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While you're supporting local, don't forget to tune in to Corby Radio on 96.3FM or listen online at www.corby.radio. It's our community's voice — sharing local stories, playing great music, promoting events, and providing a platform for Corby to shine.

Your support — as a reader, shopper, and listener, helps keep our town connected, creative, and thriving. So use the vouchers, shop local, tell them where you saw the ad, and keep tuning in to your local station.

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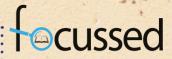
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ISSUE 44



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Inspiring Futures through Learning (IFtL)



leads the charge toward sustainability: committing to carbon neutrality by 2035

Inspiring Futures through Learning a Multi Academy Trust overseeing 20 schools in Milton Keynes and Corby, is committed to becoming carbon neutral by 2035. With a focus on sustainability, IFtL aims to reduce its environmental impact while positively influencing over 8,000 children, their families, and the wider community. Since its founding in 2016, IFtL has nurtured a culture of collaboration and excellence, integrating sustainable practices into its schools. The Youth Parliament, with representatives from each school, plays a key role in shaping a greener future.

Their key initiatives and milestones include the following:

- Carbon neutral by 2035: IFtL has invested £30,000 in decarbonisation audits to map out a path for each school to reach net zero carbon emissions.
- Sustainability in the curriculum: IFtL aims to weave carbon reduction and sustainability education into its curriculum, raising awareness among students about energy conservation and environmental responsibility.
- Energy efficiency & solar power: Through energy reduction initiatives, including user education and behaviour modification, IFtL plans to cut down the 60% of energy wasted outside operating hours. The introduction of Solar PV across the estate, part of a £1.1 million project, which also included LED lighting upgrades, will further propel this energy transformation. Thirteen of our schools have recently been equipped with solar panels. Additionally, four schools already had them installed, leaving just three schools that have only recently joined IFtL.
- Recycling & water conservation: Schools within IFtL will boost recycling efforts, enhance food and waste disposal systems, and introduce water-saving initiatives like rainwater harvesting. 15 of our schools have automated meter reading enabling them to identify out of hour or unusual usage, which will enable wastage to be minimised.
- Promoting biodiversity: IFtL is also creating sustainability zones on school grounds, participating in biodiversity initiatives such as "No-Mow May," and collaborating with national programs to foster a greener environment within school communities.

creating together."

Sarah Bennett, CEO of IFtL, expressed her pride in the organisation's commitment to sustainability and the role that the Youth Parliament has played in driving these initiatives. "I am incredibly proud of what our Trust has achieved so far, particularly in how we have united our schools and the wider community in our journey toward carbon neutrality. The involvement of our young people through the Youth Parliament, which I personally lead, has been a true highlight. Their passion, creativity, and determination to make a difference are inspiring, and it is a privilege to work alongside them. Together, we are shaping not just a sustainable future for our schools, but

This holistic sustainability strategy, supported

Email marketing@iftl.co.uk to see how you can get involved

Jason Smith, IFtL's Head of Operations, recently certified as Carbon Literate and awarded a Climate Wise Schools Expert Leader accreditation, Jason has demonstrated a strong commitment to advancing sustainability leadership in education. Reflecting on these achievements, he shared the following: "It's a privilege to be recognised for our sustainability efforts, but this is truly a team achievement. Our focus on environmental responsibility has been embraced by our entire community - colleagues, pupils, and families alike. We are all committed to making a meaninaful, lasting impact, and I'm excited about the positive change we're

for the next generation."

by Milton Keynes City Council's Carbon Offset Fund and other partnerships, demonstrates IFtL's focus on promoting a greener, more resilient future for its pupils and the communities it serves.



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2nd August, Lakelands Summer Fete, 11am - 3pm, Butland Road, NN18 8LX

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Cransley Hospice Trust

AT THE SPARKLE WALK!

Can you believe it's only four weeks until the longest day of the year and more importantly, The Cransley Hospice Trust Sparkle Walk! Join Cransley Hospice Trust on Saturday 21st June 2025 to party your way around the streets of Kettering and celebrate the glory as you cross the finishing line - all while raising money for end of life care and support for those who need it most in the community.

What's more, the event is now open to all ages, meaning families can walk and remember together. Tickets are just £17 for an adult, £10 for a child, or a family ticket (2 adults and 2 children) for just £45! Ticket price includes the incredible event experience, with a fully marshalled 6km route, an exclusive Sparkle Walk event pack with keepsake lanyard and full access to the dazzling after party event at the fabulous Wicksteed Park.

This year, you'll get the party started at the iconic Wicksteed Park. There'll be the chance to purchase some dutch courage from the bar*, enjoy the thrills of selected classic Wicksteed Park rides*, and celebrate the lives of those who aren't able to walk alongside us by leaving a message on the 'Memory Tree,' before you begin the old school warm up to get you into the Sparkle Walk spirit!

Then you'll set off, pounding those Kettering streets on a 6km sunset walk like no other, passing local landmarks including the Market Square and the charity's very own Cransley Hospice, cheered on by our friendly marshals and by each other! The Cransley Hospice Trust charity shops will also be open late on the evening, in case you fancy a spot of shopping as you pass them by - there's sure to be a bargain that will catch your eye!

The miles will fly by with all the camaraderie en-route, and it's back to Wicksteed Park for the sensational after party - included in this year's ticket price! There'll be a chance to toast your success with your friends and family at the bar*, grab a mouth-watering bite to eat* and dance the night away!

Your fabulous fundraising as you tackle the Sparkle Walk will help 'make every moment matter' for patients and their families with a terminal diagnosis. By raising sponsorship for the event, you can help make magic happen - supporting couples like Sharon and Darren, who were able to get married in Cranslev Hospice before Darren passed

Sharon told us: "It was a weight off both of our shoulders when he went into the hospice, we got to be partners again and spend quality time together. It felt like a huge sigh of relief.

"All of the family felt so valued and respected during this time too. As much as Darren was their primary focus, it also felt like they provided family centred care.

Not only will you glow in the feel-good factor of making such a difference, but there's also treats involved! Simply raise £50 or more and you will be able to claim your very special Sparkle Walk t-shirt and some fun and fabulous flashing headwear to ensure you truly do 'Sparkle' as you take on this year's walk.



There's no better way to spend your Saturday night! BOOK NOW:

8 www.cransleyhospicetrust.org.uk/get-involved/events/sparkle-walk-2025

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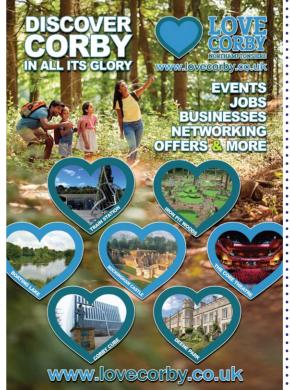


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Menopause

What is menopause?

Menopause is when someone who has been having periods has not had one for 12 months. It affects all individuals born with ovaries including women, some trans, nonbinary and intersex people. In the UK the average age for menopause is 51, although it typically occurs between the ages of 45 and 55 years. It may happen earlier for people from Black. Asian or other ethnic backgrounds. Some people have a much earlier menopause happens under the age of 40 this is called Premature Ovarian Insufficiency (POI), this happens to 1 in 100 women and needs further investigation via your GP practice.

What are the symptoms of menopause?

Most menopause symptoms result from the ovaries producing less oestrogen, this can happen naturally or because of medicines, chemotherapy, radiotherapy or surgery. Some people have mild symptoms while others find them very disabling and disruptive to their lives. Menopause symptoms often last for 7-10 years, although some may last for over 12 years. Perimenopause can begin years before the last period. If you are going to talk to a clinician at your GP surgery it can be helpful to make a list of all the symptoms you are experiencing, as well as keeping track of vour periods. Sometimes menopause will not be the cause of all of your symptoms.

Support from family, friends and colleagues can make a big difference for women experiencing disabling menopause symptoms. The most common early symptoms are hot sweats and flushes. especially at night, although there are lots of other menopause symptoms. Some people will find that their periods suddenly stop. Post menopausal bleeding after 12 months without periods should be reported to your GP.

Who needs menopause blood

If you are otherwise well and are over 45 experiencing symptoms you do not need usually need blood tests to prove that you are in perimenopause. Diagnosis and treatment is based on symptoms rather than tests. If you are over 45 and have not had a period for 12 months or more you have had your menopause.

Treatment for menopause:

Lifestyle choices can improve both short-term and long-term health during perimenopause and menopause, some individuals will require prescribed medication.

Menopause can disrupt sleep. Reducing stimulants such as caffeine and nicotine (including vapes) after 6pm can help. Other factors such as noisy bed partners or discomfort may also be part of the problem. Sleeping tablets should be avoided since they are addictive, supplements such as magnesium glycinate (400mg) may aid sleep, reducing aching muscles and improve mood.

Mood and Mental Health

Menopause can lead to increased anxiety and mood changes. Accessing talking therapies and Cognitive Behavioural Therapy (CBT) may be helpful, local services can be contacted on 08004480828. If you are having thoughts about harming yourself or anyone else call 111 for urgent advice on staying safe.

Bones and Muscles

Oestrogen loss affects bone and muscle strength, and you may find that you have more aches and pains. Cardio and weightbearing exercises such as walking or running are helpful for your body and mind as well as bone strength, and strength building activities such as weightlifting, yoga or Pilates are also very helpful to so ideally you need to do a combination. Taking vitamin D (10mcg daily) for at least 6 months every winter is recommended, especially for people who have darker skin or who cover their bodies. Calcium is also important for bone health: an online calcium calculator can help you to decide if you need to change your diet or take supplements. This is particularly important if you have a personal or family history of osteoporosis.

Bladder changes, Vaginal Dryness + Uncomfortable 'smears'

Many people notice increased bladder irritation and a risk of leaking, especially when sneezing, coughing or rushing to the toilet. Pelvic floor exercises can be very helpful to prevent leakage as can avoiding stimulants such as nicotine and caffeine. If you are peri or post-menopausal and get lots of urine infections, you may benefit from vaginal oestrogens being prescribed to prevent infections so contact your GP practice.

If you have noticed that your vagina is sore and dry, or that smear tests become uncomfortable when they were ok before

Watt **GP Great Oakley**

Medical Centre





Dr

Joanne



you may wish to talk to your GP practice team about vaginal oestrogen treatment. This is a very safe low dose oestrogen and can be used by almost everyone. although people who have had breast or other hormone related cancers will need to check before they use them. There are also non hormonal lubricants and moisturisers that everyone can use.

Hormone Replacement Therapy (HRT)

The safest form of HRT is to have a form of oestrogen that is absorbed through the skin via patch gel or spray. If you have a womb progesterone is also required to prevent your womb lining from thickening which can lead to complications. Some people may also need vaginal oestrogen, or they may choose to have just vaginal treatment. Every woman is different, and regimes need to be individualised, and you may need to try a few different regimes and doses before you find one that suits. If you have had breast cancer or hormone-sensitive cancers, HRT may not be suitable for you.

Alternatives to HRT

There are lots of non-hormonal products that can be effective for all or some of your menopause symptoms. If you require non-hormonal treatments your clinician will talk you through the best options for you. Many of these products were developed for other purposes and are now used for treating menopause symptoms.

Plant oestrogens and Herbal treatments

Many of the herbal menopause treatments contain plant oestrogens, which should be avoided by those with hormone-related cancers. While some of these products may provide symptoms relief, there is ongoing research into their benefits and risks and more information may be available in future.

For more information about menopause please talk to a clinician at your GP practice or visit:

https://www.womens-health-concern.org/

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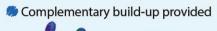


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Reduction in Children Children's Trust Entering Care in Northamptonshire

The number of children needing care in Northamptonshire has reduced, following commitment and ambition of local leadership and the workforce to support children to remain living with their parents or within their family networks whenever it is safe to do so.

Northamptonshire Children's Trust supports families to access the right support at the right time, focusing on prevention rather than late intervention meaning families can access timely, tailored support to build resilience, promote well-being, and overcome challenges.

Today, Ofsted have published their latest focussed visit inspection letter of the Children in Care service where they cited the reduction in the number of children coming into care and also noted the firm focus on continual improvement. Inspectors found a number of key improvements, including increased workforce stability, enhanced quality of assessments for children in care, and significant progress in reducing the number of children living in unregistered children's homes through a comprehensive sufficiency strategy.

Ofsted also noted the strong political and corporate support from the council's contributing to addressing sufficiency needs by providing more homes for children in the county as well as investing in transformation such as circle to success which has had impact on improving outcomes for children and young people.

In their report, inspectors sad: "When children do enter care, social workers are increasingly prioritising the importance of achieving permanence without delay.

"Most children in care enjoy positive relationships with consistent social workers who know them well. Social workers speak about the children they support with pride and warmth."

When children are unable to continue to live with their family, the Ofsted inspectors found that they are living in homes that meet their needs, where they have positive experiences and make progress in various aspects of their lives.

Julian Wooster, Chair of Northamptonshire Children's Trust said: "It is pleasing that Ofsted have seen the decrease of the number of children coming into care, something that has been a key focus for us. Wherever possible we want children and young people to remain with their family or family network when it is safe to do so. Every child deserves to have a sense of belonging and opportunity to thrive and it is heartening to see that Ofsted recognised the commitment we have to ensuring all children and young people have this."

"We know that there are still improvements to be made as outlined by Ofsted and we are committed to progressing these."

Cllr Kathryn Shaw, Cabinet Member for Children, Families and Education at West Northamptonshire Council, added: "Ofsted has acknowledged the strong and steady focus on making things better — especially the progress we've made in creating more stability across the workforce. We're committed to keeping that momentum going. The council will continue working side-by-side with Northamptonshire Children's Trust to keep raising the bar, so that every child gets the support, safety, and opportunities they truly deserve."

During the recent visit, Ofsted found that "Social workers expressed unanimous positivity about working for NCT, feeling valued and well-supported by managers and leaders at every level of the organisation. Staff cited this level of support, comprehensive training and development opportunities, and manageable caseloads as key reasons for their continued commitment to NCT, with some agency workers even converting to permanent positions as a result."

You can read the full report here: https://files.ofsted.gov.uk/v1/file/50277483

Find out about NCT: Jobs and careers with Northamptonshire Children's Trust https://careers.nctrust.co.uk/jobs/search

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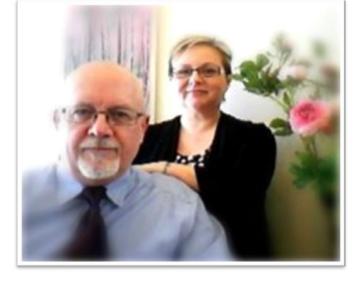
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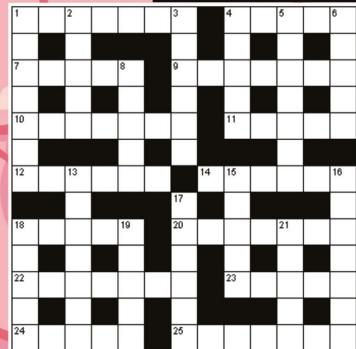


Brain Busting Quizzes

KID BRAIN TEASERS

- Do you know the name of the invention that lets you look instantly right through any wall you want?
- First I am dried, then I am wet. The longer I swim, the more taste you get. What am I?
- Do you know where you can find cities and countries, towns and shops, roads and lakes, but absolutely no people whatsoever?

CROSSWORD



3 5 6 1 7 5 1 9 8

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

BRAIN TEASERS

- I Am Heavy And Hard To Pick Up, **But Backwards I Am Not.** What Am I?
- I am taken from a mine, and shut up in a wooden case, from which I am never released, and vet I am used by almost everybody. What am I?
- I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am !?

Across

- 1. Floorshow (7)
- 4. Spooky (5)
- 7. Detection device (5)
- 9. Vertical (7)
- 10. Inactivity (7)
- 11. Measuring implement (5)
- 12. Dictator (6)
- 14. Ecclesiastic (6)
- 18. Copious (5)
- 20. Drawn (7)
- 22. Pouch worn with a kilt (7)
- 23. Diadem (5)
- 24. Admittance (5)
- 25. Spiny anteater (7)

Down

- 1. Transported (7)
- 2. Emblem (5)
- 3. Tropical bird (6)
- 4. Mistake (5)
- 5. Dependable follower (7)
- 6. Go in (5)
- 8. Magnitude relation (5)
- 13. Reinforcement (7)
- 15. Reasoned judgment (5)
- 16. Musical passage (7)
- 17. Opportunity (6) 18. Part of a church (5)
- 19. Ahead of time (5)
- 21. Obviate (5)

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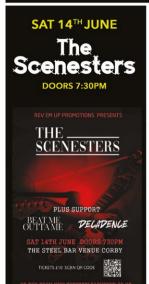
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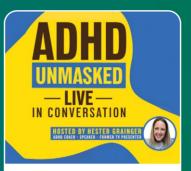




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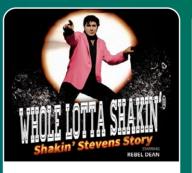
Thu 26 June



Fri 27 June



Wed 2 July



Fri 11 July



Wed 8 October



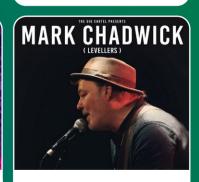
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