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Focus-on:

- Action for Aspergers
- Taste Original Family Charity Day
- Dr Jo Watt: NHS Health Checks
- Fundraising for Skylark Ward



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Action for Asperger's autism-specialist counselling charity began life from the sofa of its founder, Elaine Nicholson MBE, in October 2008. Fast forward fifteen years and the charity, which is based in Corby, has over 7,000 clients UK-wide, with 25% of that figure coming from Northamptonshire alone.

The charity has over 25 counsellors and emotional support workers who specialise in counselling 'lives that have become adversely affected by the experience of autism/Asperger's syndrome'. Our mantra essentially means that if you have autism or Asperger's syndrome and are struggling with your mental health, you can access counselling. Our service is also available to those who are in a close relationship with an autistic/Asperger's individual and who, as a consequence of the relationship they are in, are feeling the strain emotionally. This could be a partner, spouse, brother, sister, mother, father or carer.

Action for Asperger's ethos is 'once under the wing, always under the wing' for autism/Asperger's syndrome doesn't go away, it being a cradle through to grave condition. This means that once you register as a client, our door remains open to you. You can attend and re-attend for counselling months/years later, providing an appointment has been made of course.

A GP referral is not necessary to access our services. You, the client, simply can contact us by email or telephone, though we can, and do, receive the odd GP referral. You may even access us with a suspicion of a diagnosis of autism/Asperger's syndrome, a formal diagnosis not being necessary.

Finally, although the clinical descriptor of Asperger's syndrome was removed from the psychiatric manual ten years ago, with the term Autism Spectrum Disorder taking its place, there are many hundreds of thousands of people worldwide who have doctor's letters in their drawers at home, stating 'you have Asperger's syndrome', and these diagnoses brought huge relief, dispelling the belief of 'I'm mad, bad, defective' to 'I simply have a neurological difference', and unsurprisingly, they hang on to that.

Whatever this condition is referred to, autism or Asperger's syndrome, we understand that the individual, with whichever descriptor, will likely struggle with impairment in social communication and impairment in social interaction, alongside difficulties associated with rigid thinking, difficulty coping with sudden change, alongside a fiercely strict adherence to rituals and routines, and that these behaviours and thinking patterns can be extremely debilitating, despite the fact that many of these wonderful people have an intelligence that is, quite literally, off the charts.



Find out more at actionforaspergers.org



Action for Asperger's®



Providing counselling therapy for lives that have become adversely affected by the experience of autism and Asperger's syndrome

If you are aged 3-100 and either have autism/Asperger's or you are in a close relationship with someone with autism/Asperger's, then we can help by in-person (Northamptonshire) or video counselling. A small charge is requested for this service as we are not funded by the government or the lottery. We offer family, child, couples and individual (adult) therapy, though children under 16 years of age have to be seen in person.



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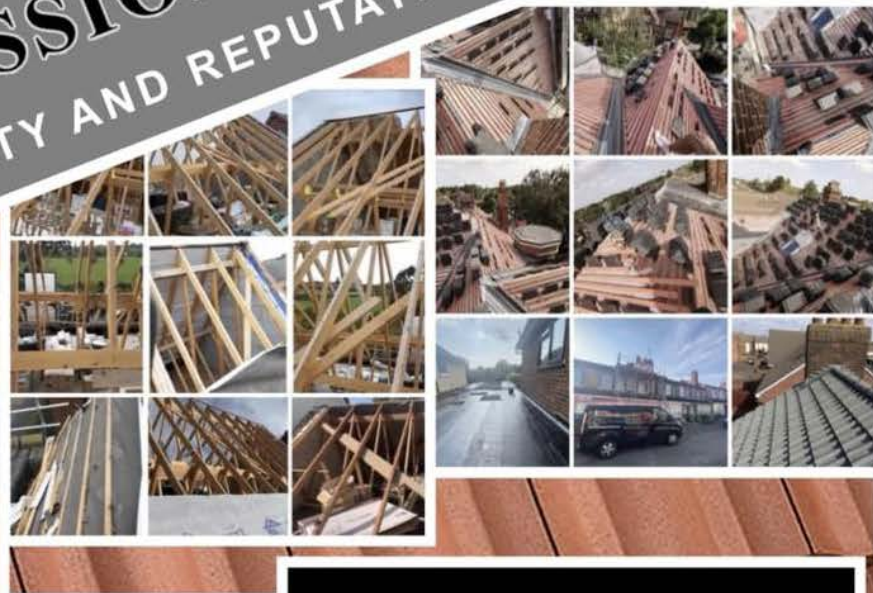

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What is an NHS Health Check?

This is an NHS service offered to people aged 40-74 years, and you will usually be able to have the check every 5 years. It tries to spot anything that will increase your risk of stroke, kidney disease, health disease, type 2 diabetes or dementia. If you already have one of these conditions or high blood pressure, atrial fibrillation, high cholesterol, peripheral arterial disease, or are prescribed statins then you should have a regular check of that condition rather than an NHS health check (see below). Although these checks are designed to find people at increased risk of heart attacks and strokes, by stopping smoking and controlling your weight you can also reduce the risk of some cancers and respiratory conditions.

The check will calculate your individual risk and advice will be given to you on how to prevent these conditions. This is usually explained as the percentage risk of developing heart disease or a stroke in the next 10 years. A low-risk score does not guarantee that you will not develop these conditions, and a high score (over 10%) does not mean it will always happen. The check usually takes 15-30 minutes, and you will be asked questions about your lifestyle including about smoking, alcohol, exercise and family history. Your height, weight and blood pressure will be checked and sometimes a waist measurement too. You will also have a blood test taken, and this might be done before the appointment. The blood test is to check your kidney function, level of blood fats (including cholesterol) and blood sugar. You may be given advice about diet, weight, physical activity and how to stop smoking. You may be recommended to take medication to lower blood pressure or cholesterol. Most NHS health checks take place at your GP surgery, and you may be seen by a nurse, pharmacist, healthcare assistant or care coordinator. The information will be recorded in your GP record and kept confidential.

Long Term Condition Checks

Long-term health conditions are easier to control if you have advice from a health professional every year to keep you

well, and you may need to take regular medication. These checks include making sure that you are getting the benefit from medication (including inhalers) as well as having blood tests to monitor the effects of your medication or the severity of your condition. Your GP practice will contact you by phone, text or letter when you are due these checks and you may be offered an appointment with a nurse or practice pharmacist and be required to fill in a questionnaire.

Learning Disability Health Checks

If you or someone you care about has a learning disability and are aged over 14 years, you will be offered a learning disability check ever year, and this will usually take place at your GP practice. These checks are adjusted to take individual needs into consideration as well as other medical conditions, and so this may lead to other tests and appointments if needed. It is important to have these regular reviews since you may need support from different services over time.

Severe Mental Illness Checks

If you or someone you care for has a severe mental illness such as bipolar disorder, psychosis or schizophrenia you will usually be offered blood tests every year and a conversation about lifestyle and your mental wellbeing. Many of the medications taken to treat these conditions are effective at improving your mental health but can increase your risk of heart problems and diabetes. If these conditions are picked up early, then you are likely to have a much better outcome and quality of life.

NHS futures

Lots of Corby people aged over 18 have been invited to participate in this research project and have been seen in the van that was parked at Tesco. Research projects give information about how to support populations in future but are not designed to give advice to individual people. If any concerns are found, you still need to go back to your GP practice to have further checks to understand what changes you may need to make to reduce your personal risk on an ongoing basis.

Dr Joanne Watt
GP Great Oakley Medical Centre



Targeted Lung health Checks

Ex-smokers registered with Corby practices were invited to have low dose lung CT scans at the Willowbrook site during the last few years. This was a project to evaluate if it was workable and understand how best to find people with early lung cancers, and there are now plans to roll this out nationally.

Screening Programmes

Depending on your age and gender you will be invited to have checks as recommended by the national screening committee either every year or every few years. These include cervical smears, aortic aneurysm, breast mammograms, HIV tests and bowel cancer screening. There are also screening tests offered in pregnancy and for small babies. These tests help to detect conditions at an early stage when treatment is usually easier.

Other Tests

There are companies offering other private health checks and tests that can be bought online and in shops. If a test is effective, it will usually also be offered by the NHS, and you may need to be careful that tests are going to improve your health rather than making you worry. Any test may produce an abnormal result and this may not actually mean that you are ill, so before undertaking any test or check it is important to understand who will support you with an abnormal test result and what might happen next. The person or organisation offering you a test or check should be able to tell you what will happen if the result is abnormal, please ask if they do not tell you.



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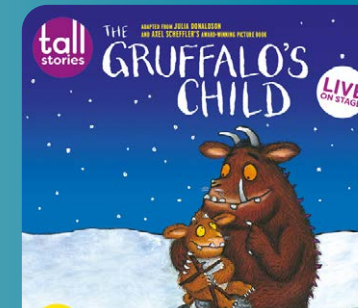
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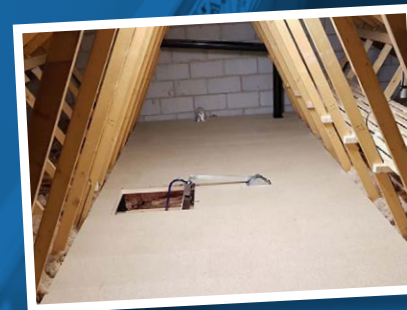
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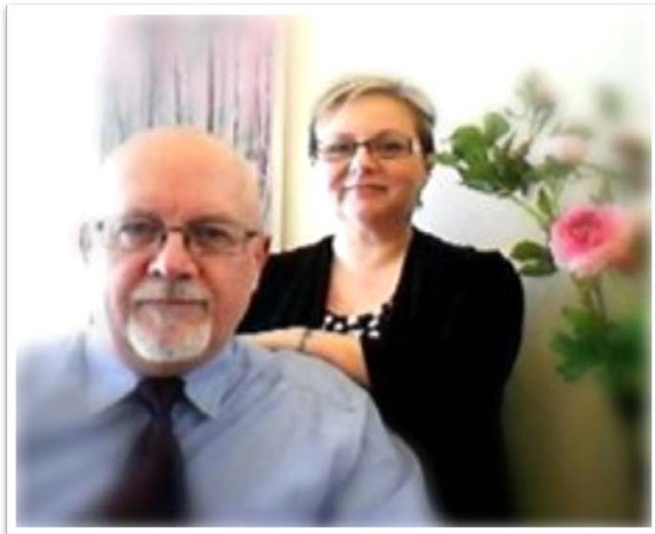
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6. Who was the first American president?
7. Which country is home to the kangaroo?
8. What is the opposite of 'cheap'?
9. Which animal is the tallest in the world?

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4. Forward, I am heavy; backward, I am not. What am I?

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- 1) They go together
- 5) Turkey, on Broadway
- 9) Campbell of "Scream" films
- 13) University of Nevada city
- 14) Awful reporter
- 15) Piece of cave art
- 16) Popular cookie
- 17) "What's more ..."
- 18) Doesn't include
- 19) Of the highest quality
- 21) Pounded to the max?
- 22) Upholstered piece
- 23) Sign of friendliness
- 25) Itty-bitty pencil
- 27) In a clever way
- 31) Censor's target
- 35) Good friend
- 37) Shrink's topic
- 38) English pounds?
- 40) Hoover, e.g.
- 42) Carroll character
- 43) Makes it work
- 45) Whipped cream unit
- 47) Periods of history
- 48) Food preservative
- 50) Clumsy goof
- 52) Tailless night creature
- 54) ___ l'oeil
- 59) Parsley unit
- 62) Second to none
- 64) Feudal subject
- 65) Keep the car running
- 66) Herr partner
- 67) Beijing baby-minders
- 68) Word for Abby
- 69) Battery liquid
- 70) Actor's goal
- 71) Food morsels
- 72) Silver source

DOWN

- 1) Univ. teachers
- 2) Nest high aboveground
- 3) Inactive, chemically
- 4) Bird perch
- 5) Erupt
- 6) Country singer McCann
- 7) Drying ovens
- 8) Introductions
- 9) "We're ___!"
- 10) "Great" lake for sailing
- 11) Large holders of wine
- 12) "If all ___ fails ..."
- 15) Bread, dinero and cabbage
- 20) Yards for a first down
- 24) Poor-behaving little boy
- 26) Like 24-Down
- 28) Alpine lift
- 29) Old Italian money
- 30) Asian oxen
- 31) Card game with sevens through aces
- 32) Long skirt
- 33) ___ Bator, Mongolia
- 34) Like an ace pilot?
- 36) Straggle
- 39) Larry, Moe and Curly
- 41) Sound on a farm
- 44) Title for John Gielgud
- 46) They swing for the fences
- 49) Drive of a kind
- 51) To return?
- 53) Commemorative meal
- 55) Butcher's leavings
- 56) Call with a "Polo" response
- 57) Like some jackets
- 58) Cleverly avoid
- 59) High-five sound
- 60) High-quality cotton
- 61) Breed, as animals
- 63) Thin piece of wood

SUDOKU

		5						
	9			3				
		8	1	5		6	2	
3			6			5	4	7
6								3
5	7	9			1			8
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				7			1	
						4		

CROSSWORD

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59	60	61					62		63						
64							65					66			
67								68					69		
70									71					72	



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"The Voice of Corby"

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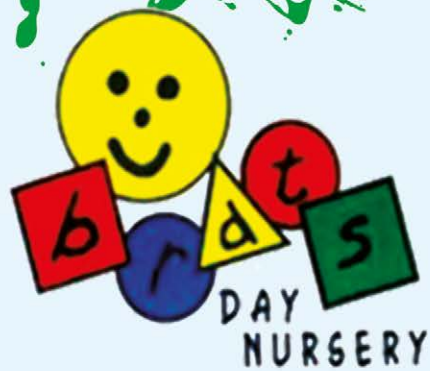
ONLY 3 SLOTS AVAILABLE PER QUARTER

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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
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(A local family in Priors hall)



Irina:

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