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Welcome to Spring

Isn't it just lovely to see the sunshine back and those beautiful blue skies! May sure to take full advantage of it by checking out all of Corby's amazing open spaces. There is always something to do, from East Carlton Countryside Park, The Boating Lake, Weldon Woodland Park and Fineshade Wood, to places like Rockingham Castle, Deene House for the more mature adventurer.

Check out the North Northamptonshire Council website for further information of places local. There are also websites like **LoveCorby.co.uk** where you will find an events calendar with lots of local attractions and events throughout Easter and the coming months.

WOW!! He did it again! Massive congratulations to Jordan Vucenic for retaining his World Champion belt at last weekends Cage Warriors. He did Corby proud and ended the fight in the second round with a rear choke that he manufactured lovely, whilst hanging from the challengers back. A real convincing win and we are sure we will be seeing you in the **UFC** soon!

Editor & Founder

Craig Barber



BRAIN TEASER ANSWERS:

- A= Silence
- B= Footsteps
- C= A dice
- 1= Egg 2= Candle
- 3 = A deck of cards

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

CROSSWORD ANSWERS

1	2	3	4	5	6	7	8	9	10	11	12	
D	A	N	B	O	R	O	A	H	A	C	H	
L	I	O	N	I	N	I	O	L	I	A	S	
A	A	V	A	L	I	D	O	N	L	N	E	
T	R	E	R	R	E	R	R	E	K	E	S	
E	K	E	E	K	E	E	K	E	E	K	E	
O	E	G	A	Z	E	O	P	G	A	Z	E	
O	E	R	E	N	E	R	N	E	R	E	N	
S	O	L	A	V	E	L	A	V	E	L	A	V
S	O	L	A	V	E	L	A	V	E	L	A	V
A	B	S	B	O	D	T	R	A	N	R	A	
S	E	N	S	E	A	S	E	A	S	E	A	
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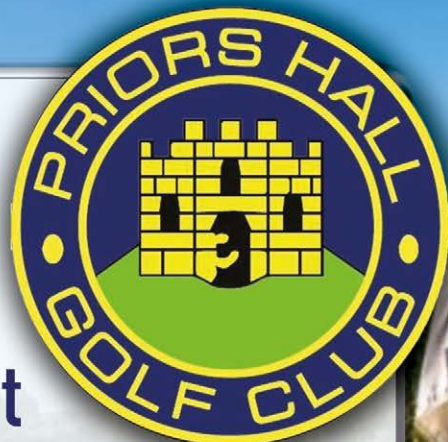
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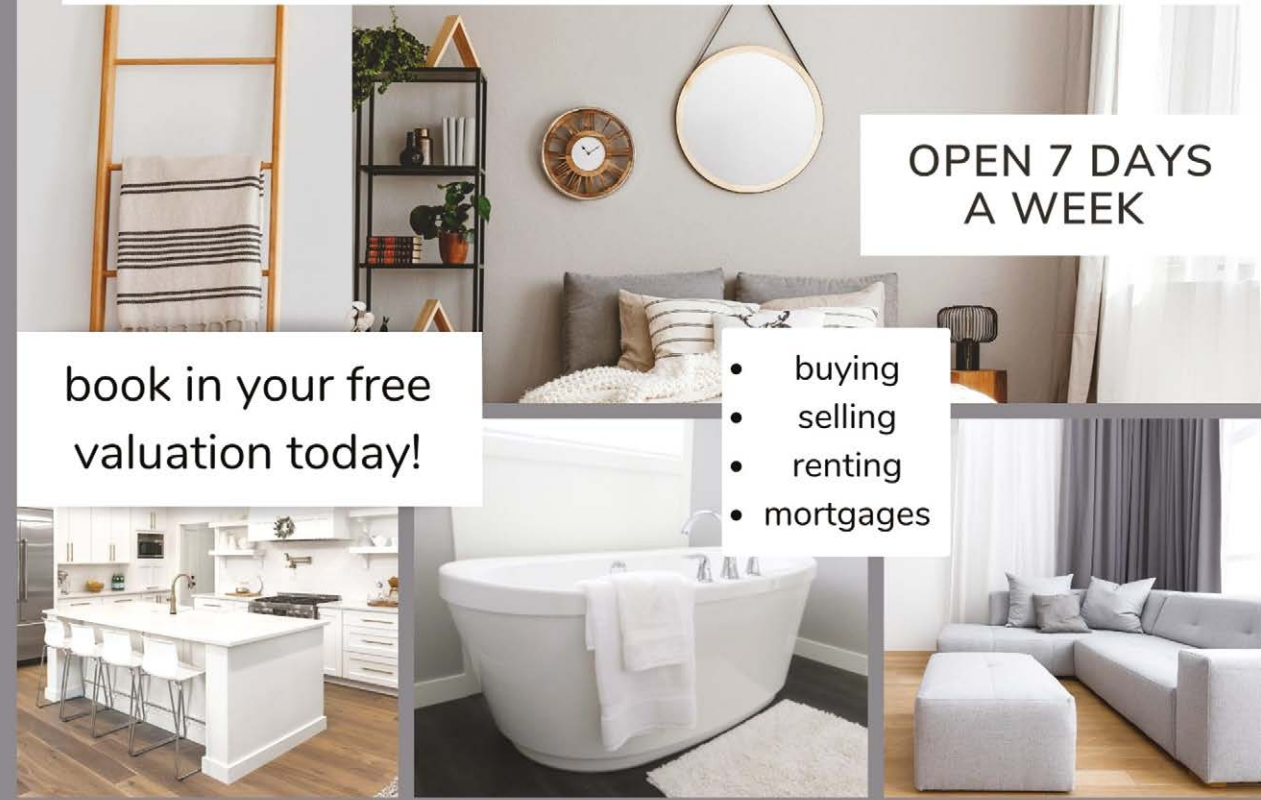
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safer CORBY Team

North Northants Council's Safer Corby Team works alongside local communities and partners to help make the Corby area a safer and cleaner borough to live, work and play in.

The team consists of 6 Neighbourhood Wardens, 2 Community Safety Officers, a Neighbourhood Caretaker, Business Support and Engagement and CCTV.

We are all overseen by our management team, Antonia Malpas and Laura Shaw.

Our key areas of work are tackling and reducing Anti-Social Behaviour, improving the safety and quality of local neighbourhood environments and a yearly programme of public and school education/engagement. The engagement activity supports and focuses on key issues relating to crime and disorder such as knife crime and hate crime, alongside wider community, and personal safety issues such as domestic abuse and road safety."

To see activity and events that have taken place follow us on all social media sites @safercommunities / @Safercorby



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Body Fluid Facts- Useful information about Urine

Dr
Joanne
Watt

GP Chair Northamptonshire CCG
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1. What is urine?

Your blood all goes through the kidneys every day where it is filtered. Your two kidneys make sure that most of the water and some of the other useful substances in blood go back into the bloodstream, while the waste and other chemicals that the body wants to get rid of are filtered out and make up your urine. The urine goes from each kidney to the bladder via a tube called a ureter. Urine is stored in the bladder and when you are ready to pass urine it leaves the body via another tube called a urethra.

2. How do you know if your kidneys are working?

Kidney function is checked by a blood test for estimated glomerular filtration rate (eGFR); and if the eGFR is reduced or if you have diabetes then you may be asked to give a urine sample to check the level of protein in your urine.

Increased protein in the urine and decreased eGFR can mean that you have progressive chronic kidney disease (CKD). About 1 in 10 people have CKD and this gets more common as you get older. For most people this will just require yearly checks organised by your GP practice to make sure it is not getting worse. Treating high blood pressure and controlling diabetes is also very important in CKD as well as avoiding medications that will put additional strain on your kidneys.

3. How do I keep my urinary system healthy?

It is important to drink enough fluids to avoid dehydration. Urine should usually be lighter in colour than apple juice, and if it is darker you may need to drink more. Too much Caffeine (in tea, coffee, cola and energy drinks) stimulates the muscle of the bladder making it more irritable, causing symptoms such as urinary frequency and urgency. Passing urine more frequently can also be a symptom of diabetes,

so you may wish to ask at your GP practice for this to be checked particularly if you have this and are over 40, have a family history of diabetes or are overweight.

4. What do I do if my urine is leaking (incontinence)?

If urine leaks when you cough or sneeze it is called stress incontinence and is more common in women who have had children. It often improves with pelvic floor exercises, and if it does not you may wish to talk to a doctor or nurse at your GP practice. If your urine leaks when your bladder is filling it's called urge incontinence and you should then talk to your GP practice since this may need investigation or medications.

5. What is a urine infection?

Common symptoms of a urine infection include burning/stinging when passing urine, passing frequent small amounts of urine and smelly urine. If these symptoms last more than a few hours you will probably need antibiotic treatment. Men who have had their first proven urine infection, or children with multiple infections (especially if they are aged under 6 months) will usually require further investigations once the infection has gone. Anyone over 60 years old with recurrent or persistent unexplained urine infections may need referral to a specialist to see if they have a bladder cancer.

Girls and women can prevent urine infections by always wiping from front to back after going to the toilet. This stops bacteria from around the back passage ending up in the urinary tract where they can cause infection. Women who experience lots of urine infections after the menopause may benefit from vaginal oestrogen treatments, especially if they are also experiencing vaginal dryness. Women should also pass urine before and after sex to prevent urine infections.

6. What does blood in urine mean?

Please talk to your GP if you see blood in your urine. It is important to always investigate visible (or invisible blood detected on a dip stick) in urine especially if you are over 45 years old when you will usually be referred urgently to hospital to make sure you do not have bladder or kidney cancer. If you have a urine infection you may have blood in your urine, but if this continues after any urine infection has gone this needs investigating. Men with blood in urine will also usually have a check on their prostate to make sure they don't have prostate cancer.

7. When should men have a prostate check?

Prostates get larger as men get older and can make men get up more times at night to pass urine, increase urinary frequency, make it difficult to start or stop passing urine, reduce urine flow or sometimes even stop men from passing urine at all. If you are experiencing these symptoms then you should have a check-up at your GP practice which will involve a PSA blood test and an examination of your prostate (which is just inside your back passage). Most men will have a benign enlargement of their prostate called Benign Prostatic Hypertrophy (BPH) which may respond to medication or may need surgery. Some men with these symptoms will have prostate cancer that requires referral to a specialist and cancer is more likely if you have a family history of prostate cancer, are over 50 or if you are of Afro-Caribbean ethnicity, some prostate cancers can be slow-growing and may not need active treatment.




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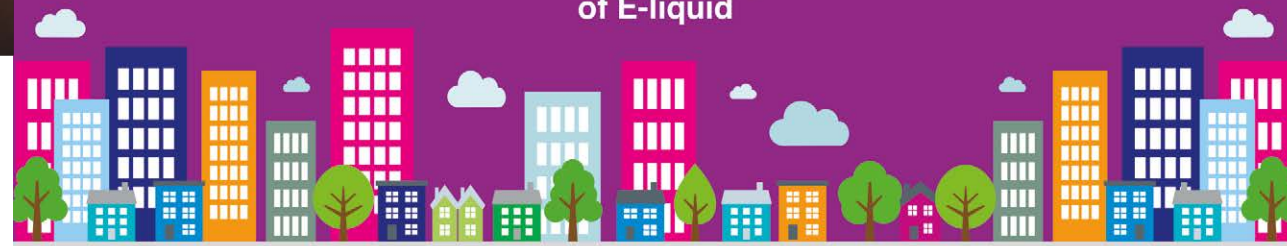
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Corby Jubilee Friendship Lunch

 **Tuesday 7 June 2022**
12.00pm - 2.30pm

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Come and celebrate The Queen's Platinum Jubilee with great company and a delicious two course lunch.

Activities including a special edition Jubilee quiz and music from years gone by.

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Breakfast menu

(all breakfasts served with a choice of complimentary tea or coffee)

Small breakfast

1 Sausage, 1 rasher of bacon, egg, beans and toast..... £3.50

Medium breakfast

2 sausages, 2 rashers of bacon, 1 egg, beans & tomatoes
Fried mushrooms, toast or bread & butter £5.50

Large breakfast

2 sausages, square sausage, 2 rashers of bacon, 2 eggs, 2 hash browns,
black pudding, Fried mushrooms, beans & tomatoes and toast or bread & butter . £7.50

Scottish breakfast

2 square sausage, 2 rashers of bacon, 2 eggs, potato scone, black pudding,
Fried mushrooms, beans & tomatoes and toast or bread & butter..... £7.50

Veggie breakfast

2 eggs, 2 hash browns, potato waffle, potato scone, beans & tomatoes
And toast or bread & Butter..... £7.00

Make your own breakfast

90p per item (toast or bread & butter included)

Sausage, bacon, fried egg, scrambled egg, poached egg, square sausage, potato scone,
black pudding, potato waffle, fried onions, fried mushrooms, beans, tomatoes, cheese

Breakfast roll/Sandwiches/Toastie

The Clubhouse Breaky Sub

2 sausage, 2 bacon,
2 fried eggs beans and
tomatoes..... £7.00

1 filling..... £2.50
2 fillings..... £3.00
3 fillings..... £3.50
4 fillings..... £4.00

Sausage, bacon, fried egg, square sausage, potato scone, black pudding, potato waffle,
fried onions, fried mushrooms, beans, tomatoes, cheese, tuna sweetcorn mayo.

Cheese Omelette

(served with beans & salad)

Extras 60p each

Ham, mushrooms,
onions, bacon

French Toast

Ham & cheese..... £3.50
Cheese and bacon topped with a fried egg..... £4.50



Lunch menu

Cheese Burger meal

6OZ steak burger with melted cheddar cheese, fried onions and
burger relish in a toasted brioche bun served with fries & side salad..... £5.50

Chilli Burger meal

6OZ steak burger with melted cheddar cheese smothered in a
homemade chilli con carne in toasted brioche bun served with fries & salad.... £7.00

Chicken Burger meal

Southern fried chicken fillet burger topped with a cheese slice, lettuce,
fresh tomato and loads of mayo served in
toasted floured bun served with fries & salad..... £6.50

The Steelman Burger meal

8OZ steak burger with 2 slices of bacon melted cheddar cheese,
burger relish in a toasted brioche bun served
with the clubhouse dirty fries & side salad..... £8.50

Jacket potatoes

With butter..... £3.50

Extras

Beans, cheese..... 60p each

Tuna sweetcorn mayo,
homemade chilli con carne.... £1.50 each

Choice of fillings

Cheese, ham, chicken mayo,
tuna sweetcorn mayo

Fresh Cold filled rolls/sandwiches..... £2.80
Baguettes..... £3.50

Baskets of fries

fries..... £2.00
fries & cheese..... £2.50
fries & curry sauce..... £2.50
The clubhouse Dirty fries..... £4.50

(French fries smothered in melted
cheddar cheese with fried onions,
chilli jalapenos and homemade chilli
con carne)



Lakelands Hospice

Bereavement Support Group

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

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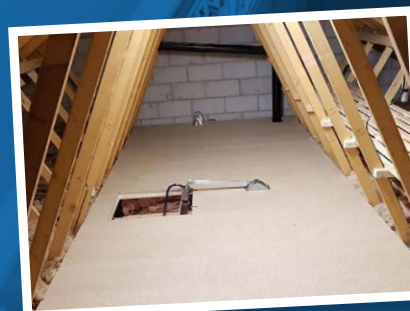
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<https://www.commsortia.org.uk/bbo-working-progress>



The NRG Multi-activity Inclusive club is for anyone who is aged 8 years + that may have a learning, sensory, psychological or physical disability or a long term limiting illness. The drop-in-style sessions are delivered to provide fun and engaging activities in a friendly and supportive environment. Each week there will be different crafts, play, food and music based activities, along with various different sports such as Archery, New Age Kurling, Dodgeball and Table Top Cricket to try out. We also recognise that making friends, talking and sharing with other parents and carers is really important so the sessions will provide the opportunity to do this.

The Hazelwood Neighbourhood centre has a car park at the back, is accessible and the sessions will be run in the youth club area and main hall.

Parents and carers are free of charge, and siblings can attend too at the session price of £3.50 or through the Junior Leisure Club membership.

The weekly sessions will start up on Monday – 4th April 2022 5.30—6.30pm.

Please contact us if you are interested in having fun and joining us!!

Tel: 01536 464047 Email: sportandplaydevelopment@northnorthants.gov.uk

NRG
Inclusive Activity Club

£3.50
or part of JLC Membership

First session FREE!

8 years +

NRG MULTI-ACTIVITY CLUB

Hazelwood Neighbourhood Centre
CORBY – Mondays 5.30pm – 6.30pm

For More Information Contact:

- ☎ 01536 464047
- 🌐 www.corbyleisure.co.uk/nrg-inclusive-clubs
- ✉ [Sportsdevelopment.cbc@northnorthants.gov.uk](mailto:sportsdevelopment.cbc@northnorthants.gov.uk)

If additional support is required, parent or carer will be required to stay during the session.

- Archery
- Fencing
- Boccia
- Model Making
- Arts & Crafts
- Music
- Food Technology
- Tennis
- Kurling
- Table Tennis
- Goalball
- Dance
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to book



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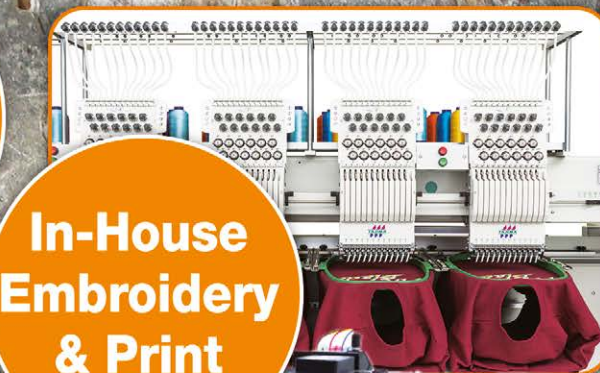
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John Meakin of Kettering

SIMPLE CREMATION - £3,595

Package includes: Our professional services and making of all funeral arrangements; Up to 75 Orders of Service; Simple coffin; Chapel of Rest; Traditional hearse to transport the coffin from our premises direct to the crematorium on day of funeral; Attendance of the Funeral Director and pall bearers at the crematorium; Service at Kettering or Wellingborough Crematorium; Doctor's fees for cremation paperwork; £180 towards Minister/Celebrant's fees.

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

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MR JAMES TAPP (PARENT)



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Established to ensure that foster carers were recognised as workers in law by local and central government, and for their incredible work in caring for our most vulnerable children, they are the first and only government-approved and certified trade union of their kind.

As a truly independent body, the union never fears to speak out when they see unfairness in the treatment of carers, or systems that require change for the benefit of children in care.

Since its establishment, membership to the NUPFC has quickly become the obvious partner for carers who they consider some of the most valuable workers in the UK.

Whilst we all hope that things will run smoothly when fostering a child, even the most experienced foster carers know that sometimes things happen that can leave carers vulnerable. If it does, the NUPFC is there to help them.

Membership for a carer is just £10 a month or £14 for a couple.

For more information or to join contact: www.nupfc.com or telephone 0800 915 1570

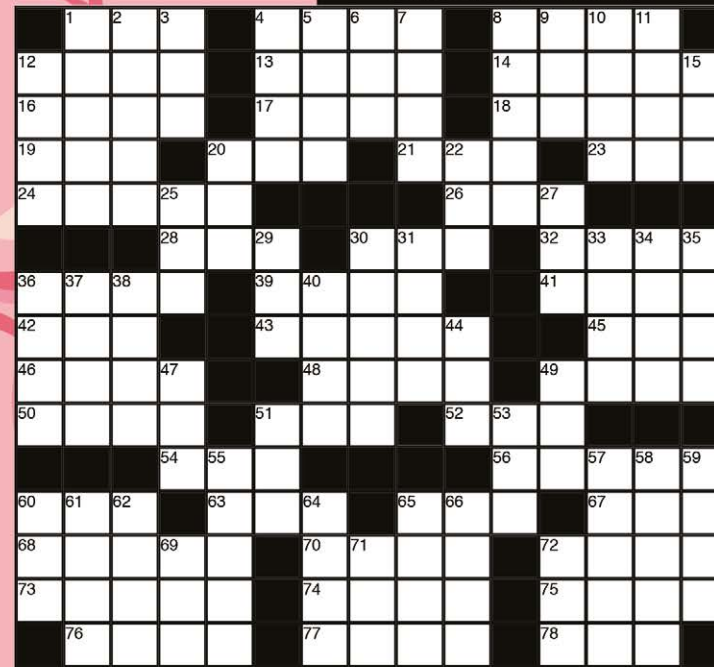


POP'S Brain Busting Quizzes

KID BRAIN TEASERS

- 1: What has to be broken before you can use it?
- 2: I'm tall when I'm young, and I'm short when I'm old. What am I?
- 3: What has 13 hearts, but no other organs?

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

Down

1. Postpone
2. Computer typeface
3. Keanu in "The Matrix"
4. Wedding symbol
5. Buckeye state
6. Fled
7. Bassoon cousin
8. Kind of plug
9. Snake-like fish
10. Sit tight
11. Mark from a cut
12. Complain
15. Home: abbr.
20. Writing liquid
22. Agent
25. Rowing need
27. Persona
29. Not fore
30. Name of a book
31. Not shut
33. Neighborhood
34. 3x4-12
35. Very long time
36. Precipitation
37. Ocean predator
38. So be it
40. Gehrig and Costello
44. Relaxed
47. One of the seven dwarfs
49. Chem room
51. Popular card game
53. Purchase
55. Really fat
57. Pungent veggie
58. Got up
59. Russian agency
60. Type of snake
61. Actor Lugosi
62. Suddenly lose it
64. Copenhagen resident
65. Body of a speech
66. Critique
69. Part of CBS: abbr.
71. Collection
72. AC measure

BRAIN TEASERS

- A: What is so fragile that saying its name breaks it?
- B: The more you take, the more you leave behind. What are they?
- C: What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it?

Across

1. Actor Aykroyd
4. Bklyn., e.g.
8. Stitches
12. Trifling
13. Melville captain
14. Juicy fruit
16. Mishmash
17. Japanese straw cape
18. aka; alternate name
19. Driver's org.
20. Wedding words
21. Mess up
23. Uno + due
24. Hosiery material
26. Barely get by
28. Otherwise called
30. Pinnacle
32. Rubberneck
36. Loud crowd response
39. Turn over
41. Choc. cookie, vanilla center
42. Supply with weapons
43. Shopping aids
45. Sea bird
46. Covered with ice
48. Bone below elbow
49. Vietnam neighbor
50. Prefix meaning one-billionth
51. Utilise
52. Itinerary abbr.
54. Hoodwink
56. WWII sub
60. Muscle man's six-pack
63. Physique, slangy
65. Sample
67. Powerful D.C. lobby
68. Have a feeling
70. On the ocean
72. Short personal histories
73. Portrays
74. First in line
75. Throw out
76. Church area
77. Feminine suffix
78. French one

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| 2 | 
DESTROYD
REAL LIFE RAGE ROOMS | WIN TWO ENTRIES TO TRAPP'D DESTRUCTION ROOMS AT CORBY | WHAT WAS THE VIRUS IN THE FILM 28 DAYS LATER CALLED? |
| 3 | 
TWINLAKES
ALL ACTION! ALL WEATHER! THEME PARK! | WIN A FAMILY TICKET | NAME ONE OF OUR SISTER THEME PARKS IN TH UK? |
| 4 | 
INSTAFRESH | WIN A LADIES 50ML PERFUMER'S CHOICE No.8 PERFUME SPRAY | WHERE IS INSTAFRESH HQ? |
| 5 | 
INSTAFRESH | WIN £20 SPENDS AT WWW.INSTAFRESHONLINE.CO.UK | WHAT IS OUR FACEBOOK @ NAME HANDLE? |
| 6 | 
INSTAFRESH | WIN ANY 5 LITRE PET FRIENDLY MULTI PURPOSE DISINFECTANT | WHAT SIZE IS OUR SMALLEST BOTTLE OF DISINFECTANT? |
| 7 | 
INSTAFRESH | WIN A £10 EBAY VOUCHER TO SPEND IN OUR EBAY STORE | LIKE AND FOLLOW US ON FACEBOOK - FACEBOOK.COM/INSTAFRESHONLINE |
| 8 | 
The Core
at Corby Cube | WIN TWO TICKETS TO STEVE HARLEY ACOUSTIC BAND | WHAT DATE DOES STEVE HARLEY'S ACOUSTIC BAND COME TO THE CORE THEATRE? |
| 9 | 
STUART CHARLES
ESTATE AGENTS | WIN £50 TO SPEND AT POSH PADDY'S IRISH BAR & KITCHEN | VISIT STUART-CHARLES-ESTATE-AGENTS ON FACEBOOK TO SEE DETAILS |

ISSUE 26: JUNE/JULY - BOOKING DEADLINE **20th May 2022**

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Bottomless Brunch

From 11am - 4pm - Every Friday & Saturday

New Menu - Friday 1st April

2 hours - Starts at £29pp

T's & C's apply.

Easter Weekend

- Thursday 14th April - Scott Walters
 - Friday 15th April - Michael Bubl  Tribute
 - Saturday 16th April - You & I Duo
 - Sunday 17th April - Easter Family Funday
- Meet the Easter Bunny & Easter Egg Hunt!

May Events

- Sunday 1st May - Open Mic
- Friday 13th May - Las Vegas Show Night
- Saturday 14th May - Eurovision Karaoke Party

For more events and information, please visit www.olivecorby.co.uk





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