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we hope you all had a fantastic Christmas and may 2024 be the best year for you, your family and your business/workplace.

Corby town centre has seen some transformation in the shape of many new shops opening for the back end of 2023 and going forward in to 2024. You will notice one of the new shops on this issues front cover as we welcome 'Waffles & More' to Corby. Make sure you pop your head in to say hi, and most importantly take advantage of the amazing **25% OFF** that we at Focussed have arranged for you lovely people.

We would like to take this opportunity to thank our resident doctor Dr Joanne Watt. Thank you!! We are really privileged to be able to pass on your wisdom to the Corby people and hopefully enrich or even save a life. We know from a past article that someone would have lost their leg had they not read the article in Focussed magazine, in which he went and got tested which saved his leg after they were able to catch an infection early. This really makes it all worth it for us, hearing stories like this keeps us motivated to get more info out to the public.

If you have any stories like the above, or just wish to get something out to the great people of Corby, then do get in touch on:
craig.barber@focussedpublications.co.uk.

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Craig Barber

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focussed

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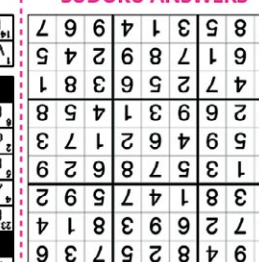
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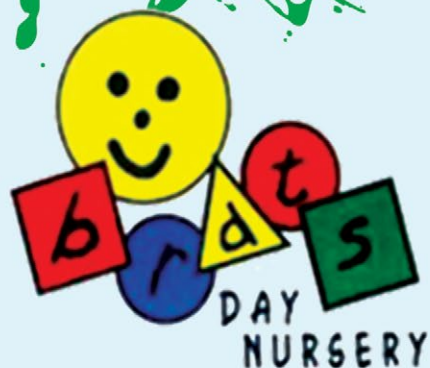


BRAIN TEASER ANSWERS

A: This is the only number that includes all the digits arranged in alphabetical order.
B: The third room, because lions starving for years would be long dead!
C: The letter 'M'

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Since its inception during the summer of 2023 the North Northamptonshire Sports Network has seen over 100 clubs and community organisations delivering physical activity across the area sign up. The group meets regularly throughout the year through a series of virtual meetings, with information provided on topics including funding opportunities, training courses, events and local developments. The focus of what is offered is driven by members – initial courses on offer have covered marketing, first aid and safeguarding.



Kettering Active Families Friday

The Sports Network is free to become a part of and a fantastic opportunity to collaborate and share good practice with other clubs as well as gain valuable insight into projects and new ideas across the north of the county.

Club representatives are welcome to attend as many meetings as they wish throughout the year without obligation. All information is shared with those clubs signed up to the network, with other benefits including subsidised courses, event invitations and funding application support.

The first Sports Network meeting of the new year will take place on **Wednesday 27th March 2024**. If your club has not already registered with the network, you can do so by using the QR code below or contacting **nnleisure@northnorthants.gov.uk**



North Northamptonshire Sports Network

The North Northamptonshire Sports Network meets virtually 4/5 times a year and sends out information to clubs covering topics such as

- Funding opportunities
- Training on various topics
- Events
- Club opportunities
- Programmes

and information sharing related to developing and supporting club development in North Northamptonshire. Clubs can also network and share good practices with other clubs.

Your club can choose to receive information and /or attend the North Northamptonshire Sports Network virtual meetings as desired.

To get involved please fill out this short form by using the QR code or link:

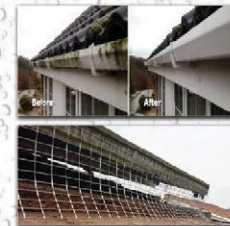


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What is blood pressure (BP)?

There are two numbers in a blood pressure (BP) check, the first number is called the systolic reading and measures the force with which your heart pumps the blood around your body. The second number is the diastolic reading and measures the pressure in your body's circulation between heart beats. These numbers are measured in mm of mercury (mmHg). BP is best checked after you have been sitting quietly for at least 5 minutes. A cuff will be wrapped around your arm and inflated, the pressure readings will be detected as it deflates.

High blood pressure is also called hypertension, low blood pressure is called hypotension and is not part of this article.

Why do we worry about high BP readings?

Many people with a high BP do not have any symptoms unless they develop one of the more serious conditions that it causes. Hypertension increases the risk of heart disease, stroke, vascular dementia and circulation problems. If you can control your BP you can reduce the risk of these conditions developing and stay healthy for longer. If you have already had one of these conditions treating hypertension is even more important to keep you as well as possible in the future.

People from Black and South Asian ethnicities are at higher risk of hypertension and the diseases that it causes, so you may wish to get your BP checked every year or earlier than age 40 if you are from one of these groups.

What level of high BP should I worry about?

For most people the aim is a BP lower than 140/90, although if you are over 80yrs then a BP up to 150/90 is ok. If you have diabetes, heart problems, kidney disease, or have had a stroke or circulation problems you may be advised to aim for a lower BP reading. Both numbers are important and if either of them is higher than the maximum then action will need to be taken to bring it down.

You should get a blood pressure check if:

- You are over 40 and have not had a check in the last 5 years
- You have other risk factors for hypertension such as being overweight, having sleep apnoea, not exercising much, having a high caffeine intake, using cocaine/amphetamines recreationally, smoking, drinking more alcohol than 14 units a week, or if you don't eat fruit or vegetables every day.
- You have a family history of hypertension, heart problems, diabetes, stroke, circulation problems, dementia.
- You take medications for your mental health such as antidepressants or anti-psychotic medication
- You are pregnant (your midwife will check your blood pressure)
- You are on medication that might increase your BP including some contraceptive pills, regular use of anti-inflammatory medication or if you take steroids by mouth.

Where can I get my BP checked?

Most community pharmacies are now part of a new scheme to offer free BP checks and can do this for people over the age of 40 or if your GP practice or optician has suggested it. This includes people who already have a diagnosis of high BP and may not have had it checked for some time as well as those who do not have a diagnosis. If your BP check is high BP you may be offered the loan of a device to wear for 24 hours that will measure your BP at home to see if the BP stays high. All BP readings taken at a pharmacy will be sent back to your GP practice electronically so that your medical record can be updated. If you want to find out which local pharmacies can offer BP checks please use this link: <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy-that-offers-free-blood-pressure-checks>

You can buy a home BP cuff and use it to check your own readings. Please give your BP readings to either a pharmacy or your GP practice at least once a year or if you get a high reading.

You may be offered an NHS healthcheck (including a BP check) at your GP practice if you are aged 40-74 years. Your workplace may offer you similar health checks.

At your GP practice you will be given different options about how to check your BP, and sometimes this will be automated via a machine in the waiting room or a side room. BP checks can also be done by a variety of practice staff including healthcare assistants, nurses, care coordinators and wellbeing coaches.

How is high blood pressure treated?

High BP is often caused by a combination of lifestyle factors and family history. By improving many of the lifestyle factors listed above you can improve your overall physical and mental wellbeing as well as improving your BP.

Changing your lifestyle may not be enough on its own to control your BP and you may be advised to also take regular medication to control BP. Medication for hypertension is usually taken for life and you may need a combination of different tablets to achieve satisfactory BP control. Different tablets will be advised according to your age, ethnicity and other medical conditions. If you are worried about side effects please contact your GP practice or community pharmacy, do not stop taking your medication without seeking advice. Once your BP is under control you will be advised to have it checked at least once a year and usually you will be offered an annual blood test too. If you are worried that you may have missed your annual checks, please contact a community pharmacy or your GP practice to get these checks done.

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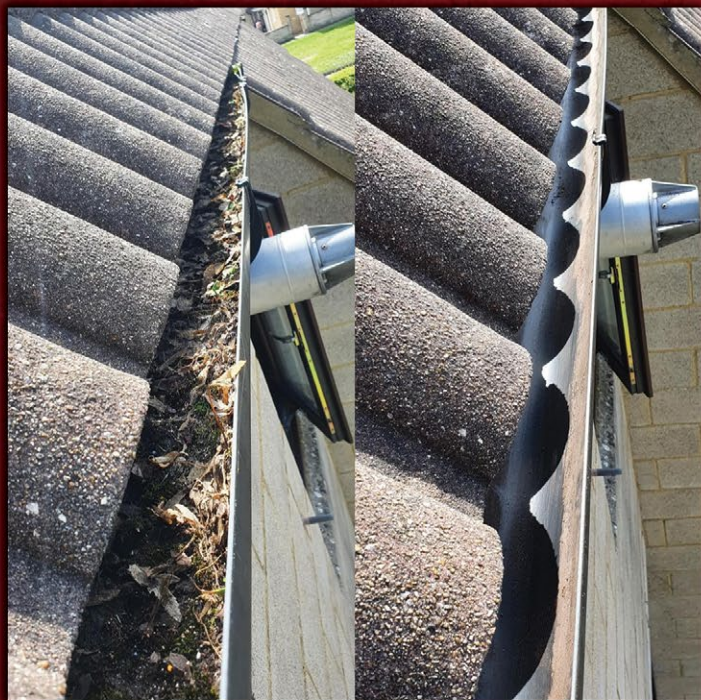
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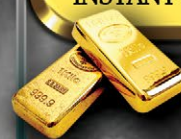
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CORBY PUPILS SET FOR CROSS-SCHOOL COLLABORATION WITH IFtL EXCITING ACTIVITIES AND EXPERIENCES

Pupils at Exeter, Priors Hall and Woodnewton primary schools in Corby, which are all part of the Inspiring Futures through Learning (IFtL) multi-academy trust, are embarking on an innovative cross-school collaborative partnership.

The initiative will see children from all three IFtL Corby schools being involved in a series of unique activities and experiences, and having the opportunity to meet and work together.

Projects are being led by Joanne James, who after 15 years at Exeter – most recently as Assistant Headteacher – is now working across Exeter, Priors Hall and Woodnewton primary schools. It began last term with a Boccia contest for learners with SEND held at Woodnewton – A Learning Community for Year 3 and 4 children that was overseen by Joanne and facilitated by John Fursdon, PE lead at Woodnewton.

An art challenge, linked to the theme of colour progression which aims to inspire a lifelong love of art and learning, involving every year group across the schools is currently in motion. This will be followed by Maths, chess, eco-design and space challenges, and choir appearances at Young Voices in Birmingham and London. A number of other innovations are also in the pipeline.

Joanne said: “All three Corby schools are part of IFtL and our aim is to bring our pupils together to show them that they are part of a much bigger community. We want to extend the feeling of belonging in Corby, which IFtL is able to facilitate through its network, and the curricular and extra-curricular activities planned have really captured everyone’s imagination. For our first Boccia event it was wonderful to see all the children and staff mixing with one another from all three schools and enjoying physical activity.”

As part of her role, Joanne is also developing the online platforms and videos resources at each school – including children talking about their class stories to inspire their love of reading – and co-ordinating the sharing of best practice. “It is a really exciting opportunity for me to be able to support colleagues across our Corby primary schools with accessing knowledge and insight,

helping us all work together rather than in isolation, and celebrate the brilliant work that is going on in every single IFtL school.”

The headteachers, Hannah Crawford and Jenifer Doherty (Exeter), Tess McQuade (Priors Hall) and Kim Kemp and Kate West (Woodnewton) are excited by the initiative and opportunity for the three schools to work even closer together.

Kim, who is also Head of Quality Assurance at IFtL, explained: “I am delighted to be working with Joanne and all the heads on the Corby cross-school collaborative partnership. This is something we have been planning for a while and we are thrilled to get this off the ground. Our schools have an ever-growing wider purpose in intellectual, social and character development and the programme of activities we are running will benefit our children and colleagues alike.”

IFtL CEO Sarah Bennett added: “At IFtL we recognise the power of schools working together that inspire people, children and adults. To be continuously learning, to be supported in their growth and to celebrate and help others in their achievements is something that we fully recognise and are driven to deliver in an ambitious yet sustainable way. We are committed to making a difference to our Corby communities.”



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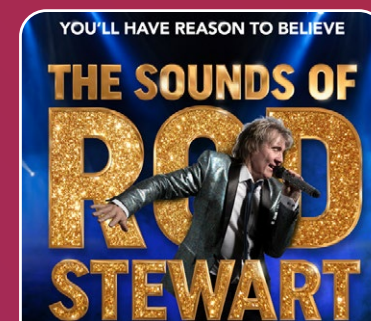
Fri 8 March



Thu 28 March



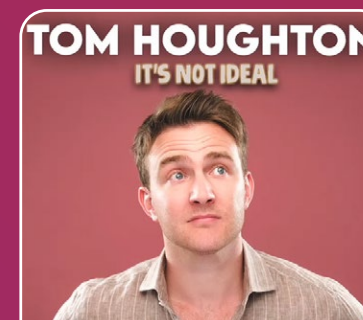
Thu 4 April



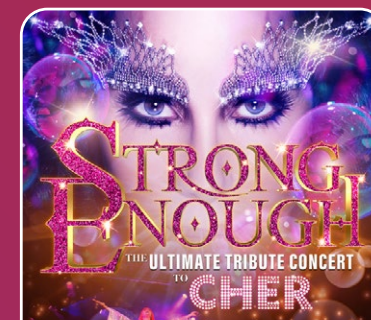
Thu 18 April



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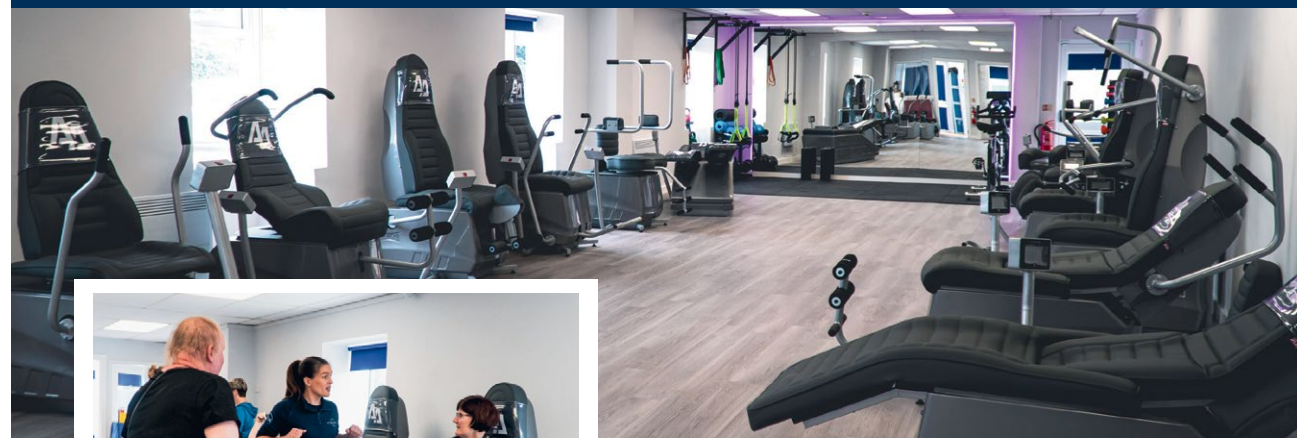
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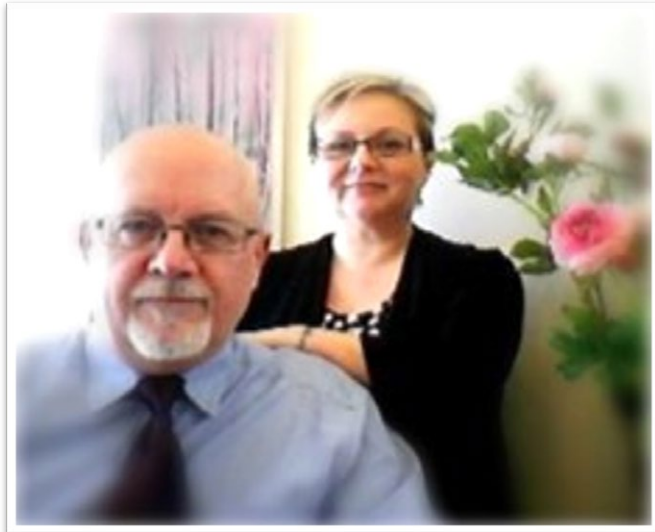
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Here at **Hampton by Hilton Corby/Kettering** we are delighted to work with **Northamptonshire Health Charity** throughout 2024. Our team have a jam-packed year of events including fancy dress, tombola's, giveaways, sponsored walks and many more. We will be attending this summer's Pride Event amongst other Corby and Kettering events to spread the news about our fundraising initiatives. We will be kick starting our fundraising in January with our "Name the Bear" competition with entries for just £2 and the winner gets to take home our very special bear. Next up on February 29th our Food and Beverage Manager Rob will be getting involved and having his legs waxed by a local beautician. The highlight of the year will be our hotels Deputy Manager Chloe and partner Ryan completing a Sky Dive in May and showing a true leap of faith to raise funds from the skies.

We feel truly touched by the hard work and dedication of the nurses at Kettering General Hospital's maternity unit and feel honoured to be raising awareness and donations for such a worthwhile cause. We would like to thank in advance our lovely team here at Hampton by Hilton Corby/Kettering but also our local businesses, connection and guests for their contributions and efforts in supporting the work we will do throughout 2024.

You can also donate to Chloe and Ryans Sky Dive fundraiser here:

https://www.justgiving.com/page/chloeandryanskydive?utm_medium=fundraising&utm_content=page%2Fchloeandryanskydive&utm_source=copyLink&utm_campaign=pfp-share

Or search the 'just giving' website for 'chloeandryanskydive'

For more information, visit:

www.northamptonshirehealthcharity.co.uk or
www.hilton.com - Search Corby

'I am really pleased staff at Hampton By Hilton have chosen Northamptonshire Health Charity Twinkling Stars appeal as their charity of the year. Over recent months I have got to know Fiona, Chloe and Rebekka and I am very impressed with the passion and enthusiasm to fundraise to support the charity. I have also been very impressed with the facilities especially attending Love Corby meetings and having a full tour of the facilities'.

Nick Hayton-
Corporate and Community Fundraiser.

Nick is excited that Northamptonshire Health Charity will be holding a Charity Golf Day at Priors Hall Golf Course on 17th May and is pleased to have local teams involved including Telford Mann, Ace Furniture, Kori Construction, Moore and BF Brickwork raising funds for the Twinkling Stars appeal, Kettering General Hospital. There is still an opportunity for teams to enter or donate raffle prizes. Email nick.hayton@nhcf.co.uk

For up to date information and updates about our fundraising you can find us here:

Facebook: @HamptonByHiltonCorby

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

SEARCH-WORD

This puzzle is a combination wordsearch and crossword. There are no clues or two-letter words. Just reveal the hidden words by blocking out the incorrect letters. The completed pattern will be symmetrical. Use this fact to help you decide which letters to leave in which ones to leave out.

P	A	S	S	W	O	R	D	G	B	A	T	T	L	E
A	M	U	V	E	L	E	J	A	H	B	B	E	C	L
R	E	S	I	L	I	E	N	T	R	D	E	N	S	E
S	V	P	M	F	N	L	B	H	V	O	G	S	D	C
N	J	E	V	A	D	E	K	L	A	M	B	E	N	T
I	M	C	F	R	V	D	W	E	Z	E	M	V	R	E
P	O	T	T	E	R	Z	S	T	A	N	D	A	R	D
V	Q	E	W	G	J	M	B	E	L	K	J	C	M	N
E	N	D	O	R	S	E	D	B	D	A	N	C	E	S
A	M	N	D	I	X	A	V	S	Q	T	W	O	C	U
S	T	E	T	S	O	N	B	T	U	T	O	R	W	P
T	X	A	V	O	Z	I	P	E	Y	R	T	D	G	R
E	I	G	H	T	G	N	A	R	R	A	T	I	V	E
R	V	E	W	T	Q	G	H	E	K	C	G	O	H	M
N	A	R	R	O	W	H	C	O	N	T	I	N	U	E

Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

	8	4	23	3	22		20	14	12	9	11		
11		14			22					4		20	S
20	25	3		12	22	3	10	6	5	20	4	14	
4		2		22		11		24		8		6	
14	12	22	8	13		11	17	26	26	4	2	6	
9				6		19		5		5		11	
	25	4	19	4	25	K	26	17	11	4	21		
23		7		5		5		10				26	
4	7	18	12	7	2	6		6	24	26	5	4	
5		12		17		22		5		3		12	
2	6	22	12	15	14	6	8	26		26	3	22	
6		8				1				14		26	
	20	26	4	14	14		16	12	6	6	22		

1	2	3	4	5	6	7	8	9	10	11	12	13	
14	15	16	17	18	19	20	21	22	23	24	25	26	

CODE CRACKER

Brain Teasers:

- A: The number 8,549,176,320 is a unique number. What is so special about it?
- B: A man condemned to death has the option of picking one of the mentioned three rooms. The first room is a furnace filled with flames. The second has armed men with loaded guns, while the third has lions starving for years. Which one should the man choose?
- C: What occurs once in every minute, twice in every moment, yet never in a thousand years?

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