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Focus-on:

- Air Ambulance Needs You
- Corby & District Lions Grants
- Dr Joanne Watt: Elbow Pain
- Project Hope - Homeless Kitchen
- KGH Staff Room Refurb
- NIKE comes to Corby



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Hello Corby,

as we welcome back some sunshine after what seemed to have been a very long, wet and cold winter! Corby is a hive of exciting things to do for you and the family, make sure you discover all the wonderful things Corby has to offer by checking some key sites. Of course the Focussed socials, but also Corby Radio, Love Corby, The Core Theatre, Eventbrite, AllEvents (AE), Discover Northamptonshire, Tripadvisor all offer information on what is happening in Corby and the surrounding area.

SOME KEY EVENT DATES:

1- CORBY PRIDE

CORONATION PARK

Saturday 22nd June 2024 - 12pm - 6pm

2 - CORBY HIGHLAND GATHERING WEST GLEBE FIELD

Sat 14th & Sun 15th July - 11am - 5.30pm

3 - CHINFEST24

STEWART & LLOYDS FOOTBALL CLUB

MENTAL HEALTH & SUICIDE FUND-RAISER

Saturday 20th July - 1pm - 10pm

Do you own a business and wish to be seen at all the events, on our massive digital trailer?

Then get in touch for our amazing advertising offer which will get see by 1000's of Corby folk and more! See contact details in the next column.

Craig Barber

BRAIN TEASER ANSWERS:
A = A golf ball
B = An earthworm
C = A blackboard
1 = A clock
2 = An egg
3 = Rain

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

CROSSWORD ANSWERS

P	C	I	K	L	E	D	28	R	E	C	A	R	D
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ISSUE 38

www.focussedmarketing.com

Please mention 'Focussed on Corby' to our advertisers if you use their service, they may have a money saving voucher for you!

ISSUE 38

focussed

PUBLICATIONS

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3



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air ambulance

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The Air Ambulance Service NEEDS YOU!

Our vital charity would like to introduce you to our Reuse department.

We offer a sustainable and cost-effective way to support our lifesaving charity, over time we all buy clothing that we grow out of or goes unused! So if you're thinking of having a clear out, we have the perfect solution.

You can become a donation hero and donate your pre-loved clothing to one of our clothing banks which you will see dotted about in and around your community, these help keep our helicopters flying enabling our critical care teams to continue saving lives 24/7, 365 days a year.

If you know of any organisations with a car park or outdoor space that could consider supporting us by hosting a clothing bank, or a one-off community donation drive we can help you organise this.

The reuse of clothing not only helps divert tonnes of textiles from landfill it gives local communities a more affordable way of purchasing good quality clothing for their families.

If you have recently upgraded your laptop or mobile phone, please consider donating your old working items to us, you can send us pre-loved tech items by using our Free service!

You can also support The Air Ambulances Service through Charity of the Year partnerships, challenge events and fundraising.

For more information, please contact us on **01788 224021** or email: reuse@theairambulanceservice.org.uk



Charity Registration 1148790

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Email: beanfieldneighbourhoodassoc@gmail.com or find us on Facebook

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every Friday

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A GRANTS EVENING ORGANISED BY: CORBY & DISTRICT LIONS CLUB



Corby & District Lions Club have once again funded many important local charities and businesses with the grant scheme at the Grampian Club Corby.

A total of £3000 was donated to local organisations and charities who went through a vetting process before receiving a grant.

The recipients being; Corby Radio, North Northants CFR, 1st Corby Scouts Group, Exeter Learning Community, Jorgies Buddies, Rooftop Gallery, Sleipnir Creations, Weldon Village Academy, Lakeland Hospice and Red Kite Academy.

To find out more about Corby & District Lions simply search for us on Google.



Saturdays 8.30am & 10am
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Corby
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Fb : Corby Kettering Slimmingworld with Sue Shone

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what our clients LOVE about us



Good morning,
I just wanted to let you know what a great job Justine did yesterday, leaving the place looking absolutely lovely. There was a lot to do and I was really impressed when I got back.
Thanks again,

Kaz, I just want to tell you how much I appreciate your hard work - you have put together such a wonderful group of people, and it makes such a huge difference to our lives as disabled people. Annie xxx

Kaz, I want to tell you how good Toby is. He is really enthusiastic and has made some really good suggestions to me. He has found his confidence in going ahead and doing things because he notices them and he is perfect in his role. He's a good asset! Xx

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brighten your
day

To Kaz, Elite Cleaners
I would like to let you know how much I appreciate the help Elite Cleaners gives to my son. All the staff who have been involved in cleaning and social support for him have done an excellent job and have managed to establish a good relationship with trust and kindness.



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*While stocks last. Valid on new mobility scooters only. Not to be used in conjunction with any other offer. Excludes Motability. Managers decision final. Offer ends 30.06.24.



Elbow Pain

Here is some information about some common elbow problems, although any condition which affects bones joints ligaments or tendons can also affect your elbow.

Tennis Elbow (Lateral Epicondylitis)

This is a condition where the most tender point is usually over the outer aspect of the elbow joint. This is where the tendons attach the forearm muscles to the bone. Your elbow will usually look normal with no redness or swelling.

Pain is usually felt while using it especially when trying to grip or twist to open doors or jars or when trying to hold a pen or fork. It is usually caused by overuse of the elbow joint, and this can be due to either repetitive movement that you are not used to doing or heavy lifting. It can be caused by playing tennis but is seen more commonly following activities such as cleaning, ironing, DIY, using a computer mouse or working on a production line. Tennis elbow usually gets worse with activity and improves with rest. It commonly affects people aged 35-54 and affects men and women equally. It is the commonest cause for persistent elbow pain. You do not usually need any x-rays or other investigations to diagnose this condition since you will usually be tender in the typical place with an otherwise normal examination.

Golfers Elbow (Medial Epicondylitis)

This condition is very similar to tennis elbow and happens when the tendon is overloaded on the inner aspect of the elbow joint, and this is where you will be most tender to touch. It is not as common as Tennis elbow. It can be caused by golf and other hobbies that involve gripping, throwing, repetitive movements or using vibrating tools.

Student's Elbow (Olecranon Bursitis)

The olecranon is the pointy tip of the bone behind the elbow that would normally rest on the arm of a chair or desk. Normally there is a soft fluid-filled sack in this area called a bursa which helps the elbow to bend and straighten smoothly. The bursa can only be felt or seen if it becomes inflamed and can be as large as an egg or tennis ball.

If the swollen bursa is red hard hot and painful it may be infected, especially if you are feeling unwell or have a fever. This will usually need treating with antibiotics and it may require the fluid to be drained so you need to see a health professional to have it assessed if infection is suspected. If the swelling behind the elbow is soft and not painful then there is probably no infection present, and it will usually settle in time if you stop leaning on it.

Funny Bone (Ulnar Nerve Compression)

Next to the olecranon is a small channel that contains the ulnar nerve, this area is also known as the Funny Bone. If you bang it hard you will often feel intense shooting pains into your little and ring fingers. If you put more gentle pressure on it over a longer period (such as leaning on it when you are working or driving) then the nerve can become compressed giving you pain and numbness in these fingers and a weak hand grip with muscle wasting. This problem affects men more than women and is sometimes seen at the same time as golfers' elbow. You may wish to look at using a cushion or padding to relieve the pressure on this area which should resolve your symptoms. If the problem is not improving or is getting worse after a few weeks, then you need to see a health professional.

Treatment and Prevention:

If you are starting a new sport or activity, then you may be better to gradually increase the amount you do and avoid repetitive movements or overuse as well as taking regular short breaks. If this type of activity is part of your job you may wish to speak to your employer who can look at adaptations.

If a particular activity is causing your elbow problems, it is often a good idea to stop doing it and rest your elbow. You may find applying ice or cold packs also helps the pain. Simple painkillers can be bought from a shop or pharmacy. You can

ASK DR JOANNE WATT!
Do you have a subject you wish our Dr to cover?
Email: craig.barber@focussedpublications.co.uk

Dr Joanne Watt
GP Great Oakley Medical Centre



use anti-inflammatory medication by mouth or as a gel on the skin where it is most tender (unless there is a medical reason to avoid anti-inflammatory medication).

If this doesn't resolve the problem you will need to see a health professional, and if you are otherwise well you should start by seeing a physiotherapist. A physiotherapist will be able to diagnose the problem and show you how to exercise so that your muscles can work better in future, sometimes they will advise you to wear a splint or other support.

All the GP practices in Corby have direct booking with first contact physiotherapists (FCPs) and this means that you can be booked into an appointment by a receptionist without needing to talk to a doctor or nurse first. Physiotherapists are also able to issue fit/sick notes if your elbow problem is causing you difficulty at work. You may need a prescriber to issue short term pain relief. Steroid injections can also give short term relief although they can have side effects and may not solve the problem in the longer term. You may need a specialist referral if the pain is not settling after a few months especially if you need treatments such as shockwave therapy, blood injections or surgical treatments.

If you have multiple painful joints, or if you are feeling unwell you will normally need to see a doctor or advanced nurse practitioner. You can contact your GP practice by phone or look at their website to see if you can contact the reception team via an online consultation form. Please give the receptionist/care navigator as much information as possible so that they can make sure that you get the right care.



Tom O'Neill
07521 598 757
TomOneill@TR ScaffoldLTD.co.uk

Stephen Marlow
07946 073 122
StephenMarlow@TR ScaffoldLTD.co.uk

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HEALING HEARTS TOGETHER

FREE COMMUNITY SUPPORT GROUP FOR FAMILIES AFFECTED BY CHILD LOSS

Healing Hearts Together offers a safe, non-judgemental, confidential space for families affected by child loss to talk and share lived experience. We hope through doing this it will reduce the feeling of loneliness for those in pain who may be struggling with everyday life and bring comfort, companionship, and a way forward after losing a much-loved child.

Although this is not a group counselling session, both facilitators - Judy Caine MBACP and Cari Campbell MBACP (Accred) are qualified counsellors. The idea for the group is that you decide what you want to talk about, what you would like to share (or not - there is no pressure). This informal approach enables the group to offer a confidential space, where people can talk freely. At this point in time the group is only open to attendees over the age of 16.

WHEN/WHERE DO MEETINGS TAKE PLACE?

LOCATION



The Sir Matt Busby Lounge - Lodge Park Sports Centre
134-148 Shetland Way, Corby, NN17 2SG (01536 400033)

TIME

19:30 - 20:45

DAY

WEDNESDAY

DATES (MARCH 2024 - APRIL 2025)

27th MAR 24	14th AUG 24	8th JAN 25
10th APR 24	28th AUG 24	29th JAN 25
24th APR 24	11th SEP 24	12th FEB 25
8th MAY 24	25th SEP 24	26th FEB 25
29th MAY 24	9th OCT 24	12th MAR 25
12th JUN 24	23rd OCT 24	26th MAR 25
26th JUN 24	13th NOV 24	9th APR 25
10th JUL 24	27th NOV 24	23rd APR 25
31st JUL 24	11th DEC 24	



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- Cladding Claning
- Solar panel pigeon proofing and cleaning



Join our service in 4 easy steps

1

Join our 4 or 8 weekly round

2

We text you at 7pm the day before we are due

3

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4

Payment is made by direct debit 5-7 days later

For our prices:

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- Phone: 07950 726722
- www.facebook.com/thewindowcleaner101/



Other services we offer:

- Conservatory roof cleaning
- Gutter clearing and cleaning
- Solar panel, pigeon proofing and cleaning

PROJECT HOPE

Project Hope is the humble beginning of our charitable community soup kitchen. Founded by the Hungry Hossee Cafe. We want to make a tremendous impact with the help of volunteers in the community.

Hope will become a charity built by you, for you. Making change possible. Please join us by supporting our efforts today, to make a meaningful difference in the lives of others.

Anyone who wants to find out more about the charity can do so at Shelainebabe.wixsite.com/projecthope
Or to get involved please
Email: thehungryhossee@hotmail.com

We are a not for profit organisation based at the Hungry Hossee Dale Street NN17 2BQ
Every Wednesday 2pm-5pm

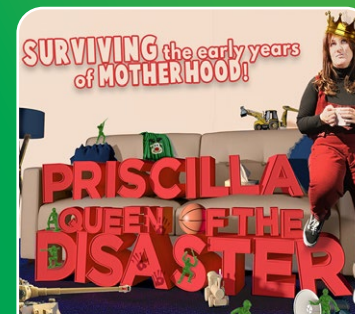


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Thu 11 July



Thu 11 July



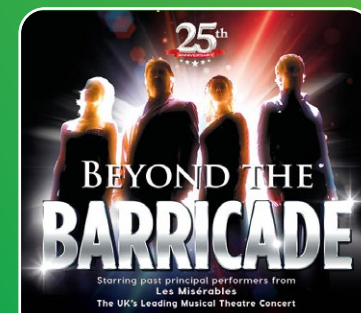
Thu 12 September



Thu 12 September



Wed 18 September



Thu 19 September



Fri 20 September



Fri 20 September



Thu 26 September

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at Corby Cube

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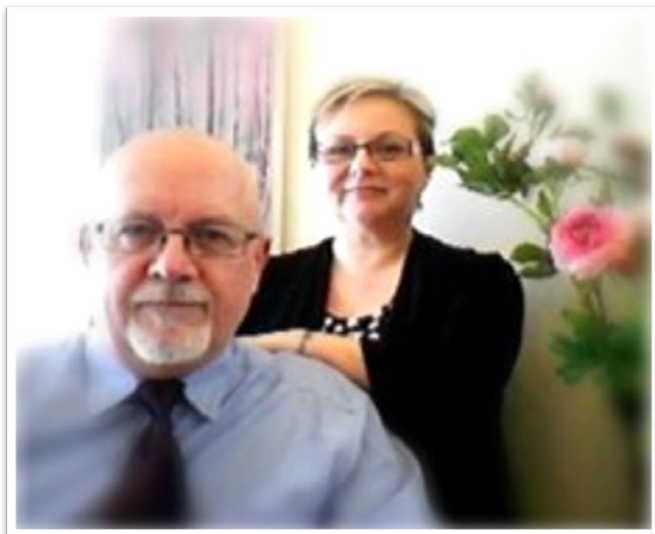


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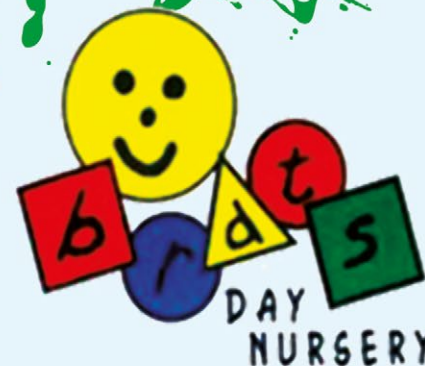
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- 4 Free Adults / Supervisors



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- Unlimited Squash
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- 2 Free Adults / Supervisors



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- Unlimited Squash
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Scoop of gelato. A slush for each guest. Small pick & mix.



DESSERTS & RETRO DINER

AFTER-SCHOOL PARTIES

PARTY 2

NO BOOKING REQUIRED

8 Guests (Kid's or Adults) / 8 Kid's Meals

Includes:

4 Nuggets, Plain Burger or Hot Dog & Fries
8 Kid's Desserts & Old School Retro Games

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Extra guests £8.99 pp



DESSERTS & RETRO DINER

AFTER-SCHOOL PARTIES

PARTY 1

NO BOOKING REQUIRED

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8 Kid's Desserts & Slush
Old School Retro Games

£59.99

Extra guests £6.99 pp



DESSERTS & RETRO DINER

SUDOKU

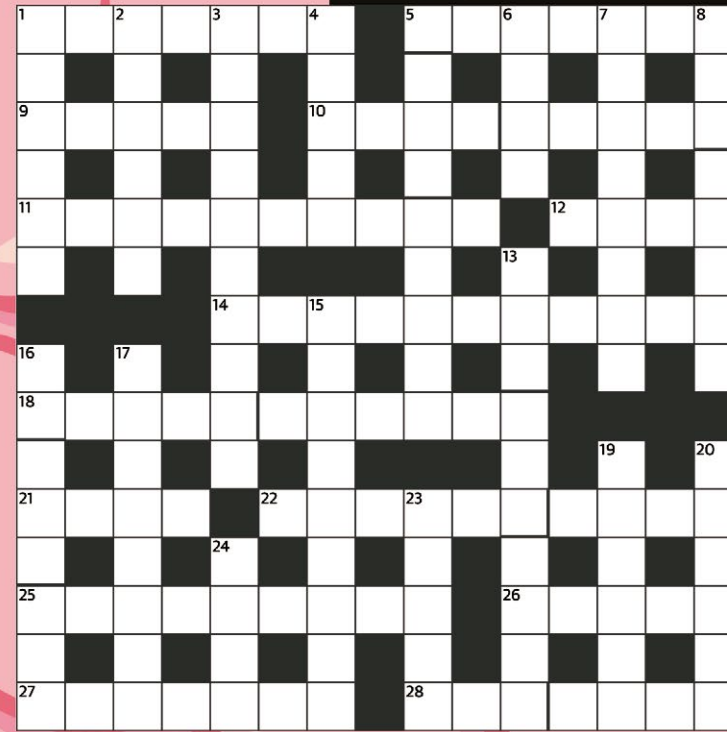
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POP'S Brain Busting Quizzes

KID BRAIN TEASERS

- 1: What has a face and two hands but no arms or legs?
- 2: What has to be broken before you can use it?
- 3: I come down, but I never go up. What am I?

CROSSWORD



BRAIN TEASERS

- A:** What can be driven although it doesn't have wheels, sliced but stays whole?
- B:** I have no eyes, no legs, or ears, and I help move the earth. What am I?
- C:** What is black when it's clean and white when it's dirty?

Across

- 1 In middle of round sheltered by tree (7)
- 5 Refers to big men, both losing their heads (7)
- 9 Reviewed, in short, erotica from yesteryear (5)
- 10 Aid to presentation for Pam (4,5)
- 11 Thoughts of love dismissed? Fancy one's smitten (10)
- 12 Number two crosses line – game up! (4)
- 14, "Exciting nights are fiction" (Mrs Vlad?) (11,5)
- 23
- 18 Race, methinks, largely fixed – it won't interest many (5,6)
- 21 Keep secret Mr Nasty told (4)
- 22 Soon feel at home because of English on board (6,4)
- 25 In no way a quack, some might say (9)
- 26 About to engage with comic hero – it'll provide colour (5)
- 27 Preference was first to get drunk (7)
- 28 Course director dismissed sign (3,4)

Down

- 1 Study for a purpose (6)
- 2 Marvel! Right away is able to have sex (6)
- 3 Sign I'm struggling with rents in Herefordshire town (10)
- 4 Winchester's one awfully common pupil gets detention (5)
- 5 Liberal hit back: "It's unfair!" (1,3,5)
- 6 Villa centre half welcomes tie (4)
- 7 Full of energy, play with new guide (8)
- 8 13 from TV castle – hard (3,5)
- 13 Go to this place saving time, then do a flit (3,3,4)
- 15 Decorate country house for the King (9)
- 16 Dominating male Henry caught unawares (2,3,3)
- 17 Mike supporting Bill Edmondson and Don? (8)
- 19 Book a top fighter (6)
- 20 Yes, Vice-Admiral's first to go above (6)
- 23 See 14
- 24 Possibly saw money being picked up (4)

LOCAL BUSINESS, ACE FURNITURE ENHANCES CARE CAFE FOR KETTERING GENERAL HOSPITAL STAFF

Northamptonshire Health Charity is thrilled to share the wonderful news of a generous contribution from Ace Furniture, which will significantly enhance the Care Cafe at Kettering General Hospital. The Care Cafe, managed by an incredible team of volunteers, serves as a vital retreat for hospital staff to unwind, relax, and access support services, playing a crucial role in promoting their overall well-being and consequently elevating the quality of patient care.

Graeme Miller, the managing director at Ace Furniture, graciously donated a range of high-quality furniture pieces, creating a welcoming and comfortable environment for hospital staff. The contribution aligns with our mission to support local NHS hospitals and community services, emphasises the importance of staff welfare in providing exceptional patient care.

Graeme's sister and his son also happen to work for the hospital said: *"I felt I had to support and give something back...I am a great supporter of the hospital itself; my sister has been here since she was 16 years old. I am not going to give her age away, but she has been here an awful long time, as well as my son who is a paramedic here as well. It's a place where many of our relatives have been treated; the hospital is very close to our hearts, and I think it is important to give something back to the staff."*

Christine Hardy, Volunteer Manager at Kettering General Hospital added: *"We are so grateful for Graeme genuinely, this wonderful donation has bought this space up to be more of what it is meant to be - a place for people to come and relax, to have that well-being moment and to get away from the stress and strains of everyday work. And to do that in an environment that actually, feels welcoming."*

Emma Wimpres, Head of Volunteer Services added *"We are very grateful for the very kind and generous donation from Graeme for the care café. The new furniture has had such a positive impact in the staff experience of the area, making it a much more welcoming space for staff to take their breaks. Thank you"*

We are truly grateful for Ace Furniture's generosity in creating a more comfortable and supportive space for Kettering General Hospital staff. This donation reinforces our commitment to enhancing both staff wellbeing and patient care. Thank you to the Ace Furniture team for their outstanding contribution.

Following Ace Furniture's thoughtful donation, we eagerly anticipate the positive transformation of the Care Cafe at Kettering General Hospital. The new furniture guarantees a comfortable and inviting space for our dedicated staff and volunteers, enhancing their overall well-being.

Graeme has also offered to support the hospital further; *"We have already discussed areas where we could do with a few extra chairs that we can donate and a few pieces that we can re-cover."*

We're immensely grateful to Graeme Miller and the Ace Furniture team for their kindness and support. **Together, we're making a positive impact!**



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GLP and NIKE, Inc. sign agreement to lease for a new state-of-the-art logistics campus at Magna Park Corby

- New logistics campus will be the principal hub of Nike's UK supply chain.
- A 35-acre site incorporating logistics warehousing, offices and a range of sport and recreation facilities.

United Kingdom, 9 May 2024 – GLP, the leading global business builder, owner, developer, and operator of logistics real estate, data centres, renewable energy, and related technologies, has today announced that Nike has signed a 20-year lease agreement for its new state-of-the-art UK Logistics Campus and national supply chain hub at Magna Park Corby. Spanning more than 1.3 million sq. ft of logistics warehousing, offices, sport and recreation facilities in a single building, the campus will target a BREEAM 'Outstanding' rating and achieve Net Zero Carbon in Construction.

Legal & General will be the strategic partner in this project to deliver a best-in-class sustainable flagship campus. Legal & General previously acted as strategic partner for the delivery of Waitrose's first national distribution centre at Magna Park in Milton Keynes in 2014.

Prioritising sport and wellbeing, the new facility in Corby will be designed with wellness in mind. This will be underpinned by a range of external features including running tracks, open-air gyms, multi-use game areas (MUGA) and recreation areas.

Magna Park Corby will benefit from an exercise route of 5.76 km, a 2.0 km nature trail, and 3.7km of other footpaths. Sensitively designed and in keeping with the local area, the new campus will provide access to protected woodlands, with designated cycle and walking routes that will be fundamental to attracting and retaining talent.

Bruce Topley, UK Managing Director at GLP commented: "We are delighted to be welcoming Nike to Magna Park Corby. This new site will help boost skills and generate high-quality jobs. The industry-leading, bespoke building will minimise carbon footprint and embed health and wellbeing. This investment is a great vote of confidence in the East Midlands and will help propel much-needed long-term growth across the region."

Neil Dovey, Head of Annuity Transactions, Legal & General: "Nike's UK Logistics Campus in Magna Park Corby is ideally aligned with Legal & General's commitment to investing long-term capital into assets that are economically and socially beneficial. We are delighted to be working with GLP, a developer aligned with our principles, to deliver a first-class building, and are looking forward to partnering with Nike as a long-term property owner following completion."

Magna Park Corby is one of the UK's largest dedicated logistics and distribution parks offering a superb strategic location for logistics by virtue of its connectivity across the UK transportation network. GLP's Magna Parks are designed to meet the demands of modern logistics and are widely acclaimed within the industry for setting new standards in terms of design, environmental management, sustainability, occupier efficiency and local job creation.



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(A local family in Priors hall)



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(A local family in Oakley Vale)



Jivan:

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