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- Willow Place- Corby: A town apart
- Top Tips: Get best GP consultation results
- SEPSIS - Could you spot it?
- Lakelands Hospice Needs You!
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B= The number 8

C= A candle

1= A Stamp

3= A Rainbow

SUDOKU ANSWERS

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

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T	N	E	R	A	B	T	D	E	C	I
N	O	N	E	V	S	E	B	I	T	B
E	N	I	C	E	J	S	I	D	E	S
C	D	O	L	M	A	F	E	O	L	A
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1. High/Low temperature
2. Uncontrolled shivering
3. Confusion
4. Passing little urine
5. Blotchy or cold arms and legs

We're asking you to help us spread the word about sepsis to help save more lives. You could support vital research into sepsis by donating or taking part in a fundraising activity.

If you have personal experience of sepsis then you could share your story on social media using the hashtag **#stopsepsisnow**

Find out more: <https://sepsisresearch.org.uk>

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CORBY: A TOWN APART

Corby town centre has enjoyed significant regeneration over the last decade, including the development of Willow Place, a modern extension to the town's more established shopping streets, as well as Corby Cube, the Corby International Swimming Pool, Savoy Cinema and associated restaurants. There has also been significant investment by town centre landlords Sovereign Centros and Europa Capital in a new 471-space surface car park off Anne Street, enhancing the gateway to Corby town centre and offering customers a vastly improved parking experience.

New events space

This summer, a new, multi-purpose events venue opened in Market Walk, offering the potential for drama and music performances, street food vending, community events, exhibition space and specialist markets. The new decked space – dubbed Corby Boardwalk – offers stunning vistas of the Corby skyline. It was created with the help of an Accelerated

Fund, part of the government's COVID support package for town centres, as well as private sector investment from the town centre's landlords. It has already been put to good use with a pop-up bar and street market (below) as well as a live gig 'Lyrical Lockdown', devised, presented and filmed by local young people aged 12-18, and accessible to viewers all over the world via YouTube.

Independent stores

There are some 160 stores and places to eat in the town centre, with Willow Place home to many of the UK's major high street fashion brands, including Primark, H&M, TK Maxx, New Look and River Island, with large, modern units designed around the requirements of today's retailers. But what sets Corby apart from other town centres is its thriving independent retail offer. Where many UK towns and cities have simply become clones of each other, Corby stands apart for the sheer diversity of its independent retailers, many unique to the town centre.

Jewellers, boutiques, food stores, hair and beauty salons, cafés, restaurants and specialist retailers complement their better-known neighbours, providing products and services tailored to the specific requirements of the local community they serve.

Daily market

The popular daily market in Corporation Street is also a big draw. This, too, has benefited from an Accelerated Fund grant this year, with smart new canopies, branding, seating and planters.*

Add to this a regular programme of events and promotions initiated by the town centre's landlords and it is not hard to see the growing attraction of Corby as a regional shopping destination.

** To book a pitch, or for more information, call 01536 200073 or email kay@willowplace.co.uk.*



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Top Tips and information to support you to get the most out of your consultation

Northamptonshire General Practices currently offer about 17,000 appointments each day and there will be times that the demand for appointments may sometimes be more than the capacity available, we know this can be frustrating. Most health professionals would like to spend more time with each patient, and need to balance this with how many appointments they can offer to their patients each day. Northamptonshire GPs and General Practice teams have been working hard for their patients throughout the Covid pandemic offering vaccinations, screening, long term conditions checks, providing medication prescriptions and supporting patients who have needed to shield as well as those who reside in care homes. During the pandemic we know that many people have struggled with mental health problems as well as Covid and Long-Covid, and practices have also supported the people who are on waiting lists for appointments or procedures.

Telephone, video and online appointments became the first point of contact with health care professionals in all practices in the UK in July 2020; this instruction from the government was put in place to help to keep vulnerable patients safe and to reduce the risk of Covid infection happening in GP waiting rooms. Many practices adapted their premises with screens and one way systems to further improve safety, as well as their staff wearing PPE for face to face appointments. GP practices are also required to offer online consultations as well as face to face appointments when they are needed. If your initial appointment is remote using phone or video, a face to face appointment can be arranged by the clinician if needed. You still need to wear a face covering when entering any healthcare settings to protect other patients as well to protect the staff caring for you, Covid has not yet gone away and some of the people attending the surgery may be vulnerable. Consider doing a lateral flow test before going into a GP surgery building to reduce the risk of Covid even more.

You may be offered a consultation with a range of professionals when you contact your GP practice. The GP partners have asked the reception team to ask a range of questions to work out who the best team-member is to help you, and to help

to prioritise your need. Your GP has been there throughout the pandemic to support all of the team members as well as to see or speak to those patients who need them.

GP surgeries have a range of professionals working as part of the team in addition to the GPs, Advanced Nurse Practitioners, Nurses and Health Care Assistants that have worked at practices for many years, not all surgeries will have all of these team members. Sometimes the person you need to help you may not be based in your practice. There may be other team members that the receptionist can direct you to such as Coaches, Care Coordinators and trainee health professionals once they know what problem is.

Practice Pharmacists

They help you with queries about medications and possible side effects and to review your medication, some pharmacists will offer a minor illness service.

Physiotherapists

They help you if you have problems with your bones, joints or muscles and can both diagnose and treat many problems. They will be able to talk to other team members about investigations or referrals if they think these are needed.

Social prescribing link workers

(also called social prescribers or link workers)

They will help to connect you to different groups and activities that are available near to where you live.

Physician associates

They will be able to look after minor illnesses and some simple conditions.

Here are some more tips to support and empower you to get the most out of appointments:

1. Please be aware that appointments may be offered by telephone, video, or online. If your consultation is remote try to find somewhere quiet and private with not too many distractions and use headphones if possible. Make sure you keep your phone with you, and notify the health professional if you will not be available at a particular time. Make sure your phone is fully charged and plug in your device if needed, and check that your wi-fi is working if that is required and consider using hand free. Ask someone if you need help to set up the technology

2. Consider keeping any hospital or GP letters with you, have a pen and paper with you to write notes if you are worried that you will forget important facts. Take the time to write down what you want to get from the consultation, the symptoms and how serious you think they are, the questions you want answered, and the concerns on your mind. At the end of the call repeat what has been agreed if the clinician does not. Let the clinician know if you feel they have not answered your questions.

3. Find out how long the appointment is and consider discussing the most important thing that you are worried about first if you have more than one problem, so that you do not run out of time to discuss it. You will usually be asked how long a problem has been present so you may wish to think about the answer to this question in advance.

4. Consider asking someone to be with you for support, they can join you remotely if you have a video call if they cannot be with you in person at the time of the consultation. Please notify the reception team if you need an interpreter. Sometimes interpretation will be via a telephone translation service.

Thank you for being polite and kind to our receptionists and the whole General Practice team, they have been working hard throughout Covid and are trying to do their best to help you. Thank you to our patients and our public for supporting your local GP surgeries.

Dr
Joanne
Watt

GP Chair Northamptonshire CCG
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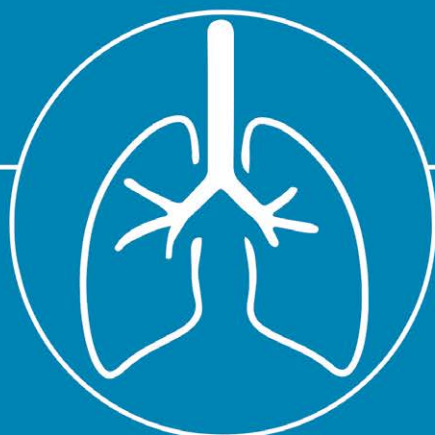
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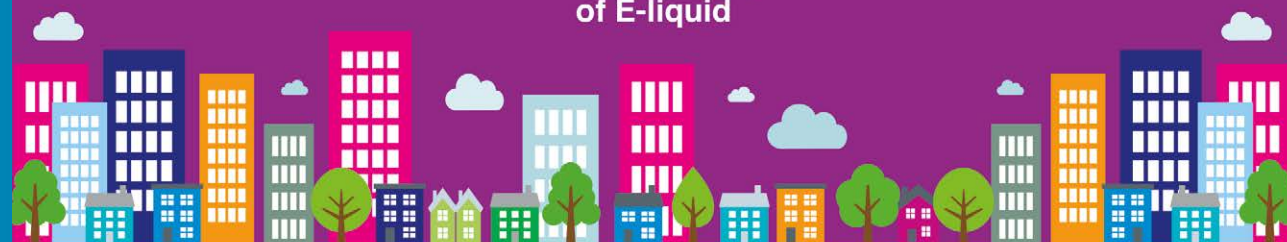
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DIVING

at Corby International Pool

Corby East Midlands International Pool have been running a diving programme within the facility for over 12 years. The Council has developed lessons for all abilities and works in partnership with the Corby Steel Diving Club to progress divers to a high-level standard.

The popular Council diving lessons currently have spaces so why not come along and see if you can be the next Tom Daley or Grace Reid. The diving coaches based in the facility have a range of experience and are keen to coach everyone from beginners right up to high level competitors to ensure that everyone can achieve their full potential.

Whether you want to dive for your own satisfaction and enjoyment or whether you do want to progress to a competitive level, our coaches can help and support you to achieve your goals.

Many divers who have come through the Corby Diving programme and progressed into the Corby Steel Diving Club have competed at a national level and have won an array of medals in top competitions putting Corby and Corby East Midlands International Pool on the map.

To join Council lessons, you need to be at least 6 years old, and be able to swim 25m confidently.

Now is the perfect time to try this fantastic sport, if it's something you have always wanted to try, come and give it a go! Who knows you could become a member of the Corby Steel Diving Club and start to compete!

If you would like to know more, please get in touch or come along and watch a session and then give it a go.



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KID BRAIN TEASERS

- 1: What travels all the way around the world but always stays in one spot?
- 2: Why do bananas use sun cream?
- 3: What bow can't be tied?

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

BRAIN TEASERS

- A:** What is as big as an elephant but weighs nothing?
- B:** Turn Me On My Side And I Am Everything. Cut Me In Half And I Am Nothing. What Am I?
- C:** You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.

Across

1. Oscar Madison, e.g.
5. D.C. office
9. Astrological transition point
13. Biblical outcast
15. Meditative exercise
16. Part of A.M.
17. Tequila plant
18. Zorro, for one
20. Skunk
22. Keep in custody
23. Of direct descent
26. Give and take
27. Circle segment
30. Biased, in a way
32. Water cannon target
34. Curtail expenses
38. Burrowing animal
39. Witchy woman
41. Damaged, as a ligament
42. Kirk's command
44. List of people
46. Like drumbeats
48. Flock member
49. Up and about
52. Embroidered hole
54. Step-in shoe
56. Pleasant-sounding
60. Employee-abetted crime
63. Ready for use
64. Dentist's request
65. Computer command
66. Mortise's mate
67. Like some tea
68. Two-at-a-time tow
69. Monopoly payment

Down

1. High-five sound
2. Popular building toy
3. Birthstone after sapphire
4. Cut at an angle
5. Tasty mollusk
6. "I do," for one
7. Bygone days
8. Frying medium
9. Clickers
10. Emasculate
11. Composed
12. Minimal change
14. Cooking directions
19. Legally prohibit
21. Charlie Hunnam series, "Sons of ____"
24. Waste away
25. Hold on property
27. Kind of race
28. Knee-slapper
29. Fountain drink
31. Like OR instruments
33. Scared stiff
35. Musical sound
36. Ship's staff
37. Where Kilroy was?
40. Baptism, e.g.
43. Cut up
45. Spotted animal
47. Card carrier
49. Accused's need
50. ____ boom
51. Sample
53. Laser printer powder
55. Doctor's order
57. Wine's partner
58. Screen symbol
59. Small price to pay
61. Boxer's punch
62. In vitro items

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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Lakelands Hospice NEEDS YOU!

LAKELANDS HOSPICE



This last year has been extremely detrimental for the wellbeing of many older and vulnerable people within our community, there has been crisis, enforced isolation, fear and restriction, dominated by Covid-19 pandemic risks.

To support the needs of our community Lakelands focussed on maintaining as many of its services as it could whilst still remaining within government guidelines, the hospice day care and transport provision was suspended, and a system of telephone contact and doorstep deliveries was implemented by our nursing team who rotated furlough cover to provide this service throughout.

We maintained our **Hospice @ Home** services, throughout the whole of the covid year, providing ninety patients and their families with this valuable service. Special mention must go to our team of dedicated **H@H** nurses and coordinators for maintaining this service under severe PPE constraints and covid risk conditions to provide vital end of life care in the home to the patients referred to us.

Community fundraising was decimated by the pandemic with all but a very small number of on-line events being cancelled. As a community hospice historically funded by the generosity and support from its local population this was particularly challenging.

The Day Hospice has been undergoing a phased reopening since May 2021. All staff and volunteers are PCR tested weekly with patient numbers gradually being increased as safely and securely as possible, to date we have incurred zero positive covid cases which is testament to the dedicated leadership of our nurse manager Tracy Glen.

Please contact Paul the hospice on
paulmarlow@lakelandshospice.org.uk
01536 747755

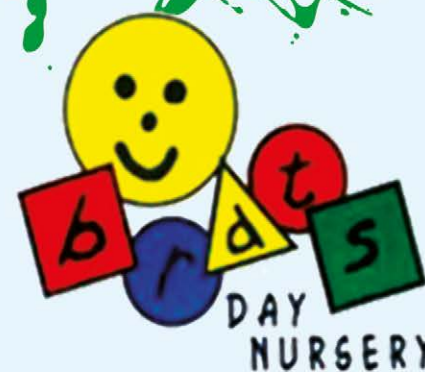


Lakelands Hospice Caring for Corby, Funded by the community for the community

Additional support services such as patient activities, bereavement counselling and Carer support group meetings are planned to be reinstated later in the year.

Lakelands would like to thank the wonderful team of staff and volunteers who have steadfastly worked through the pandemic and who have worked above and beyond the usual expectations throughout the last eighteen months.

As a hospice funded by its community we need you now more than ever, we are slowly and safely returning to our annual community events and hope in the new year to be back upto a full calendar. However the effects of the pandemic have hit Lakelands hard like so many others. Please keep supporting your local hospice, your support goes directly to help your family, friends neighbours in our wonderful community.



www.bratsdaynurserycorby.com

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

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9th Jan 22
6th Feb 22
6th March 22
3rd April 22
1st May 22
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2nd Oct 22
6th Nov 22
4th Dec 22

The Club
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3		WIN A FAMILY TICKET	WHAT'S THE PARKS HALLOWEEN ESCAPE PARK SECTION CALLED?
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5		WIN YOUR CHOICE OF ANY ADVERTISED SMELL-A-LIKE 50/55ML PERFUME SPRAY ON OUR WEBSITE - WWW.AMANDREWS.CO.UK	WHAT YEAR WAS MILTON LLOYD OF LONDON ESTABLISHED?
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