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## ACTION THRIVES AT ADRENALINE ALLEY

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Charlotte Worthington (**BMX freestyle Olympic gold medallist**) and Declan Brooks (**BMX freestyle Olympic bronze medallist**) hail Adrenaline Alley as playing a major role in their Olympic successes and continue to train at the Corby-based facility on a regular basis. Since their Olympic debut, it has been wonderful to see an influx of people getting back on the ramps or giving these exciting sports a try for the first time.

In just 12 days over the Christmas period, the world-class action sports venue received an astonishing 4051 visits with over 30% visiting for the first time. The 6-acre site of Europe's largest skatepark was overflowing with energy and exhilaration.

The team at Adrenaline Alley take pride in offering industry-leading facilities for all levels of ability. This includes a special emphasis on being the best place for a novice to learn to skateboard, scooter, BMX or inline skate. With plenty of beginner areas, quality hire equipment, 1-2-1 coaching, and a weekly training club, there is nowhere better to try your hand at action sports. What's more, the majority of the facility is indoors so the wheels keep rolling whatever the weather. These sports are not only great fun with unlimited scope for progression, but they also offer huge health and social benefits.

**Why not get down to Adrenaline Alley and experience the excitement for yourself!**

For more information and to book a session, please visit [www.adrenalinealley.co.uk](http://www.adrenalinealley.co.uk)



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# focussed on A Guide to Long Covid Recovery

Most infections with Covid make people feel unwell for less than 10 days and you get back to normal within the first 4 weeks. "Long Covid" is an informal term that is commonly used to describe signs and symptoms that continue or develop after an acute infection of Covid. If you have been unwell with Covid for longer than 12 weeks it can also be called Post-Covid syndrome.

If you are concerned about any of your symptoms and it has been 4 weeks or more since you became unwell with Covid, contact your GP practice and ask them about "Long Covid" – they should offer you an initial consultation, provide access to any further assessments or care, and advise you on sources of further support. They might refer you to a specialist Post Covid clinic, a specialist with expertise for your specific problem, or a rehabilitation service. You may wish to visit the websites below and also recommend them to friends, family and employers to help them to understand what you are going through.

[www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk) || [www.northamptonshireccg.nhs.uk/COVID-19-advice.htm](http://www.northamptonshireccg.nhs.uk/COVID-19-advice.htm)

Here are some of the common Long Covid symptoms and tips for dealing with them after diagnosis:

Symptom	How you can help your recovery
Breathlessness may make it difficult to walk or go up/down stairs. You may have a cough that continues too.	It's not harmful to get out of breath when you are physically active, this is normal. Try to increase your activity levels slowly and take breaks. If you are too breathless to speak, slow down until your breathing improves. Try the breathing exercises on <a href="http://www.yourcovidrecovery.nhs.uk">www.yourcovidrecovery.nhs.uk</a>
Fatigue and energy levels that may vary from day to day. You may also have aches and pains.	Being ill in hospital or at home with Covid can lead to lower muscle strength, particularly in your legs and is mainly due to inactivity. You need to gradually increase your levels of activity. Yoga and Tai Chi are good ways to increase your flexibility and can also help with relaxation. Try to increase your strength by walking or climbing stairs. Use simple pain relief and discuss your medication options with a pharmacist. If you are finding it difficult at work talk to your line manager who may be able to help you to adapt your role. If your pains keep you awake, if they get worse or if you have a hot/swollen joint please contact your GP surgery since there may be something else going on.
Managing your Oxygen levels	If you have had oxygen equipment supplied make sure you know how it works and who to call if you have a problem with it. Check what level of saturation you are aiming for and when to call for help. Do not smoke if you have oxygen in your house since due to risk of fire.
Headache	Try to avoid triggers for your headache and avoid alcohol which may make it worse. Talk to your pharmacist about pain relief and try to avoid taking painkillers every day.
Taste and Smell, and difficulty eating	You may find your taste changes during and following Covid. However it is important to eat and remain well-hydrated. Keep your mouth clean and healthy by brushing your teeth twice a day. Try different flavours, textures and temperatures of food, you may find stronger/sharp flavours and spices make food taste better.
Chest pain can be caused by muscles or the other organs in the chest such as heart/lungs.	Get chest pains checked to make sure they are not due to serious problems with your heart or lungs. Once you have been checked call 999 if you have any new chest pain lasting longer than 15 minutes. Discuss any changes in ongoing chest pains with your GP.
Dry skin and tender swellings in fingers/toes	Use a moisturiser to keep skin healthy, swellings in your fingers and toes will go with time.
Fear and Anxiety, mood changes and sleep disturbance Chest pain can be caused by muscles or the other organs in the chest such as heart/lungs.	Feeling anxious or low in mood is very normal when recovering from Covid. You can discuss this with your family and friends and call the mental health hub on 0800 448 0828. This help is also available for your family or carers, who may have anxiety, depression or acute stress reactions following your diagnosis and recovery of Covid. Avoid watching too much news or social media if it is making you feel anxious, try limiting yourself to looking at the news once a day. Try to do activities that you find enjoyable and relaxing. Don't be too hard on yourself if there are some things that you are finding harder to do, remind yourself that recovery takes time.
Memory and concentration	When you've been seriously ill, you may not want to do things you used to enjoy. Try to reduce distractions and take regular breaks, and vary the tasks that you need to do. Use a diary or calendar to write things down that you need to do or have already done. Try to keep a regular routine and break down problems into small and easy steps. Your concentration will get better and your memory will usually improve with time.
Palpitations (being aware of your heart beating)	Try to avoid caffeine and try to relax. Contact your GP surgery if they are getting worse, if you have dizziness/blackouts or if you have a history of heart problems

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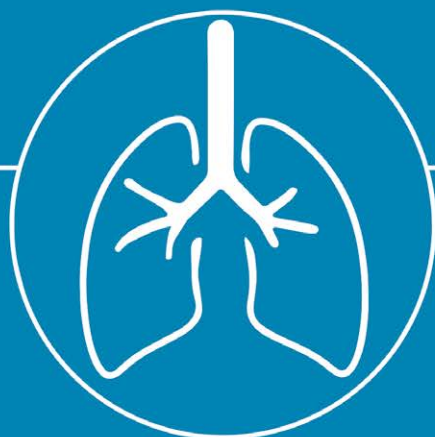
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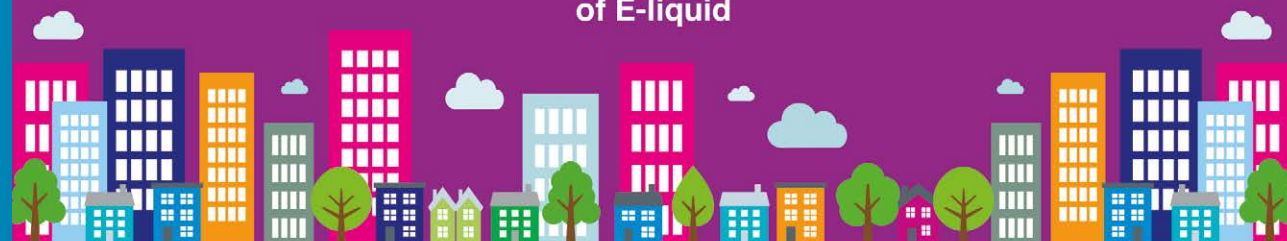
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# LOLLIPOPS, STREET SHOWS AND RAVE PERFORMANCES TO FEATURE AT POP-UP FESTIVAL

A festival that is touring the UK will pop-up in Corby town centre, on Saturday 19th February, for one day only. The Liberty UK Festival will offer a full day of free street shows, powerful performances, art installations and interactive workshops for all the family. ArtReach, producers of the festival, have previously worked on Corby Mardi Gras and Grow Festival and are partnering with the team from Made With Many and The Core at Corby Cube to bring another excellent series of free events and performances to the town centre.

Liberty UK Festival, the pop-up festival that explores the themes of freedom and democracy, will feature local people in two of the key performances, one of which will be performed at The Core at Corby Cube and another will be performed at the Willow Place Shopping Centre during the evening of the festival.

SUPERMOMENTS, which you will be able to see at Willow Place is by Ling Tan and uses wearable technology as part of the performance. In these interactive shows the performers and selected audience members listen together and perform to stories told by people from Corby, while engaging with each other through interactive wearable technology. The festival uses performances, art installations and interactive workshops to explore themes of freedom and democracy which invites people to slow down and think about our collective power to make change.

Creative arts workshops, some of which will occur in the run-up to the festival day, will feature seed planting, pot decoration, creative collages using materials found in nature followed by cape and mask making for your environmental superheroes.

A giant tortoise will be roaming the streets sharing her eternal wisdom with young audience members alongside Britain's liveliest 'Keep Britain Tidy' campaigners, The Disco Litter Queens, who bring a new level of funk to tidying up your junk. Be sure to keep your eyes out for the Slow Down/Liberty Lollipops team who will be handing out lollipops and chatting with people about the things we pay attention to and how we can make a change in society.

The Write to Rave, is an immersive live performance reflecting about the political power of rave culture, by Debris Stevenson whose work has toured to over 30 countries across the world. Working with a group of young people. Debris has co-created a performance exploring the journeys of people trying their best to rave whilst the world tries its best to stop them. Ahead of this finale performance at the Core at Corby Cube on 19th February a team of local youngsters from the Core Creates performance company will perform their latest work where they share their hopes and dreams for the future.

Lorna Fulton, Creative Director at ArtReach, producers of the festival said, "ArtReach has helped to deliver many events in Corby before, including Mardi Gras and Corby Grow Festival, and the town always shows great support with fantastic audiences. Working in partnership with Made with Many is allowing us to bring a great festival line-up to town for the Liberty UK Festival this February and we will be supporting some brilliant local projects too. The festival will host- all for free!- incredible street theatre, new contemporary performances, family arts workshops and virtual reality experiences, it's going to be a great day to celebrate in Corby."

From Mardi Gras to Corby Grow Festival, previous events delivered by this partnership have never failed to amaze and delight local audiences with fantastic free activities and special street shows, this year, the Liberty UK Festival looks set to be one of the best events yet.

The Write to Rave -  
Jessie Morgan

To explore the festival more, visit [www.libertyukfestival.com](http://www.libertyukfestival.com) or use Instagram and search @libertyfestivaluk

# LIBERTY UK FESTIVAL IN CORBY TOWN CENTRE

Saturday 19 February 12.00pm – 10.00pm

Liberty UK Festival is popping up in Corby town centre on 19 February with a full day of free performances, interactive workshops, wandering street theatre shows, art installations and lollipops, yes, lollipops.



Will the Disco Litter Queens make you reconsider your recycling regime? Listen to the wonders and wisdom from Zelva the Tortoise's journeys across the earth. Perhaps you'll discover that you're one of Earth's next heroes during our fantastic family workshops.



Slow Down with the Liberty Lollipop people and take a moment to think about the change you want to see in the world. Better yet, join us for a SUPERMOMENT of outdoor performance featuring wearable technology or be inspired to find your voice with The Write to Rave at the Core at Corby Cube.

Whatever you're interested in, we invite you to get ready for a day full of free activity and performances across Corby town centre. Made with Many, The Core at Corby Cube and ArtReach brings you Liberty UK Festival, for one day only, on Saturday 19 February!

Explore more at  
[www.libertyukfestival.com](http://www.libertyukfestival.com)  
and [www.madewithmany.org](http://www.madewithmany.org)

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The group is open to those bereaved in the Corby and surrounding areas

(adults only)

Every Wednesday 18.00– 20.00hrs

## New Carers Support Group

Are you a Carer looking after someone with life limiting illness?

Here you can meet people in a similar situation

Every 2nd Monday of the Month  
10.00-12.00hrs

Meetings take place at Lakelands Hospice on Butland Road, Oakley Vale, Corby NN18 8LX

To let us know that you wish to join us, please contact the hospice on 01536 747755 and ask to speak to Tracy or Lynn.

Charity Number: 1062120



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

LAKELANDS HOSPICE



SUPPORT GROUPS

*The groups offer support, a chance to talk with others in a similar situation and to make new friends*

*The meetings are member led. You decide the format of the meetings, your ideas and needs direct us to give you the best possible and relevant support*



Thursday 24<sup>th</sup> February 10-11.30am

*'Meet the Member'*

Drop-in networking session-  
Ace Furniture

Thursday 17<sup>th</sup> March 10-11.30am

**Guest Speaker: James Elliott**

The Business & IP Centre Northamptonshire  
At The Clubhouse Music Venue

Thursday 28<sup>th</sup> April 10-11.30am

*'Meet the Member'*

Drop-in networking session-  
SC Agency

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SEX PISTOLS EXPOSE  
SAT, 5 FEB - 19:00

**AUDIO UNITY**  
DRUM AND BASS  
**BAREWIRE**  
BIRTHDAY BASH  
**AUDIO UNITY**  
DRUM AND BASS  
SAT, 26 FEB - 22:00

**BLACKBALLED**  
Stevie Jones and The Wildfires, Goldwater  
SAT, 2 APRIL - 19:30

**FOO FIGHTERS GB**  
FOO FIGHTERS GB  
SAT, 19 FEB - 19:30

**NIRVANA UK**  
THE PREMIER NIRVANA TRIBUTE BAND  
**NIRVANA UK**  
SAT, 5 MARCH - 19:30

**BENJI WEBBE**  
SKINDRED  
DJ SET  
SATURDAY 19<sup>TH</sup> MARCH  
20:00-1:00  
**BENJI WEBBE**  
skindred DJ SET  
SAT, 19 MAR - 20:00

**SOUR**  
CLUB NIGHT  
SOUR CLUB NIGHT  
FRI, 25 FEB - 21:00

**THE BLUE CARPET BAND**  
MORE TBC....  
The Blue Carpet Band - The Strays - TBC  
SAT, 12 MAR - 19:30

**OWAYSIS**  
Definitely Maybe the UK's Best Tribute to Oasis  
**OWAYSIS**  
SAT, 19 APRIL - 19:30

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CORBY TOWN FC  
INFO CONTACT: TED 07491 934207

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CORBY EXPIRES: 31/03/2022

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*Entertainment Guide*  
EAT, DRINK, DANCE & BE IRISH

### February

Fri 4th - Ethan Kenna

Sat 5th - Point Blank

Fri 11th - The TomToms

Sat 12th - Mark & Jess

Monday 14th February  
Valentines Day Set Menu  
Loretta Emily Sings Live  
Booking Recommended  
See our social media pages  
for more info

Fri 18th - UkeleleBoxVox

Sat 19th - Prisoner

Fri 25th - Carter & Hartmann

Sat 26th - New Harmony

### March

Fri 4th - Calder

Sat 5th - Hannah Faulkner

Fri 11th - Ethan Kenna

Sat 12th - TBC

*St. Patricks Weekend*

Thu 17th / Fri 18th / Sat 19th / Sun 20th

**TO BE ANNOUNCED..**

see our social media pages for more info

Fri 25th - Carter & Hartmann

Sat 26th - Point Blank

\*All acts are subject to change



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Following the sudden and unexpected death of Our Beautiful Little Sunshine Jorgie we wanted to do something in her memory. We initially decided to sponsor 6 Be Brave Comfort Bears for children with life limiting, life changing or terminal illnesses.

Following numerous requests, we have now through fundraising and kind donations set up a charity called Jorgie's buddies and to date have provided 790 bears to some very deserving children.

Although the bears remain our focus for Jorgie's Legacy we knew something had been to be changed for parents to prevent further serious incidents with their children while they are in hospital.

Although you never think things will go wrong when your child is in a place of safety such as a hospital, sadly this is not always true. We thought about what we would have found helpful. We came up with the idea of a Parents Journal. We talked with other parents of children who attend hospital about what they felt would be helpful.

The Journal is in the same style of the Red Book that every child in the country has, but the outer cover is yellow for the Sunshine Jorgie brought into our lives.

There is no medical jargon that parents don't understand. It is for the parent only. No medical professional will write in it. This will stay with the parents and taken to outpatient appointments and continued during any future admissions. It will enable a documentation for a continuation of care.

**It comes in 3 sections,**  
**1. Initial assessment or admission**  
**2. Daily ward rounds**  
**3. Discharge plans**

Each section is completed by the parent and is their understanding what has been agreed. They can note changes to treatments and medication. Parents can document any concerns they have raised with medical staff, and more essentially what the responses and action to these concerns are.

In each section there is a part to name the person responsible for meeting or carrying out any plans agreed.

The Journal had been trialled at Kettering General Skylark ward. The Parent's Journal has been launched recently in Kettering with all children attending the children's services being given a journal for their parents to fill in.

All feedback from parents and medical professional has been overwhelmingly positive.

Following on from the Launch at Kettering, we had a lot of requests from other parents whose child has received a Jorgie's buddies' bear. A lot of children do not attend their local hospitals because of their health conditions. They have to attend specialist hospitals all over the country. Parents saying *"why can't we have a journal"* Therefore we have been liaising with a number of these specialist hospitals to try and get the Journal rolled out to all parents.

The response from every hospital so far has been encouraging and we will present the Journal where ever we can, hopefully to eventually have the Parents Journal nationally.

Although the Jorgie's Buddies bears remain our focus as Jorgie's legacy, it's heart-warming to feel from all our sorrow, *Our Little Sunshine*, a little girl from Corby could have an impact all over the country in supporting parents to prevent serious incidents and possibly even the death of another child.

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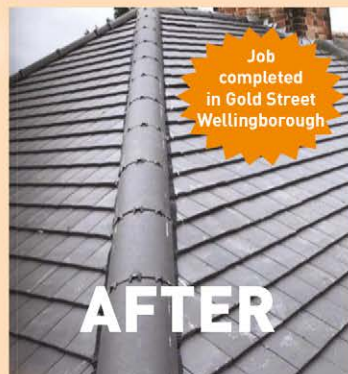
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*NOTE: The Simple funeral DOES NOT INCLUDE limousines or departure from a home address*

**TRADITIONAL CREMATION - £4,395**

Package includes: Our professional services and making of all funeral arrangements as listed in our Professional Fees; Up to 150 Orders of Service; Simple coffin; Chapel of Rest; Traditional hearse & one limousine (inc cortege leaving from home, or other address); Attendance of the Funeral Director and pall bearers; Service at Kettering/Wellingborough Crematorium; Doctor's fees for cremation paperwork; Minister/Celebrant fees

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email: [enquiries@margaretrosefunerals.co.uk](mailto:enquiries@margaretrosefunerals.co.uk)

We understand that we are all different, and every family has differing ideas and feelings about the kind of service that will be appropriate for them. We believe in giving each family the time to think things through, so that all is just right. There is no rush, you decide what you want, and in your own time. So, for pre-paid funeral plans or at your time of need, please feel free to call us.

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*John Meakin of Kettering*

**43a High St**  
**Corby old village**  
**NN17 1UU**



# Schedule

## Monday to Friday Daytime

7am - 10am 'The Big Breakfast Show' with Stewart McNeill  
 10am - 11am 'Number 1's Rewind'  
 11am - 2pm 'The Lunch-time Show' with Dez Licquorish  
 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 Dez Licquorish  
 10am - 12 Noon 'Sunday Movie Buff show' with Andy Barnes and Julie Forsyth  
 12 Noon - 2pm 'Sunday Social Show' with James Ashton  
 2pm - 4pm 'Fantastic sounds of the swinging 60s' 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



**96.3**  
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**www.corby.radio**  
 studio@corby.radio  
 Text: 963CORBY + MSG to 88802

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 Studio: 01536 265 666  
 www.corby.radio

**Corby Radio**  
 Keeping it simple!

**ADVERTISING PACKAGES**  
 (All prices are +VAT)

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**Silver - £590**  
 5 plays per day for 8 weeks

**Gold - £880**  
 6 plays per day for 12 weeks

**Advert Production**  
 @ JUST £69

*The Voice of Corby*

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

**PROGRAMME SPONSORSHIP**  
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Programme sponsorship is the ultimate way to get your business message across to the listener. It is an inexpensive way to promote your business with mentions four times every hour during your sponsored show.

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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**WEBSITE ADVERTISING BANNER**

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

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Please call 01536 520075 or email [windermere.nursery@childbase.com](mailto:windermere.nursery@childbase.com)

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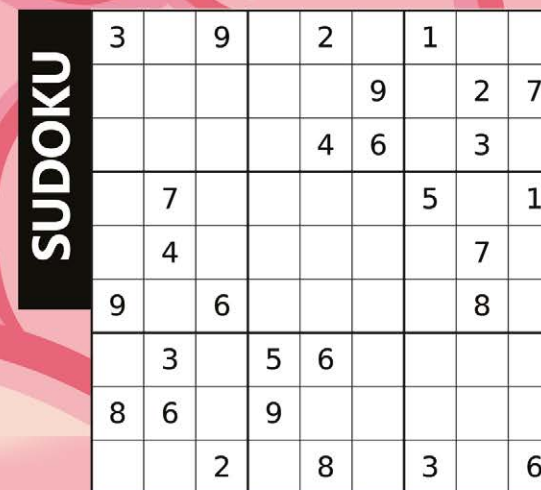
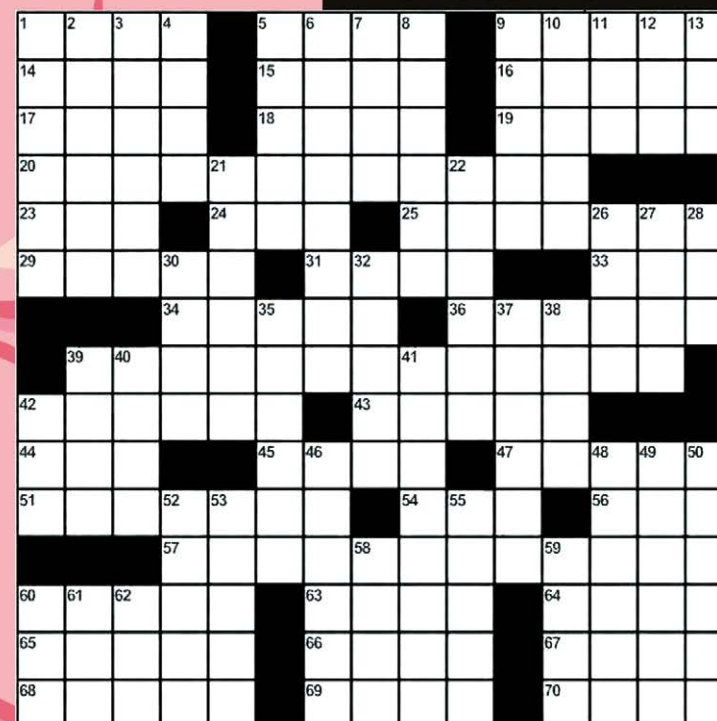
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## POP'S Brain Busting Quizzes

### KID BRAIN TEASERS

- 1: In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?
- 2: What goes up and down, but remains in the same place?
- 3: What do you call a grandfather clock?

### CROSSWORD



### ACROSS

- 1) Additional thought preceder
- 5) Guernsey's grazing areas
- 9) Having a sharp taste
- 14) Whopper teller
- 15) Unwanted aquarium organism
- 16) \_\_\_ apso (dog breed)
- 17) Pinnacle
- 18) Cow's hurdle, in rhyme
- 19) It may be tucked by a doctor
- 20) Wisher's object
- 23) Mauna \_\_\_ (Hawaii's highest point)
- 24) Get droopy
- 25) Potential ring acceptor
- 29) Actress Potts
- 31) Islamic leader, one way
- 33) "Who \_\_\_ Seen The Wind?"
- 34) Kansas, e.g.
- 36) Casual wear
- 39) Big Dipper, for one
- 42) Nurture
- 43) Scots trills
- 44) Refined petroleum
- 45) Red cheese
- 47) Aromatic compound
- 51) Qualification
- 54) Your financial advisor advises it
- 56) "How \_\_\_ you?"
- 57) Larger than large
- 60) Even a bit
- 63) Hit
- 64) An amount of medicine
- 65) Mischievous one
- 66) Ireland, affectionately
- 67) Writing on the wall
- 68) Sound from the nest
- 69) Model cars, e.g.
- 70) After everybody else

### BRAIN TEASERS

- A: Until I am measured, I am not known. Yet how you miss me, When I have flown. What am I??
- B: What word is pronounced the same if you take away four of its five letters?
- C: What can fill a room but takes up no space?

### DOWN

- 1) Nome's home
- 2) Mossy growth
- 3) Certain islander
- 4) A favorite with milk
- 5) Female monster
- 6) Stretch out
- 7) Overly eager
- 8) Grandchild of Japanese immigrants
- 9) Site for some rites
- 10) Grouch
- 11) Farm butter?
- 12) Skeptic or cynic follower
- 13) "Our \_\_\_ Will Come"
- 21) Fly from Africa
- 22) Deposit on teeth
- 26) "Birthplace of Aviation"
- 27) Loft locale
- 28) Quick or slow attachment
- 30) Does not exist
- 32) Peach \_\_\_
- 35) Like a body in Newton's first law
- 37) Water source
- 38) Vent sound
- 39) Rope fiber
- 40) City where "The Scream" was stolen
- 41) Inspirational celebrity
- 42) Dandy dresser
- 46) English county known for sheep
- 48) Port on Commencement Bay
- 49) Shakes an Etch A Sketch
- 50) Show mercy
- 52) Worth
- 53) Land in a lake, e.g.
- 55) Lassos
- 58) Hodgepodge or mishmash
- 59) Worshipped carving
- 60) Garfunkel or Carney
- 61) AAA specialty
- 62) Birthday number



# North Northants Community First Responders (NNCFR)

NHS  
East Midlands  
Ambulance Service  
NHS Trust



**North Northants First Responders** are eagerly trying to raise funds to install over 20 'dual cabinets' that house a bleed control kit and automated external defibrillator (AED) in the North Northants area. The equipment, which can be used by anyone with no need for training, is aimed to assist in the event of a catastrophic bleed or cardiac arrest. The cabinets must be within walking distance and must not be driven to, to ensure the safety of the bystander therefore we need many more of these cabinets across or town to cover all schools, residential areas and workplaces.



The cost for a full dual cabinet and installation is approximately £1450.

**"If every person in Corby contributed £1 each, there would be enough money to install a dual cabinet that would cover every house in our town"**

**Some examples of what a kit might be used for:**

- ♥ Car accidents including pedestrians or occupants
- ♥ Severe Slip/Trip/Fall
- ♥ Stab Wound / Gun Shot
- ♥ Kitchen accident whereby a cut of a major vein or artery is life threatening
- ♥ A farming accident

After a catastrophic bleed a person can die in just 4 minutes. Public intervention using one of these kits really is the difference between life and death for the casualty. In adults, defibrillation within 3-5 minutes of collapse may produce survival rates as high as 50-70% in the event of a cardiac arrest. That's why the most important actions you can take to attempt to save a life are calling an ambulance, starting CPR and using an automated external defibrillator (AED). North Northants First Responders offer free training on how you can help save a life by demonstrating CPR, AED and the use of bleed kits.



For more information, please contact them on:  
**contactus@northnorthantscfr.nhs.uk** or call **07944 698262**

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

\*MONTHLY COMPETITION - WINNERS EVERY MONTH!

1		WIN TWO ENTRIES TO TRAPP'D ESCAPE ROOMS AT ANY LOCATION	AT WHAT VENUE CAN YOU FIND THE LOST TEMPLE OF YUMIKO?
2		WIN TWO ENTRIES TO TRAPP'D DESTRUCTION ROOMS AT CORBY	WHAT IS THE AGE LIMIT TO DESTROY A ROOM?
3		WIN A FAMILY TICKET	WHAT IS THE AMERICAN PART OF OUR PARK CALLED?
4		WIN A LADIES 50ML PERFUMER'S CHOICE No.8 PERFUME SPRAY	NAME THE DESIGNER SMELL-A-LIKE FRAGRANCE FOR LADIES PERFUMER'S CHOICE NO8 VALERIE?
5		WIN £20 SPENDS AT WWW.INSTAFRESHONLINE.CO.UK	WHERE IS OUR WAREHOUSE/STUDIO BASED?
6		WIN ANY 5 LITRE PET FRIENDLY MULTI PURPOSE DISINFECTANT	HOW MANY FRAGRANCES ARE IN OUR DISINFECTANT RANGE?
7		WIN A £10 EBAY VOUCHER TO SPEND IN OUR EBAY STORE	LIKE AND FOLLOW US ON FACEBOOK - FACEBOOK.COM/INSTAFRESHONLINE
8		WIN A HALF PAGE IN FOCUSED ON CORBY APRIL/MAY 2022	LIKE & SHARE THE POST ON OUR FACEBOOK/INSTAGRAM/TWITTER STATING THIS COMPETITION
9		WIN £50 TO SPEND AT POSH PADDY'S IRISH BAR & KITCHEN	VISIT STUART-CHARLES-ESTATE-AGENTS ON FACEBOOK TO SEE DETAILS



**ISSUE 25: APRIL/MAY**  
- BOOKING DEADLINE  
**21st March 2022**

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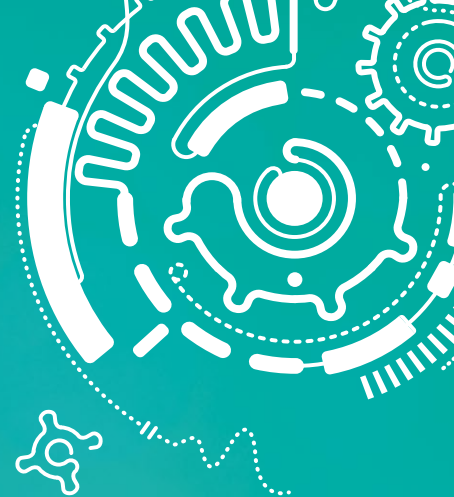
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