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Focus-on:

- L.I.V.E - What is it?!
- Samaritans - Here to help
- Dr Joanne Watt: Asthma
- World Autism Day



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Welcome once again

As we bring you another edition of **Focused on Corby**, we prepare for another busy event season in Corby and the surrounding area. We really do have an abundance of wonderful places and attractions right on our doorstep. Keep an eye out for lots of money saving vouchers and some great monthly competitions to help you enjoy all the great things in the town a bit cheaper or even better FREE!

Find out what's on locally via:

- Focused Publications Social Media pages
- Corby Radio Facebook page
- www.lovecorby.co.uk
- The Core Theatre
- www.dayoutwiththekids.co.uk
- www.allevents.in/corby/all
- Facebook Group - 'What's on in Corby and local area'

Jordan Vucenic once again made Corby proud in his latest UFC fight against Duncan. Though the result wasn't what he - or Corby - had hoped for, he remains a true warrior. No doubt, he'll come back stronger than ever.

Corby's got your back!

Craig Barber
Founder / Editor / Designer



ISSUE 43

focussed

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LIVE

LEARNING INDEPENDENCE VOLUNTEERING EMPLOYMENT

Learning

Training Pathways to underpin the existing skill base of our customers. The Pathways are devised to enhance the vocational aspirations of our customers and focus on transferable skills.

Independence

Independent travel training, exploring the community and providing budgeting support. Building confidence to travel safely, IndiTrav is an intensive training pathway with complete staff support.

Volunteering

Support into community-based volunteering opportunities with tailored job coaching, progression planning and vocational training. We work hard to job match to a variety of opportunities that work for the person.

Employment

We deliver supported employment following the British Association for Supported Employment model of delivery – Engage-Vocational Profile-Job Analysis-Employer Engagement-In Work Support. This helps to ensure our customers find the right job, with the right employer at the right time.

Who are the LIVE team?

LIVE is an enabling service that exists to support adults with disabilities raise their aspirations and achieve their learning, independence, volunteering, and employment ambitions. We are part of the specialist supported employment service within North Northamptonshire Council and proud of the impact we have on the people we support and the lives we can change.

Did you know...

in the last year the **Corby LIVE team** have supported our local community and outside space collecting and crushing over 10,000 cans! These are all donated to a local organisation that turn the cans quite literally into Helipads for Hospitals. We are proud to be supported by our local libraries and community centres who host our Coats for Kids rails (we gifted on over 300 coats in 2024) and our Cornerstone project that provides clothing essentials to people who need them. Last summer we opened a pop-up coffee shop in the Diagnostic Centre in Corby where refreshments and light snacks are available for a donation, and we are thrilled with how our pay it forward scheme has worked. Pop along and see us and talk the team about our scheme (Monday – Thursday from 0930 until 1230).



If you would like any further information or can support us in the Community please contact us on **01536 261 066**

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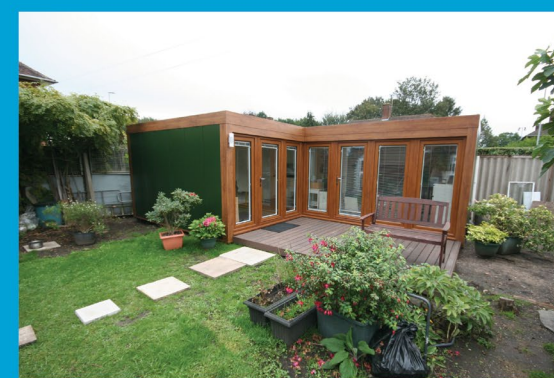
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ISSUE 43

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As an affiliated branch of The Samaritans we are self funding and rely on Grants, Donations and our many fund-raising activities to finance the running of the branch.

As well as arranging collection days at various supermarkets, historically called 'Tinsakes' we also arrange a number of events throughout the year as below:-

Monday 31st March Charity Fashion Show at Laburnum Community Centre, Kettering.

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Saturday 14th June Mid-Summer party Night at The Holiday Inn, Corby.

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If you would like tickets or further information on these or any future events please contact Graham via: **fundraising@ketteringsamaritans.org** or **07776 746405**

If you would like to volunteer to become a listener or to support fund raising you can apply on-line at Samaritans.org, or if you would like to talk to someone about the opportunities for volunteering you can email:

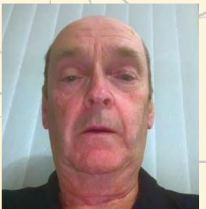
Linda.Coles@Samaritans.org



Sheelagh - Director
 Kettering.director@Samaritans.org



Linda - Secretary and Training
 Linda.coles@Samaritans.org



Graham - Fundraising
 Fundraising@ketteringsamaritans.org

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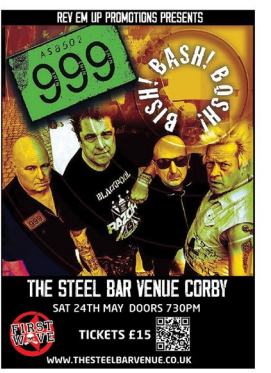
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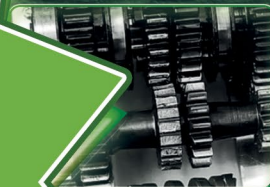


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Dr Joanne Watt
GP Great Oakley Medical Centre

What is Asthma?

Asthma is a common long-term condition that affects the respiratory system, about 6.5% of the population has a diagnosis of asthma. The usual symptoms are wheeze (noises on breathing out), noisy breathing, cough, breathlessness or chest tightness. Symptoms are often worse during the night or early morning or may be seasonal. People may find that their asthma is made worse by their work and notice a pattern that varies according to whether they are at work or not.

What changed and when?

The new UK NICE guidelines were published on 27th November 2024. If you already have a diagnosis of asthma you will receive personalised information based on these new guidelines at your next asthma annual review at your GP practice. You do not need to make an earlier appointment if all is ok with you, although you may wish to contact your practice by phone or using an online form if you cannot remember when you last had an annual asthma review.

The biggest change is that you will not be using a blue/reliever inhaler (Salbutamol/Ventolin) on its own to provide regular control of asthma, this is also known as a short acting beta agonist or SABA. The new guidance advises an inhaled steroid to use alongside the reliever inhaler. For adults and children over 12 this will usually be in an inhaler that contains both the SABA and steroid medicines mixed together. If this is used just when it is needed it is called AIR therapy (anti-inflammatory reliever), if it is used regularly this is called MART (maintenance and reliever therapy). If you are experiencing a flare in your asthma treatment you will need to increase your inhaler use which means that you will usually increase your steroid dose at the same time as your reliever and this should settle your symptoms more quickly. Some people will be advised to take other types of inhaler and may be prescribed a tablet called montelukast.

How is asthma diagnosed?

Understanding your symptoms is part of diagnosing asthma and now there are more tests that should also be used in everyone over the age of 5 to make a confirmed diagnosis. Some people will be asked to do tests on their breathing and others may be recommended to have a blood test. The tests you have will depend on whether you are an adult or a child and the child tests vary according to age. The blood test is looking for raised eosinophils which are a type of white blood cell involved in allergy, this test is a new recommendation in the recent guidelines for adults aged over 16 years. Children aged 5-16 years may need to have skin prick tests looking for house dust mite allergy and they may need to have a blood test looking for an immune protein called IgE.

Children aged under 5 find it difficult to do the breathing tests so they are usually treated with inhaled steroids while we wait for them to be old enough to do the tests to confirm the diagnosis. If a pre-school child has had 2 or more admissions to the A+E department with significant symptoms in a 12-month period the hospital will usually arrange for specialist follow up.

If the tests done by your GP practice do not reach a conclusion you may be referred to a specialist.

What happens at an annual review at your GP practice?

At every review you will be asked questions to help to understand how well controlled your asthma is, these questions may be sent to you in advance by text, email or post. In most GP surgeries your review will be undertaken by a nurse who has more qualifications in this area although sometimes practice pharmacists and other clinicians will also have been trained to undertake asthma review. You should be offered a check on your inhaler technique as well as being offered an inhaler that has less impact on the environment. If your symptoms are well controlled on your current inhaler regime the clinician may suggest that you stay on your current treatment rather than changing

to fit with the new guidelines. It is important that you follow your own personalised asthma plan and do not borrow anyone else's inhaler or lend your inhalers to other people. Your clinician needs to know if you have missed days from school or work due to your asthma. It is useful to know how much you are using your inhaler/s and if you have needed to take any steroids as oral tablets, or if you have had any emergency admissions to hospital because of your asthma. They will ask about smoking exposure including the use of vapes, your work, stress and mental wellbeing, and environmental factors.

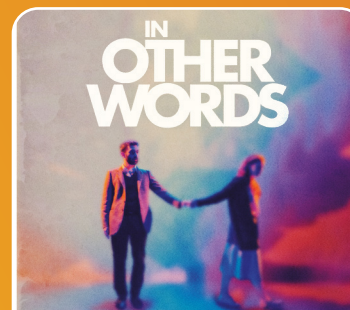
You should be given a personalised asthma action plan which advises what to do in various circumstances. If your symptoms have been well controlled you may be advised to reduce the strength of your prescribed treatments, you will often need to wait for up to 12 weeks to understand the impact of any changes.

When to worry and call for help?

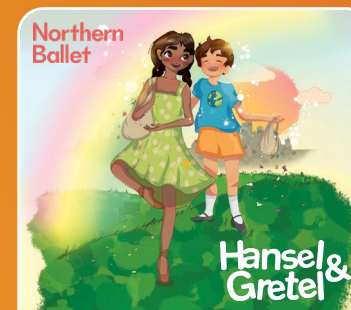
Remember to look at your personalised asthma action plan since this will hold useful information about what to do if you are worried. If you are using more than 2 blue inhalers a year or if you need more than 2 courses of oral steroids in a year then this may suggest that you need an asthma review to consider changing your treatment. Other signs that you need a review are needing a reliever inhaler 3 or more days a week or having one or more nights' sleep disturbed by asthma symptoms. If you have a diagnosis of asthma and are too breathless to talk (or feed in children) seek urgent medical attention via 111 or the urgent care centre. If you are going blue, becoming drowsy or exhausted or confused call 999 immediately.

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Wed 30 April



Thu 1 May



Fri 2 - Sat 3 May



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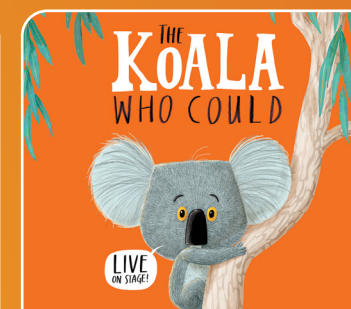
Thu 15 May



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Thursday 8th May

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- 9:00pm** Corby's Mayor and Canon Paul Frost lead the tribute
- 9.30pm** Beacon Lighting by The Royal British Legion
- 9.35pm** Parade and Formation by the Cadets

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MUSIC BY DAN GILLESPIE SELLS
FROM AN IDEA BY JONATHAN BUTTERELL

TEEN EDITION

20-22 JUNE 2025
THE CORE THEATRE, CORBY

The Core @ Corby Cube

This amateur production of EVERYBODY'S TALKING ABOUT JAMIE: TEEN EDITION is presented by arrangement with Concord Theatricals Ltd. www.concordtheatricals.co.uk

NODA

WELDON THEATRE SCHOOL PRODUCTION OF

Disney · PIXAR **FINDING NEMO JR.**

BOOK, MUSIC AND LYRICS BY KRISTEN ANDERSON-LOPEZ AND ROBERT LOPEZ
BOOK ADAPTED BY LINSAY ANDERSON
MUSIC AND ORCHESTRATIONS ADAPTED AND ARRANGED BY MYRNA CONN

Based on the 2003 Disney / Pixar film Finding Nemo written by Andrew Stanton, Bob Peterson, David Reynolds and directed by Andrew Stanton

20 JULY 2025
THE CORE THEATRE, CORBY

The Core @ Corby Cube

This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI www.mti-theatre.com

NODA

CORBY PRIDE

Come and join us on **SATURDAY 7 JUNE 2025**

Parade starts at 12pm - The Cube
Live entertainment at Coronation Park til 6pm

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- 4th April, Lakelands Hospice Race Night, The Grampian Club NN18 9NT, £2 entry, children go FREE
- 14th April, 10 - 12noon, Lakelands Hospice Coffee Morning
- 14th April, Children's Bingo & Egg Hunt, Lakelands Hospice NN18 8LX, £8 per child
- 12th May, 10 - 12noon, Lakelands Hospice Coffee Morning
- 22nd May, Lakelands Hospice Quiz Night, The Cons Club NN17 1SZ, £10 per ticket, includes chippy

Hospice events, Save the date :

Contact lynnette@lakelandshospice.org.uk, NN18 8LX, 01536 747755

FR Registered with the Financial Regulator

World Autism Day

April 2nd marks "World Autism Day", while April marks "World Autism Month". You might have heard autism described as "Asperger's Syndrome" in the past, or perhaps you've heard it described as "Neurodiversity", which is the most fashionable term to use currently.

What is autism, you might be wondering?

In lay-person terms, it means that an individual has difficulty with social communication and social interaction. Technically, autistic individuals can speak; they can check into an airport, for example, and technically, they can mix; they can blend with others in an airport lounge, for example, but it is the way they mix, and the way that they communicate that is qualitatively unusual. They may barely look at you, mutter, or be monosyllabic, and interacting with others might be so anxiety-provoking that they need to recover for days afterwards. It's different for everyone, but it is not just those two facets of being human that an autistic individual may experience difficulty with.

Most autistic individuals experience sensory overload. **Consider all our senses:** sight, sound, smell, touch, proprioception (sensing body position and movement) and taste. Imagine what it might be like to have one or all of those senses adversely impacted simply by being in society. Rigid thinking and behaviours and a preference for repetition and routine also feature in autistic individuals, and so they find the concept of change extremely difficult to manage. It's quite a lot, isn't it? what is more is that autistic individuals account for 1-2% of the global population, which makes them a minority, and minorities suffer in numerous ways. Furthermore, autism never comes alone. There are often co-occurring conditions, such as ADHD, OCD, but commonly, depression and anxiety.

Recently, autism has received some bad press, with the likes of the Southport killer being described as autistic and, more recently, a 19-year-old autistic male from Luton who killed his entire family as part of a wider plot that would involve him storming into his former school and cause "the biggest massacre of the 21st century"

(The Guardian). In reality, autistic individuals are the victims, not the perpetrators of crime, with cuckoo-ing being a major problem, whereby unsavoury individuals move into their properties and control and exploit them. Autistic individuals are vulnerable and are victimised on many levels. Studies have shown that up to **66%** of autistic adults have thought about taking their own life, and an **alarming 35%** have attempted suicide. At Action for Neurodiversity, we hear the inner worlds of the many autistic individuals who consult us through counselling. They are sensitive and need emotional support that truly **"gets them."** Our counsellors and emotional support workers are not only qualified in counselling and/or psychotherapy but also have familial experience with autism, have autism themselves, or have worked in the field previously. Working to a counselling model that has been adapted for the uniqueness of their minds, help is at hand. Counsellors also work with autistic individuals close others as well, for they appreciate how difficult it can be to be the mother, partner, sibling, or friend, watching from the sidelines their loved ones misery unfold.

Action for Neurodiversity is **"rich"** in what it does, but autism isn't a very appealing fundraising cause, especially when we are force-fed bad press about autism. The truth is, there's good and bad everywhere, neurological wiring aside. So we politely request that this **"World Autism Month"** of April that you consider how you can help us to help them. If you would like to help our charity, please make a donation via the donate button on www.actionforneurodiversity.org.



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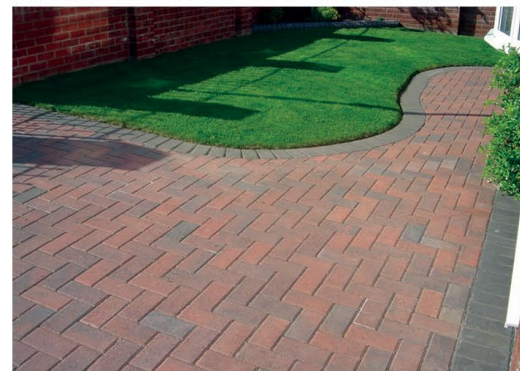


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POP'S Brain Busting Quizzes

KID BRAIN TEASERS

- 1: What has to be broken before you can use it?
- 2: I'm tall when I'm young, and I'm short when I'm old. What am I?
- 3: What has 13 hearts, but no other organs?

CROSSWORD

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SUDOKU

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Down

1. Postpone
2. Computer typeface
3. Keanu in "The Matrix"
4. Wedding symbol
5. Buckeye state
6. Fled
7. Bassoon cousin
8. Kind of plug
9. Snake-like fish
10. Sit tight
11. Mark from a cut
12. Complain
15. Home: abbr.
20. Writing liquid
22. Agent
25. Rowing need
27. Persona
29. Not fore
30. Name of a book
31. Not shut
33. Neighborhood
34. 3x4-12
35. Very long time
36. Precipitation
37. Ocean predator
38. So be it
40. Gehrig and Costello
44. Relaxed
47. One of the seven dwarfs
49. Chem room
51. Popular card game
53. Purchase
55. Really fat
57. Pungent veggie
58. Got up
59. Russian agency
60. Type of snake
61. Actor Lugosi
62. Suddenly lose it
64. Copenhagen resident
65. Body of a speech
66. Critique
69. Part of CBS: abbr.
71. Collection
72. AC measure

BRAIN TEASERS

- A: What is so fragile that saying its name breaks it?
- B: The more you take, the more you leave behind. What are they?
- C: What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it?

Across

1. Actor Aykroyd
4. Bklyn., e.g.
8. Stitches
12. Trifling
13. Melville captain
14. Juicy fruit
16. Mishmash
17. Japanese straw cape
18. aka; alternate name
19. Driver's org.
20. Wedding words
21. Mess up
23. Uno + due
24. Hosiery material
26. Barely get by
28. Otherwise called
30. Pinnacle
32. Rubberneck
36. Loud crowd response
39. Turn over
41. Choc. cookie, vanilla center
42. Supply with weapons
43. Shopping aids
45. Sea bird
46. Covered with ice
48. Bone below elbow
49. Vietnam neighbor
50. Prefix meaning one-billionth
51. Utilise
52. Itinerary abbr.
54. Hoodwink
56. WWII sub
60. Muscle man's six-pack
63. Physique, slangly
65. Sample
67. Powerful D.C. lobby
68. Have a feeling
70. On the ocean
72. Short personal histories
73. Portrays
74. First in line
75. Throw out
76. Church area
77. Feminine suffix
78. French one



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9.9

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