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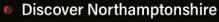
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- Dr Jo Watt: Menopause
- **Corby Town Council events**
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Craig Barber

ISSUE 31

cussed

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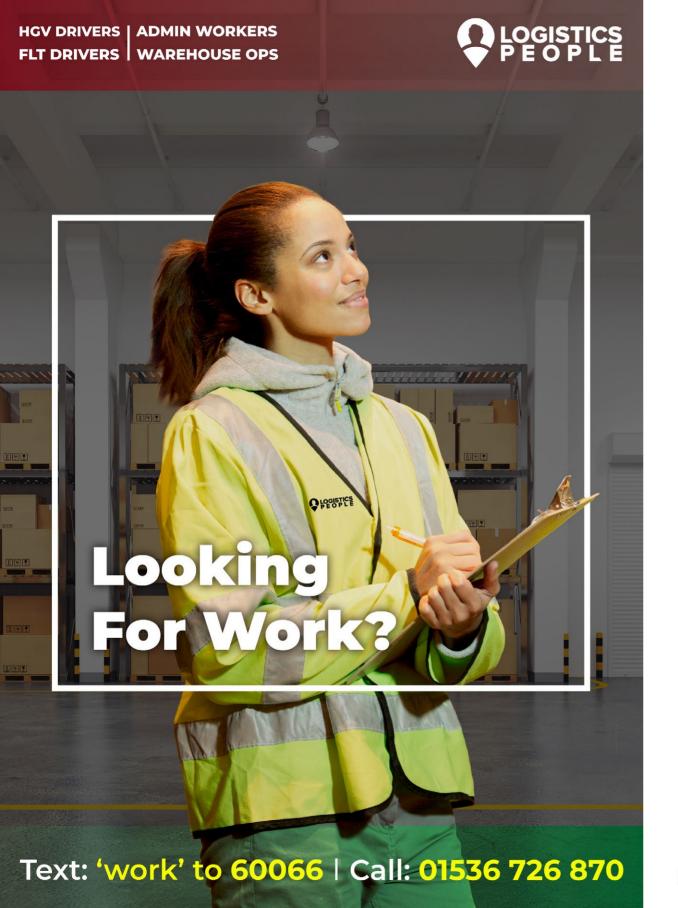


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Discever Northamptonshire

Discover Northamptonshire Hub officially opened

The new tourism hub at Rushden Lakes was officially opened on Monday 20th March 2023 coinciding with English Tourism Week, which runs across the country from Friday 17 - Sunday 26 March.

Run by North Northamptonshire Council and supported by The Crown Estate, the Discover Northamptonshire Hub is open 7 days a week, located next to the entrance of the cinema and promotes attractions throughout Northamptonshire, highlighting the abundance of unique offerings in and around our local area.

The hub was formally opened on Monday 20th March, representatives from North Northamptonshire Council, West Northamptonshire Council, the Crown Estate and partners were in attendance.

The hub has been designed as a fully interactive space, promoting all things Northamptonshire, including days out, attractions, walks, town and village offerings, places to eat, sustainable transport, heritage, accommodation and local and major events. There is also a retail space, providing local businesses with a chance to showcase their products taking advantage of the 6 million visitors to Rushden Lakes annually.

Cllr Helen Howell, North Northamptonshire Council's Deputy Leader and Executive Member for Sport, Leisure, Culture and Tourism, said: "It was great that we were able formally open and celebrate the new Discover Northamptonshire hub, to coincide with English Tourism Week.

"We are now open, and the team are really excited to be welcoming visitors through the doors to this fantastic asset. We will be promoting all the wonderful attractions we have throughout the whole of Northamptonshire to visitors of Rushden Lakes - some of whom will be unfamiliar with the area and unsure of what else is on offer in our wonderful County and further afield. I would also encourage residents of North and West Northamptonshire to visit the hub and speak to our friendly team - you never know what you might discover right on your doorstep!

"The opening is very much the start of the Discover Northamptonshire hub's journey and the offering will continue to grow and develop and we are delighted to be working with our colleagues from the West to promote Northamptonshire as a tourist destination. We are also jointly in the final stages of developing a tourism strategy that will support and offer direction for the tourism sector moving forward. It is a very positive move for the industry."

The Discover Northamptonshire hub has received £245,000 from the UK Government through the UK Shared Prosperity Fund. NNC are working closely with partners including West Northamptonshire Council (WNC), The Crown Estate and local businesses, as well as local schools, colleges and universities to provide learning and volunteering opportunities for those interested in working in the local tourism industry.

Cllr Jason Smithers, Leader of the Council, added: "The new Discover Northamptonshire hub will have enormous benefits to the local area, encouraging visitors to Rushden Lakes to travel to the other fantastic attractions we have nearby and in turn bringing more money and footfall into the local economy."

The Discover Northamptonshire hub is open Monday - Saturday from 11am - 6pm and Sunday 11am - 4:30pm. You can find Discover Northamptonshire on Twitter, Facebook, LinkedIn and Instagram, with a website launching soon.

The Discover Northamptonshire team want to ensure that all tourism businesses in Northamptonshire are being promoted to such a large audience. Any business or attraction who wants to be promoted on the Discover Northamptonshire website and at the new hub should email info@discover-northamptonshire.co.uk







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focussed on Menopause

What is menopause?

The diagnosis of menopause is made 12 months after your last menstrual period. the average age in the UK is 51 years. Blood tests are not necessary if you are over 45 years old with typical symptoms. If you are using a method of contraception that has stopped your periods such as the hormone coil or progesterone only pill you may be offered blood tests. Once you have had 12 months without a period (over the age of 45) you should not have any more bleeding, if you do get vaginal bleeding after this you need to report it to your GP surgery since it will usually require investigation.

What is perimenopause?

Many people get menopause symptoms in the years before and after the last period. for some people this can be for many years. Periods may change in the years coming up to the period and may become lighter or heavier, closer together or further apart. Some people need treatment for menopause symptoms during these years and you do not need to wait for periods to stop to be treated, some people will not want or need to be prescribed menopause treatment.

What symptoms does menopause cause?

Some of the menopause symptoms that may affect you include poor quality sleep, hot flushes, night sweats, low mood, reduced confidence, altered appetite. palpitations, headaches, skin changes, reduced libido, brain fog and muscle and ioint pains. You may not have all of these symptoms, they may be mild or more debilitating with a significant impact on your life.

In addition to these symptoms some women will develop vaginal dryness or an irritable bladder that doesn't hold urine as well as it used to. These symptoms may develop many years after the last period as the oestrogen levels drop and the vaginal skin becomes paler and more fragile.

What helps with symptoms?

Lifestyle

Regular exercise such as swimming or jogging can help with menopause symptoms, as can giving up smoking. You may benefit from eating more fruit and vegetables, and drinking less alcohol. If you find that you are gaining weight you may find that a low-carbohydrate diet helps, many people going through menopause crave starchy foods such as bread, pasta, cakes and biscuits and if you reduce these you are more likely to lose weight.

Whole body and mind symptoms

The most effective menopause treatment is HRT, and ideally this will be oestrogen absorbed through the skin in the form of patches, gel or spray since these have no increased risk of blood clots. If you have a uterus (womb) you will also need a progestogen hormone to stop the oestrogen from making the lining of the womb become too thick. The progestogen may be in the form of a tablet, a combined patch with the oestrogen or in the hormone

If it is more than a year since your last period vou will be recommended to take a continuous HRT preparation with oestrogen and progestogen taken every day. If it is less than a year since your last period you will offered HRT where take oestrogen every day but you only take progestogen for some of the month, this means that your body can still have a period. There are lots of different HRT regimes and you may need to try more than one before you find the right one for

If you have had breast cancer or other conditions that make HRT unsafe you may be offered other non-hormonal treatment options including anti-depressant tablets. gabapentin or clonidine. CBT therapy can also help with symptoms of low mood and

Vaginal and urinary symptoms

Joanne

GP Great Oakley Medical Centre

Some people get vaginal dryness in the perimenopause, and others start to develop this symptom many years after the last period. For many people using a vaginal moisturiser is useful especially during sex. Some of the bladder lining is oestrogen-sensitive and so this can make the bladder irritable making it difficult to hold on to your urine and increasing the risk of urine infections. You may need oestrogen treatment delivered directly to the vaginal tissues in the form of oestrogen cream, pessaries or a longer acting ring. Even if you are taking 'whole body' HRT to treat your other symptoms such as sweats and flushes you may need to add in vaginal oestrogen to rejuvenate your vagina and bladder.

Worried about breast cancer?

The risk of breast cancer is slightly increased if you are on HRT that contains progestogen, although the risk is far greater with other factors such as increased weight. Utrogestan is the HRT progestogen with the lowest risk of breast cancer so you may prefer to be on this one. Most women who take HRT will not develop breast cancer, but if you are worried about symptoms or find a lump do seek medical attention.

What about contraception?

If your last period was under the age of 50 you need contraception for another 2 years. If your last period was over the age of 50 you need contraception for another year. If you are not sure when your last period was or if you are using a method of contraception that stops your periods then you may be advised to continue to use contraception until age 55 when it can be assumed that you are no longer at risk of pregnancy.

You may also wish to speak to someone at your GP surgery, this might be a nurse, nurse practitioner, GP, specialist physio or practice pharmacist. If you have been prescribed HRT and usually pay for your prescriptions please talk to your community pharmacist about the new HRT prepayment certificate which will be available from April 1st 2023, they can also help you to discuss what products are available if there are any supply issues with your usual HRT.





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There are some useful websites that have lots of information: https://patient.info/womens-health/menopause/alternatives-to-hrt

https://www.balance-menopause.com/



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CORBY TOWN

TJ Hughes to return to Corby Town centre

This spring sees the welcome return of a popular retail chain to Corby.

Asset Manager Sovereign Centros, acting for new town centre owners Magnetar Capital and Northdale Advisors, have signed a landmark 10 year deal with discount department store group TJ Hughes for 23,000 sq ft of space in Willow Place formerly home to several Arcadia group stores and Pep & Co. TJ Hughes previously occupied a unit in Cardigan Place which they vacated in 2011.

TJ Hughes offers worldwide designer brands and quality goods at discounted prices, with a strong presence both online and in traditional high street department stores. On offer are not only essentials, but innovative and inspiring products, with regularly updated, affordable product lines to meet the changing needs and expectations of customers. The vast portfolio of brands includes such household names as Morphy Richards, Nike, Wrangler, Lewis's and Calkin Klein, plus many more.

Commenting on the deal, Jason Harmer, Chief Operating Officer of TJ Hughes, said: "I am extremely pleased to confirm that TJ Hughes are to open a new store in Corby this spring. I am looking forward to bringing back a department store offer to Willow Place and this will hopefully be very welcome news to the local community. The opening should provide up to 30 new jobs in the community and the Corby shopper can again have the option to shop for everything they want close to home. Our opening will also benefit a number of other retailers who are already in the centre and help the local shopping environment to thrive. The TJ Hughes store will offer big brands and discount prices across home furnishings, men's fashion, ladies' fashion, electrical, kitchen, luggage and seasonal departments.

Work on site is expected to start imminently, with the planned opening date to be announced shortly.

Simon Phipps of Sovereign Centros adds: "The arrival of TJ Hughes introduces a new retailer with a broad shopper appeal that will undoubtedly further enhance the mix and attractiveness of Corby town centre. They will occupy a prominent unit that overlooks the central Queens Square to further boost footfall to this part of the town centre."

Corby town centre attracts around seven million visitors each year, with 150 units across 700,000 sq ft including high street favourites Primark, TK Maxx, H&M, Wilco and Boots. A retail park is also on the site alongside 750 parking spaces. Corby is one of the fastest growing towns in the UK, with a population of c70,00 people. Corby has undergone a significant regeneration process with the opening of Corby railway station and Corby International Pool in 2009 and the Corby Cube building opening in 2010. Additionally, in January of this year, the new owners leased a 40,000 sq ft former office building to Bedford College on a 25 year term certain lease. The c £20 million investment into this asset to create a carbon neutral educational facility which will act as a base for 600 students plus staff. The College is expected to open to new students in September 2023, bringing further vibrancy and footfall into the town centre, boosting the local economy and providing employment opportunities for many Corby town centre businesses.

Wright Silverwood and Savills are the leasing advisors to Sovereign Centros, Northdale Advisors and Magnetar Capital on the transaction with TJ Hughes.

Magnetar Capital and Northdale Advisors acquired Corby Town Centre in November 2022 as part of their wider UK Town Centre retail investment strategy. Magnetar and Northdale also acquired One Stop, Perry Barr and Yate Town Centre and Riverside Retail Park in 2022.



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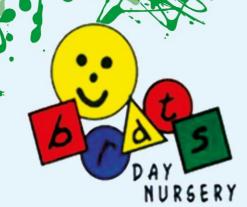
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- 5 to the power of 0 equals what?
- The perimeter of a circle is also known as what?
- 17 + 14 =
- 8. What is the next prime number after 7?
- 9. What does 3 squared equal?

10. $21 \div 7 =$

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- How do oceans greet each other?
- I have hands but still I can't clap. Who am I?
- Why did Mickey Mouse go to **Outer Space?**

BRAIN TEASERS

- What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it?
- How do you make the number 7 even without addition, subtraction, multiplication, or division?
- I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am !?

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4

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6 8

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- 10. Yield (4)
- 12. Humble (6)
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- 18. Drover (8)
- 21. Glorious (11)
- 22. Scaling devices (7)
- 23. Surface boundaries (5)

Down

- 1. Luxury craft (5)
- 2. Articulated (7)
- 3. Innocuous (8)
- 4. Disturbances (6)
- 5. Snakelike fish (4)
- Big (5)
- 7. Earnest (7)
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Love Corby was set up back in 2014 by Corby **Borough Council to help promote Tourism.**

The group has grown considerably over the years and now includes many local business and Charities from in and around the surrounding areas.

The group has developed and now has members from all sectors not only tourism. It's a great way for local business owners to support each other and promote business locally.

Since unitary and the change of council to North Northants Council, Love Corby has lost all funding and support.

But the marketing group, which is run by local business owners voluntary, wanted this successful group to continue so decided to set up as a CIC back in 2021.

Covid was very challenging like with many networking and meetings, but the marketing team have continued to grow the success of Love Corby and are very excited for its future.

Just in the last month a new website has been launched and a new administrator to help run the group has been appointed.

The colourful lamp-post banners on George Street are exclusive for Love Corby members and are currently up for renewal early May, so the team are working hard behind the scenes to liaise with highways and planning, if you would like an amazing promotional banner up the town centre, please get in touch.

The beauty of being run as a non-for-profit organisation gives Love Corby the edge in being able to offer a great low rate for membership, so you really do get the best value for money, all membership is reinvested in to the group to help promote our members businesses across Corby and beyond.

Only £95! per year for your business gives you, full page company listing on Love Corby website, free attendance to monthly network events (worth £60 per year), option to purchase flags on George Street, promotion of you business via regular social media posts on Facebook, Twitter, Instagram and LinkedIn plus more!



BRAND NEW WEBSITE

www.lovecorby.co.uk

Sign up to Love Corby and link your business with the local community, with a whole bundle of benefits!

ONLY £95 PER YEAR

MEMBERSHIP BENEFITS

- Full page company listing on **Love Corby Website**
- FREE attendance to monthly Love Corby networking meetings
- Promote your events, sales, offers
- Promote your companies jobs
- Use of the Love Corby Logo
- Week intensive Featured Business listing
- Your website profile shared regular across
- Regular shares of your social media posts



What's your CHALLENGE going to be?



FIRE WALK

15th June

Motivational

Brave the hot coals for a unique personal challenge



WINGWALK

Ultimate

Fly like a bird at speeds of 120 MPH



SKYDIVE

13.000 feet Tandem



Exhilarating

parachute jump



ABSEIL

30th Sep

Descend

Abseil 419ft down the Northampton life tower



THREE PEAKS

Sep 8th-10th

Endurance

Climb 3 mountains Hike 24 miles Travel 1000 miles Complete in 24 Hrs



SHARKS

6th October

Awesome

Come face to face with 10ft Sand Tiger Sharks No Cage!

Challenge yourself & raise vital funds for Lakelands Hospice in 2023









10% OFF **NEW ROOFS**

20% OFF ALL FLAT ROOFS

SPRING OFFERS

£40 Any amount of gutters cleaned inside and out

50% OFF ALL DRY VERGE CAPPING

HALF PRICE **New Fascias** & Gutters

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TIRED OF ROOFERS LETTING YOU DOWN? NEED A QUOTE? **NEED AN EMERGENCY REPAIR? NEED A TEAM YOU CAN TRUST?** Look no further. We guarantee to attend your request within 48hrs.

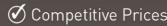
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- Our carina family service looking after your loved one with dignity and respect
- Liaising with all those required to make for a meaninaful service
- Use of our facilities: Chapel of Rest

- Hymn sheets
- Receiving and listing floral tributes, donations
- Hearse and Limousines
- All necessary attendance on the day including Funeral Director and Bearers
- Floral tributes arranged







Coronation park is at the heart of the town centre and was constructed to commemorate the **Queens coronation.**

Recently transformed with a combination of formal planting and wild flower meadow patches along the formal memorial and sensory garden. This spring the memorial Rose garden will be undergoing extensive refurbishment, so keep an eye out!

This year the Friends of Coronation Park will celebrate the historic occasion of King Charles 111 Coronation with a Royal garden party on Sunday 7th May from 12pm till 6pm. This will be a **FREE** multicultural day for all the community.

This fantastic day will include dancing, singing and music, Flyby Bars supplying street food vendors, bringing you delightful, belly filling food & drink or simply bring your own family picnic.

Corby Radio will be hosting the event bringing fun and games to keep you entertained through the day.

There will be a children's fancy dress competition (Royal/Woodland theme) sponsored by Our Lady's Primary School.

Along with a Green King mask making competition, should you rather not dress up. All this along with a number of other activities and demonstrations from high octane Adrenaline Alley.

All proceeds from the sale of the program will be split between local charity Lakelands Hospice and Friends of Coronation Park, so please make sure you grab one on the day.

To get involved or for more information email Gillian Green - Events Coordinator on gillgreen@aol.com









25th June 2023 ~ 11am - 4.00pm East Carlton Park Near Market Harborough LE16 8YF

Bouncy Castle, Face Painting, Dog Show, Carnival Princesses Archery, Highland & Contemporary Dancers and much more

Ample Car Parking

Supported by:



North Northamptonshire

















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



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



ON-AIR ADVERTISING PACKAGES

The Voice of North Northants
www.corby.radio

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

£200.00 for 3 months!



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 on TUNE IN App 15,156
Corby Radio Streaming - Unique listeners 7,804
Corby Radio Social Media stats:
Facebook 9,456

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

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ONLY 3 SLOTS AVAILABLE PER QUARTER

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AT ANY LOCATION









ON PREZZO SET MENU WITH A DRINK







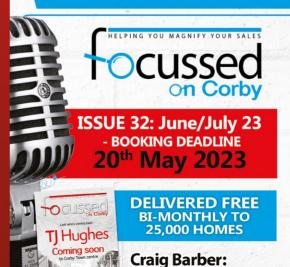


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Roxana:

"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)



"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)

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.



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"

> Not sure but would like to learn more? Use the OR code to

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learn where your child's ability is with Adam our Corby teacher www.kumon.co.uk/corby/

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