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Welcome,

to our 34th issue. This time seven years ago, the first issue of 'Focussed on Corby' hit the letterboxes of Corby and we couldn't have imagined the reponse. We are very proud that we have been able to help charities and Corby groups with a voice, offering them a free editorial in every issue we have every had. So get in touch if you need to be heard in Corby.

Grassroots football is not only great at helping kids gain skills, but also friendships and probably more importantly these days, helps their mental health. They won't be here without sponsorships, so we wish to say thanks to all those businesses who keep these teams going through their sponsorship. Below are the U15's Corby Town Girls FC, kindly sponsored by GU Carpentry and Knights Transport.

Editor & Founder

YOUR SHADOW

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TEASER

Craig Barber



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A CHARITY'S new fundraising appealed manager has for businesses and the community to embark on a mission to make a positive impact on the lives of older people and their carers.

Nick Tite, from Serve, which has its headquarters in Rushden, said: "We have exciting news! Our charity is embarking on a mission to make a positive impact in the community and we need the public's help to turn dreams into reality.

"Join us on our journey as we raise funds to support our incredible cause and bring hope to those in need.

"Together, we can create lasting change and uplift our local community. "

Nick said: "But here's the best part - you get to choose how you want to contribute. From making a direct donation to organising your own mini-fundraiser, there are countless ways to aet involved and make a difference such as bake sale. sponsored activity, coffee morning, you decide.

"Together, let's unleash the generosity within us all! Spread the word, rally your friends, and let's amplify our impact together."

Nick said Serve is keen on gathering corporate supporters from the area to help maintain and improve its services.

He said: "Every contribution counts, no matter how big or small, and together we can create ripples of change that will resonate far beyond our wildest dreams. Let's show Northamptonshire the incredible power of compassion and generosity."

If you would like to fundraise on the community or corporate fronts, contact Nick on 07738 190756 or nicholas.tite@serve.org.uk

Find out more at www.serve.org.uk

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What is vaping?

Vaping is a term usually used for people who inhale, and exhale vapour produced by a device designed for this purpose. Most vaping products contain flavouring and nicotine, although some are just flavourings alone. Products that contain nicotine are regulated just like cigarettes and tobacco; other products come under the General Product Safety regulations which are enforced by the local authority trading standards team.

It is illegal to sell vaping products to anyone aged under 18 or to buy vaping products for them. Disposable vaping products are the most used, although some people use cartridge models or modular vaping products where people combine device parts.

Some of the nicotine e-liquids sold are nicotine in the form of salts, this means that they are smoother to inhale, are more acidic and absorb faster into the bloodstream than freebase nicotine e-liquids. Nicotine products are sold with different strengths of nicotine, and some of these products can produce a similar level in the bloodstream to those who smoke.

What are the risks of smoking?

Nationally about 15% of people smoke but in Corby it is 27.5%, this is one of the highest rates in England. Every year there is a national campaign called Stoptober to encourage people to use the month of October to try to stop smoking. The nicotine in tobacco products is an addictive substance, and it can be very difficult to stop smoking or using nicotine in other formulations.

Smoking is the single largest cause of preventable and premature deaths in England. Many smokers will also develop long term illnesses that make everyday life difficult and may require long term medication and other treatments. Smoking during pregnancy increases the risk of stillbirth, and babies born to mothers who smoke are more likely to have health problems. There is an increased risk of sudden infant death when a baby's mother smokes.

Cigarettes and cigarette lighters are a common cause of fires. Smoking is also a very expensive addiction, especially when finances are tight.

VAPING Is vaping safer than smoking?

Yes. Switching to vaping from smoking is likely to significantly lower your risk of cancer, respiratory conditions, cardiovascular disease and other smoking related diseases.

Vaping has been shown to increase the success of smoking quit attempts compared to not using vaping. Switching from smoking to vaping for people with COPD or Asthma did not cause them any short- or medium-term problems, many people with COPD notice an improvement in symptoms during the 5 years after switching to vaping.

Unlike smoking, with vaping there does not seem to be any significant risk to other people who are nearby who do not smoke or vape. Vapers have been shown to have much lower levels of harmful gases and other substances associated with smoking absorbed into their bodies than smokers. There are significantly fewer house fires caused by vaping than smoking, although there are still a few fires and explosions from devices.

What are the risks of vaping?

It is much safer to vape than to smoke although we do not know if it is completely risk-free in the longer term. There will need to be more studies and research in this area.

Fruit flavour vapes are the most popular, followed by mint/menthol. There is not enough evidence to know if any of the flavours are harmful if inhaled, although some of the cinnamon and cinnamaldehyde flavourings are currently a cause for concern that needs more studying.

Some people will experience discomfort from vaping and the most common immediate affects are cough, dry mouth, flatulence, gastrointestinal discomfort, hiccups, hypersensitivity, nasal complaints, oral disorders, altered taste and throat complaints.

Other Nicotine replacement options to help you to stop smoking?

If you want to stop smoking Northamptonshire Stop Smoking service can be contacted on 0300 126 5700.



They can offer 12 weeks of free behavioural support, tips and advice on how to quit, face to face and telephone appointments. They can also offer nicotine replacement and short-term support with vaping while you stop smoking. Champix has been unavailable since June 2021.

Nicotine replacement products include patches, lozenges, gum, sprays, waterpipe and the newer oral pouches. These products also seem to be lower risk for most diseases than smoking would be, although there is not enough evidence to say that they are zero risk.

What else do we need to know about vaping?

Most people take up smoking when they are young, so the best way to avoid the risks of smoking or vaping is not to start either habit. We know that in 2022 more 11–18-year-olds were vaping than smoking. More long-term studies also need to be done studying people who vape but have never smoked.

There are not enough studies looking at people who have vaped for longer than 12 months, so more information is needed about the risks for people who vape for years. There also needs to be more work done to understand the effect of cancer survivors switching to vaping from smoking after their diagnosis, although this is likely to be of benefit. It will be important to understand the effects of nicotine and non-nicotine vaping, differences in e-liquids, as well as the effect of other ingredients such as flavourings.

The UK government continues to review the risks of vaping and produces regular updates at https://www.gov. uk/government/publications/nicotinevaping-in-england-2022-evidenceupdate . These reports look at the facts and medical evidence around the risk of vaping compared to smoking, as well as the risks of vaping compared with not vaping or smoking and are regularly updated.

ISSUE 34







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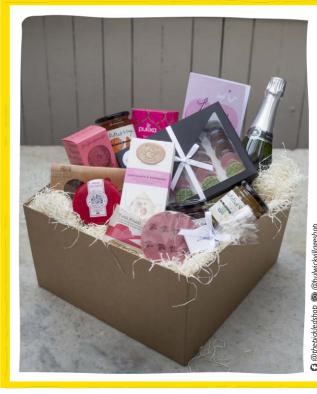
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North Northamptonshire has a proven track record as an attractive and highly successful place for people to be and its population has grown at one of the fastest rates in the country during the last few years. This is expected to continue, driven by its location within the central area of the Oxford to Cambridge Arc and the North Northamptonshire Garden Communities developments beginning to take shape.

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Councillor David Brackenbury, Executive Member for Growth and Regeneration said

'The Council provides a wide range of Business facing services and is dedicated to supporting your business to achieve its full potential and ensuring North Northamptonshire is an attractive place for people to work, invest, live, visit and grow'.

The Council is keen to support and engage with local Businesses in North Northamptonshire and some of the opportunities include:

Economy and Regeneration

Support for startup and established businesses and information about funding and grants www.northnorthants.gov.uk/bsupport

Business and Licensing

Advice on health and safety , business rates, food safety, trading standards and licencing www.northnorthants.gov.uk/bl

Find out more at northnorthants.gov.uk

Planning and Building Control Advice on Applications, building control, local searches, delivering growth and policy www.northnorthants.gov.uk/planning

Waste and Recycling

The council offers a competitive and reliable commercial waste service for local business. www.northnorthants.gov.uk/bins

Selling to the Council

The council purchase a wide range of goods and services each year including local suppliers. www.northnorthants.gov.uk/contractopps

To ensure that we deliver on corporate plan key commitments and priorities for both the economy 'Safe and Thriving Places' and the climate change agenda 'Green and Sustainable environment', the council works with a range of organisations including SOouth East Midlands Local Enterprise Partnership, University of Northampton, Tresham College, Federation of Small Businesses, Northamptonshire Chamber of Commerce and Job Centre Plus.

For more details on the corporate plan please go to: www.northnorthants.gov.uk/corporateplan SANTAS CROTTO 1st, 2nd, 8th, 9th, 15th, 16th,

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RS and OKdo help accelerate digital learning with manufacture and distribution of micro:bit computers for all UK primary schools. Supporting 'BBC micro:bit - the next gen' initiative in delivering 325,000 free of charge pocket-sized computers

RS, a global provider of industrial products and services including maintenance and safety solutions, and OKdo - a part of the RS Group are manufacturing and distributing 325,000 micro:bit classroom kits to UK primary schools free of charge, during the 2023/2024 academic year. as part of a project to arm primary school children with the digital skills to understand the world around them and shape their own digital future.

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on

The project, BBC micro:bit - the next gen, is a partnership between BBC Education, the Micro:bit Educational Foundation and Nominet, and has today launched the donation of a set of 30 micro:bits to every primary school across the UK that registers to receive them. The micro:bit classroom kits, of which OKdo is one of the manufacturers, contain a pocket-sized micro:bit computer designed to inspire creative thinking in children, which has multiple uses and can be programmed in many ways. The classroom kit will be provided alongside free teaching resources and training to support them in getting the most out of their classroom kits.

Research suggests that 65 per cent of primary school children will end up working in jobs that do not exist today. BBC micro:bit - the next gen will support primary school children and teachers in this transition to future digital careers by accelerating computational thinking, programming, digital creativity and machine learning skills.

Nicki Young, Group Chief Digital & Innovation Officer, President OKdo, "This initiative is a said: game-changer and is setting the bar at new heights, transforming how digital skills are perceived and taught across primary schools in the UK and www.focussedmarketing.com

(20)

bringing digital inspiration to young people at their most formative age. We are delighted to be part of it and are hugely excited about the impact this will have on so many young people today, many of whom may become the engineers of the future. We are proud to be involved in putting them on the very first step of their digital journey."

By using the micro:bit, children are encouraged to explore ideas using real code. The device provides an authentic experience of the interaction between hardware and software and gives children practical computer knowledge. Using it, they can see how and what they do with the code on-screen has a direct impact on the device they're holding in their hand. Teachers are being supported with free teacher training courses across the nations, webinars and classroom resources.

As a global manufacturing and distribution partner of micro:bit the role of RS Group and OKdo in this two-fold: initiative is the manufacturing of the microbit classroom kits is being carried out in OKdo's recently announced manufacturing CEM partner in Poland, and the distribution will be executed from RS'Distribution Centre in Corby. Approximately 500 classroom kits will be assembled, packed, and despatched each day from Corby in the coming months.

Schools are being invited to register their interest in the classroom kits and orders will be created on the back of these registrations, using a bot which has been built by RS' own automation team.

Young added: "While BBC micro:bit the next aen project resonates at the sweet spot of our 'making amazing happen for a better world' purpose, this is a first for us and has not just been a huae collaboration across multiple teams, but also a real logistical feat in terms of scale. The project has a real halo effect as it enables us to capture the data and details of all the schools and teachers, so we can follow up and offer further education materials and other products to support them ongoing and in the future."

Over the past few months, schools across the UK have been encouraged to order their micro:bit classroom kits. The first of the kits are now being despatched to schools and rollout will continue until February/March 2024.

William Fawcett, aged 8, is no stranger to the micro:bit computer. His mum, Sarah Fawcett, said: "We have had some areat fun toaether looking at how we can use the micro:bit at home. So far, William and I have built a small robot using a kit with the micro:bit which can detect when it's going to walk into a wall, and it changes direction. We have also coded the micro:bit to become a pedometer. It's been brilliant watching and observing him. While he essentially sees this as play, I can see each step of the way that he is testing out and exploring his creativity and digital skills."

Further information about the projects can be found here: www.bbc.co.uk/teach/microbit

Micro:bit Educational Foundation https://microbit.org/





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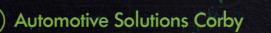


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Corby Women: Then & Now

A look at the work of Corby Women's Theatre Group over 20 years exploring the lives of women as far back as 1911, during the rise and fall of the steel industry and in 21st century Corby welcoming newcomers from an expanded European union to the present day, post-Brexit reality.

We ask how women's lives have change Saturday 21 October **Time:** 8.00pm Venue: The Core Theatre - The Lab



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MOVIE CROSSWORD

Q1: What is as big as you are and yet does not weigh anything?

Q2: When you have me, you feel like sharing me. But if you do share me, you don't have me. What am I?

Across

- 1996, Ewan McGregor & Ewen Bremner 2000, Guy Pearce & Carrie-Anne Moss
- 1974. Jack Nicholson & Faye Dunaway
- 2007, Brad Garrett & Lou Romano (voices) 1992, Clint Eastwood & Gene
- 1995, Robert De Niro & Sharon Stone
- 15. 1996. William H. Macy & Frances McDormand
- 16. 1982, Ben Kingsley & Candice Bergen
- 20. 2009, Edward Asner & Jordan Nagai 21. 1995, Mel Gibson & James Robinson
- 22. 1972, Laurence Olivier & Michael Caine
- 25, 1979, Tom Skerritt & Sigourney Weaver
- 28. 1942, Humphrey Bogart & Ingrid Bergman 29. 2000, Russell Crowe & Joaquin Phoenix
 - 14. 2013, Sandra Bullock & George Clooney

1995, Al Pacino & Robert De Niro

9. 1946, Carv Grant & Ingrid Bergman

10. 1958, James Stuart & Kim Novak

13. 1990, Robert DeNiro & Ray Liotta

2013, Hugh Jackman & Viola Davis

12. 1984, F. Murray Abraham & Tom Hulce

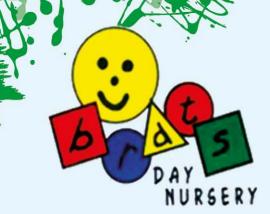
2009, Sam Worthington & Zoe Saldana

Down

- 17. 1940, Laurence Olivier & Joan Fontaine
- 18, 1986, Charlie Sheen & Tom Berenger 19. 1927, Alfred Abel & Brigitte Helm
- 22. 1983. Al Pacino & Michelle Pfeiffer
- 23. 1950, James Stuart & Josephine Hull
- 24. 2000, Jason Statham & Brad Pitt
- 26. 1960, Anthony Perkins & Janet Leigh
- 27. 1975, Roy Scheider & Robert Shaw







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