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## Hello Corby,

it's back... Yes the sun is finally here again and all the amazing outdoor events begin!

We really are a lucky town as there is always something for you and the family to do. Make sure you keep an eye out in our magazine, on-air with Corby Radio and with local websites such as [www.lovecorby.co.uk](http://www.lovecorby.co.uk) for great sources of local information to keep you busy all summer.

One event coming up soon is 'D-Day Party in the Park'. The event has a 1940's theme with a number of community singing, music and dancing groups. Also the Youth Brass 2000 band will be headlining the event, they are all under 19 and won the national championships in 2023.

The Royal British Legion will open the event with a short service. With a Heritage display - 'Corby at war'.

Come along and enjoy some street food, drinks by Flyby bars, some vintage fun fare rides, stalls, garden project and plant sale.

For the children we have sustainable handmade bag crafting run by Harborough Morsbags in the Pavillion plus face painting, children's entertainer - 'Just Karen' offering circus skills and a bubble display.

Editor & Founder  
*Craig Barber*

# ISSUE 37

## focussed

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A= Corn on the cob  
B= A doorbell  
C= When you think in terms of time.  
8 AM + 8 hours = 4 o'clock  
1= Your breath 2= Edam

SUDOKU ANSWERS

3	7	6	9	1	2	4	5	8
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### CROSSWORD ANSWERS

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Our Wellbeing Walks are volunteer led, fun, free and friendly local walking groups open to all ages and abilities. There are currently over 20 walks across North Northamptonshire, and we are actively looking to set up even more. The walks are in a variety of locations and range in length so there is a suitable walk for everyone.

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- boosting self-esteem
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Mayor Leanne Buckingham

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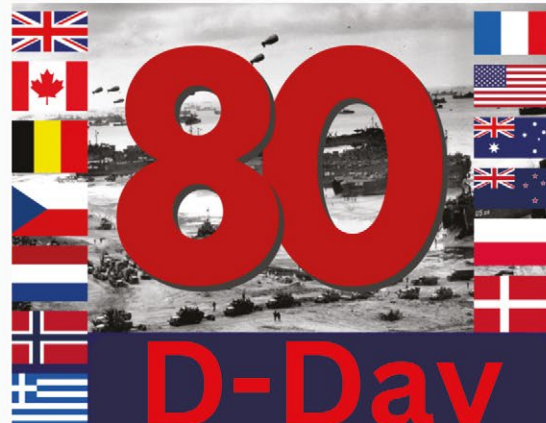


for further details contact  
Rachel Faulkner on  
events@corbytowncouncil.gov.uk

**FRIDAY 3RD MAY  
BLACK TIE DINNER**



## EVENTS COMING UP



# D-Day Beacon Lighting Coronation Park

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**SATURDAY 22ND JUNE  
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CORBY EXPIRES: 30/04/2024

# Fungal Foot Problems

Dr  
Joanne  
Watt  
GP Great Oakley  
Medical Centre



## Foot care and prevention of fungal foot infections

Feet need care and it is important that you check them regularly for any problems. A suitable time to do this is after daily washing and during drying (don't forget to dry between your toes). Wear clean socks every day and if you choose natural fibres such as cotton, bamboo and wool this can help the sweat to evaporate better. Many types of footwear can make feet sweaty especially trainers so try to find some time each day when they can ventilate and dry out. Do not share towels, nail clippers, or wear other people's shoes.

Nails should be kept relatively short but not so short that cutting them yourself causes bleeding or pain. The free white edge of the nail should still be visible after you have cut them, do file any sharp or rough edges.

If you find it difficult to check your own feet or cut your toenails you may wish to ask a family member or friend to help or visit a registered podiatrist who is a healthcare professional skilled at all aspects of foot care. Some people are eligible for NHS podiatry while others will need to pay for this service. It is advisable to choose a podiatrist practitioner who is regulated by the health and care professions council (HCPC).

## Skin problems

If you are diabetic or have problems with the circulation or sensation in your feet, it is particularly important that you check your feet and your healthcare team will advise you about what to do if you notice that there is a rash or break in the skin. Common places for skin rashes are in areas that are difficult to dry, especially between your toes. A fungal rash such as athlete's foot may be itchy red or scaly these will usually come on over a few days to weeks and should be treated as soon as possible to avoid it spreading to the nails. If a rash doesn't go after a few days of careful washing and drying then talk to your local community pharmacist or podiatrist, they will be able to guide

you regarding the range of anti-fungal and antiseptic powders and creams that are available to buy. If your rash is itchy you may be advised to buy a cream that also contain a mild steroid such as hydrocortisone since this will help the itch while the antifungal treats the fungus. When you treat your feet do remember to wash your hands afterwards to avoid transferring the infection to other places in your body.

## Nail problems

If your toenails start to look thick or discoloured there may be several different causes. Although fungal infections are a common cause, nails can also look different due to trauma from footwear or injuries, skin problems such as psoriasis or just getting older.

If you are not sure if your nail has a fungal infection, it is helpful to take a picture of it and ask your GP practice if you can send them a photo for a clinician to have a look at. This is particularly important if other treatments you have purchased have not worked, or if it is spreading to other nails. Your GP practice may ask you to send in nail clippings to confirm a fungal infection. If you find it difficult to take the nail clippings yourself, you may need help from a carer or a podiatrist to do this. If you need to take clippings it is important to keep the pot or container in the dark as much as possible especially if you need to take the clippings on more than one occasion, otherwise the fungus may not survive to be identified by the lab. Try to collect some of the loose flakes from under the nail as well as the nail clippings.

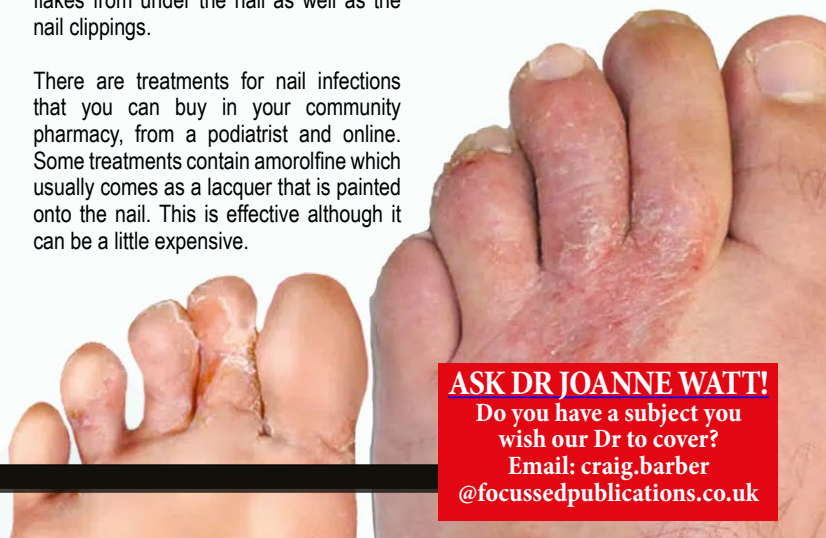
There are treatments for nail infections that you can buy in your community pharmacy, from a podiatrist and online. Some treatments contain amorolfine which usually comes as a lacquer that is painted onto the nail. This is effective although it can be a little expensive.

If a fungal nail infection is proven, you may be prescribed tablets for up to 9 months, so it is particularly important that the diagnosis is confirmed. Anti-fungal tablets can have side effects and are not suitable for everyone. Some of these anti-fungal tablets can affect the liver so you may be asked to have routine blood tests before and after starting treatment. Toenails should be treated until there is an obvious band of normal nail growing up from the base, even if the furthest edge is still thick and distorted.

## Specialist services available

Northamptonshire has a diabetic and high-risk foot service that works together with specialists in rheumatology, diabetes and vascular surgery for both adults and children. This is for people with diabetes and other high risk foot conditions who are vulnerable and you can self-refer using this form: <https://www.nhft.nhs.uk/podiatry-self-referral-form> which will be assessed by a podiatrist. You will be contacted by the patient contact centre with an outcome. You may still benefit from care from a podiatrist even if you are not eligible for NHS care, although you will need to pay for it.

Please don't ignore your feet and get advice if your skin or nails change in appearance.



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For more information contact us on 01536 266681  
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THE FRIENDS OF CORONATION PARK

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**D-DAY**

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# CORBY EMPLOYMENT EVENT A BIG HIT

An exciting event showcasing job opportunities in and around Corby attracted hundreds of visitors.

Staged at Tresham College Corby campus, the event brought together the biggest and best employers in the area and helped potential employees to understand the training pathways which are open to them towards new or more rewarding careers.

This event follows others staged across North Northamptonshire by North Northamptonshire Council, Jobcentre Plus and Tresham College.

*“These are exciting events for employers to meet 100s of people who are actively seeking opportunities and for people to talk to companies who are looking to invest in new talent,”* said Cheryl Needham Head of Adult and Community Learning of Tresham College,

*“Nearly 40% of people are in low-paid work but could develop their skills and step up the promotion ladder with the right encouragement. We want to help them to meet employers who are looking to help them achieve their full potential.”*

Cllr David Brackenbury, North Northamptonshire Council’s Executive Member for Growth and Regeneration, said: *“It is great that we are able to team up with partners to provide vital support and assistance to job seekers across North Northamptonshire – underlining our desire to create prosperity throughout our area.”*

*“Training is so important as people develop their careers and I’m delighted that the event attracted such widespread interest.”*



Michelle Wass, DWP Employer Adviser Manager for Northamptonshire said: *“Jobcentre Plus is delighted to be working collaboratively with North Northamptonshire Council and Tresham College to bring this innovative event to our customers and the residents of North Northamptonshire, so supporting the local community.”*

Tresham College is part of The Bedford College Group, and advertised its own vacancies to visitors as well as talking to employers about training funding which is available for apprenticeships and continuing professional development of staff.

The event was open to the public from 4.00pm – 6.00pm on Wednesday 6th March at the Tresham College Corby campus.



# See a Show at The Core

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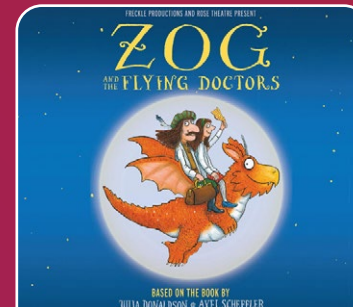
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# FUTURE FOCUSED: IFTL PROVIDES 4,600 CORBY AND MILTON KEYNES PUPILS WITH THEIR OWN IPAD

**Around 4,600 pupils at Inspiring Futures through Learning (IFtL) have been equipped with 1:1 iPads as part of the multi-academy trust's commitment to investing in immersive learning technologies for children and driving equal opportunity.**

The Futures programme, which began in the autumn, has seen IFtL pupils from Years 2 and above receiving their own iPad to "enhance their engagement, skillset, and outcomes" at 15 IFtL schools across Corby and Milton Keynes.

In a "significant financial investment" from IFtL, through which the devices are issued free of charge, pupils at the trust's final school – Lavendon School, which joined IFtL in January – will receive their iPads in the spring.

EYFS and Year 1 pupils are also able to access iPads in school to support their learning.

*"At IFtL, we have committed to a shared vision centred on children and their futures, and we owe it to the pupils we teach to educate and inspire them to make use of digital technology in the right ways,"* said IFtL Digital and Accessibility Lead Shaun Hughes, who leads the project.

*"We want to use technology as one way of increasing equity in learning and accessibility of the curriculum. We aim to unlock opportunities for our learners to find out more about our world, learn together when geographically apart, and develop skills for a world that will continue to advance in ways not yet dreamed of in their lifetimes. We are committed to investing in immersive learning technologies for children that are accessible, strengthen engagement and learning for each child, and provide a wealth of digital skills."*

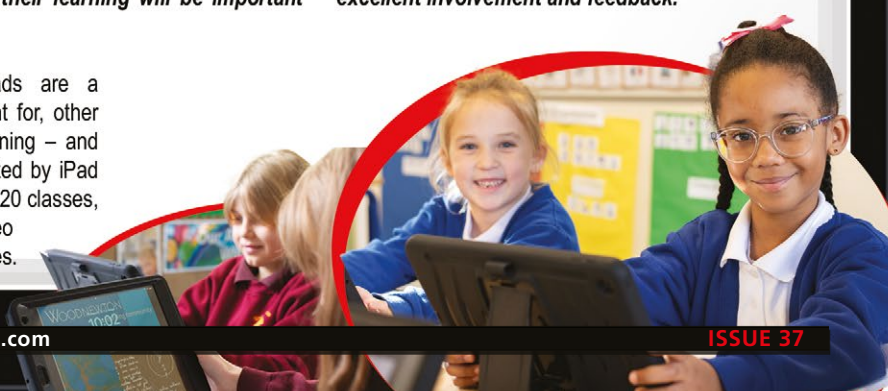
*"There are several reasons why we have taken this step. We know that the world we are preparing children for is changing quickly. It is more than possible that their first role in the workplace will be one which did not exist when they were born. Every job they ever have will rely on their skilful use of technology. The pace of change is unprecedented and the digital competencies that we can confer through the routine use of technology in every aspect of their learning will be important preparation for this."*

Shaun added that pupils' iPads are a supplement to, not a replacement for, other approaches to teaching and learning – and the programme has been supported by iPad introductory lessons across over 120 classes, as well as the development of video tutorials and information for families.

*"The Futures project is not something we have embarked on casually,"* Shaun continued. *"We have collaborated with several different trusts, during which we have learned from their expertise and experiences to ensure we approach this project suitably prepared for success. We are certain that iPads will make a marked difference to the quality and pace of learning at school, and convinced that this project will make a significant contribution to children's education, which is otherwise impossible to replicate."*

To support the project, IFtL is building capacity within and across its schools. The trust's Futures Ambassadors have been instrumental in driving forward the iPad offer, and they continue to receive a programme of CPD that supports with emerging needs and longer term plans. They also form IFtL's first cohort of Apple Learning Coaches, the first course of its kind running in England, which is centred as much around coaching as it is digital competency which will support in developing leadership capacity.

*"The Futures programme is a significant one for IFtL and we are delighted with the smooth rollout of devices,"* said CEO Sarah Bennett. *"The staggered approach we have taken has offered the chance to introduce iPads into classrooms in a focused and effective manner. At the same time, we have been able to ensure policies and procedures are robust, including the introduction of our effective filtering and monitoring handbook, our policies and guidance to families, and the support that teachers and students needed in the classroom. Family engagement in this project has been very successful to date, with many schools reporting excellent involvement and feedback."*



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with the theme this year being...

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# POP'S Brain Busting Quizzes

## KID BRAIN TEASERS

- 1: What can you hold without ever touching or using your hands?
- 2: What type of cheese is made backward?

## BRAIN TEASERS

- A:** First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?
- B:** What never asks questions but is often answered?
- C:** How can  $8 + 8 = 4$ ?

### FOUR-LEGGED RACE

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	27			28			
29				30		31		32				
33				34			35		36		37	38
39			40		41			42		43		
44				45		46			47		48	
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53	54				55		56			57		
58				59				60				
61				62		63	64			65	66	67
68				69					70			
71				72						73		

### CROSSWORD

## SUDOKU

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

### ACROSS

- 1) Hairdos
- 6) Led off
- 11) Gridlock component
- 14) Alternative to bottled
- 15) Arctic dwelling
- 16) Feel regret over
- 17) Sellers of illegal alcohol
- 19) Hard to explain
- 20) Emulate a bunny
- 21) Snacked
- 22) "Dear" mister
- 23) Living in water
- 27) Grandeur
- 29) It's certainly not a show dog
- 30) "Happy" mollusk
- 32) Kind of food or mate
- 33) Vicksburg combatant, briefly
- 34) Old rail riders, stereotypically
- 36) Animal variety
- 39) It was Persia
- 41) Black-clad teens, often
- 43) Folklore monstrosity
- 44) 100,000 make a newton
- 46) Back-up sounds
- 48) Shoot the breeze
- 49) "Able to \_\_\_ tall buildings ..."
- 51) Edible tuber of Polynesia
- 52) Superlative suffix
- 53) Christmas tree sheddings
- 56) False fronts
- 58) Special-interest grp.
- 59) Crater creator, perhaps
- 60) Barely defeat
- 61) Compass reading, sometimes
- 62) In a disgraceful way?
- 68) A, in Berlin
- 69) Not just "no!"
- 70) Auto contract, sometimes
- 71) Knight or Nugent
- 72) Garbo of "Ninotchka"
- 73) "\_\_\_ of Iwo Jima"

### DOWN

- 1) Picnic discard, sometimes
- 2) Lady associated with the Beatles
- 3) "Am \_\_\_ believe ...?"
- 4) Jazzy Earl Hines' nickname
- 5) Large irregular spot
- 6) Above average in size
- 7) Coop ovoid
- 8) Faint flicker
- 9) Main arteries
- 10) Rhinoplasty
- 11) How Buddha sits
- 12) Attend a class for no credits
- 13) Remove more moisture from
- 18) Concluding speech (var.)
- 23) Bitter-tasting
- 24) Ask
- 25) Bit of modern folklore
- 26) One spelling for a meal on a skewer
- 28) 100 cents, somewhere
- 31) Short choral composition
- 35) Bundle of grain
- 37) Delete, as messages
- 38) Mortgages, e.g.
- 40) "No \_\_\_ to apologize"
- 42) Pounced
- 45) Preserving, as pork
- 47) Tea parties, e.g.
- 50) Author
- 53) Group of nine
- 54) A Muppet
- 55) Martin of comedies
- 57) Breathing problem for heavy sleepers
- 63) Allow
- 64) The-lower-the-better pitching stat
- 65) Thing acquired on a beach
- 66) "Acid" drug
- 67) "All right!"

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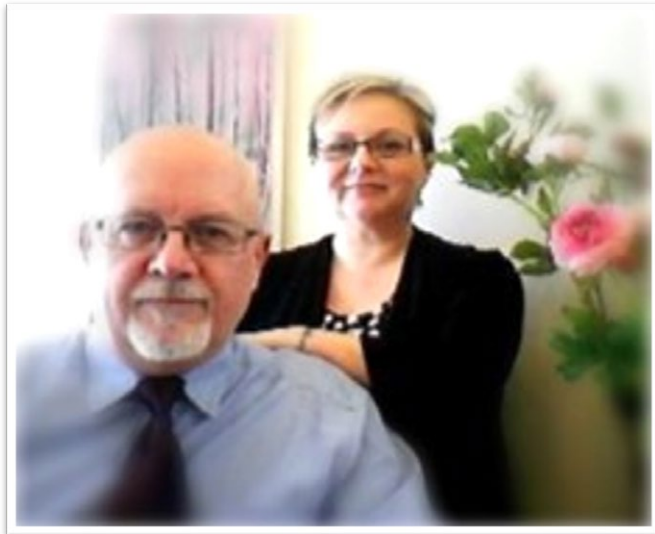
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