED

Schools, churches, businesses and individuals donate non-perishable, in-date food to the foodbank. Larger weekly collections take place at supermarkets alongside celebrations, such as, Christmas, Easter and the Harvest Festival.

FOOD IS SORTED AND STORED

Our incredible team of volunteers sort food to check that it's in date and pack it into parcels ready to be given to people in need.

PROFESSIONALS IDENTIFY PEOPLE IN NEED

Corby Foodbank partners with a wide range of care and support professionals such as Job Centre Plus, North Northamptonshire Council, Citizens Advice, Schools, Health Visitors and Social Workers to identify people in crisis and issue them with a foodbank E-voucher.



Typical single person food parcel

CLIENTS RECEIVE FOOD

Foodbank clients bring their E-voucher to one of our centres where it can be redeemed for three days' emergency food. Volunteers meet the clients and if needs be, can signpost people to agencies best suited to solve longer-term problems.

Corby Foodbank is open on a Monday, Wednesday and Friday each week and operates from two centres - **St Peter & St Andrew's Church (Monday - 1.30pm to 3pm and Friday - 11.30am to 1pm)** and **St Columba's Church (Wednesday - 10.30am to 12 noon).**

If you're struggling, please call us on 07414-191434 and we'll do all we can to help.



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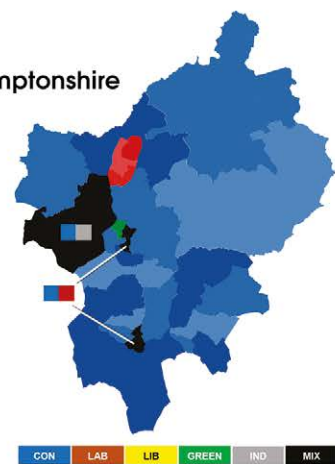
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CON LAB LIB GREEN IND MIX

Your new council- MAKING HISTORY!

History has been made with the first ever North Northamptonshire Council elections held on Thursday 6th May 2021. The people of North Northamptonshire have had their say and elected a Conservative administration who took the majority of the 78 seats available through Corby, East Northants, Kettering and Wellingborough. We begin our brand new chapter with 60 Conservative Party members, 14 Labour Party members, 3 Green Party members and 1 Independent.

To find out who your local councillor is and for further information on the results of North Northamptonshire Council, Town and Parish Councils and the Police, Fire and Crime Commissioner in our area please check out our website www.northnorthants.gov.uk/councillors-and-democracy/election-results

SUPPORTING LOCAL BUSINESSES

Supporting local businesses in the North Northamptonshire area - adversely affected by the Covid-19 pandemic - could be entitled to grant funding to help give them and the local economy a boost. North Northamptonshire Council is administering the Discretionary Restart Grant along with a Local Business Hardship Fund. Eligible businesses have until Wednesday, June 13 to apply for the money.

Discretionary Restart Grant:

The North Northamptonshire Discretionary Restart Scheme is designed for the following business who are not eligible for the mandatory Restart Scheme as their business does not have a rateable value. This includes the following sectors:

- Non Essential Retail
- Hospitality
- Leisure
- Accommodation
- Gyms & Sports
- Personal Care

For properties with a rateable value of £15,000 or under or Micro Business (0-9 employees) with no rateable value - £2,191 grant is available.

For properties with a rateable value of over £15,000 and below £51,000 or Small Business (10-49 employees) with no rateable value - £3,286 grant is available.

For properties with a rateable value of £51,000 or over or Medium Business (50-250 employees) with no rateable value - £4,928 grant is available.

For more information and to apply please visit the council's website: <https://www.northnorthants.gov.uk/coronavirus-covid-19/discretionary-restart-grant>

Local Business Hardship Fund:

The aim of this fund is to support local independent businesses which have been significantly impacted financially by Covid 19 restrictions, the severity of which is beyond the support which has been available under the existing programmes.

Priority will then be given to businesses that fall within the following categories, and those that supply for the following:

- Accommodation
- Charities
- Creative & Cultural
- Hospitality, Leisure and Retail
- Manufacturing

In order for this grant to benefit the maximum number of eligible businesses, grants will be directly proportionate to fixed property costs, income loss and number of employees. It is proposed grants will start from £10,000 and are proportionate to the financial impact and hardship evidence by the applicant.

For more information and to apply visit the council's website: <https://www.northnorthants.gov.uk/coronavirus-covid-19/local-business-hardship-fund>



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West Glebe Park: Pump Track

External funding has enabled the old grass BMX track at West Glebe to be developed into a modern, accessible pump track. The track is suitable for all wheeled users with a beginners track for those just starting out and the main track providing lots of excitement and challenges for the more advanced rider.

The total track length is 156m and has a number of berms, jumps, bends, curves and obstacles to keep the riders entertained. The track which has been designed and installed by Bike-Track and was chosen following consultation with Corby school children and Rockingham Forest Wheelers club members.



KHL Community in Sheds

is due to open in August within the grounds of Woodsend Bowling Club, Gainsborough Road.

The shed which will house three workshop areas will be available for individual or group activities including woodworking & DIY, 3D printing, art room, sewing machines and more. The facility will be open to all however is aiming at attracting older members of the community, those experiencing loneliness, isolation or mild to moderate mental health issues.

Membership will be available at **£10 per year** with a session fee of £1 on each attendance.



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focussed on 10 GP Top Tips

1. Please take the time to look after your body and mind by making sure that you get enough sleep, eat a balanced and varied diet, and take the time to exercise now that we have more options available to us. Exercise on Referral is back and will be able to help you with weight and mood as well as building confidence, and your GP surgery will be able to arrange this for you if needed. Think about how much alcohol you are drinking and get it back to below 14 units a week if you have been drinking more.

Consider stopping smoking or switching to e-cigarettes and the smoking cessation services will be able to help you with this.

2. Please remember that Community Pharmacies can provide you with useful information and medication without a prescription. Simple painkillers and hay-fever treatments are among the wide range of products that are available.

3. Please remember to order your regular medications from your GP surgery in plenty of time and ideally at least 3 working days before you run out. If you are going on holiday please request them early, and order extra if necessary and do not leave it to the last minute.

4. Monday is usually the busiest day of the week in most GP surgeries, if you do not need to contact them on a Monday consider making contact on another day of the week when you may find it easier to get through.

5. GP surgeries are now doing reviews of long-term health conditions and other check-ups, some of these were postponed due to the peaks in Covid infection and are important to catch up on. If your GP surgery contacts you to have a routine check please make sure you know what you need to do before the check such as blood tests, bringing a urine sample or keeping a diary. Please attend immunisation appointments when you are invited. If you have not had a dental check or an optician check-up recently this is a good time to make an appointment.

6. When you contact your GP surgery please give information to the receptionist so that they can help to make sure you get the right help, the GPs have asked them to do this and they can be trusted keep your information confidential. Please be kind and polite to the receptionist who will help to get you to the right care more quickly.

7. Many GP practices now have First Contact Physiotherapists who you can talk to directly if you have a new problem with your muscles, joints or back. There are Practice Pharmacists who you can help you with medication concerns and queries and can review your medication with you. There are also Social Prescribing Link Workers who can help to connect you with things going on in our area and increase your social contact. Your GP receptionist will be able to book you an appointment to speak to them if this is appropriate for you.

8. When you are talking to a health professional please mention the most important problem first otherwise you

may run out of time to talk about the thing that really matters to you. Taking the time to talk about an important problem is usually more important than an examination when trying to decide what needs to be done next. If you have a list of items please let them know since you may need to find another time to be able to discuss other issues.

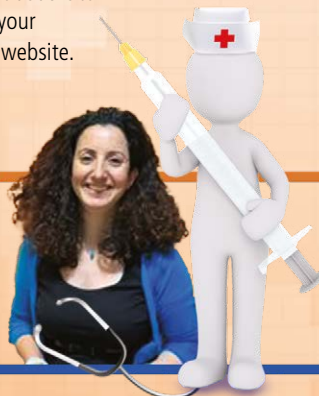
9. When a health professional orders a test the results go back to the team that requested them, this means that you should contact the hospital team directly via the departmental secretary if you are waiting for a result from a test they requested or awaiting a follow up appointment. If you do not get the result you need it is worth remembering that all hospital and community trusts in England have a Patient Advice and Liaison Service (PALS) that you can contact directly via switchboard to get the information you need about their services.

10. There are a number of services you can use for Self-referral without speaking to a health professional first. These include NHS 111 (by phone and online at 111.nhs.uk) and The Mental Health Hub (**0800 448 0828**) and you can look at the MIDOS site (portal.midosweb.co.uk) to find out about more services.

Your Covid vaccination proof is now available on the NHS App or by calling 119. There will also be more information about local services on your GP practice website.

Dr
Joanne Watt

GP Chair Northamptonshire CCG
& Great Oakley Medical Centre



Northamptonshire
Stop Smoking Service



12 Weeks of FREE behavioural support



Tips and advice on how to quit



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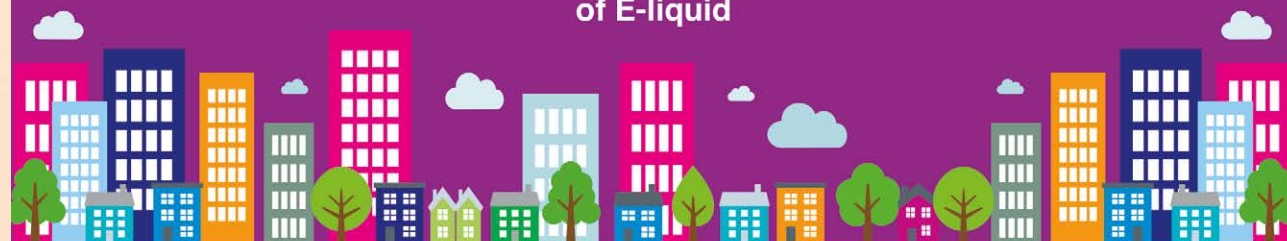
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THREE XXL PIZZAS* **PAPA JOHN'S**

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Add £2.75 for Stuffed Crust.

*including Create Your Own with up to FOUR toppings

CORBY EXPIRES: 31/7/2021

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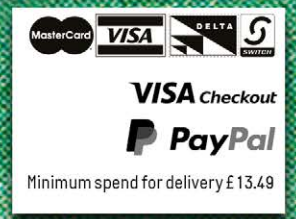
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CORBY EXPIRES: 31/7/2021

NHS offers free lung 'MOT' in bid to catch cancer in the earlier stages'

In a drive to save lives by detecting cancer early, local people in Corby are being invited to take up the offer of a free NHS lung health check or "MOT".

With one of the lowest survival rates in the country for lung cancer, Corby has been selected as one of the 10 projects nationally to run a Targeted Lung Health Checks programme.

Dr Joanne Watt, GP Chair of Northamptonshire CCG and local Corby GP said:

"The lung health checks programme provides a real opportunity for local people in Corby to get themselves checked out quickly, easily and conveniently.

"We know that many people in our town have been smokers and that this increases the risk of breathing problems and lung disease as well as cancer. Our focus is on detecting a range of lung problems and on starting treatment as early as possible, and to ensure that our local population experiences the best health they can for as long as possible."

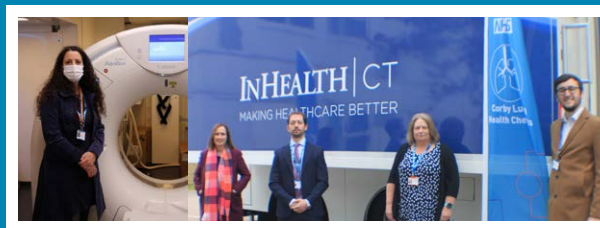
Anyone aged between 55 and 74 years old with a history of smoking, who is registered with a GP in Corby will receive a letter from their Practice inviting them to make an appointment for a lung health check. Those taking up the offer will have a telephone consultation with specially trained staff and anyone who is assessed at risk of developing lung cancer will have a telephone consultation with a nurse and offered a lung scan.

Dr George Tsaknis Corby Lung Health Checks Clinical Director and Kettering General Hospital Lung cancer lead said:

"Currently in Corby we are seeing patients presenting with lung cancer much later with around 74% of patients coming forward at stage 3 or stage 4. This means the cancer is much larger and may have spread to surrounding tissue or other organs and makes it much more difficult to treat. The earlier we can detect and treat lung cancer, the better chance a patient has of being treated successfully.

"The health check will help detect any problems a person is having with their lungs or breathing. This may be "spots" on your lungs, which could be cancerous or pre-cancerous, or it may pick up respiratory conditions that cause airflow blockage and breathing-related problems. Your lungs can't heal themselves so detecting and managing these conditions as early as possible is better for patients and could avoid them becoming worse in the long-term. So if you receive a letter from your GP Practice about a lung health check, please make sure you come and see us."

Within the 10 projects currently being established across England it is estimated the Targeted Lung Health Check programme will diagnose approximately 6,000 cancers earlier than would otherwise have been. Stop smoking advice will also be offered to support current smokers.



Pictured left is Dr Joanne Watt, GP Chair, NHS Northamptonshire CCG and local Corby GP next to the lung scanner, and pictured left to right outside the Corby Diagnostics Centre is Linda Dunkley, Senior Commissioning Manager, NHS Northamptonshire CCG; Dr George Tsaknis Corby Lung Health Checks Clinical Director and Kettering General Hospital Lung Cancer Lead; Gill Barlow, Targeted Lung Health Checks (TLHC) Programme Manager and Ashley Wildon, Cancer Project Officer, NHS Northamptonshire CCG

A new FREE NHS Lung Health Check for people aged 55 to 74 who have ever smoked

Your lungs work hard every minute of your life. As you get older its worth having them checked out.

If you're eligible you'll receive your invite through the post.

NHS



Corby Lung Health Checks



@NHSNorthantsCCG



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Coming Soon Kingswood and Hazel Leys Community in Sheds

Three years ago, a group of local people came together to explore the possibility of a Community in Sheds project in Kingswood and Hazel Leys. After lots of meetings, discussions, plans and fundraising we have set up a new charity, negotiated a lease with the council and our building is starting to come out of the ground.

KHL Community in Sheds is a charity set up last year to own and manage the shed. Inside will be a woodworking and DIY workshop, as well as an art room, sewing machines and 3d printers.

The aim of the Shed is to enable people to have the opportunity to participate in individual and community led activities.

KHL community in sheds will provide three multipurpose workshops which is a socially led hub for like minded individuals to share and learn new skills as well as strengthening community spirit.

The shed is based in **Hazel Leys at Woodsend Bowls Club** beside the Neighbourhood Centre on Gainsborough Road and School Place.

Construction of the shed has started, and we aim to be open by August.

We have been generously supported with funding by the Kingswood and Hazel Leys Big Local, alongside a health and wellbeing grant from Northamptonshire Public Health.

Additional funds have come from the Northamptonshire Community Foundation for work during the pandemic making masks and PPE, the Woodland Team in Corby funded woodworking equipment and a National Lottery Community Fund Awards for all grant towards our solar panels as well as players from the Corby lottery.

We have had numerous tools donated by individuals and have worked closely with Corby Council to support their work in woodlands.

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When people think about childcare, they know about nurseries and pre-schools, but some have never heard of a childminder.

Firstly, a childminder is NOT a babysitter. They are two very different things.

A childminder is self-employed and works closely with your family and their needs. We can be flexible on hours and days that you may require. As your child grows older, many of us offer the government funded hours for 3 and 4 year olds. We may also collect from your local school, so continuation of care could last till your child is 11 years old if you require before and after school, and even holiday care.

A childminder is registered and regularly inspected with Ofsted, just like a school or nursery. We are all checked by DBS and all have current paediatric first aid certificates.

We work from our home so can offer home from home care just like you would. We can visit parks, toddler groups, library singalongs, or visits to the local farm as part of our play plans just as a parent might. However, we still allow the children plenty of play time in our house and garden as this is their best way to learn and develop.

We have small ratios and so your child receives plenty of individual care from the minder, and also keeps your family safer during Covid times.

Around the Corby area, there are approximately 50 minders to choose from, and we are dotted all around the town. Some drive, some don't – some do very early hours, some don't. Your circumstances will fit with a minder but finding them can be hard and time-consuming, so we have introduced a Facebook page to help.

If you think it is something you are interested in for your child, pop your enquiry onto the Facebook group:

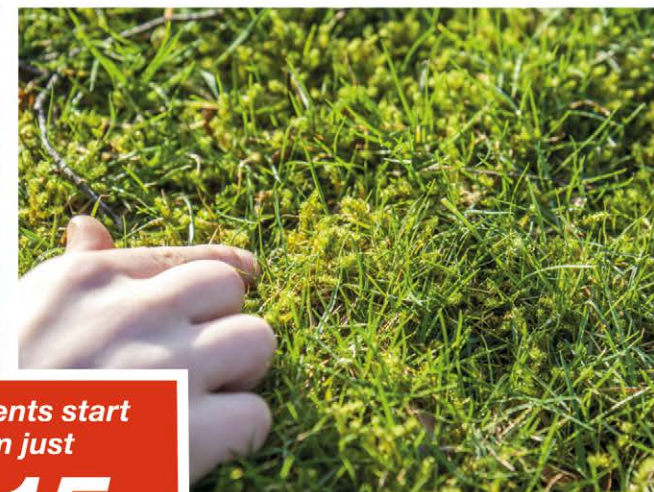
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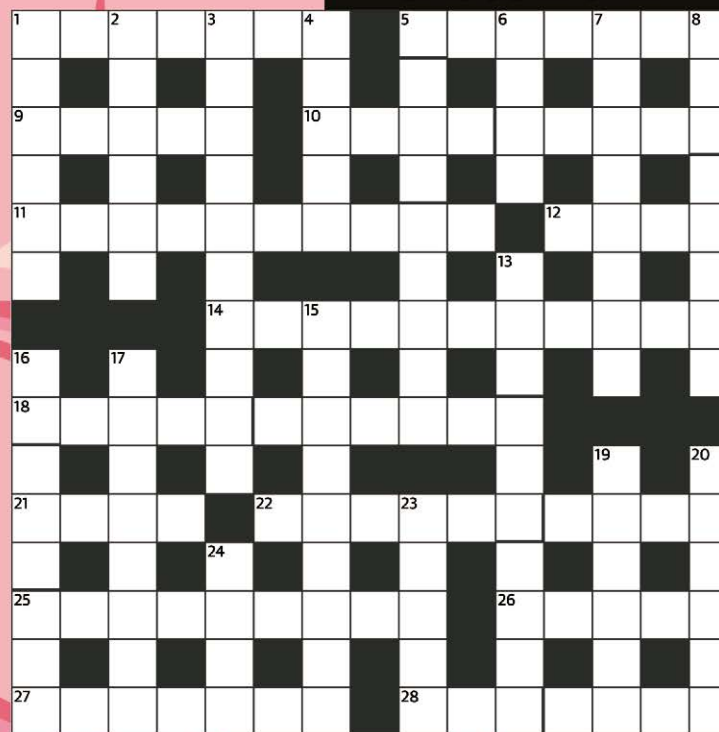
KID BRAIN TEASERS

- 1: What has a face and two hands but no arms or legs?
- 2: What has to be broken before you can use it?
- 3: I come down, but I never go up. What am I?

BRAIN TEASERS

- A: What can be driven although it doesn't have wheels, sliced but stays whole?
- B: I have no eyes, no legs, or ears, and I help move the earth. What am I?
- C: What is black when it's clean and white when it's dirty?

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Across

- 1 In middle of round sheltered by tree (7)
- 5 Refers to big men, both losing their heads (7)
- 9 Reviewed, in short, erotica from yesteryear (5)
- 10 Aid to presentation for Pam (4,5)
- 11 Thoughts of love dismissed? Fancy one's smitten (10)
- 12 Number two crosses line - game up! (4)
- 14, "Exciting nights are fiction" (Mrs Vlad?) (11,5)
- 23
- 18 Race, methinks, largely fixed - it won't interest many (5,6)
- 21 Keep secret Mr Nasty told (4)
- 22 Soon feel at home because of English on board (6,4)
- 25 In no way a quack, some might say (9)
- 26 About to engage with comic hero - it'll provide colour (5)
- 27 Preference was first to get drunk (7)
- 28 Course director dismissed sign (3,4)

Down

- 1 Study for a purpose (6)
- 2 Marvel! Right away is able to have sex (6)
- 3 Sign I'm struggling with rents in Herefordshire town (10)
- 4 Winchester's one awfully common pupil gets detention (5)
- 5 Liberal hit back: "It's unfair!" (1,3,5)
- 6 Villa centre half welcomes tie (4)
- 7 Full of energy, play with new guide (8)
- 8 13 from TV castle - hard (3,5)
- 13 Go to this place saving time, then do a flit (3,3,4)
- 15 Decorate country house for the King (9)
- 16 Dominating male Henry caught unawares (2,3,3)
- 17 Mike supporting Bill Edmondson and Don? (8)
- 19 Book a top fighter (6)
- 20 Yes, Vice-Admiral's first to go above (6)
- 23 See 14
- 24 Possibly saw money being picked up (4)

SUDOKU

		2		7		6		5	
1	3	6		9					2
7									
	6			4		5			
8	7		5		1		6		4
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6				8		3	2		5
	8		3		9				7

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CORBY'S VERY OWN SUPERMEN



Meet Kyle Hughes a Corby man, 33, who was a fit and healthy young man in 2015 when a brain cyst triggered a series of events which led him to be confined to a wheelchair, being told by doctors that he would be unable to walk, talk or eat again.

After four years in a wheelchair, Kyle was encouraged to get active but faced a massive setback after being found collapsed and unresponsive in 2019, where Kyle's mum saved his life by reviving him. After going to hospital, Kyle died three times due to a collapsed lung, a clot on his lung, sepsis, and double pneumonia. He was then put on a ward to die but he put up the fight of his life and came back from this after being ill for some time.

After this Kyle has been determined to get as well as he can and has promised to walk again.

To help him fulfil his promise to himself to walk again, his friends and personal trainers Jason Strachan, Gary McQuade issued a 21-day Ice bin Challenge whereby each day after going into their wheelie bins full of ice water for one minute they nominated five people on Facebook to take up the challenge to help fund raise £30,000 for an intensive course of rehabilitation. The people from Corby and beyond did not disappoint as they jumped into their ice-cold wheelie bins to help.

Kyle said "I have got the chance to go to the rehab centre, I can't believe the support that I have had from the people in the town, I've got no words to describe what everyone has done for me, I won't let them down and I won't give in."

From the challenge both Jason Strachan and Gary McQuade were awarded the Creative Spirit Award after being voted by 100s of people for not only helping Kyle quest but also raising the spirits of Corby within the lockdown, where people felt part of something.

Jason said, "We are so Proud of the People of Corby, rallying around to help us raise money for Kyle and who have jumped into their bins, it is not easy with the freezing water, but the people of Corby have always had a great Spirit and always been on hand to help people in need".

Gary said, "It also created a feel-good factor and community feeling, we are so proud of everyone."

Kyle is currently going through a punishing training schedule to continue to build his strength helped by Jason until he has a finalised date for his rehab once travel restrictions has lifted. To further support, his friends have constructed a set of walking rails in his back garden so he can practise reaching his goal of walking again.

The Ice bin Challenge has now stopped and the Just giving page has been closed, after raising just over £30,000 but we have not stopped raising money for Kyle with fantastic support from Shaun Fisher who has been running raffles online.

We also have an upcoming Race night at the Cardigan Arms on Friday 16th July, where we are looking for race sponsors and an event sponsor, if you want to help, please contact Shaun Fisher on 07985 690851.



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