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Focus-on:

- Corby Young Artists Exhibition
- Cransley Hospice Fundraising
- 21<sup>st</sup> Corby Scout Group
- Three Corby Schools and How They Tackle Plastic Waste
- Dr Joanne Watt: Vitamin B12



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## 8 YEARS OLD!!!

That's right Corby, it has been 8 years in September since our very first issue hit the letterboxes of this amazing town we have. It really is hard to believe it has been that long, but we have enjoyed every minute... Even the really tough times, which we certainly don't seem to be out of yet. One thing for certain is, change is coming and hopefully things will start become more positive once again.

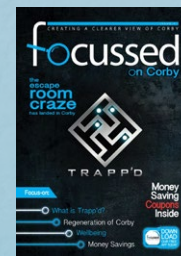
Saying that, the Corby folk are some of the most resilient around, and always pull together as a community at times when needed. And that is one thing I can certainly say is, that's why I am proud to be from Corby!

We have had some exciting news from our partners at Corby Radio. They have now applied for the local DAB licence and therefore are looking to broaden the ways in which you can listen to the station. If successful it will look to start in the new year, but if application is successful sooner, then it will go live sooner. Everyone at the station is really pumped for this, it may also open more doors for their advertisers who keep the station running for you to enjoy. Make sure you keep supporting your local radio station.

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*Craig Barber*



ISSUE 1 - Sept 2016

# ISSUE 39

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3 = A Window

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

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Concert, Weldon Village Academy, NN17 3LH

Contact [lynette@lakelandshospice.org.uk](mailto:lynette@lakelandshospice.org.uk), NN18 8LX



## Corby Schools Celebrate Young Artists and Exhibits their Artwork

Three primary schools in Corby, all part of the Inspiring Futures through Learning (IFtL) multi-academy trust, recently held art lessons and workshops to demonstrate and celebrate how pupils can develop their knowledge of colour and their skills in using this to create different types of artwork in different mediums. These included enhancing artwork with IT imagery skills – each pupil within IFtL schools (from Year 2) has access to individual ipads to digitally explore opportunities and ideas and enhance their learning as part of IFtL's Future Focused strategic priority.

With the theme 'Colour Progression,' pupils from Exeter A Learning Community, Priors Hall A Learning Community and Woodnewton A Learning Community created a large number of pieces of art. Each school held an arts-themed afternoon where all artwork was displayed and a selection of pieces were forwarded to the Rooftop Arts Centre.

Dinah Kazakoff and Fanoulla Georgiou of the Rooftop Arts Centre, a not-for-profit charity bringing arts into the Corby community, worked closely with the schools and children during their project and selected three pieces from each year group to be exhibited at the Rooftop Arts Centre alongside a collection of paintings by local artist Duncan Bond. The opening reception of this exhibition takes place on Friday 24 May 18:00 – 20:00.

Dinah Kazakoff, Gallery Director said to pupils: *"Thank you so much for giving us the opportunity to see all your wonderful artwork. It was a very tough job trying to pick out those to exhibit as every piece of work was tremendous and you all deserve huge congratulations. Keep on creating, and we very much hope to see you exhibiting with us again one day"*.

Ms Jo James, Assistant Head at Exeter and Project Coordinator for the three schools, said: *"We were delighted with the enthusiasm and creativity shown by our students in creating pieces for this competition. Developing an appreciation of the arts is an important part of a child's education, and opportunities like this allow them to explore their creative potential. Congratulations to all the winners and thank you to the Rooftop Arts Centre for hosting their work."*

The artwork of 21 pupils was exhibited at the Rooftop Arts Centre throughout May and June. As part of their visit to the centre, pupils were excited and highly impressed by the standard of work on exhibit with one saying; *"I cannot believe mine was chosen as these are all so good!"*

### About Inspiring Futures through Learning:

Inspiring Futures through Learning is a multi-academy trust of 15 primary and 1 all through across Milton Keynes and Northamptonshire. IFtL aims to achieve the best possible outcomes for children through school-to-school support, shared expertise and collaborative working. Each school within the trust has its own unique character but shares the vision of inspiring the futures of us all through learning together and preparing children for their futures.



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# 21st Corby Scout Group

21st Corby Scout Group is the most recent group in Glendon District (Corby, Kettering and surrounding village), and was formed in 2020.

There are 3 sections in the group including Beavers, Cubs, and Scouts, all meeting on a Friday evening at Priors Hall Park Community centre.

Our group allows young people to take part in a lot of activities from archery, shooting, first aid training, pioneering, hiking, and much, much, more. We also represent the group and movement at other events like St George's day and Remembrance Day, to name a couple.



We represent the group at community events.

Please have a look on our website, [www.21stcorby.org.uk](http://www.21stcorby.org.uk), and reach out if you would like to know more. You can use our email, [21stcorbyscoutgroup@gmail.com](mailto:21stcorbyscoutgroup@gmail.com) or call us on **07845 281230**

**21ST CORBY SCOUT GROUP**



**WHEN**  
Every Friday evening

- Beavers (6-8 year olds) & Cubs (8-10 year olds): 6pm - 7pm
- Scouts (10-14 year olds): 7pm - 8pm

**WHERE**  
Priors Hall Community Centre

**CONTACT**  
Darren Storey (Group Scout Leader)  
[21stcorbyscoutgroup@gmail.com](mailto:21stcorbyscoutgroup@gmail.com)  
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# Vitamin B12 in adults

Dr Joanne Watt  
GP Great Oakley Medical Centre



## What does vitamin B12 do in the body?

Vitamin B12 is needed to help the body's metabolism, for repairing damaged body tissue, for nerve cell function. Vitamin B12 is part of the red blood cells that carry oxygen around the body.

## What foods contain vitamin B12?

Foods with higher levels of vitamin B12 are eggs, meat, shellfish, liver, poultry, dairy products and fortified cereals.

## What groups of people may have increased risk of low vitamin B12 levels?

- People who have low levels of animal products or fortified foods in their diet, especially if you have a vegan diet.
- If you have a family history of B12 deficiency or other auto-immune conditions.
- Medical conditions such as coeliac disease, Sjogren's disease, thyroid disease, type 1 diabetes and atrophic gastritis all increase the risk of B12 deficiency.
- People who have had bariatric surgery, gastrectomy, removal of some of the small bowel, radiotherapy to the abdomen or pelvis.
- People who take certain medications including metformin, pregabalin, topiramate, famotidine, phenobarbital, primidone or colchicine or acid blocking medications such as omeprazole or lansoprazole
- People who use nitrous oxide as a recreational drug (also known as laughing gas)

## What are the symptoms of low B12?

- You may have been diagnosed with anaemia and not be improving with iron supplements.
- You may have a sore tongue.
- You may feel tired, have difficulty with your memory, have mood changes or be aware of 'brain fog'.
- You may notice blurred vision or be unable to see properly (do get and optician check too since there may be other causes for this)
- You may notice pins and needles sensation or numb/weak areas in your hands or feet, or feel unsteady or off-balance.

## How common is vitamin B12 deficiency?

Vitamin B12 deficiency affects 3-4% of people aged under 60 and rises with age to over 20% of people aged over 85 years. Around 11% of people who have vegan diets are thought to be deficient in vitamin B12. Auto-immune pernicious anaemia usually affects people aged 40-70 and is thought to affect 1.9% of people aged over 60.

## Who needs to get a vitamin B12 test and how?

Symptoms and signs of vitamin B12 deficiency vary from person to person and levels can be checked on a blood test as part of a general check. Please tell your clinician if you could be pregnant or if you have been using nitrous oxide since this may change the test that is done on your blood. Please also tell them if you are already taking a B12 over the counter supplement or if you have any of the factors in the list above that increase your risk of deficiency. These symptoms can often be caused by a wide range of other causes so it may not always be a vitamin B12 deficiency even if you have a condition that increases the risk of it.

If your vitamin B12 levels are low and your clinician suspects that this may be due to an auto-immune condition, then they may also offer you antibody tests for anti-intrinsic factor antibodies and anti-gastric cell parietal antibody. They may also offer you a blood test for coeliac disease which is a condition where you have gluten intolerance.

## Who needs to take vitamin B12 supplements?

If you have a mostly vegan diet you may need to take B12 tablet supplements to prevent a B12 deficiency, and pregnant or breastfeeding women may also be advised to take a daily supplement that contains vitamin B12.

Vitamin B12 supplements are either daily tablets or injections into your muscle which are usually given at your GP surgery every

3 months. If your vitamin B12 deficiency is due to your diet or medication, then you will usually be advised to buy the vitamin B12 tablet treatment from a pharmacy or other retailer. The products you are looking to buy should contain cyanocobalamin, methyl cobalamin or adenosyl cobalamin and these may be combined with other vitamins in a multi-vitamin.

If you have been proven to have a vitamin B12 deficiency the supplement you take should ideally be a daily dose of 50-150mcg if it is thought to be related to your diet, or 500-1000 mcg per day if there is a non-diet cause. If you change your diet or medication you may not need to take these supplements for life and you should be offered a medication review by your GP surgery if medication is thought to be the cause. If your vitamin B12 levels are extremely low and you have more severe symptoms you may be offered injections to start with and may be advised to take vitamin B12 as tablets once the levels start to improve.

People who have vitamin B12 deficiency due to nitrous oxide use should have a course of vitamin B12 by tablet, or by injection if the levels are extremely low. You need to stop using nitrous oxide to avoid permanent damage to your nerve cells, especially if vitamin B12 deficiency is proven. Once you stop using it you should not need to have lifelong vitamin B12 supplements.

If there is likely to be a permanent problem with absorbing B12 due to removal of your stomach (gastrectomy) or removal or part of your small bowel by surgery, you will usually be advised to have vitamin B12 injections for life rather than tablets. People with an auto-immune causes will usually also be advised to have vitamin B12 injections for life or they may prefer to take the higher dose tablets.



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[www.cransleyhospicetrust.org.uk](http://www.cransleyhospicetrust.org.uk)

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# Sparkle Walk

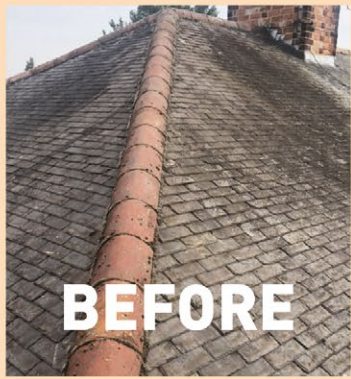
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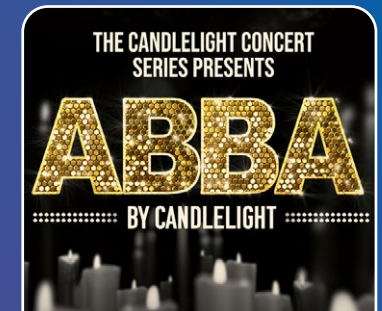
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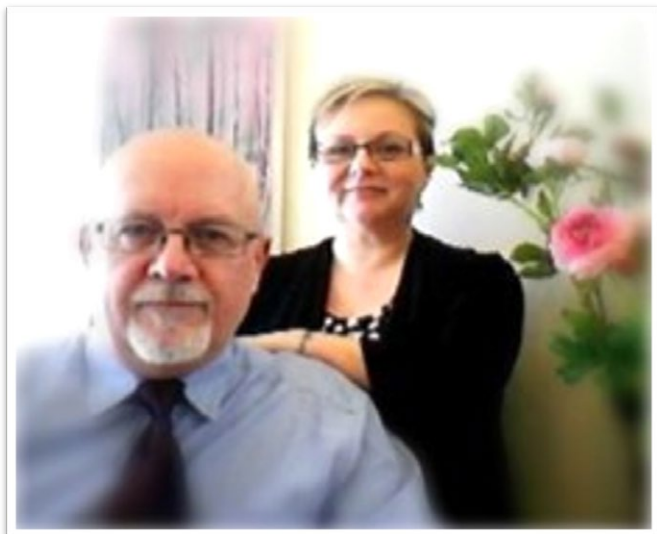
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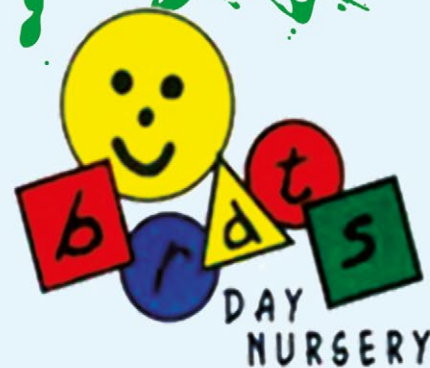
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## Three Corby Schools Unite their communities to Tackle Plastic Waste

The IFtL Youth Parliament (YP) members based across 3 schools in Corby, together with their school communities, recently launched an initiative to reduce plastic waste. The project saw children come together to collect crisp packets and plastic bottle lids for recycling into useful items like survival blankets for homeless people.

Inspiring Futures through Learning (IFtL), a Multi-Academy Trust comprising sixteen schools across Milton Keynes and Corby, appoints two representatives each academic year from all IFtL schools to represent them. The goal is to give young people a voice in their local communities and enable them to make a positive change. The IFtL Youth Parliament Corby is made up of pupils from Exeter A Learning Community (ALC), Priors Hall A Learning Community (ALC) and Woodnewton A Learning Community (ALC).

As part of their sustainability initiative, the Youth Parliament members resolved to focus their efforts on recycling. With a passion to lessen Corby's impact on the surrounding environment and support the town's transition to a low-carbon, circular economy, the children-led recycling drive served to engage residents of all ages in contributing towards a more sustainable future.

Some pupils said: *"We were shocked to learn how many crisp packets and bottle lids end up in landfill or polluting the environment every day, but this project shows that by working together, we can make a real difference. We want to say a huge thank you to everyone who has supported this so far. You are helping us build a sustainable future for our local area and everyone in it."*

Collection points were established at each school and were works of animal sculpture created by the British Iron Works Centre, well known for its Knife Angel initiative and leading their Environmental Project. This project, designed specifically for primary schools, community groups, clubs and associations across the UK, has the dual objective of educating children and communities on the importance of environmental protection whilst also inspiring innovative and creative thinking to enable impactful environmental changes.

The children at Priors Hall ALC collected bottle tops in a giant metal giraffe sculpture that the children named Geoffrey. Donna the Dolphin was at Woodnewton ALC, and Coral the Fish, was at Exeter ALC - Donna and Coral were collecting crisp packets.

Joanne James, Deputy Head, noted that a local transport company Stephen Sanderson Transport volunteered their services free of charge to transport the sculptures from Oswestry to Corby. *"Their help was invaluable, as it would not have been possible to complete this task without their support, so we thank them enormously. All children in schools were so positively engaged and in turn, encouraged their families with supporting this project and making a real difference to where our rubbish goes. Within our schools, and IFtL, environmental sustainability is a top priority that we take very seriously. We are committed to educating both our pupils and the wider local communities about the importance of sustainability and being responsible citizens even beyond the classrooms. The Youth Parliament members involved in leading this project role modelled this throughout - congratulations to them all."*

Ed Sanderson, Commercial Director for Stephen Sanderson Transport said *"We thoroughly enjoyed being part of this sustainability initiative that was managed by Joanne and her team at the three schools in Corby. It's not every day you get asked to collect two fish and a giraffe from the British Iron Works Centre in Wales! So, when we did, we jumped at the chance of getting involved. As a local employer, we enjoy supporting the communities we are part of, especially when they benefit great causes"*

*"Through determined and conscientious efforts, at IFtL we seek to fully embody our values. We take our role in safeguarding the environment for years to come very seriously. It is only by educating today's society that real positive change can be affected."*

Sarah Bennett, CEO of IFtL

# POP'S Brain Busting Quizzes

## KID BRAIN TEASERS

- 1: What has a head and a tail, but does not have a body?
- 2: What has many keys but cannot open any doors?
- 3: What invention lets you look right through a wall?

## BRAIN TEASERS

- A:** The more you take the more you leave behind?
- B:** What coat is best put on wet?
- C:** How do you make the number 7 even without addition, subtraction, multiplication, or division?

## CROSSWORD

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								

## SUDOKU

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

## DOWN

1. Bills home
2. In the direction of
3. Child's delight
4. \_\_\_-hoo!
5. Lady Byng Memorial Trophy sport
6. Catch some rays
7. Olive \_\_\_
8. Shade of green
10. Neuwirth of Cheers
13. Hagar the Horrible's daughter
15. Oklahoma's second-largest city
16. Prize money
17. Fragment
19. "Go, team!"
21. Slangy denial
22. Healthy breakfast
23. Overexert oneself
24. Traditional church donation
25. Paradise
27. Bad spell
28. Seek political office
29. Clamor
30. Hit the slopes
34. The Wizard of Oz aunt



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