

5th Anniversary Issue

ISSUE 21

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- Government Accelerated Fund
- Protect & Respect - Living with Covid
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We are five!!

That's right Corby, we made it to our 5th Birthday! It has certainly been a rocky road for the advertising industry as many have been, simply closed for business. Having a massive knock on effect down the line. But we have battled through for our community and clients and are proud to say we are now five years old. So much so we gave all our new radio advertisers a free Love Corby membership for a whole year to say thank you and to help bounce back from this dreadful couple of years. Good luck to all.

Editor & Founder

Craig Barber

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10.00-12.00
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Guest speaker:
Tom Pursglove MP

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BRAIN TEASER ANSWERS:

A= Footsteps

B= A coat of paint

C= Drop the "S"

1= A Coin 2= Piano or any keyboard

3= A Window

SUDOKU ANSWERS

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

CROSSWORD ANSWERS

L	V	W	I	N	A	N	A	N	O	X	E
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E	Y	B		A	O	O	O	O	O	O	U
O	K		E		H	I	T	W	Y	T	B

ISSUE 21

focussed
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YOU CAN!! is saying to your child, partner or friend that they can too! Sport is all about supporting others, family, friends and teammates! You can make lifelong friends through sport, go to exercise classes with work colleagues, and set and achieve personal goals and targets.

Get everyone involved and say **WE CAN!!!** Sport and exercise often involves the whole family. Whether taking part yourself or supporting your child, volunteering or coaching or even taking on a committee role within a club or group. Sport can also strengthen and bring the community together. That's why

I CAN, YOU CAN, WE CAN!!!

So **GET INVOLVED** and support your local Sports Clubs! They are ready and waiting for you.

For more information on where your nearest sports club is visit:

<https://www.corbyleisure.co.uk/corby-sports-forum> or
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CORBY PROJECT SUPPORTED THROUGH GOVERNMENT'S ACCELERATED FUND

Improvements to Corby's George Street is the final stage of a series of North Northamptonshire Council (NNC) projects in the town financed from the Government's Accelerated Fund.

This latest initiative focuses on improving links between Corby's shopping area and the Parkland Gateway leisure quarter with enhancements to the existing zebra crossing and the creation of a new crossing near the junction of the Westcott Way roundabout.

The work includes modifications to paving leading up to the existing crossing and new signage and is expected to take up to six weeks to complete.

Cllr Steven North, the council's executive member for regeneration and growth, said: *"I'm delighted to see this very important project for Corby starting as these improvements will make a very big difference to the town centre by creating a more attractive, safer crossing route between two key areas."*

"This government funding has been crucial to a number of regeneration projects across Corby, which all make a difference as the town aims to become more prosperous, better connected, cleaner and greener, while also improving life chances and wellbeing for residents."

Cllr Jason Smithers, Leader of the council, said: *"Revitalising town centres across the North Northants area is essential in order for them to keep developing as hubs of business, culture and leisure and I welcome this funding which has unlocked key projects to help this to happen."*

In September 2020 the predecessor council to NNC was successfully awarded £750,000 through the government's Accelerated Fund – a capital fund aimed at creating jobs and building stronger and more resilient local economies.

Part of the funding was awarded to Corby's play parks which have seen a complete revamp.

Active travel has also had a welcomed addition from this grant to the cycleways project in the area.

While Tresham College students were encouraged to stay active with the new outdoors gym equipment on the Corby campus.

Plans to improve the town centre's public realm and refurbishment of the popular market stalls were also completed under this grant as was the remediation of the Market Walk area in the town centre, which saw a vast improvement with this funding. This once unusable site is now an attractive area for shoppers to enjoy views over the southeast of Corby.

Georgina Ager, Vice Principal of The Bedford College Group, which includes Tresham College and its Corby Campus, said: *"As part of Tresham College's commitment to our students' and staff's health and well-being, and through them to the wider community of Corby, we applied to have improved and upgraded outdoor activity facilities."*

"We are delighted to have been part of a successful combined bid and look forward to our students using our new gym equipment."

Sovereign Centros on behalf of the owners of Corby Town Centre said: *"We are delighted to have secured part of the bid to support projects that will enable us to continue the improvement in Corby town centre. The monies have allowed us to introduce new public realm and refurbish the established and popular market along Corporation Street."*

"In addition the redundant area of land situated at the important gateway entrance into Corby town centre from the main car park has greatly benefited from a complete makeover. We are very much looking forward to the public to use and enjoy this area."



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Protect and Respect- Living with Covid

We have now been dealing with the Covid pandemic for over a year, living through waves of infection, and have had times when we have felt optimistic and times when we have felt less so. Some of us have lost loved ones during this time, and we have all been affected in some way. As we go into the second summer of this pandemic it is still really important that we do everything we can to protect each other and respect that the freedoms offered to some may result in additional restrictions and worries for others.

Many of our family and friends have long term conditions that make them particularly vulnerable to Covid, and it is helpful to make sure that we support them to be vaccinated with both doses if they have not already done this. Some of our community will need a Covid vaccine booster in the autumn too. Some people may not have a physical health condition that makes them vulnerable but may be feeling understandably worried about Covid infection for other reasons, including caring about vulnerable family and friends that they have contact with.

You may wish to make sure that people close to you, who are worried about Covid infection, are comfortable with the changes in Covid restrictions that you might want to make. Perhaps you could bear this in mind and be more cautious when they are around. This could include offering to meet them outdoors, making sure that everyone does a lateral flow test just before meeting up and making sure that everyone washes their hands. You may wish to do regular lateral flow tests to protect those around you, and these are available from 119 or lots of other local venues. If you are feeling unwell, please stay away and self-isolate from other people and make sure that you

request a PCR covid test by calling 119. This is the best way to keep others safe.

When we are in a public place we do not always know who needs additional protection from Covid, and who may be feeling uncomfortable about some of the changes. People who have problems with their immune system or conditions like diabetes or high blood pressure do not look any different and you would not know if you were near a person who is vulnerable in a public place. Some people might be caring for a vulnerable family member or friend and want to take extra precautions to protect the person they care for.

Wearing a face covering in crowded indoor public places, on public transport or where there is poor ventilation shows your consideration for the people around you who may be feeling anxious about their risk of Covid infection. Many shops will also wish to protect their customers and staff by continuing to mandate face coverings, hand sanitising and distancing because they respect their customers and staff. It is also particularly important to continue to wear a face covering in all healthcare settings, since there will be a higher number of vulnerable people in those environments. We all want to minimise the risk to those patients as well as the staff who continue to care for them. This means that many of the aspects of healthcare that have kept people safe so far will continue to be used, including wearing face coverings, and remote and telephone consultations. When you are asked to wear a face covering or to sanitise your hands in a particular environment doing this is your opportunity to show your respect for others and your willingness to protect them from Covid, since you may not know that you have it.

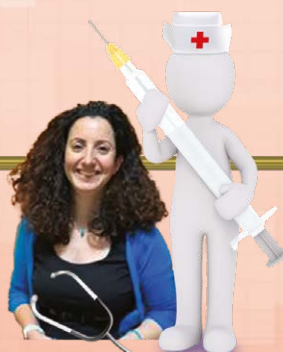
If you are feeling ready to reconnect with activities but are not sure what is going on locally or what you might fancy doing, then you can speak to a **Social Prescribing Link Worker (Social Prescriber)** who will be attached to your registered GP surgery. They will be able to talk to you about how to make the most of the local opportunities and be able to put you in touch with activities that you will enjoy and where you can connect with like-minded people. They can also help you to make some positive changes in your life including getting more active, dealing with unhelpful habits and supporting you to make future plans.

We all have different attitudes to risk, and it is important to recognise this in conversations with friends and family when you are planning activities and events, so that everyone feels comfortable and can enjoy their social contact. This means that continuing some of the adaptations that we have become used to over the last year may make an event feel more comfortable for others. It is important not to pressurise people into reducing their restrictions if they do not feel it is safe to do so. Communicating about our feelings is very important, and showing a willingness to adapt and take a considerate approach is usually much appreciated by those worried about infection. We all want to protect our community, and by being flexible and understanding these are some of the ways you can show those around you that you respect their feelings and concerns.

Thank you.

Dr
Joanne Watt

GP Chair Northamptonshire CCG
& Great Oakley Medical Centre



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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"**.

Currently in Corby, about 75% of lung cancers present to the NHS late and get diagnosed at a late stage of illness, due to there often being no symptoms during the earlier stages.

The pilot programme aims to improve earlier diagnosis of lung cancer, at a stage when it is much more treatable – ultimately saving more lives.

Dr Az Ali Clinical Executive Director and cancer lead Northamptonshire CCG said: *"Your lungs work hard every day so it's important to look after them. A Lung Health Check is like an MOT for your*

lungs, and could help spot any problems early – you may not have even noticed anything was wrong.

"The health check is simple and straight forward, so if you currently smoke or have ever smoked why not put your mind at ease by taking up the offer. And if a problem with your breathing or lungs is found, treating it early could be simpler and more successful. Please look out for a letter from your local GP Practice."

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.



Cath Arnold, 74 from Corby went for a health check in April.

She said: *"I was greeted by a nurse and taken up on a lift where the scanner is and the radiologist explained everything that was going to happen to me. He asked me to sign a permission form and then I lay on the scanner."*

"It was really quick and there is no pain – the only instructions were hold your breath for a few seconds and then breathe normally. It's absolutely nothing to worry about – it's a really, really easy process."

"The progress that has been made in the last few years with medicine has been fantastic and anything that's going to catch cancer earlier is good for the population as a whole. So please look out for a letter from your local GP Practice and attend your appointment if invited - and you'll have the results in a few weeks!"

"I am thrilled that this pioneering scheme we are offering has already helped so many patients. We've treated people who otherwise would not have been diagnosed so early." - Dr George Tsaknis, Corby Lung Health Check Clinical Director.

Will you be invited?

- Is your GP in Corby? ✓
- Are you aged between 55 and 74 years old ✓
- Do you currently smoke or have you smoked in the past ✓

If you have answered yes to all of these questions then you could be invited to a Lung Health Check – look out for a letter from your GP practice



Corby Lung Health Checks

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

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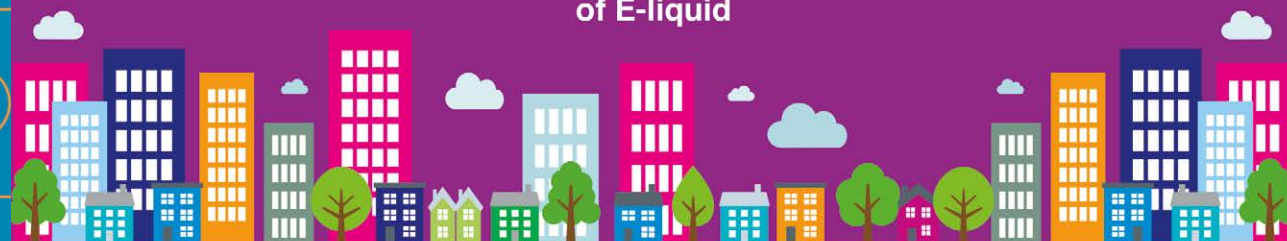
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West Northamptonshire Council

Cooking with someone

- It's important for people of all ages to recall and share memories – it's an important way of connecting with others. Recalling memories can also guide planning and decision-making and help people find meaning in other life events.

For older adults dealing with memory loss, sharing their favourite family recipes may be important to maintaining a sense of being the same person despite memory difficulties.

Our CAREGivers spend at least a full hour each visit with clients who may need support in daily activities. Local knowledge when taking someone on outings plus a good sense of humour helps, as well as knowing the difference between a potato scone and a bannock.

Older adults have a rich life to draw on, and often enjoy talking about their past. It's a win-win for the CAREGiver and the aging adult, and at Home Instead we enjoy talking through old *"messages lists"* which are sometimes tucked away in a drawer, which can be made into a precious Memory Box for future generations.

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A Band Called Malice (The Jam)
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If you or any member of your family are at all concerned about the possibility of having to pay for long term care in the future, then contact us on 01536 276300 to arrange a free no obligation face to face meeting with one of our legal advisers. This could save you and your family a small fortune including those assets you currently have that you have worked so hard to build up.



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CORBY WOMBLES

The Wombles formed January 2021 and grew rapidly, currently we have 732 members in Corby alone. We have won the Spirit of Corby award and Northampton litter pickers have recently won the NL award for best community project.

In March we had our first group litter pick at Morrisons, carefully arranged in hourly slots, social distancing observed. **We collected 131 bags!** So far the wombles, over the county have collect just shy of 22 thousand bags of rubbish.

We rely on donations, as a set consisting of litter picker, hoop, gloves and clear bags cost around £25 per person. We have had equipment donated from RS components and Smurfit Kappa.

Hi vis vests from Corby Clean and proud. Personal donations in memory of family and a raffle of original womble toys. A local company had their vans wrapped with a thank you for all our hard work and members of the services signed it.

We get amazing support from the town council and the people of Corby, often people will say thank you or toot as they go by, but education and awareness really needs to be highlighted as we continue to litter pick the same streets/places regularly.

MANY PACKETS DO NOT ROT



To get involved please find our Facebook group to join and drop a message



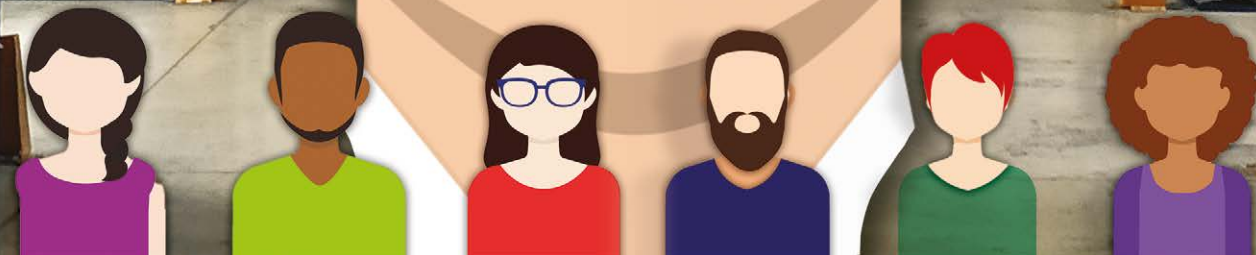
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NOTE: The Simple funeral DOES NOT INCLUDE limousines or departure from a home address

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WHAT OUR CUSTOMERS SAY ...

We chose Margaret Rose Funerals for the burial of my wife following her untimely death from cancer. As we reflect back over your involvement, we know we made the right choice and we are thankful and appreciative for all your efforts on our behalf. I suppose that at such unhappy and emotional times one looks for empathy, understanding, warmth, efficient and effective planning of details, experienced intervention where necessary to speed things along, and then appropriate delivery and action right through to the end. All this aptly describes what you did for us and we are very grateful. We happily recommend your friendly, expert and efficient services.

John Meakin of Kettering

POP'S Brain Busting Quizzes

KID BRAIN TEASERS

- 1: What has a head and a tail, but does not have a body?
- 2: What has many keys but cannot open any doors?
- 3: What invention lets you look right through a wall?

BRAIN TEASERS

- A: The more you take the more you leave behind?
- B: What coat is best put on wet?
- C: How do you make the number 7 even without addition, subtraction, multiplication, or division?

CROSSWORD

1		2	3	4		5		6		7	8
		9								10	
11			12								
		13									
14				15				16			17
18	19					20			21		22
					23						
24		25									
26	27			28				29	30		31
32								33		34	
35			36								

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

DOWN

1. Bills home
2. In the direction of
3. Child's delight
4. ___-hoo!
5. Lady Byng Memorial Trophy sport
6. Catch some rays
7. Olive ___
8. Shade of green
10. Neuwirth of Cheers
13. Hagar the Horrible's daughter
15. Oklahoma's second-largest city
16. Prize money
17. Fragment
19. "Go, team!"
21. Slangy denial
22. Healthy breakfast
23. Overexert oneself
24. Traditional church donation
25. Paradise
27. Bad spell
28. Seek political office
29. Clamor
30. Hit the slopes
34. The Wizard of Oz aunt

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NORTH NORTHANTS BUSINESS NETWORK

SUPPORTING BUSINESS GROWTH

A new business network has been launched to ensure local businesses in Kettering, Corby, East Northants and Wellingborough are kept informed with help and support available and promote business locally in the North part of Northamptonshire.

The North Northants Business Network was launched by Simon Cox, who initially launched the successful Kettering Business Network in June 2015 and supported the launch of other business networks around the area with the launch of the Corby, Wellingborough and East Northants business networks.

Simon said *"With changes going on locally within North Northamptonshire and local authorities, it was right that our business community reflected these changes and the North Northants Business Network was created."*

The business network website, designed and hosted by Desborough based Poppy Design Studio, carries local business news stories, information on grants, business awards, business blogs, raising finance as well as areas for each main town across North Northamptonshire business community.

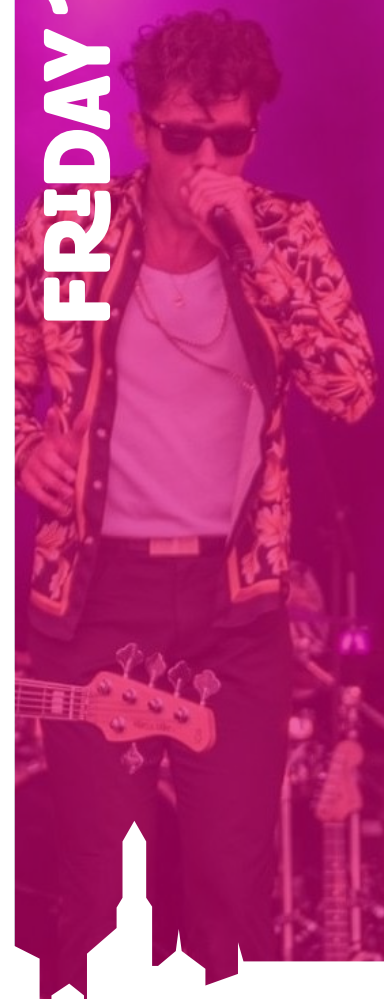
Businesses can also find links to key business support and other business groups including the Federation of Small Businesses, Northamptonshire Chamber of Commerce, Business & IP Centre, the North Northamptonshire local economic recovery website and lots more as well as details for the various networking events across North Northamptonshire. Meetings are taking place face to face and online so keep an eye on the North Northants Business Network Facebook page and website for details

Membership is free for businesses within North Northamptonshire and you can find out more by visiting www.northnorthantsbusinessnetwork.co.uk or following @NNorthantsBN on Twitter.

FRIDAY 13 AUGUST

Headline
Tribute:
BRUNO MARS

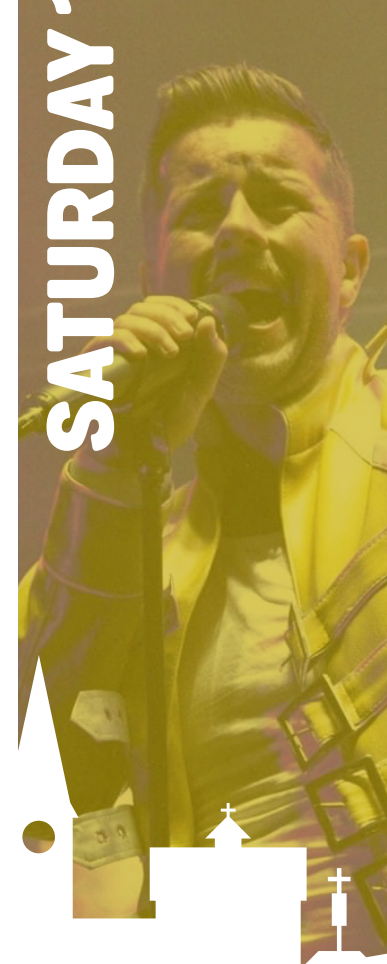
Featuring
Tributes of:
**Katy Perry
Olly Murs
Taylor Swift**



SATURDAY 14 AUGUST

Headline
Tribute:
Queen

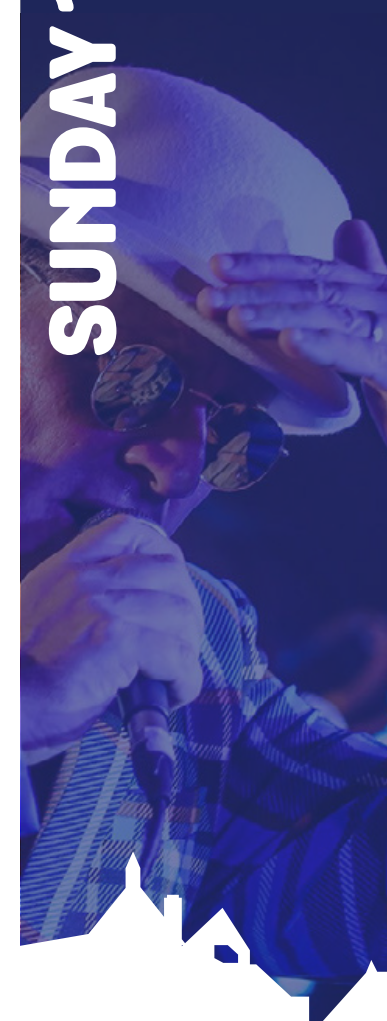
Featuring
Tributes of:
**Foo Fighters
Meat Loaf
Bon Jovi**



SUNDAY 15 AUGUST

Headline
Tribute:
Madness

Featuring
Tributes of:
**Phil Collins
Take That
George Michael**



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On-Air 96.3fm **1/3 of people** of Corby and Corby Borough surveyed listen to Corby Radio

Corby Radio on TUNE IN App 14,100
Corby Radio Streaming - Unique listeners 7,704
Corby Radio Social Media stats:



Facebook 8,536
Twitter 3,902
Instagram 604

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Your message will broadcast at various times daily when the show is promoted as well as Facebook and Twitter mentions. With all sponsorship packages, you will have a tailor-made message that you get to script. Get the maximum publicity throughout your show by informing the listener about your company or product, work together with the presenter of the show to gain maximum impact of your business.

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Corby Radio Studios Behind Studfall Shops - Caldan House, Unit 2, Dale St, Corby NN17 2BQ

Schedule

Monday to Friday Daytime

7am - 10am	'The Big Breakfast Show' with Stewart McNeill
10am - 11am	'Number 1's Rewind'
11am - 2pm	'The Mid-Morning Show' with The Corby Radio Team
2pm - 3pm	'Rewind'
3pm - 6pm	'The Big Drive Home' with Des Barber

Monday Evening

6pm - 8pm	'A Touch Modern Soul' with Des Barber
8pm - 10pm	'SKA, Mod and Reggae Show' with Andy Cox
10pm - 11pm	'The Love Groove' with Terri Meechan

Tuesday Evening

6pm - 8pm	'The Sensational 70's' with Kazzi B
8pm - 10pm	'The Indie and Alternative Show' with Chuck
10pm - 11pm	'The Love Groove' with Terri Meechan

Wednesday Evening

6pm - 8pm	'Early Evening Show'
8pm - 9pm	'The Country Hour' with Des Barber
9pm - 10pm	'The Corby Radio Rock Show' with Darren Jackson
10pm - 11pm	'The Love Groove' with Terri Meechan

Thursday Evening

6pm - 8pm	'Early Evening Show'
8pm - 10pm	'Live and Local' with Barry Addison
10pm - 11pm	'The Love Groove' with Terri Meechan

Friday Evening

6pm - 8pm	'The Real 80s Show'
8pm - 9pm	'The Session' with Darren Jackson
9pm - 10pm	'The Legends Show' with John Headley
10pm - 2am	'Club Corby' with Will Trueman

Saturdays

7am - 10am	'The Saturday Breakfast Show' with David Edgeworth
10am - 12 Noon	'Saturday Morning Special'
12 Noon - 2pm	'In the Groove Disco Show' with Kazzi B
2pm - 6pm	'Sport 963' with Stewart McNeill
6pm - 8pm	'Totally 90's' with Leigh Jamison
8pm - 10pm	'Saturday Night 'Live' with Oliver Mills
10pm - 2am	'Weekend Anthems' with Simon Marshall

Sundays

7am - 10am	'The Sunday Breakfast Show' with Des Barber
10am - 12 Noon	'Sunday Movie Buff show' with Andy Barnes and Julie Forsyth
12 Noon - 2pm	'Sunday Social Show' with James Ashton
2pm - 4pm	'The 60's Show' with Terri Meechan
4pm - 7pm	'The Classic Soul Show' with Andy Barnes
7pm - 10pm	'The Jukebox Drive-in' with Robbie Owen
10pm - 11pm	'The Legends Show' with John Headley

Meet the Team



Corby Radio 96.3

Call: 01536 265 666

www.corby.radio



studio@corby.radio

Text: 963CORBY + MSG to 88802

COMPETITIONS

email your answers to all questions in one hit to competitions@focussedpublications.co.uk or via our Facebook page /Focussed.on.no1 (Or search Focussed Publications)

*MONTHLY COMPETITION - WINNERS EVERY MONTH!

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2		WIN TWO ENTRIES TO TRAPP'D DESTRUCTION ROOMS AT CORBY	CAN YOU RECORD YOUR EXPERIENCE?
3		WIN A FAMILY TICKET	NAME JUST ONE OF THE ZONES FOUND WITHIN THE PARK
4		WIN A 24 HOUR RENTAL OF ONE OF OUR CARPET & UPHOLSTERY CLEANER SUPPLIED WITH FULL UPHOLSTERY KIT AND 2 LITRES OF CONCENTRATED CARPET SHAMPOO	WHAT IS AMANDREWS WEBSITE ADDRESS?
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6		ANY 5 LITRE VEHICLE SNOW FOAM	NAME THE 2 FRAGRANCES?
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20th September 2021

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