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## Welcome to

another issue of 'Focussed on Corby' as we approach the end of the summer, it still feels like the sun is staying with us for a while yet!

Therefore make the most of it and check out all the local events on in Corby. Especially all the fundraisers out there, who have all done an amazing job to raise money for Florence, with the #Bemorefab charity donation. It has been amazing to see the town pull together and raise the much needed money for essential treatment for Florence, so very quickly, and they still keep pouring in.

Well done Corby you should all be very proud of yourselves. We do have such a charitable town who pull together when needed. Applause to you all!!

If you wish to make a donation, you can donate at the link below:  
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Craig Barber

# ISSUE 27

## focussed

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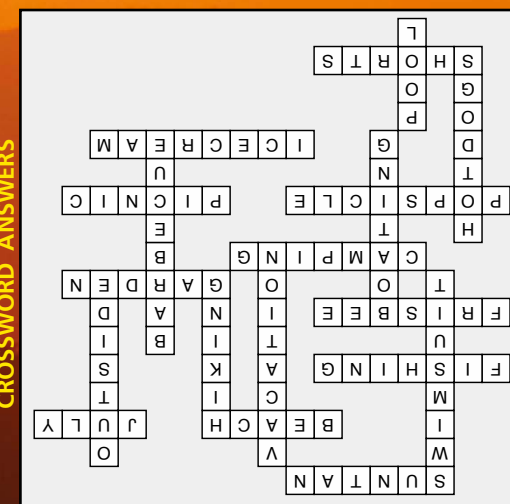
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8	4	8	9	6	9	3	5	2
3	6	2	5	7	4	1	9	8
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# Dealing with Dementia



**During your life, you are likely to encounter someone suffering from dementia. A family member, friend, or old colleague / schoolmate or maybe you will be diagnosed with the condition and require some help in the future.**

Corby Dementia Friendly Community are working closely with the local community to educate and help businesses become more dementia friendly, assisting those living with dementia, their families, and carers.

Corby Dementia Friendly Community was set up in 2020 to assist those living with dementia and their loved ones to still live as independently as possible, by educating and supporting them in their local communities.

Our fundamental objectives with the charity commission are to relieve the needs of people living with dementia in Corby and its surrounding areas, their families, and carers through the organisation of activities and events, sources of information and signposting of help and advice.

The aim of our group is to ensure businesses think about how they can adapt and help those with dementia in their communities. For example, some ways businesses could help include providing specialist help and advice for financial matters, offering quiet shopping times and training staff to be patient and compassionate if someone is having trouble understanding a situation.

Businesses can also learn how to help employees who may be diagnosed with dementia/have dementia, meaning that they can still have a career and some independence in a safe and supported environment.

## Dementia Day

We will be holding a dementia day in October at the Core, with support and activities available for those with dementia and their families/carers.

If you would like to sign up to be recognised as a dementia friendly business, offer support, or get more information about what we do, please get in touch with us on [corbydementiafriends@gmail.com](mailto:corbydementiafriends@gmail.com)



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**You can help create a Dementia Friendly Community!**

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# Off the Streets - Who are we and what do we do?

Off the Streets is a Community Interest Company (CIC) set up in 2021 by Jane Capps and Ravaun Jones on the back of a fatal stabbing of a teenager in Wellingborough in 2021. The team is made up of members of the community that want to make a difference for the future generations with our mission being to eradicate knife crime in Northamptonshire.

## We focus on Prevention and Education:

### Prevention

- Raising funds for bleed bags and cabinets
- Critical Bleed Training to save lives in an emergency.
- Amnesty Bins installed for safe disposal of knives.

What makes us different is that we recognise that change is not going to happen overnight and acknowledge that knife crime is a real problem within our communities today.

We have recently installed a bleed cabinet at Adrenalin Alley accessible by calling 999. Whilst we hope this is never needed it is there in the event of an emergency. We hope these kits save lives whilst we push forward educating future generations to enable them to make positive decisions. Positive role models can change behaviour and instil ambition which is an ethos we strongly support and promote.

A powerful statistic courtesy of the internet is that it takes on average 8 minutes for an ambulance to arrive in an emergency in 75% of cases. It takes 2-3 minutes to bleed out from a serious stab wound. These statistics are likely to further reduce given the frequent press on the pressures the ambulance services are currently under.

These bleed bags and cabinets really are the difference between life and death, and we will continue to raise

funds via donations and grants. A bleed bag can be held somewhere accessible like a shop with long opening hours. A bleed cabinet can be accessed 24 hours a day by calling 999 and asking for the access code along with alerting the emergency services for assistance. We add all of these to our Google Map and urge everyone in Northamptonshire to know where their local ones are situated and share with your children, friends, and family. They are all registered with the ambulance services as well.

### We often get asked what can we all do to make a difference?

Whilst we do not have all the answers, we suggest that if you are a parent or carer of a child or young person you talk to them about the dangers of knife crime including the consequences if caught or worse, check their bags, know their friends. They say it takes a village to raise a child and we believe these traditional simple values really can make a difference. Encourage your

local schools to invite our youth workers in. The feedback from the many schools we have already attended is something we are proud of.

Consider a fund raiser at work or school to place a bleed bag or cabinet in an area you know children and young people congregate. Do you know how to treat a critical bleed? If the answer is no look out for our free critical bleed training sessions advertised on our social media platforms. Support community initiatives attend community days with your friends and family.

If we work together to raise our children imagine what an amazing safe place Northamptonshire could be to live. Change does not just happen without action. It is so easy to sit back and dismiss yet another stabbing in the media blaming society today. We are society and need to stand together to make a positive difference. Our children and young people deserve to be safe when they leave home, and we can play our part to make this happen.

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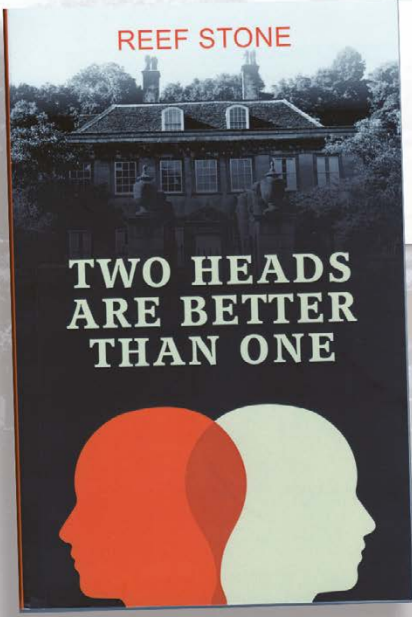
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# Body Fluid Facts- Useful information about Poo

(also called faeces or stools)

## 1. What is poo?

All the food that we eat or drink passes through the digestive tract (gut). It travels from the mouth through the oesophagus (gullet) into the stomach where it is mixed with acid, and then goes into the small intestine with digestive enzymes and most of the nutrients are absorbed there. The partly digested food matter then passes into the large intestine (bowel) where more water and salts are absorbed into the body. Your poo is stored in your rectum which is the last 15cm of bowel and then is passed out from the anus (back passage) when you are ready to go to the toilet.

## 2. Too runny?

Diarrhoea is the term for poo that is both more liquid and passed more often. The most common cause is when you pick up a 'tummy bug' which is usually caused by a virus. This can be from another person, due to contaminated water or from undercooked food, especially seafood or poultry. Up to one week of runny/loose stools should be managed at home with treatment from the community pharmacist if necessary. Make sure you drink plenty of fluids and contact 111 or your GP surgery if you have severe pain, have not passed urine for 12 hours, are unable to drink or if you pass blood in your stool. If the loose stools last longer than 7 days or if it alternates with hard stool, then contact your registered GP surgery since this may need investigation. These symptoms may be caused by a more serious infection, inflammation or cancer and you may be asked to collect a stool sample to find out why.



## 3. Too firm?

If you have hard poos that are difficult to pass this is a common problem called constipation. If this goes on for just a few days then the first thing to do is to increase your fluid intake and eat more fruit or veg (but not more bananas since they will not help). If you are still struggling to poo then talk to your community pharmacist who will be able to advise you about suitable products that can be bought over the counter that will help. The pharmacist will be able to help you to identify if you are taking any medication that may be making it worse such as codeine and can suggest alternatives..

## 4. What else can go wrong with poo?

If you see blood in or around your poo that has not been previously explained please contact your GP surgery since this needs investigating. If there is blood in your poo that is coming from lower down the gut it will often be bright red. If the blood is coming from higher up or from the stomach then the body's digestive enzymes start to work on it and your poo may become black and sticky. It is important to tell your doctor about black or bloody poos, this might be a sign that you have bowel cancer or inflammation of the lining of the gut. When you do go for a poo you should 'feel empty' afterwards, if you no longer feel empty or feel that something is still there afterwards then talk to your GP. This can be a sign of bowel cancer. Losing weight or unexplained tiredness at the same time as your bowel habit changes always needs to be checked. If you become aware of a lump in your tummy or your back passage you should also contact your GP surgery so that you can be examined.

Your GP surgery may ask you to have blood tests to see how much blood you might have lost and may arrange a CT scan of your tummy if you have a lump. If your doctor is worried about cancer they may ask you to send a poo sample for a FIT test, this kit will arrive via the post to your home for you to take the sample there and then send it away. If the FIT test is abnormal your GP surgery may arrange for you to have an endoscopy where a camera goes up your bottom to look inside the bowel to see if they can find a cause.

Many people who have these symptoms and have an explanation for them that is not cancer, but if your symptoms are new or unusual for you and have not been checked before and then continue to happen then do talk to your GP surgery about them.

In England there is a national bowel screening programme which is a good way to make sure everything is OK even if you don't have any symptoms. If you are aged between 60 and 74 you will be asked to collect a poo sample every 2 years, the starting age is gradually reducing to age 50 over the next few years. Please do complete and return the kit if you receive one.

However, if you develop symptoms between checks or if you are too young for the national bowel screening programme please do not ignore your symptoms. GP receptionists are used to hearing about these sorts of problems and will keep your information private just like your GP, if you tell them why you are calling they will make sure you get to talk to the right person to help you.



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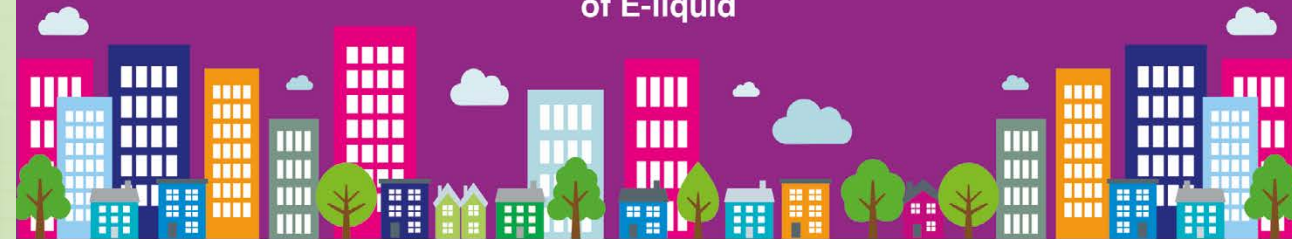
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# A new season of *Get Involved* activities at The Core

The Core at Corby Cube

Do you know a budding young performer? Perhaps you know a hilarious teenager who would bring the house down on the stage! Maybe you're a young person who would like to make friends, learn new skills and become more confident. Then The Core at Corby Cube's Autumn season of *Get Involved* workshops could be for you!

The Core's lively and friendly Sparks sessions are the perfect introduction to performance, where participants take part in drama games, make new friends and build their confidence. Every term, young people aged 5-11 years use their imaginations and storytelling skills to create a brand new performance for family and friends to watch and enjoy.

Budding actors can join **Core Create**, a fabulously innovative group for young people aged 12-18 years. Participants can learn a wide range of theatre skills including writing, devising, performing, stage management and lighting design, and also have the opportunity to tread the boards at the end of term.

For anybody aged 12-18 years aspiring to be the next big name in stand-up comedy, **Core Comedians** is the opportunity to learn skills such as improvisation and sketch writing in sessions led by a professional comedian. This Autumn, sessions will be run by the fabulous Jack Campbell, former winner of English Comedian of the Year and a stand-up comedian who has been performing nationally and internationally for over 10 years. At the end of each term, participants perform alongside a trio of professional comedians as part of the family-friendly Bangers and Mash Comedy Club.

Autumn sessions begin in mid-September, and are open to book from Tuesday 16 August.

Each course is comprised of weekly sessions, with **costs starting from £45 for the term**. Bursaries are available for children and young people whose families are facing financial difficulties.

More information about the sessions and term dates can be found at [www.thecorecorby.com/getinvolved](http://www.thecorecorby.com/getinvolved), and more information about bursaries is available by calling The Core on 01536 470 470.

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# Lakelands Hospice

## Bereavement Support Group

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

(adults only)

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

**on Wednesday evenings  
6.00pm-8.00pm**

*The group offers bereavement support, a chance to talk with others in a similar situation.*

*The meetings provide a safe space to learn, share and grow while coping with the pain of your loss.*

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

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

Charity Number: 1062120



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

LAKELANDS HOSPICE



SUPPORT GROUPS

*We are also pleased to announce that as part of the expansion of our bereavement service we are now accepting referrals for one to one counselling at Lakelands.*

**Call us or visit our website for more details.**  
[lakelandshospice.org.uk](http://lakelandshospice.org.uk)

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*John Meakin of Kettering*

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# Choir Celebration



This year marks the 10th Anniversary of Corby's very own unique and award-winning Deep Roots Tall Trees Choir and they will be celebrating with a special concert on October 2nd at The Core Theatre.

Featuring a fantastic live band and a special guest appearance from singer and founder Barb Jung, the concert will be a fabulous celebration of the people, culture and heritage of Corby.

The choir first came together to sing for the Queen's Diamond Jubilee visit to Corby in 2012. Under the leadership of local artist Rosalind Stoddart, renowned singer Barb Jung and choir director Gareth Fuller, local singers and musicians came together to write and perform their own songs.

Over the past 10 years the choir have sung their songs with the Royal Philharmonic Orchestra and Sinfonia Viva, sung in Gaelic, Polish and Latvian, performed at Corby Town football stadium, Warkton Church, The Core Theatre, The Rooftop art gallery and on film.

As well as a choir, Deep Roots Tall Trees is also a great community, something that was vitally important during the Covid pandemic when the weekly online choir sessions brought people together to sing, chat and look out for each other. During lockdown the choir produced 'virtual' performances and released their 'Lockdown EP' which is available to listen to and buy on Spotify and Apple Music.

This special concert will include songs that are exciting and uplifting and quiet and thoughtful, an event with something for everyone that's definitely not to be missed!

Tickets are available in person at The Core Box Office, by phone **01536 470470**, online at **www.thecorecorby.com** and are priced at £10 and £7.00 concessions.

The choirs creative journey continues and they rehearse on Monday evenings at Priors Hall Park and always welcome new members.

For more information visit [www.deeprootstalltrees.org](http://www.deeprootstalltrees.org)

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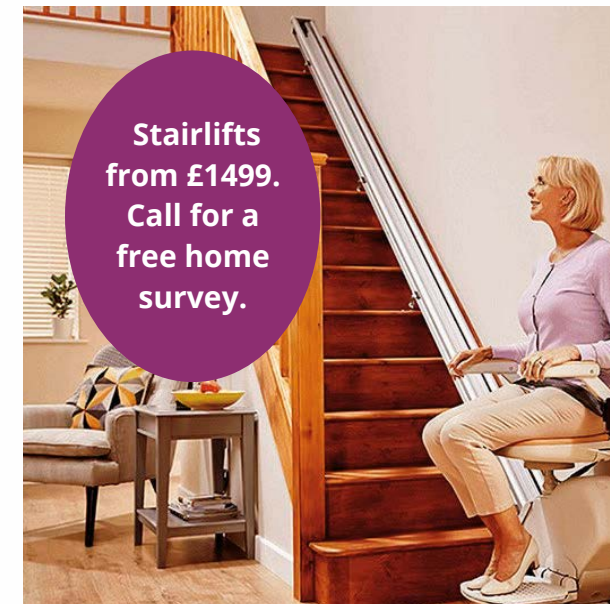


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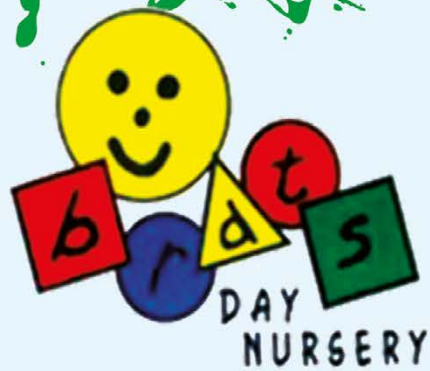
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Corby Radio Social Media stats	
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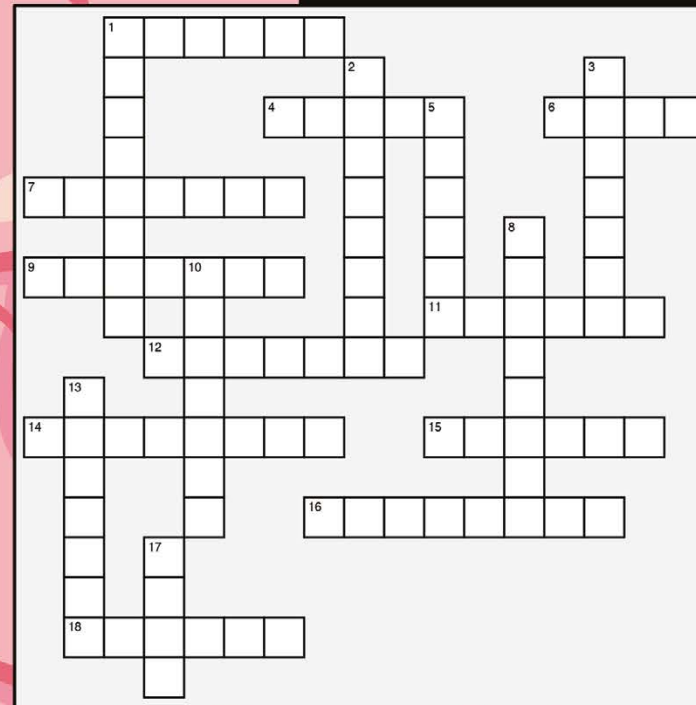
# POP'S Quizzes

## Brain Busting

### KID BRAIN TEASERS

- 1: What runs all around a backgarden, yet never moves?
- 2: What has a bottom at the top?
- 3: A family has two parents and six sons. Each of the sons has one sister. How many people are in the family?

### CROSSWORD



### BRAIN TEASERS

- A: I have a large money box, 10 inches wide and 5 inches tall. Roughly how many coins can I place until my money box is no longer empty?
- B: What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
- C: What can't talk but will reply when spoken to?

#### ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda \_\_\_\_\_

#### DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

### SUDOKU

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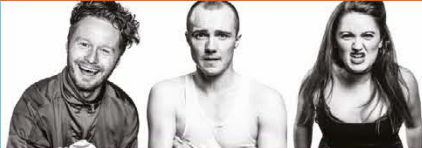


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