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- GamCare - Gambling Help
- The Core - What's on
- Dr Jo Watt: Exercise
- Lakelands Bereavement support



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May we wish you a belated Happy New Year. We know things really have been tough and it doesn't seem to be getting better, but please make sure you look after yourselves and don't let things get on top of you. A massive help to your physical and mental health is exercise. Please do check out the amazing article from our Dr. Jo Watt on how this can be so beneficial to you.

We are here to help you, whether a business or simply looking for some information and pointing in the right direction. Please do get in touch if you have anything valuable to say to the people of Corby and we will be more than happy to spread the word.

Please do mention us if you ever use one of our clients, it really helps engage how their advertising is going and keeps us bringing you all the things great about Corby!

Editor & Founder

Craig Barber



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ISSUE 30

focussed

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noun Scot.
a frolic; revel; a commotion



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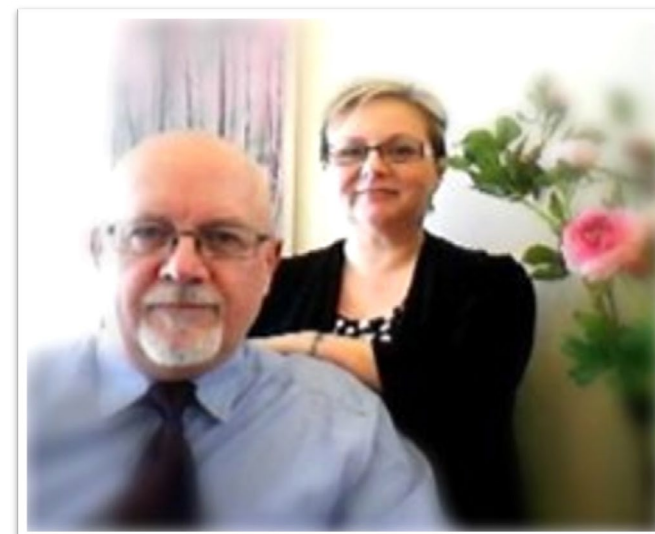


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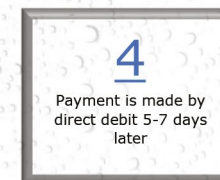
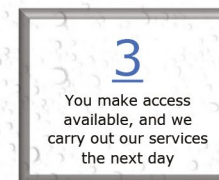
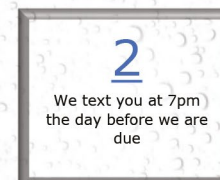


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We all know that being more active is good for us, and there are lots of benefits to being more active. Not everyone can run or swim, and even if you have limited mobility you may be able to increase the amount that you do to help you to feel better. The national guidance is that we should all be aiming to do 150 minutes of physical activity a week and to try to be active every day. However, any activity that results in you moving more, raises your heart rate, helps you with increasing strength or improves your stability is helpful. This includes exercising your lungs by singing, doing seated-exercises and swimming.

Mind:

Exercise is the fastest way to help you to feel better if you are struggling with your mental wellbeing. A brisk walk or spending time dancing will help you with mood, sleep, energy and appetite. It can also help you to manage intrusive and racing thoughts by giving your busy brain something else to focus on. Exercise works well alongside other treatments for depression, stress and anxiety such as therapy or medication. Many people find that activities such as Yoga, Pilates and Tai chi help to improve strength and flexibility as well as helping with mental wellbeing. If you can exercise at least three times a week you will feel even better, although everything you do that increases your activity levels will help. You may wish to start slowly and be realistic about how much you can increase your activity levels, be kind to yourself if there are times when your plans to exercise do not happen and don't let it put you off getting back to exercising when things settle. Some people prefer to exercise on their own and others like to be part of a group, we are all different. Exercise can help you to improve your self-esteem and doing group activities can help you to meet new people who may have similar interests.

Social Prescribers work with our local GP surgeries and can put you in touch with health walks, where you can get to know and connect with other people and have a chat while increasing your activity levels. If your mood is so low that you are finding it difficult to think about being active or are struggling to connect with other people you may wish to contact the mental health hub on 0800 448 0828 and they will support you to feel better.

Body:

Exercise can help you to lose weight if you are overweight, may reduce your blood pressure if you have been diagnosed with hypertension and can reduce the risk of heart attacks and strokes. People who have already had a heart attack will usually be referred to cardiac rehabilitation which is a fantastic way to increase fitness and improve heart health. If you have a stable heart condition, diabetes, a strong family history of heart problems or have high cholesterol you may wish to take the opportunity to gradually increase your levels of activity to help to prevent more serious complications. Exercise can also help you with the pain of inflammatory conditions such as arthritis and long term back pain. Exercise can also reduce the risk of bowel cancer, breast cancer and dementia. Many of the symptoms of menopause respond well to exercise, and it is a great way to help to restore sleep as well as improving your fitness. If you have a family history of osteoporosis or have had fractured bones in the past, then weight-bearing exercise is particularly helpful to increase bone strength and reduce the risk of future fractured bones. If you feel you are at risk of falling over there is a specific local exercise programme for you called "Get Up and Go" and you may wish to follow www.northamptonshiresport.org/getupandgo for more information.

Spirit:

It is much easier to be physically active if you can find an activity that you enjoy and that can be done at a time that works for you. You may want to try a few different options before you find the right one for you, and some people find that including music can help with motivation. It can take a few weeks before a new activity feels like it is part of your life, so you may want to ask family or friends to help to encourage you and keep you motivated when you start to do something new. Doing an activity with friends or family can also make it more enjoyable and help you with your motivation. We are fortunate in Corby to have some amazing leisure facilities, and our lovely open spaces. If you are over 16 and would like to get involved in a 12 week reduced-price exercise programme supported by the great team at Corby Leisure, please contact your GP surgery to ask about referral. You may not need to talk to the GP to arrange this and other staff within your GP surgery can talk to you about exercise plans and arrange for an Activity on Referral form to be completed if you are eligible.

For more information about eligibility please visit www.corbyleisure.co.uk/activity-on-referral. Activities can be adapted to be suitable for people with disabilities, so this should not stop you from being able to be more active. People with respiratory conditions such as COPD can also be referred for Activity on referral. If you have been diagnosed with Cancer there are specific exercise classes for you to help you manage both the physical and mental impact of cancer treatment.

If you are not currently very active, try to start gently and then gradually increase your levels of activity. It is important to enjoy what you are doing as you work towards your targets and start to feel as happy and healthy as possible.



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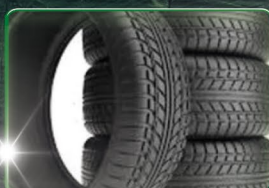
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Bereavement Support Group

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

(adults only)

Meetings take place at Lakelands Hospice on
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**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



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.

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lakelandshospice.org.uk

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CHARLES BARRY • BARBERS • WIN A MENS HAIRCUT @CHARLES BARRY 2 - BUTLAND RD

CORBY TOWN FC WIN TWO MATCH TICKETS TO ANY CORBY TOWN FC HOME GAME



HELPING YOU MAGNIFY YOUR SALES

ISSUE 30: April/May 23 - BOOKING DEADLINE 20th March 2023

DELIVERED FREE BI-MONTHLY TO 25,000 HOMES

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

Reach out to 25,000 homes in Corby inc. Weldon, Little Stanion & Priors Hall

- Magazine Advert - Get seen
- Magazine Voucher - instantly know where the sale came from
- Corby Radio Advert with professional advert
- Social Media posts across 4 platforms
- Movie produced for Social Media
- Appear on Focussed website permanently
- Use of Focussed & Corby Radio badge to lead clients to your advertisements

ONLY £60

Corby 96.3 RADIO ON AIR Experience

Have you ever wanted to do your own Radio Show? Well here is your chance!

- You choose the tunes
- You host the show with your favourite Presenter
- Corby Radio Goodie Bag

Call: 01536 265 666
or pop in to the all NEW, purpose built Corby Radio Studios Behind Studfall Shops Caldan House, Unit 2, Dale St, Corby NN17 2BQ

THE CORBY RADIO SOUL BOYS PRESENT

A SOULFUL MIX OF A Touch of Modern Corby Soul

EVERYTHING SOUL

ANDY BARNES DES BARBER

2023 DATES
SATURDAY 4th MARCH
SATURDAY 27th MAY
SATURDAY 29th JULY
SATURDAY 30th SEPT
SATURDAY 2nd DEC (Xmas Party)
SUNDAY 31st DEC (NYE Party)

SATURDAY 22nd APRIL
(NORTHERN SOUL & MOTOWN WITH A TOUCH OF MODERN SOUL)

8.00PM-12.30AM **IRISH CENTRE**
Patrick Rd, Corby

Playing Hits from Soul Legends Across the Decades
MOTOWN * NORTHERN * FUNKY SOUL * A TOUCH OF MODERN * DISCO SOUL

Call Des 07710 134 925 for details

Corby LOTTERY

Corby 96.3 RADIO 'The Voice of Corby'

2 8 1

MAKE A LOTTO DIFFERENCE TO OUR CAUSE

PLEASE SUPPORT US ON #GIVINGTUESDAYNOW

- We need you now to make sure we're still here to help in the future
- Join from just £1 a week and make a difference to our community
- WIN great prizes up to the £25,000 jackpot

To start supporting, visit:
www.corbylottery.co.uk
and search for: Radio

GIVINGTUESDAY

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

Corby Radio Keeping it simple!

ON-AIR ADVERTISING PACKAGES
(All prices are +VAT)

PACKAGE	PLAYS	BONUS NIGHT PLAYS	TOTAL PLAYS
Bronze - £349 30 second advert	4 Plays per day for 4 weeks	3 Plays per night for 4 weeks	210
Silver - £649 30 second advert	5 plays per day for 8 weeks	3 plays per night for 8 weeks	480
Gold - £959 30 second advert	6 plays per day for 12 weeks	3 plays per night for 12 weeks	810

Advert Production @ JUST £79
Professional 30 second advert.
Can purchase extra adverts to rotate

WEBSITE ADVERTISING BANNER

Prices start from as little as £200.00 for 3 months!
BOOK ONE YEAR FOR JUST £700.00

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

ONLY 3 SLOTS AVAILABLE PER QUARTER

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	15,156
Corby Radio Streaming - Unique listeners	7,804
Corby Radio Social Media stats:	
Facebook	9,456
Twitter	4,038
Instagram	997

Craig Barber - M: 07710 569142 || T: 01536 265666 || sales@corby.radio
Corby Radio Studios Behind Studfall Shops - Caldan House, Unit 2, Dale St, Corby NN17 2BQ

KUMON, MATHS, ENGLISH

KUMON



Roxana:

"Kumon has been, over the years, a fantastic educational support for our children. One can only acquire knowledge from a passionate and dedicated educator and that remains the main reason our children are eager to learn and be part of Kumon!"

(A local family in Priors hall)



Irina:

"We joined Kumon a few years ago. My daughter is treated with care, always good communication, and really organised. I would highly recommend Kumon to any parent as we're seeing huge improvement in my daughter's English and Math skills, they really care and truly want the best for your child."

(A local family in Oakley Vale)



Jivan:

"Kumon has helped build my son's self-confidence massively in a short period of time. I couldn't have made a better choice for our kids"

Now enrolling
new students at the
Kumon study centre
- Corby

You will be given daily
homework set
specifically for your
child's current needs.
They will then attend a
weekly class at the
Kumon centre in Corby
where we monitor their
progress closely.

Now offering
**FREE
ASSESSMENT**

learn where your child's ability is
with Adam our Corby teacher

www.kumon.co.uk/corby/
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KUMON

Not sure but would
like to learn more?

Use the QR code to
Book an Enquiry call
with Adam - Corby's
Centre Manager



SCAN ME

1 in 30 children at Priors Hall,
Oakley Vale and Little Stanion study
at the Kumon Corby Academy