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Hello Corby,

welcome to another issue of your community magazine. Remember we are here for you, so if you have a business to advertise or a local group that needs some local exposure, please aet in touch.

The sun is now shining and the summer activities are in full swing. Look out for everything coming up including the Corby Pride Festival, The Highland Gathering, Corby Carnival and much more. Why not support your local music scene and get out to the clubs after these events for some amazing bands and DJs. Without your support these venues will start to fully disappear as many still struggle to recover from the pandemic and cost of living crisis.

Listen out for local events and groups on your community station 'Corby Radio 96.3fm'. They have lots of prizes to be won daily, so why not tune in and be part of your community.

Missed an issue of 'Focussed on Corby'? Simply pop to our website to see the full back catalogue of issues:

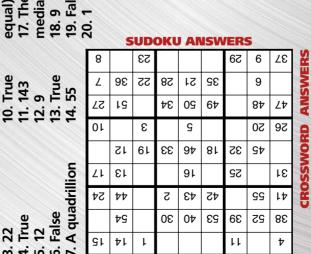
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Local NHS charity appoints new team members to serve north Northants

Northamptonshire Health Charity, the registered charity supporting Kettering General Hospital (KGH), Northampton General Hospital (NGH) and all the community hospitals and mental health services under Northamptonshire Healthcare Foundation Trust (NHFT) – has appointed two new members to serve the north Northamptonshire community.

Nick Hayton has been appointed Corporate and Community Fundraiser. Nick managed Corby Borough Council leisure facilities for over 20 years so has excellent knowledge of the local community and businesses and over the last 8 years supporting charities in the region.

Nick said: "I am very keen for the charity to raise its profile in Corby and the surrounding areas and join 'Love Corby' as I'm aware of the support given by the community. We hope to increase the range of events we offer and are expecting to hold a Golf Day next spring at Priors Hall."

Nick's role will be working with businesses so he is keen engage with the local business community who may wish to support a worthy cause. If anyone would like to put on events, the charity can offer a range of supporting materials like roller banners, social media, t-shirts and online fundraising pages. **Email: Nick.Havton@nhcf.co.uk**

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Justine Cheadle, Community Fundraiser is specifically based at KGH supporting fundraising and community events. At present she is helping recruit people for the Northampton Half Marathon on 17th September, already stewarding over 26 runners. Justine has an extensive background in marketing and event management. Email: Justine.Cheadle@nhcf.co.uk

From the beginning of a new life to end of life, the NHS touches everyone and Northamptonshire Health Charity helps local NHS teams by funding equipment and projects to enhance patient care above and beyond what the NHS provides. Supporters can donate to specific wards and departments, or contribute towards one of the charity's fundraising appeals like Twinkling Stars for the new maternity bereavement suite at KGH.

Instead of having to look out the window at boring grey walls, Corby Community Hospital patients now have stunning and colourful murals to gaze at while they are recovering. Other recently funded projects include a large activity shed and resources, making a huge difference to mental health patients at the Welland Centre, St Mary's Hospital and an outdoor rehabilitation garden for patients receiving Intensive Care at KGH.

For more information visit www.northamptonshirehealthcharity.co.uk

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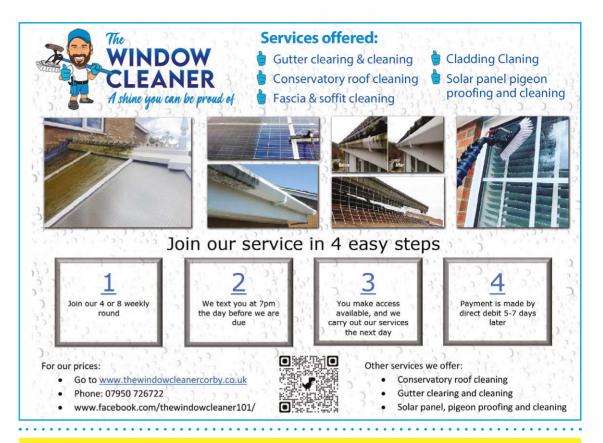
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Thyroid Problems

Where is your Thyroid gland?

The Thyroid gland is situated at the front of vour neck and is the shape of a butterfly. it has a left and right lobe which are joined in the middle in front of your windpipe. You cannot feel or see a normal thyroid gland

What does it do?

The thyroid gland mainly makes hormones called T4 (thyroxine) and T3 (triiodothyronine) using the iodine in our food. These hormones affect many aspects of the body's metabolism, this includes the control of body temperature and how the body uses fat glucose and protein. TSH (Thyroid stimulating hormone) is made in the pituitary gland in the brain and will usually work together with T4 or T3 to keep your thyroid in balance.

What is an underactive Thyroid (Hypothyroidism)?

If your thyroid is unable to produce enough T4 or T3 then this is called hypothyroidism and you may gradually develop a range of symptoms, although there may be other causes for them. Your TSH level will usually be high as your pituitary gland tries to make the thyroid gland produce T4. The common symptoms are weight gain, constipation, tiredness, constipation, aches, fluid retention, low mood, drv skin/ hair and feeling cold. There are also rarer symptoms of carpal tunnel syndrome, memory loss or confusion, infertility, a hoarse voice, or irregular/heavy periods in women.

Having an underactive thyroid is 10 times more common in women than men and becomes more likely as you get older. About 1-2% of people have this condition and it is usually caused by the body attacking the thyroid gland as part of an auto-immune condition. All babies are checked for this condition on the heel prick test when they are 5 days old, although this problem can develop at any point in your life.

Treatment is simple and usually involves taking thyroxine tablets every day to correct your hormone levels. If you need thyroxine medication then starting this medication and gradually increasing it to the correct level will make you feel better, although sometimes the dose needs adjusting a few times. Once you start thyroxine for an underactive thyroid you will need to take it for the rest of your life and have your levels checked every year. It is one of the conditions that means you are entitled to get free NHS prescriptions and you will need to apply for an exemption certificate.

What is an overactive Thyroid (Hyperthyroidism)?

Overactive thyroid is not as common as an underactive one and is caused by having too much thyroxine. It often causes fatique, a fast heartbeat, shaking hands, sweating, diarrhoea, thin hair, itchy skin, reduced periods, feeling nervous or irritable, being unable to sleep, weight loss and your body's metabolism starts to work too fast. Some people may also have a swollen thyroid gland (goitre) or and up to half of people with an overactive thyroid will also problems with their eyes which pushes them forwards making them uncomfortable. Women are more likely to be affected by an overactive thyroid than men.

Usually, the TSH level will be low and the T4 level will be high. The most used medication to treat this is Carbimazole, although radiotherapy and other medications may also be used. Beta blockers may be used to treat the most troublesome symptoms while the thyroid is getting back into balance. Sometimes surgery may be needed. It is not unusual for the thyroid gland to become underactive later and require thyroxine to be given. You will need blood tests every year for the rest of your life.

Other Thyroid problems:

A swollen thyroid gland is called a Goitre and can be caused by overactive or underactive thyroid problems, or a lack of iodine as well as other causes where the thyroid can be functioning normally. You will have scans and tests to find the cause and decide how to treat it.

Thyroid nodules are lumps that develop in the thyroid gland and can be single or in groups, they are not usually due to cancer. Sometimes they can be part of an overactive thyroid.



Thyroid cancer is not common and may cause a neck lump, swollen glands, difficulty swallowing or a hoarse voice. However, there is usually a different cause for these symptoms so please contact your GP practice if any of these symptoms last longer than 3 weeks.

How can you check vour Thyroid?

The tests that can be done depend on what signs or symptoms you have and may include blood tests to check thyroid function tests or thyroid antibody tests. Some people will be advised to have yearly thyroid function tests, especially people with Type 1 diabetes, Coeliac disease. Addison's disease, other autoimmune conditions, premature ovarian insufficiency. Down Syndrome or Turner syndrome. Thyroid tests usually change slowly and if the changes are borderline you may be asked to recheck in a few weeks. Levels can be affected by herbal medications and vitamins as well as prescribed medications such as lithium or amiodarone.

If your thyroid is swollen you may have an ultrasound of your neck to look at the shape, size and structure of it. There are also special scans where radioactive iodine is injected before the scan and then followed to see how well the thyroid gland is working.

If a specialist wants to take a sample of the thyroid tissue (biopsy) this will usually be done with local anaesthetic and then sent to a laboratory for analysis.

Thyroid problems can run in families although you only need blood tests to check if you have symptoms or a condition/medication that means you need to test. If you are worried about your thyroid gland it is best to contact a health professional at your GP surgery who will advise you if you need any tests.











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- 5. What does the square root of 144 equal?
- 6. True or false? Pi can be correctly written as a fraction.
- 7. What comes after a million, billion and trillion?
- 8.52 divided by 4 equals what?
- 9. What is the bigger number, a googol or a billion?
- 10. True or false? Opposite angles of a parallelogram are equal.
- 11.87 + 56 = ?
- 12. How many sides does a nonagon have?
- 13. True or false? -2 is an integer.
- 14. What is the next number in the Fibonacci sequence: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, ?
- $15.7 \times 9 = ?$
- 16. True or false? In an isosceles triangle all sides are unequal.
- 17. In statistics, the middle value of an ordered set of values is called what?
- 18. What does 3 squared equal?
- 19. True or false? -4 is a natural number.
- 20.5 to the power of 0 equals what?

1) Thermos inventor James 2) Make euphoric 3) Nervous, with "up 4) Prefix with "friendly" 5) Dazed states 6) Did some mending 7) A nephew of Donald Duck 9) Another kind of stove 23) Bottom-of-letter letters 25) Do the impossible, figuratively 26) Beaufort scale listings 28) Be one of the crowd 29) Mrs. Charles in "The Thin Man" 30) Not varying

31) Lacoste of court fame 32) Herd baby 33) Oatari VIP 34) Kinks classic 35) One of the Curies 38) Like the walls in a damp basement, maybe 42) Tried to bean, perhaps 44) Hobby shop buy 45) The Ventures' music genre 47) Tugboat warnings 48) Troop escalation 49) Chennai's land 50) Was a buttinsky 51) Philosopher Immanuel 52) Bath gel ingredient 53) Ovoid tomato 54) Silly expression 58) Guitar, slangily (var.)

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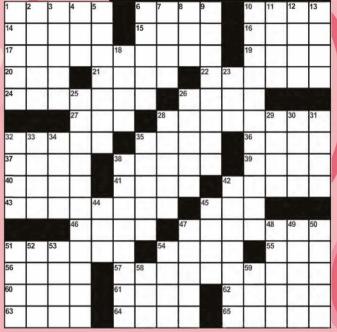
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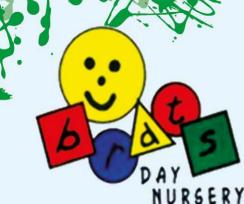
ACROSS

1) Feints, of sorts 6) Steward's domain 10) Congressional figure 14) A-list 15) Currency in Cologne 16) Red Skelton persona 17) 1937 Laurel and Hardy movie 19) Peacock markings 20) Hit the buffet 21) Food chain victim 22) Tongue-lash 24) Massive tree 26) Tunney of the ring 27) Mobiles, e.g. 28) Raptor trainer 32) Spreadsheet units 35) Pepper dispenser 36) Go from pillar to post 37) In a frenzy 38) Pirate's pal

39) Small songbird 40) Stitch's movie pal 41) Tennessee's state flower 42) Title for Macbeth 43) Kind of stove 45) Haggard novel 46) Like many unsuccessful field goal attempts 47) Calls it a day 51) Dojo teaching 54) Wound at Pamplona 55) 108-card game 56) Oodles 57) Prolonged argument 60) Iditarod city 61) Stairwell sign 62) Doggie (old cartoon pooch) 63) Go like the dickens 64) Man caves, often 65) Radial pattern

DOWN 8) Where scrubs are worn, for short 10) 1960 Dion and the Belmonts hit 11) Georgetown athlete 12) "Yeah, right!" 13) Prepare for a selfie 18) Homer hitter's gait

59) Start of many church names



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Welcome to the Kingswood & Hazel Leys Community Workshop

A few years ago, a conversation began about a Shed/Workshop in our community and in 2023 this is where we are:

The funding to build the Workshop came from many organisations. KHL Big Local, Northants County Council, NNC, National Lottery. Northamptonshire Community Foundation, Wickes and many more.

tocussed

We continue to seek investment to provide classes and learning.

The Workshop has created relationships with arts organisations locally, Corby Community Arts, Made With Many and are supported in many ways and this is encouraging.

The space can be hired for groups to use. Patchwork Pals, Home-Start and other groups use the space.

The KHL Community Workshop is a space for Residents of Kingswood and Hazel Leys and beyond to learn new skills, meet new people in a safe and creative space, and are able access a cast array of equipment you need to make your projects.

There is a yearly membership fee of £10.00.

Our aim is to provide creative activities free, and if folk are in a position to donate that is fine, our aim is to enable folk to take part and enjoy their time at the Workshop.

www.focussedmarketing.co

Find out more at khlcommunityworkshop.org

The Workshop is in the grounds of Woodsend Bowling Club next to Hazelwood Neighbourhood Centre, School Place, Corby, NN18 OQF.

We have been open for nearly a year. We offer lots of equipment including everything you need for: Woodwork, Dye Sublimation, 3D Printing, CNC Routing, Screen Printing, Sewing and Textile Repair.

Facebook:

KHL Community Workshop www.khlcommunityworkshop.org info@khlcommunityworkshop.org

Volunteers manage the workshop, which means everyone gets involved and has a say in the decision making.





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ISSUE 32

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"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)

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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"

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