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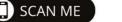
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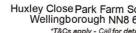








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Hello again Corby SSUE 28

As we say goodbye to the warm weather, we usher in a new season of activities to enjoy. Even in these tough times there are always things to do locally to keep you 'spirits up... Especially with Halloween soon upon us!

Corby Bonfire and Firework Night

@ Corby Boating Lake Friday 4th November 2022

6.30pm – Torchlight Procession assembles outside Corby Int'l Pool

6.45pm – Torchlight Procession moves off led by Piper

.00pm - Bonfire is lit

7.30pm - Fireworks start

Have a happy and safe bonfire night.

Halloween

Street Food Fair with a Halloween Theme @ East Carlton Countryside Park

Saturday 29th October Midday - 9pm

Fancy dress competition will take place (timings tbc)

Children's rides

Editor & Founder

Craig Barber



FOCUSSED PUBLICATIONS LTD Caldan House, Unit 2 Dale Street. Corby NN17 2BQ

Craig Barber: 07710 569 142 craig.barber@focussedpublications.co.uk

Technical Director:

Shaun Coleman: 07773 586006 shaun.coleman@focussedpublications.co.uk https://focussedmarketing.co.uk

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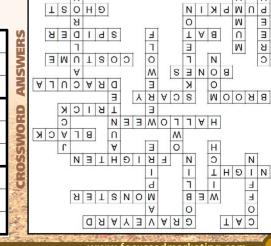
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Northamptonshire Health Charity are looking for Christmas gifts to give to people in hospital on Christmas day this year. The charity supports Kettering General (KGH) and **Northampton General Hospitals and the community** and mental health hospitals across the county, including Corby Community Hospital.

It works all year round to provide for all departments and wards, above and beyond what the NHS provides. Now that Christmas is approaching, the charity would like to ensure every patient in hospital receives a present on the day. Many patients, mostly elderly, have nobody – this means no visitors and no gift. Last year, every inpatient received a gift bag, which helped raise a smile, reminding them they are in people's thoughts.

Suitable items are puzzle books, slippers and socks, toiletries, lip balms and dominoes for elderly patients and toys, games and activities for the children's wards. For infection control, only new items can be accepted in the original packaging and not gift wrapped. You can drop your items into the charity office at Latimer House at KGH or leave them at reception at the main entrance to the hospital. If you'd prefer to shop online, purchase from the Amazon Wish List at the charity's website or you can make a donation and a gift will be purchased for you.



Trish Ribano, service manager at Welland Centre for Adult Mental Health at St Mary's Hospital in Kettering said: "We are so grateful for your support at Christmas. It makes our day when all the gifts arrive for us to give out as this can be a very lonely and difficult time for patients."

For more information, contact 01604 626927, email greenheart@nhcf.co.uk or visit www.northamptonshirehealthcharity.co.uk













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TEAM BUILDING OPPORTUNITY

Corby Woodland Project has now welcomed in the new coppicing season in Hazel and Thoroughsale Woods in Corby. Coppicing is a traditional method of woodland management that has been practised for over 1000 years to regenerate woodland and provide fuel and materials for many crafts. Young tree stems are cut down to near ground level to encourage the development of new, vigorous shoots.

This is a fantastic opportunity to dedicate some time to reconnect your team after the past year. The sessions take place in a beautiful ancient woodland and will motivate your team to work together, develop their strengths, encouraging collaboration rather than competition.

In turn, you will be supporting the continued improvement of a unique piece of history. All equipment and risk assessments will be included, and you will be provided with a tool's safety brief upon arrival by our Parks and Woodland Ranger. We ask that your team provide their own gloves.

Team building is available Monday – Fridays at Hazel and Thoroughsale Woods,

Corby during October 2022 – March 2023 – please note these are subject to staff availability. Please provide at least two possible dates.

Up to 20 people.

Please note most of the session will be spent outside so please dress appropriately according to the weather. Waterproof clothing is highly recommended.

If you wish to take advantage of this offer, please contact rebecca.jenkins@northnorthants.gov.uk

"Your team leading our session were very friendly, helpful, and informative, and made our time working in the wood's good fun. I think everybody felt a sense of achievement once they turned around and realised how much they'd cleared, and were just pleased to be outdoors doing something active and useful" **Simon**





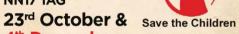
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NOTE: The Simple funeral DOES NOT INCLUDE limousines or departure from a home address

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Body Fluid Facts- Useful information about Blood





How much blood do we have?

Most adults have about 5 litres or 10 pints of blood, this is about 8% of your body weight.

How is blood made?

Blood is made up of red cells, white cells, platelets and plasma. About 40% of your blood is blood cells and about 60% is liquid (plasma). Blood cells are made within your bones in the marrow by 'stem cells'.

What do red blood cells do?

Red blood cells are constantly being made and they make the blood look red. They contain Haemoglobin (which contains iron) and carries oxygen from the lungs to where it is used around the body.

What do white blood cells do?

There are lots of different types of white blood cells which work as part of the body's immune system to fight infections. Some of the white blood cells destroy viruses directly and some make antibodies to fight infections.

What do platelets do?

These are tiny particles that stop the body from bleeding and can form clots and scabs, especially if you cut yourself. If you do not have enough platelets you may bruise or bleed more easily, and there are different causes for this problem.

What is plasma?

Plasma is the liquid part of blood. Plasma is 90% water and also contains other chemicals and proteins including hormones, enzymes, glucose, antibodies, salts and fat particles.

Blood tests

When a blood test is requested, a form is completed that tells the laboratory what tests are needed. The test may take a few days to be processed, and you may need to contact the team that requested it to get the results which will be sent to them. Different tests require different blood bottles which might prevent or encourage clotting or may contain a preservative. Occasionally you may be asked to fast for certain blood tests and can drink only water but should eat no food from midnight.

What is Anaemia?

Anaemia is when you do not have enough red blood cells or haemoglobin, it may make you look pale and feel tired or dizzy. Normally women have a Haemoglobin of more than 115 g/dl and men have a level of more than 125 g/dl. Anaemia has lots of different causes that may be due to problems with the substances that make haemoglobin such as iron, vitamin B12. or folate. You might not be eating enough of these substances in your diet or you may be eating enough of them but not absorbing them from your digestive tract (this is more common if you have a long term condition such as arthritis). Another common cause of anaemia is blood loss which might be obvious and due to heavy bleeding, it may be hidden within the digestive tract where it will usually turn your poo black. You may be recommended to have iron. B12 or folate supplements, or if your Haemoglobin is very low you may be advised to have a blood transfusion.

What is a blood transfusion and how do you give blood?

When people are anaemic due to cancer or blood loss, a blood transfusion may be recommended and can prolong or save that person's life. The blood will have come from a donor who has a suitable blood group. Blood donors can give about 500ml of blood every 12 weeks for men and every 16 weeks for women, and this is a vital gift to people who need it. Some people be suitable to donate plasma or platelets instead of whole blood. If you wish to become a blood donor please contact 0300 123 23 23 or visit https://www.blood.co.uk/

What is Leukaemia? Are there other blood cancers?

Leukaemia is a blood cancer that usually affects white blood cells. When people have blood cancer the blood cells are not produced in the normal way in the bone marrow, they may increase to abnormal levels or reduce in number and may not work properly to prevent infection. Blood cancer is the 5th most common cancer

in the UK and can affect children and older people too, there are more than 100 types of blood cancer. The most common types are Leukaemia, Lymphoma, Myeloma, Myelodysplastic syndromes and Myeloproliferative neoplasms.

Symptoms of blood cancer include unexplained weight loss, unexplained bruising or bleeding, lumps or swellings, breathlessness, drenching night sweats, fatigue or pale skin. There may be stomach, bones or joint pains. Blood cancers can also cause recurrent, persistent or severe infections and may cause unexplained fever or rashes. Lymph nodes (glands) may become swollen in your neck, armpit or groin. There can also be other causes for these symptoms, you should get them checked at your GP surgery especially if they have lasted more than a month.

Some forms of blood cancer are acute which means they are fast growing, and other are chronic which means they are slower growing. They each have different symptoms, treatments and prognoses. Treatment can include observation with regular checks, chemotherapy, other medical treatments, stem cell transplants or a combination of these treatments. About 70% of people with blood cancer are still alive 5 years later, this varies with the different types of cancer. Survival rates for people who have blood cancer are improving and research is going on to make this even better.

People living with blood cancer may not be able to fight infections, so it is important to receive additional protection and immunisations. If you have a blood cancer the 'Flu and Covid Vaccinations are particularly important and you will be eligible for an autumn booster this year; if you are receiving active treatment your specialist will advise you about the best timing for these injections.

ISSUE 28





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Dementia Day 9th November

Corby Dementia Friendly Community are moving forward with plans to showcase the groups, businesses and individuals who are supporting the initiative to work towards making Corby more dementia friendly by holding a Dementia Day on the 9th November between 10am and 3pm at the Core, Corby Cube with the added bonus of a dementia friendly screening at the end of Mama Mia.

The aim of the day is to demonstrate the support and services that are in the Corby area for those living with dementia and those caring for them. There will be services that can assist such as practical advice regarding finances, care and legal matters together with services to encourage independence, social interaction and activities such as day centre activities and physical taster sessions of yoga and meditation to name a few.

Isobel Mann, the chair of Corby Dementia Friendly Community said "many people receive a diagnosis or are caring for someone and have little help or support after that. The aim is to showcase the local support from businesses, individuals and groups to encourage independence with continuing activities and respite and support. The only pre-requisite is that all those taking part have signed up to the Dementia Friendly to show a commitment long term to working towards making Corby more dementia friendly."

There is still time to get involved and support the initiative and if you do please contact the community on corbydementiafriends@gmail.com or phone 01536 851050.

Walking and Cycling in Corby Creating a New Plan For Safe Routes

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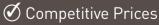
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Lakelands Hospice

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.

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For quite some time now I have been having discussions with clients about the benefits of LED lighting, the conversations usually, have themes like, LEDs are for toys you don't get enough light from them or how can you justify telling me to pay £5 for a lamp (bulb) when I can buy a pack of 5 from my local DIY chain for a tenner.

I hope that the information in this short article will clear up some of the confusion / myths about LED lighting, don't get me wrong in some cases LED may not be the right answer, but don't let misinformation put you off if it is something that you were considering.

Is confusion over LED Lamps costing you money?

- **LED lamps** will last and they will save you money as they use a fraction of the electricity that is required by standard halogen lamps, yet can give out just as much light.
- **-LED lamps** don't heat up like halogen lamps (you can't touch a halogen bulb after 2 minutes as it will burn your fingers), therefore reducing the risk of fire when in contact with built up dust or insulation in your loft.
- **LED lamps** from quality manufacturers will have an extremely long lumen maintenance period (life) of up to 50,000 hours. Over its lifetime, just one of these LED lamps replaces approximately 25 standard halogen lights, whilst saving as much as 2,450kWh of electricity that's over £250 at a cost of 10.5p per kWh!

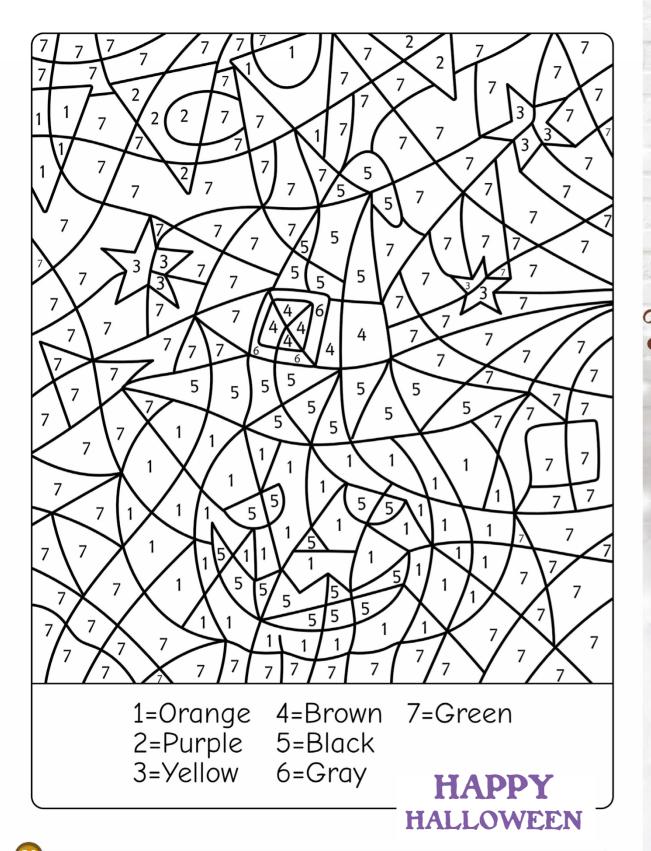
As we now slowly enter into winter, when the days are shorter and we use more lights in our home, LED lights could be one way to make your home safer and to help reduce your electricity cost a little, especially now when prices are through the roof for pretty much everything.













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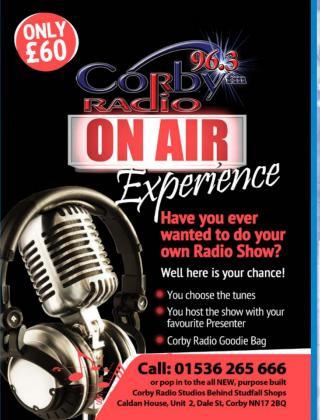


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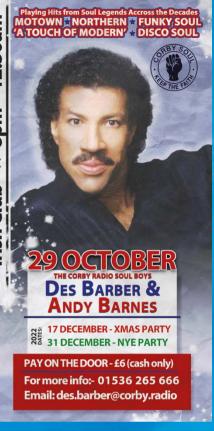
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TO PLAY CORBY RADIO









Corby Radio Keeping it simple!

ADVERTISING PACKAGES

Bronze-£299

4 Plays per day for 4 weeks

Silver-£590 5 plays per day for 8 weeks

Gold - £880

6 plays per day for 12 weeks

Advert Production @JUST £69

£80.00

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.

PROGRAMME SPONSORSHIP Up to 20 seconds per tagling

Prices start from as little as

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

Tagline production cost - £20.00

WEBSITE ADVERTISING BANNER

Prices start from as little as £200.00

Your advertising banner on the top of the Corby Radio homepage with a direct link to your own website.



Karley Barber - M: 07764 869401 | T: 01536 265666 | sales@corby.radio Corby Radio Studios Behind Studfall Shops - Caldan House, Unit 2, Dale St, Corby NN17 2BQ





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GISINGTUESDAY

Supporters must be 16 years of age or older. See website for terms and conditions

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To see the full range of great shows now on sale, pop in and pick up a brochure or visit our website at www.thecorecorbv.com



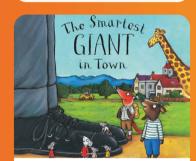
The Pitmen Poets Thu 20 October



Dom Joly: Holiday Snaps Fri 4 November



Sound of Springsteen Sat 5 November



The Smartest Giant in Town Fri 11 November



Get Ready Wed 16 November



The Illegal Eagles Thu 17 November



Rave On: The Rise of **Rock and Roll** Sat 19 November



Potted Panto Wed 7 - Sun 11 December



Santa's Christmas Rescue

Mon 12 - Sat 24 December

Tickets **01536 470 470** www.thecorecorby.com



Quizzes -Brain Busting **KID BRAIN TEASERS**

- When is it bad luck to see a black cat?
- I am a body with a leg, an arm and a head, but I don't have flesh or eyeballs. How is that possible?
- What do you call a skeleton that makes you laugh and giggle when you're sad?

HALLOWEEN CROSSWORD

5			4		5				
I ₹	9			7	3	4	6		
SUDOKI			3		2	1		4	9
		3	5		9		4	8	
S		9						3	
		7	6		1		9	2	
W	3	1		9	7		2		
			9	1	8	2			3
*					6		1		

The person who built it sold it. The person who bought it never used it. The person who used it

BRAIN TEASERS

never saw it. What is it??

- I have no feet to dance, I have no eves to see. I have no life to live or die, but yet I do all three. What am !?
- I am wrapped, but I am not a gift. I am kept neatly in a chamber, and archeologists find me as a great treasure.

What am I?

Across

- 1. He swallowed the canary.
- 2. Playground for ghosts.
- 4. What a spider spins.
- 5. Frankenstein has one.
- 6. When ghosts come out to play.
- 7. Scare.
- 11. What the pot might call the kettle.
- 12. October 31st.
- 14. ____ or treat.
- 15. Witch transportation.
- 17. Frightening.
- 18. The Count.
- 20. A skeleton is just a bunch of these.
- 22. Disquise.
- 24. Lives in the belfry.
- 25. Incey wincey is one of these.
- 26. Main ingredient in a popular pie.
- 27. ____ stories.

Down

- 1. Where a vampire sleeps.
- 2. Evil or mischievous crea-
- 3. He hates garlic.
- 4. Samantha for example.
- 8. ____ house.
- 9. Whoo? Whoo?
- 10. Mr. O'Lantern.
- 13. Comes out on full moon nights.

- 16. Might be full, half, or
- 17. A boney sort of fellow.
- 19. Fire burn, and bub-
- 21. When something makes our skin crawl, it's this.
- 23. Found in Egypt.



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You will be entered into all draws for the next 2 months









PREZZO WINA MEAL FORTWO



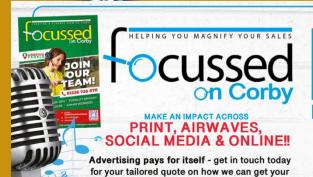
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WIN A GAMES CONSOL

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