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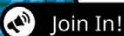


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SCAN ME

Focus-on:

- NNC - Summer Activities
- Priors Hall Community Dig
- Dr Jo Watt: Tears and your Eyes
- SERVE - Supporting Independence
- The Knife Angel
- Steel Kids



SCAN FOR WEBSITE

Do something cool with your summer!

This summer is going to be bigger and better this year for the young people who live in North Northamptonshire.

North Northamptonshire Council will be delivering young people's summer holiday activities in leisure facilities, community centres, parks, and open spaces. Local sports clubs are also getting involved. We are asking all young people to get involved and do something cool with their summer.

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Priors Hall Park community dig in to celebrate Queen's Platinum Jubilee



Nearly 4,000 trees and three themed flowerbeds have been planted in Priors Hall Park as part of an initiative to mark the Queen's Platinum Jubilee.

Urban&Civic, the master developer of Corby's growing community at Priors Hall Park, were helped by pupils from Priors Hall Primary School to plant three trees in a new garden area, and add a commemorative plaque to mark the occasion. The students then joined in with planting one of three new flowerbeds which will bloom to show a Union Jack flag display in time for the Jubilee.

Over the whole development, Urban&Civic have planted 3,835 trees since October as part of the Queen's Green Canopy (QGC) campaign - which invites people from across the country to "plant a tree for the jubilee".

With a focus on planting sustainably, the QGC encourages planting of trees to create a legacy in honour of the Queen's leadership of the nation.

The Priors Hall Park community will also mark the occasion with a Jubilee celebration event at the amphitheatre, arranged by the neighbourhood association especially for local residents, over the bank holiday weekend.

Mark Redding, Communications, Communities and Partnerships for Urban&Civic, said:

"We are proud to be part of the Queen's Green Canopy campaign - planting trees is a fantastic way to celebrate the Platinum Jubilee and make Priors Hall Park an even greener and more beautiful place."

"It's been great to welcome local school children to help plant the trees and flowers so they can have a permanent reminder of their involvement in helping the community celebrate, as well as the importance of supporting the environment."

"Urban&Civic are deeply committed to delivering local housing needs in a safe, sustainable and responsible way that creates long-term value. Sustainability remains fundamental to what we deliver and how we work with the communities around us."

Tess McQuade, Headteacher at Priors Hall - a learning community, said:

"The children were so excited to have been involved in planting a tree for the jubilee. They came back to school telling everyone all about it!"

We are pleased to work closely with Urban & Civic and that the children in our school are invited to take part in projects and events which enhance and benefit their local community"

Priors Hall Park is now home to more than 1,500 homes and is set for an exciting milestone later this year with the launch of Zones 2 and 3 of the development.

Once complete Priors Hall Park will have 5,350 new homes in total, with two new primary schools, additional formal open spaces, sports pitches and community facilities.

Prospective homebuyers are now able to view and reserve homes from housebuilders Francis Jackson Homes, Lodge Park Homes and Lovell Homes, with more to be announced soon.



For more information about Priors Hall Park visit www.priorshallpark.co.uk



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Body Fluid Facts- Useful information about Tears and Keeping Your Eyes Healthy



1. What are tears?

Tears are made up of water, oil and mucous and these elements work together to make a film that covers the surface of the eye when you blink. Tears protect your eyes from dust and infections and reduce irritation. Tears are made by glands above your eyes and then drain into tear ducts near the inner corner of your eye, tears run down the tear duct to drain into your nose which is why your nose runs when you cry.

2. Why are my eyes watering?

Watery eyes are more common in babies and older people and are commonly caused by a blocked tear duct. There are other causes including irritants, infections, allergies and eye injuries. The treatment depends on the cause.

If a baby has a blocked tear duct it will usually improve by the time your baby is 1 year old, and often resolves without treatment although you may be advised to massage the tear duct to help drainage. You should talk to a community pharmacist or your GP practice if the eye becomes inflamed or red or if your baby seems in discomfort especially if light bothers your baby. If your baby's eyelids start to look different you should also seek further advice.

In older people the tear ducts can get narrow and stop draining normally which makes eyes water. Sometimes eyelids can turn start to turn inwards or outwards which can make it very uncomfortable and watery, this may need surgery to correct the problem

3. What happens when you do not have enough tears?

Dry eyes are more common if you are a woman or aged over 65 and makes your eyes feel gritty, and irritated and can even makes your eyes water. Artificial tears are very helpful and your local community pharmacist can advise you about which ones to buy and you do not need a prescription for them. If the glands that produce the oily part of your tears get blocked this may cause blepharitis, which is treated by eyelid cleansing and warm compresses to help to unblock the glands.

4. What do I do if I get a Stye or Chalazion?

A stye is a painful red lump on the eyelid where a gland is blocked and is filled with pus and usually only affects one eye. A chalazion is where the eyelid lump is filled with clear fluid rather than pus. These conditions are more common in people who have blepharitis. You can treat a stye or chalazion by using a flannel soaked in warm water as a compress held against the stye for 5-10 minutes 3-4 times a day. This will help the blocked gland to drain, do not try to burst it in any other way. If a stye is still there after 2-3 weeks then contact your GP practice since you may need to have it treated, a chalazion may take up to 6 months to resolve. During this time don't share towels or flannels and avoid wearing eye make-up.

5. What tips are there for contact lens wearers?

Make sure your hands are clean before touching your eyes or lenses. Switch to wearing glasses if you have any problems with your eyes. Change your lenses when advised to do so by your optometrist. Have check ups with your optometrist when they advise you to or if you are having problems. If your eye is red seek advice from your optometrist, local community pharmacy or GP surgery that day. Do not use tap water or saliva to wet your lenses or go swimming in your lenses

6. What do I do about conjunctivitis?

In conjunctivitis the white area of the eye usually looks inflamed, the eyelids may be inflamed and there may be discharge, however vision should not be affected and if it is you need to talk to a health professional since this may mean there is a different more serious cause. Conjunctivitis can be caused by allergies such as hayfever as well as bacterial or viral infections. Infections usually settle within a week without treatment, if it is not settling at this point discuss this with

your local community pharmacist, or with your GP practice if your child is under the age of 2 years.

7. How do I manage my eyes if they are affected by hayfever?

Use an eye wash bought from your local community pharmacy to remove pollen from your eyes. A cold compress or eye drops kept in the fridge can also be soothing. Talk to your local community pharmacy about anti-allergy eye drops which can be bought without a prescription, and you may also find that nasal sprays and antihistamines help your eye symptoms. Wear sunglasses when you are outside, and switch to wearing glasses if you usually wear contact lenses. When pollen counts are high keep windows closed and stay indoors.

8. How do I keep my eyes healthy?

Make sure you protect your eyes from bright sunlight by wearing sunglasses with UV protection. Tobacco contains toxins that are bad for your eyes as well as other parts of your body, so this is another good reason to stop smoking. Try to eat plenty of colourful fruit and vegetable containing nutrients that are good for your eyes especially kale, spinach, peppers, raspberries, blueberries, broccoli, kiwi, squash, courgette, grapes and orange juice. Oily fish contain fatty acids which are really helpful for dry eyes or you can take a fish oil supplement. Most people need eye examinations every 2 years, check with your optometrist if you need to have more frequent checks than this. Regular checks with an optometrist will also check your general eye health and spot problems early.



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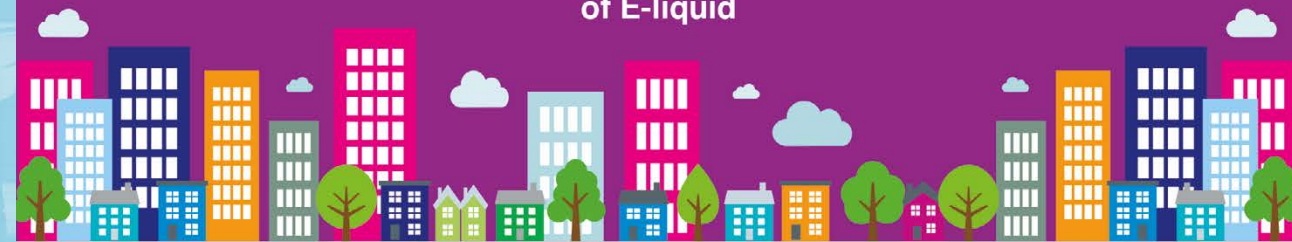
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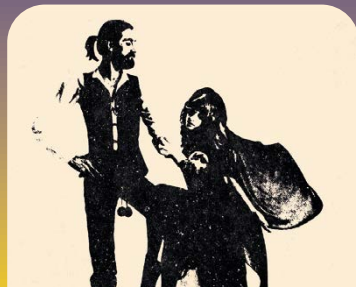
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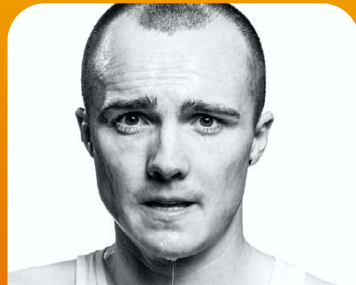
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We have been providing services and assistance to older people and adults with disabilities in North Northamptonshire and the surrounding area for over 40 years. Our aim is to provide the highest quality of health and social care to enable people to remain living independently within their own homes. We deliver a service to a wide range of adults who need care and support.

The reality is, not everyone has a family or friend support network that they can rely on for guidance and advice to help them through difficult times. Volunteers 18+ can help fill this gap by offering free time and providing support.

Research shows that older people living on their own risks loneliness and social isolation and needs more emotional support, companionship, and timely support to sustain their mental and physical wellbeing.

Our befriending service helps to reduce feelings of isolation and loneliness for older people across North Northamptonshire, enabling individuals to remain living independently in their own home. The results of befriending can be very significant.

We receive referrals from statutory, private, and voluntary sectors for older people 65+ who are lonely, isolated, and frail. Befriending offers supportive, reliable relationships through volunteer befrienders to people who would otherwise be socially isolated.

In addition, we have recently launched Servescape. This is a community gardening project supported by the Big Lottery Community Fund. We provide volunteers to support older people to look after their gardens that will be maintained monthly that will include a handy-help service to support with installing key safes, grab rails, fence repairs along with other outdoor minor adaptations as needed. To access Servescape one of the following criteria must be met: Service User is in receipt of Pension Credit, 65+ living alone, and are carers supporting a disabled person in their own home.

There is a small annual membership for Servescape of £25 and an hourly charge of £10 an hour.



For more information about Volunteering with our Befriending Service or Servescape Project, please go to our website

<https://serve.org.uk>
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Starting conversations and challenging assumptions: The Knife Angel in Corby

Visitors to Corby's Willow Place during the second half of May would have seen more than just shops and restaurants. The 8-metre-tall Knife Angel – the National Monument Against Violence and Aggression – visited the town during a UK tour. Other hosts have erected the monument in one spot during their allocated month. In Northamptonshire, however, the Angel travelled to Corby, Wellingborough and Northampton.

Northamptonshire charity **C2C Social Action** organised the visit, working alongside West and North Northamptonshire Councils, churches, football clubs and many other organisations to deliver a month-long youth engagement and anti-violence programme.

As part of our work helping offenders to change their lives, C2C Social Action looks at what has brought them into the criminal justice system.

All too often, the people we work with have experienced violence in their home or community to the extent where it almost starts to feel normal. And all too often they carry that behaviour with them into adulthood, and their own relationships, which is why many of our service users have experienced domestic abuse.

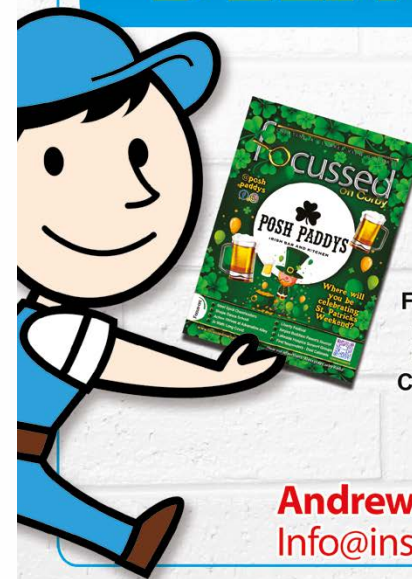
Sadly, their children are also at risk of being drawn into this cycle of violence and aggression. But it doesn't have to be like this.

Welded from 100,000 confiscated or surrendered knives, the monument is difficult to ignore. In the same way, the ripple effect of one knife crime incident can affect the whole community: the victim and their friends, family and even critically ill people left waiting when multiple ambulance crews are diverted to a stabbing. We saw many conversations start, and the angel shone in pictures shared across social media. The angel has moved on to Aberystwyth but we want the conversations to continue: for young people to question why they're carrying a knife, or to take a stand against violence they may witness at home.



For more information on the Knife Angel, visit www.c2csocialaction.com

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STEEL KIDS— Shouting for 20 Years

'Steel Kids' is the sequel to 'Women of Steel' which was published in 2008. Both books follow a similar format. They tell a part of the history of Corby through the unusual medium of plays created by Corby people. 'Women of Steel' covered the rise and fall of the Steel Industry in Corby and finished with a plea from young people looking to the future asking us to "Get it right – build a town we'll be proud of, rekindle the light that once welcomed all comers to old Corby Town"

'Steel Kids' captures the struggle young people had between 1998 and 2018 as they and the town grew together witnessing regeneration and change on an unprecedented scale as they emerged from the closure of the Steel Works.

It chronicles the subjects they wanted to Shout about that were explored through drama with theatre director Paula Boulton who founded the Shout! Youth theatre group in 1998.

"Over 20 years we explored all sorts of issues as they arose for the young people and created and performed plays

to the community so that we could work out solutions. For example, in 2005 when Cllr Jimmy Kane died, we were approached to create a play exploring racism as the BNP were standing a candidate in his ward and there were community tensions following the arrival in the town of the first workers from Eastern Europe following EU expansion. We wrote and performed Foreigners Bloody Foreigners."

The book tells the story of the group and this remarkable social experiment and includes 28 of the 50 plays Paula created with Shout! over 20 years.

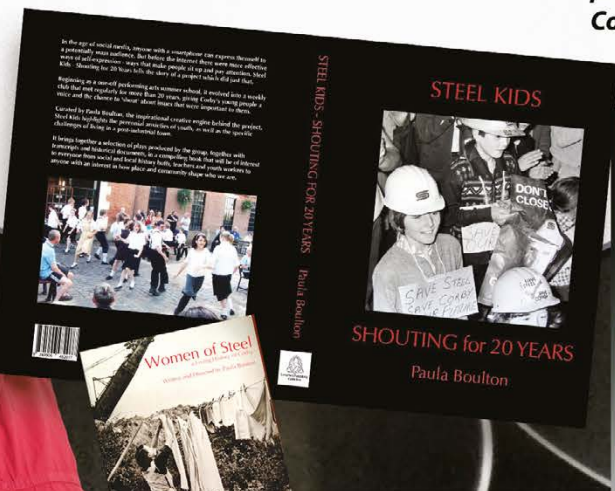
"It is unusual as a format, but plays are essentially conversations between very believable characters having honest conversations in plain English.

It also includes original material such as transcripts of the young people's thoughts on sex education and honest opinions about schooling."

The book is available from the Shout! website www.shouttheatre.org or direct from Paula Boulton **"We are consciously using a local firm to print and produce the book, a special copy of which will be presented to Corby Council."**



Paula Boulton



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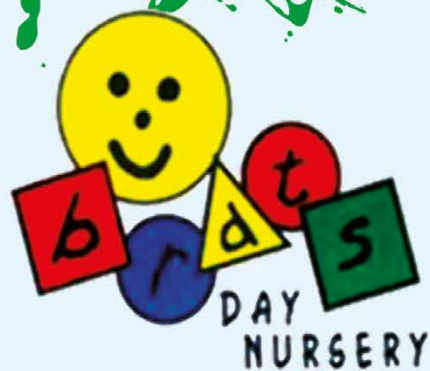
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- 2: First I am dried, then I am wet. The longer I swim, the more taste you get. What am I?
- 3: Do you know where you can find cities and countries, towns and shops, roads and lakes, but absolutely no people whatsoever?

CROSSWORD

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BRAIN TEASERS

- A:** I Am Heavy And Hard To Pick Up, But Backwards I Am Not. What Am I?
- B:** I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?
- C:** I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?

Across

1. Floorshow (7)
4. Spooky (5)
7. Detection device (5)
9. Vertical (7)
10. Inactivity (7)
11. Measuring implement (5)
12. Dictator (6)
14. Ecclesiastic (6)
18. Copious (5)
20. Drawn (7)
22. Pouch worn with a kilt (7)
23. Diadem (5)
24. Admittance (5)
25. Spiny anteater (7)

Down

1. Transported (7)
2. Emblem (5)
3. Tropical bird (6)
4. Mistake (5)
5. Dependable follower (7)
6. Go in (5)
8. Magnitude relation (5)
13. Reinforcement (7)
15. Reasoned judgment (5)
16. Musical passage (7)
17. Opportunity (6)
18. Part of a church (5)
19. Ahead of time (5)
21. Obviate (5)

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