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Focus-on:

- 75th Anniversary Corby New Town
- Activity Buddy Scheme
- Andy's Man Club
- Hampton by Hilton's Charity Pot
- Dr Joanne Watt: Testosterone
- World Autism Month



SCAN FOR WEBSITE

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Roxana:

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(A local family in Priors hall)



Irina:

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Jivan:

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1 in 30 children at Priors Hall, Oakley Vale and Little Stanion study at the Kumon Corby Academy

Not sure but would like to learn more?
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SCAN ME

Welcome to this issue

As we bring you another edition of *Focussed on Corby*, we want to take a moment to highlight the incredible local businesses that make our community special. From independent shops and family-run cafés to skilled tradespeople and passionate entrepreneurs, these businesses are the backbone of our town.

Supporting local isn't just about convenience — it's about investing in our community's future. Every time you choose a local business, you're helping to create jobs, support families, and keep our high streets bustling. It means fresher produce, unique products, and friendly, personalized service that you won't find elsewhere.

Now more than ever, small businesses need our support. Whether it's shopping at a local boutique, dining at a neighborhood restaurant, or hiring a local expert, every decision counts. Together, we can keep our town thriving and ensure its unique character remains for generations to come.

Thank you for being part of this wonderful community— let's continue to support local!

Happy reading!

Craig Barber
Founder / Editor / Designer

ISSUE 42

focussed PUBLICATIONS

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

CROSSWORD ANSWERS

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	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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ANDYSMANCLUB #ITSOKAYTALK

WHAT IS ANDYSMANCLUB?

ANDYSMANCLUB is a free peer-to-peer group that provides a place for men to come together in a safe and open environment to talk about the issues or problems that they have faced or are currently facing.

HOW DOES IT WORK?

The process is about bringing men together who have been in similar situations, to help each other on a peer to peer basis, sharing how they have dealt with various situations through lived experiences. No matter how big or small your problem feels, we are here to support each other. The 5 questions that are asked each week are designed not only to encourage men to talk, but to start to focus on the positives and on strategies to keep moving forward. There is no pressure to answer any of the questions and it is not uncommon for men to just listen for the first few sessions. The clubs all run on the same format and adhere to the same guidelines. A key principle of ANDYSMANCLUB is anything that is said in the club, stays within the club.

WHO IS IT FOR?

The club is open to any man 18 or over, who is going through a storm, been through a storm or just wants to meet a good group of people with the aim of improving one another.

WHEN IS IT?

ANDYSMANCLUB meet every Monday at 7pm (excluding Bank Holiday Mondays).

WHERE IS IT?

ANDYSMANCLUB has clubs in many locations across the UK. Check our website below for a full list.

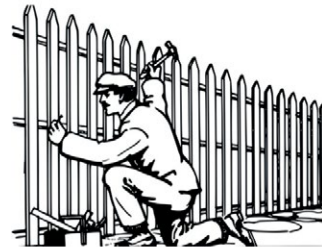
HOW DO I JOIN?

Just turn up on the night. No registration or referral is required, all we ask is that you arrive before 7pm. The full list of our locations is available on our website.

CONTACT US

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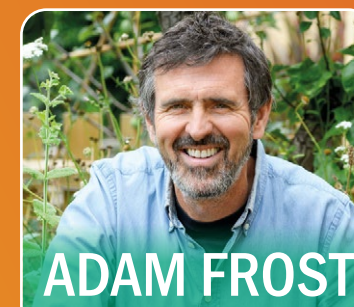
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The Core at Corby Cube

ACTIVITY BUDDY SCHEME

Do you want to become more active but not sure what's available or who to go with?

As we turn the corner into a new year, many of us are making resolutions to become more active in 2025; we all know that moving is good for both the body and mind and that being active can help reduce the risk of long-term medical conditions, help us feel better about ourselves and improve our physical and mental wellbeing. However, we don't always know where to go or who to go with.

If you're looking to get more active, whether that be by trying something new, or simply enjoying a favourite hobby, and would like the companionship of an activity buddy, then register with the Activity Buddy Scheme which aims to connect like-minded buddies across North Northamptonshire. Whether it's sports, gardening, arts and crafts, or fitness classes, having an activity buddy can make all the difference.

Launched by North Northamptonshire Council, the Activity Buddy Scheme has been created to help break down barriers for adults who may be experiencing challenges which prevent them from taking part in sport or wellbeing activities. After joining the scheme, you will be matched with a like-minded buddy in an activity of your choice thereby supporting you to become more active and providing a friendly, safe and fun atmosphere to build your confidence.

Joining the scheme is very easy; just go online at www.northnorthants.gov.uk/activitybuddy to register and find out all the details.

Make 2025 the year that you become more active, meet new friends and explore new activities. Taking part in activities can boost self-confidence, improve communication skills, combat feelings of loneliness and isolation and reduce stress so why not give it a go!

For further information or support, email the Activity Buddy team at activitybuddy@northnorthants.gov.uk or text BUDDY to 07483 130234.



**Do you want to become more active?
Not sure what's available?
Not sure who to go with?**

Then register with our Activity Buddy Scheme which aims to match like-minded Buddies across North Northamptonshire

Email: activitybuddy@northnorthants.gov.uk

Text: **BUDDY to 07483130234**

Web: www.northnorthants.gov.uk/activitybuddy

The Activity Buddy Scheme helps to break down barriers for adults (18 years plus) who may be experiencing challenges that are stopping them from participating in sport or active wellbeing sessions.



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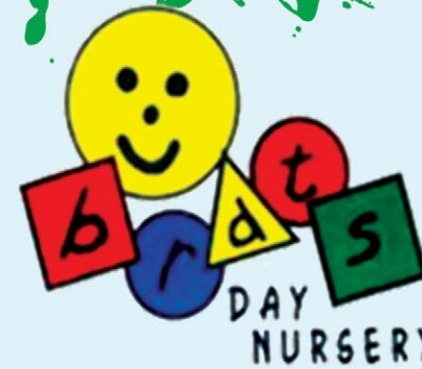
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What is testosterone?

Testosterone is an important sex hormone that is usually present in much higher levels in men than women, it is an important hormone in all genders. In males it is made in the testes and adrenal glands. In females testosterone is mostly made in the ovaries and adrenal glands. There are also other hormones produced by the pituitary gland in your brain which regulate the levels of testosterone in your body.

Testosterone in Males:

In males testosterone is important for muscle mass, sexual drive, sexual function and facial and body hair.

When do men need to be tested?

Men may be advised to check testosterone levels in the following situations:

- if you have erectile dysfunction which has not responded to Viagra (sildenafil)
- if you are having fertility problems or have a reduced sex drive
- as part of investigations for early puberty- if hormonal changes have started before age 9
- as part of investigations for delayed puberty- if no hormonal changes have started at age 14
- if you are having hormone (testosterone-blocking) treatment for prostate cancer

Low Testosterone in men:

Checking testosterone levels is only usually done when levels are suspected to be low. There is great variability in testosterone levels in males and testosterone levels will usually reduce as you get older. Drinking more than 14 units of alcohol each week or recreational use of anabolic steroids can decrease testosterone levels in males. Other recreational drugs such as ecstasy, nicotine, amphetamines, ketamine and codeine may also reduce testosterone levels. Liver disease,

physical injury to the testes or viral infections such as mumps can reduce testosterone production by the testes. If there is an underlying cause of the low testosterone then this may need to be investigated and ideally be treated rather than just prescribing testosterone. Low testosterone levels due to alcohol or recreational drug use may be reversible although it often takes a few months for testosterone levels to return to normal levels after these have been stopped.

Low testosterone levels may be due to problems with the regulating hormones being produced by the pituitary gland in your brain or a problem within the testes. Some genetic diseases can cause decreased testosterone production in men and these include Klinefelter's, Myotonic Dystrophy, Kallman's, and Prader-Willi syndromes.

High Testosterone in men:

Higher testosterone levels in men may increase hair growth in the abdomen and back while hair growth is suppressed in the scalp, leading to male pattern baldness. Increased testosterone levels above the normal levels found in males may be due to testicular or brain tumours.

Medication to reduce testosterone:

Prostate cancers may grow larger under the influence of testosterone, so males with advanced prostate cancer may be prescribed medications that lower testosterone levels.

Testosterone in Females:

Testosterone levels in females are normally 10 times lower than in males. Testosterone works together with another sex hormone called oestrogen and influences women's reproductive health including sex drive.

When do women need to be tested?

These are reasons why women's testosterone levels may be checked:

- if you have suspected polycystic ovarian syndrome (PCOS),
- if your periods become irregular or stop unexpectedly
- If you are hairier especially if it is on your face, and if you also have acne
- if you are being investigated for infertility
- if you develop male features such as a deep voice or male-pattern baldness
- if you are being investigated for an ovarian tumour

Elevated levels of testosterone in women:

Testosterone levels can increase because of tumours that develop in either the ovary or adrenal gland or because of other condition such as polycystic ovarian syndrome (PCOS). Increased alcohol consumption and liver disease can increase levels of testosterone in females.

Women with polycystic ovaries may need to be prescribed medications that reduce their testosterone back to the normal female range.

When may women need to be prescribed testosterone?

Women who have their perimenopause or menopause symptoms controlled by HRT but still have a low libido may be offered a testosterone supplement to help their libido, although some women may need a specialist opinion to support this approach. There may be other reasons for low sex drive in women which should also be considered.

Dr Joanne Watt
GP Great Oakley Medical Centre



Side effects for women who are prescribed testosterone (especially if levels are too high):

- Increased body hair at site of application
- Generalised hairiness (hirsutism), especially dark hair on face chest and back)
- Male pattern hair loss or balding (alopecia)
- Acne and greasy skin
- Deepening of the voice
- Enlarged clitoris (this can be irreversible)

Testosterone as part of gender-affirming treatment:

Testosterone prescriptions may form part of the treatment for transgender people who identify as men and who were assigned female gender at birth. This is an area where people should receive both specialist psychological

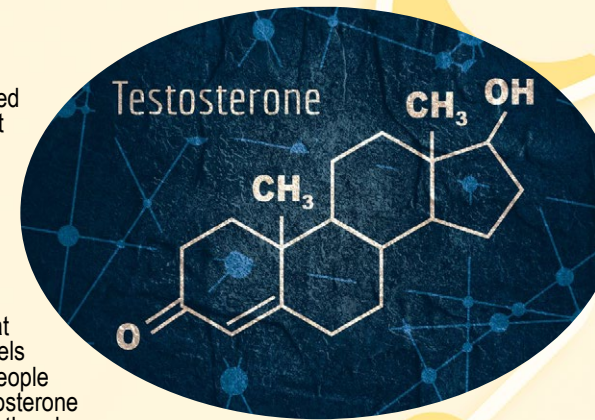
support and may need appropriate specialist physical treatments.

Testosterone Blood tests:

If a clinician asks you to have a testosterone blood test it is best to check it in the morning at around 9 am when levels are highest. Most people who are prescribed testosterone have blood tests when they have been on treatment for 3 months and after that they are tested every year to make sure that their levels stay in the correct range for their gender.

Testosterone prescriptions:

Testosterone is usually given in the form of a gel that is applied daily and is absorbed through the skin or can be given as a slow-release injection. It is not usually prescribed as a tablet. Testosterone is not



available in the UK without a prescription and the clinician prescribing it should make sure that they are treating low levels to get them back into balance. There are several possible side-effects of Testosterone and some are potentially irreversible. It is important that you use the correct dose since high levels may increase the risk(s). If Testosterone levels are too high the medication may need to be reduced or stopped.

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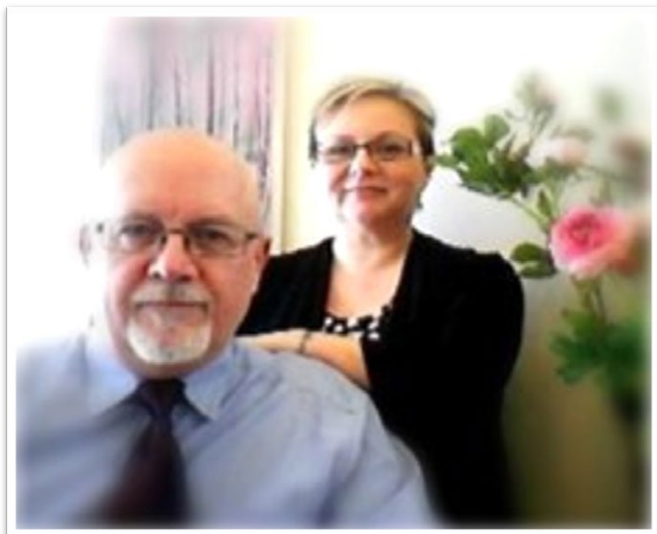
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3rd Feb, 10 - 12noon, Lakelands Hospice Coffee Morning

13th Feb, Lakelands Hospice Quiz Night, The Cons Club NN17 1SZ, £10 a ticket including chip supper, advance booking only

3rd Mar, 10 - 12noon, Lakelands Hospice Coffee Morning

7th Mar, Bingo Night, and 10th March Bingo Morning £10pp, at the Hospice, advance booking only

23rd Mar, 11 - 3pm, Lakelands Spring Fair, The Grampian Club,

Contact lynette@lakelandshospice.org.uk, NN18 3LX, 01536 747755





75th Anniversary of Corby New Town

Corby Town Council is asking residents how a landmark in Corby's history should be recognised.

April 1st, 2025, marked exactly 75 years since Corby was officially designated as a "New Town".

Following the Second World War a push for new homes across the country was underway, alongside a growing demand for iron and steel. For Corby this meant an official plan was actioned for more houses and amenities for steelworkers and their families. The goal was to complete Corby's transformation from a village to a modern town with its own identity. In the decades that followed, Corby's population grew at least five times over into the tens of thousands.

A unique community emerged shaped by migration, that brought cultural influences not just from Scotland, where many newcomers had originated, but from around the world. Corby's industry has changed since 1950, but it is still widely known as a growing town with a strong community spirit.

Corby Town Council wishes to commemorate this significant anniversary and invites the people of Corby to share their thoughts and ideas on how this should be achieved. The Town Council would also love to receive photos or memorabilia of Corby since 1950 that could be shared more widely.

Leader of Corby Town Council, Cllr Mark Pengelly, said: *"Much of the Corby we love now was built on the back of becoming a New Town nearly 75 years ago. The steelworks had become established and the development corporation was formed to build the new extended Corby. Within a few years a new town centre was built and new housing and industrial estates and new leisure facilities were provided. What are your memories of this? Why not share them, and your ideas on how Corby should celebrate the 75th anniversary. It's your town so let us know."*

You can get in touch by e-mail to projects@corbytowncouncil.gov.uk, message Corby Town Council on social media or write to: **Corby Town Council, 4th Floor, Corby Cube, NN17 1QG.**



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By Kerry



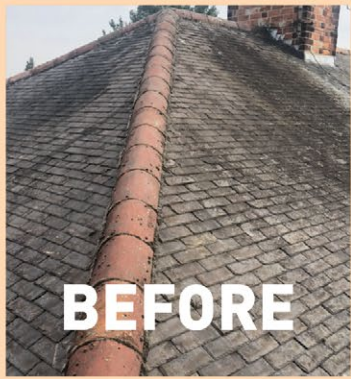
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KID BRAIN TEASERS

- In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?
- What goes up and down, but remains in the same place?
- What do you call a grandfather clock?

CROSSWORD

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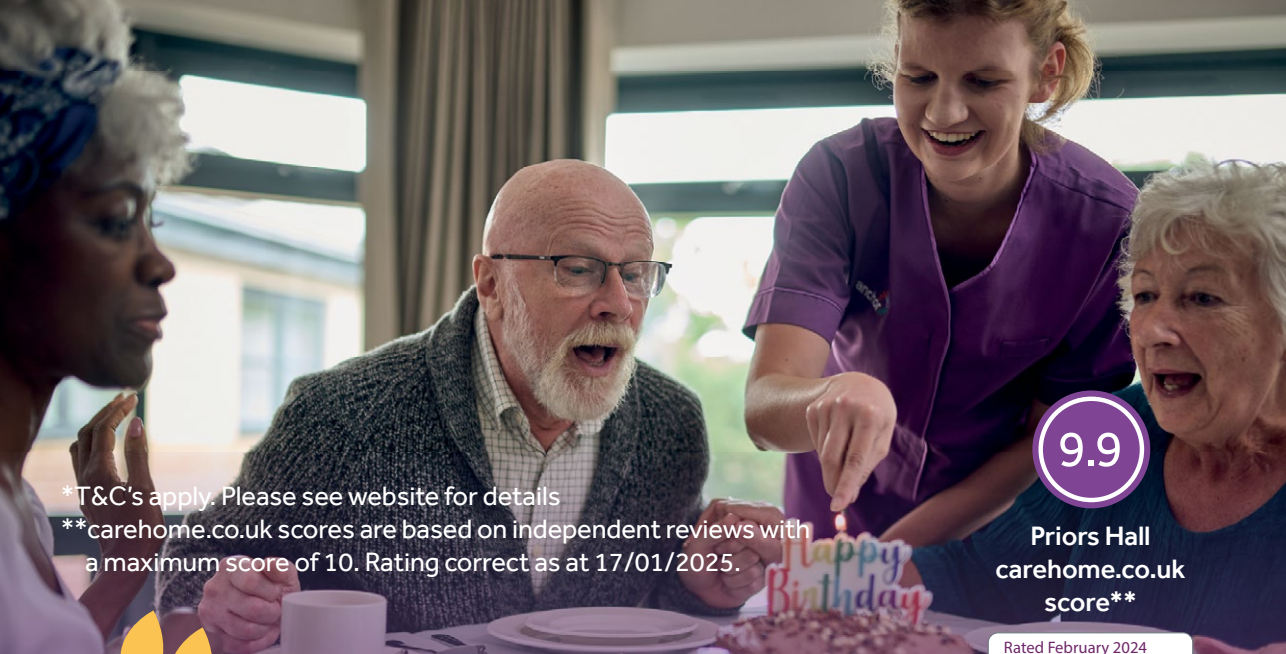
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	8	6		9						
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- ACROSS**
- Additional thought preceder
 - Guernsey's grazing areas
 - Having a sharp taste
 - Whopper teller
 - Unwanted aquarium organism
 - ___ apso (dog breed)
 - Pinnacle
 - Cow's hurdle, in rhyme
 - It may be tucked by a doctor
 - Wisher's object
 - Mauna ___ (Hawaii's highest point)
 - Get droopy
 - Potential ring accepter
 - Actress Potts
 - Islamic leader, one way
 - "Who ___ Seen The Wind?"
 - Kansas, e.g.
 - Casual wear
 - Big Dipper, for one
 - Nurture
 - Scots trills
 - Refined petroleum
 - Red cheese
 - Aromatic compound
 - Qualification
 - Your financial advisor advises it
 - "How ___ you?"
 - Larger than large
 - Even a bit
 - Hit
 - An amount of medicine
 - Mischievous one
 - Ireland, affectionately
 - Writing on the wall
 - Sound from the nest
 - Model cars, e.g.
 - After everybody else

BRAIN TEASERS

- A:** Until I am measured, I am not known. Yet how you miss me, When I have flown. What am I??
- B:** What word is pronounced the same if you take away four of its five letters?
- C:** What can fill a room but takes up no space?

- DOWN**
- Nome's home
 - Mossy growth
 - Certain islander
 - A favorite with milk
 - Female monster
 - Stretch out
 - Overly eager
 - Grandchild of Japanese immigrants
 - Site for some rites
 - Grouch
 - Farm butter?
 - Skeptic or cynic follower
 - "Our ___ Will Come"
 - Fly from Africa
 - Deposit on teeth
 - "Birthplace of Aviation"
 - Loft locale
 - Quick or slow attachment
 - Does not exist
 - Peach ___
 - Like a body in Newton's first law
 - Water source
 - Vent sound
 - Rope fiber
 - City where "The Scream" was stolen
 - Inspirational celebrity
 - Dandy dresser
 - English county known for sheep
 - Port on Commencement Bay
 - Shakes an Etch A Sketch
 - Show mercy
 - Worth
 - Land in a lake, e.g.
 - Lassos
 - Hodgepodge or mishmash
 - Worshipped carving
 - Garfunkel or Carney
 - AAA specialty
 - Birthdate number



*T&C's apply. Please see website for details
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Hampton by Hilton Corby Wraps Up 2024 Charity Fundraising with £2,577.69 for Northamptonshire Health Charity.

Hampton by Hilton Corby has proudly announced the successful conclusion of its 2024 Charity of the Year fundraising efforts, raising an impressive £2,577.69 in support of Northamptonshire Health Charity. The funds will be directed towards the Twinkling Stars appeal, which aims to enhance the comfort and privacy of the maternity suite at Kettering General Hospital.

The team at Hampton by Hilton Corby dedicated the year to a range of engaging and heart-warming fundraising initiatives. From adrenaline-fueled skydives and spirited fancy dress events to sponsored silences and street sales, staff members showed remarkable creativity and commitment to making a difference.

Reflecting on the year, Fiona Stacey, Director of Sales said: *"Me and my colleagues at Hampton by Hilton Corby have immensely enjoyed fundraising for Northamptonshire Health Charity throughout 2024. We have been involved in numerous projects throughout the year that include Sky Dive, Fancy Dress, Street Sales, Sponsored Silence, and so much more. Our colleagues believe and support the hard work that goes on at Kettering General Hospital and wanted to shine a spotlight on the funds needed for the Twinkling Stars appeal to provide a more comfortable and private setting in the maternity suite."*

The year-long campaign also included collaborative efforts such as hosting charity golf days, organising teddy bear giveaways for local care homes, and providing prizes at local festivals. These activities not only brought the team closer but also generated laughter and camaraderie while contributing to a meaningful cause.

As the fundraising year ended, the Hampton by Hilton Corby team expressed pride in their collective achievements with Fiona Stacey adding, *"The year has brought us many laughs of celebration and collaboration by teaming up to help host charity golf days, teddy bear giveaways to care homes, and prizes at local festivals. But together, we are*

Nick Hayton from Northamptonshire Health Charity said *"It has been a pleasure working with the Hampton By Hilton staff as charity of the year for Northamptonshire Health Charity Twinkling Stars Appeal. It has been a fantastic amount raised but it has been much more including supporting our events such as our Golf Day, Christmas campaign etc"*

The Twinkling Stars appeal continues to rely on community support to make a difference in the lives of families in Northamptonshire, and the contributions from Hampton by Hilton Corby will play a key role in advancing this important initiative.



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