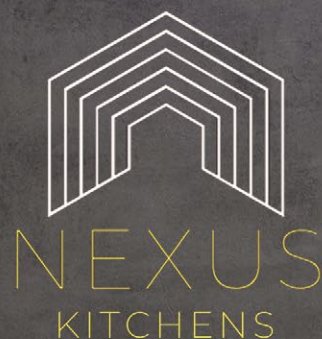


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Focus-on:

- **Hope for Families**
- **Cransley Hospice**- Sparkle update
- **Dr. Joanne Watt**- Adult Weight Loss
- **M-Power**: Dramatherapy Programme
- **GAIA**: Comes to the Core Theatre
- **Corby Radio**: A New Chapter



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Make the Most of the Summer - and Support Local!

As the summer rolls on, there's still plenty of time to soak up the sunshine, enjoy the outdoors, and make the most of everything our community has to offer. Whether it's a family day out, a bite to eat, or a quick home refresh, now's the perfect time to explore local businesses and support the heart of Corby and the surrounding areas.

Don't forget to take advantage of the money-saving vouchers throughout this magazine - they're a great way to try something new and save at the same time! And when you do use one, be sure to let the business know you saw them here - it helps show how powerful local advertising can be.

We're also proud to share some exciting updates from our friends and partners at Corby Radio. With new management now in place, the station is gearing up for an exciting new chapter filled with fresh ideas, creativity, and community-driven content. It's a fantastic time to tune in, get involved, and be part of something special. Tune in Live via 96.3fm on your radio, online at www.corby.radio and through your smart speakers, just ask to play **'Corby Radio'**, depending on your smart speaker you may need to say **'Play Corby Radio via Radio'**.

So get outside, enjoy what's left of summer – and remember, every penny spent locally helps build a stronger, more vibrant community for us all.

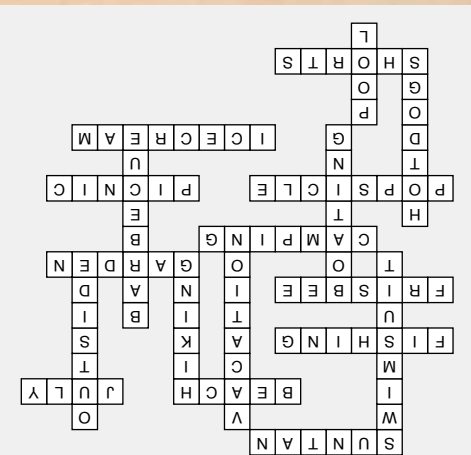
Craig Barber
Founder / Editor / Designer

A= Just one, after which it would be empty
2= Legs
3= Nine. 2 parents, 6 sons, 1 daughter!
B= Noon
C= Love

BRAIN TEASER/ANSWERS:

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

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ISSUE 45

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ISSUE 45

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There's always HOPE for families



hope for
families

Hope for Families is a registered Christian charity committed to supporting families from all faith backgrounds and none across Northamptonshire and surrounding areas. Through our online and in-person courses and events, we aim to build strong and secure family relationships and increase parents' confidence, enabling brighter and thriving futures for all families. We focus on parents' existing strengths, encouraging parents to believe in their abilities and empowering them to make positive and sustainable changes in their lives.

Some of our popular multi-session courses include **"Handling Anger in the Family"**, **"Time Out for Parents – Children with Additional Needs"** and **"Time Out for Parents – Dads"**.

Emily is one of our valued volunteers and first joined one of our courses as a parent. Now she supports others on their parenting journey as part of our facilitator team.

"I had all the normal worries before joining that first call (not knowing anyone/fear of being judged, etc). However, right from the outset, the course leaders put the whole group at ease. Their friendly, understanding and encouraging manner instantly made me feel lighter and more positive.

Throughout the 4 weeks, I learned various practical techniques on how to identify and deal with inevitable moments of anger, but also came to appreciate that I am not alone in feeling the way I do. We all shared our stories and successes/struggles as the weeks went on. Now I have decided to listen to my heart and become a Hope for Families volunteer." Emily

At Hope for Families, we encourage parents and carers to engage with each other and share their experiences to build a support network of their own. No one is judged or criticised; in fact, all our facilitators are parents/grandparents themselves and will share their parenting joys and challenges.

We are also passionate about training other professionals working with families, and offer the FAA Level 1 Awareness, Level 2 (Adult) and Level 2 (Youth) First Aid for Mental Health qualifications for individuals and organisational teams.

Contacts and charity info

To find out more about the work of Hope for Families, please visit our website
<https://hopeforfamilies.org.uk/>.

We would love to meet you at one of our future courses/events. You can also drop us an email at hello@hopeforfamilies.org.uk or call us on 07784 333 825.

10

Priors Hall
carehome.co.uk
score*

*carehome.co.uk scores are based on independent reviews with a maximum score of 10. Rating correct as at 21.07.2025.

Dated February 2024

Good



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2025



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THE CRANSLEY HOSPICE TRUST SELL OUT

MAMMA MIA NIGHT IS BACK!

After the sold out spectacular first event in February, Cransley Hospice Trust are thrilled to present 'Mamma Mia, Here We Go Again!' a dazzling night of live entertainment, Mediterranean flavours, and **ABBA magic on Thursday 25th September 2025 from 7pm at The Old Bank, Rothwell.**

Join the sensational Louisa Nixon of Honey Honey as she brings the energy and iconic vocals to a set packed with hits from Mamma Mia! Get ready to sing, sway, and soak in the fun with a delicious two-course Mediterranean inspired meal and a special welcome drink to kick start the evening!

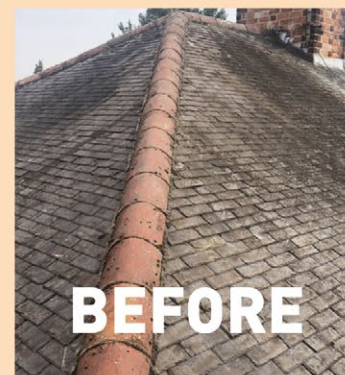
But it's more than just a fabulous evening of entertainment, this event raises vital funds for compassionate end of life care at Cransley Hospice and within the North Northamptonshire community. Because when it comes to making every moment count, the charity say

'Thank You'... for the music!

Tickets are just £45 and when you're dancing and laughing with friends, you'll know The Winner Takes It All. Whether it's a girls' night out, a long-overdue catch-up, or just an excuse to let loose, this is the event that says Does Your Mother Know you're having this much fun?

Don't miss out! The original 'Mamma Mia: Dine & Delight' sold out in less than two weeks, so tickets are not expected to be around for long.

Visit www.cransleyhospicetrust.org.uk/get-involved/events/mamma-mia-here-we-go-again/ to secure your place on this unforgettable night out.



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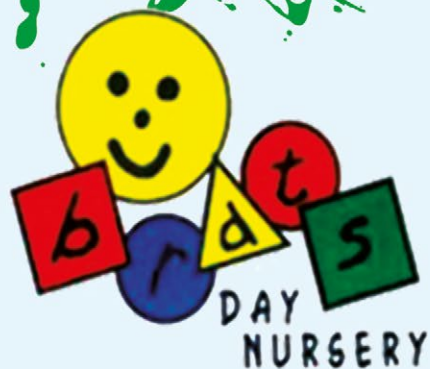
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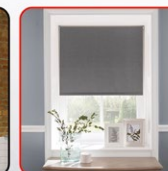
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What is an ideal weight and why?

For most adults the ideal weight is a BMI of 19-25 although this will vary and be different for different ethnicities. BMI is calculated by taking your weight in kilograms and dividing it by your height in metres squared. For more information about BMI (and who should not use BMI as a measure of being the ideal weight), as well as an online BMI calculator please visit:

<https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults>

Around 30% of the adult population is overweight which can increase the risk of some health conditions, although many overweight people can feel well and be free of health problems for many years. Obesity increases the risk of type 2 diabetes, sleep apnoea, joint pains, liver disease and gallstones, heart disease, skin problems, reproductive health problems, some cancers and strokes as well as other conditions.

Options to support weight loss:

There are a range of options available to support you, and you can self-refer to many of these services if you are eligible, although some need a referral from a health professional at your GP practice.

Name of service	Tier of service	Who can use this service?	Can I self-refer?	More information about this service:
Keeping healthy advice from Northamptonshire local authority teams	Tier 1	BMI 25-29	Yes	https://www.westnorthants.gov.uk/keeping-healthy/eating-well This includes top tips for eating well, including eating well on a budget and other local support. Also available in easy-read.
NHS weight loss plan	Tier 1	BMI 25-29	Yes	https://www.nhs.uk/better-health/lose-weight/ This national guide includes advice and tools to get you started as well as free weight-loss programmes and plans for healthy eating
Low Carbohydrate diet (Also known as a low-GI diet)		BMI 25+	Yes	https://www.diabetes.org.uk/living-with-diabetes/eating/meal-plans/low-carb Reducing carbohydrates can be particularly helpful for women with hormonally influenced weight gain
North Northamptonshire-Living Well Taking Control	Tier 2	-residents of North Northamptonshire -aged 18 years old or over - BMI of 30 + (BMI 27.5+ if you are from an ethnic minority group) -not pregnant	Yes	Telephone: 0300 302 0652 Email: weightmanagement@lwtcsupport.co.uk Living Well Taking Control website: https://www.lwtcsupport.co.uk/weightmanagementprogramme Free 12-week Weight Management Programme designed to help you achieve your health goals and sustainable, long-term changes to your health and wellbeing. Includes support with weight loss, improving fitness, and developing a healthier relationship with food.
NHS Digital weight management programme	Tier 2	-Diabetes and/or Hypertension + -BMI 30+ (BMI 27.5+ if from an ethnic minority group)	No	Here is more information about the programme that you may wish to read before contacting your GP practice for a referral. https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/ -12-week online behavioural and lifestyle programme -access is via a smartphone or computer with internet access -personalised intervention to support weight management, improve quality of life and improve longer term health outcomes
Other local support and organisations		Each service will have different criteria and costs	Yes	This includes services such as slimming world, weight watchers, local gym and exercise classes as well as other local and online support services (please see below for more detail about weight loss injection services) Each service should discuss their costs and the details of the service they are offering
Community Pharmacy		Orlistat (Alli)	Yes	This product blocks fat absorption from your diet and can be useful to buy to help you to follow a lower fat diet
Specialist dietician service	Tier 3	BMI 35+ and any of these: Heart problems Diabetes	No, referral is via GP practice	All patients who want to have bariatric surgery (Tier 4) must have completed a Tier 3 programme first.

		Respiratory Hypertension Stroke/TIA Or BMI 40+		This service is currently unable to offer weight loss injections although this may change in future
NHS funded Tirzepatide, also known as Mounjaro®, is a GLP1/GIP agonist injection. Other medications such as semaglutide (Wegovy®), liraglutide (Saxenda®), are known as GLP-1 agonists.	Tier 3	Some diabetic patients will be offered these to control blood sugars (they do not need to meet all the other criteria) For other patients qualifying criteria for NHS tirzepatide are: -a BMI (Body Mass Index) of 40+ and four or more of the following diagnosed health conditions: -type 2 diabetes -high blood pressure -heart disease -obstructive sleep apnoea -abnormal blood fats (dyslipidaemia)	No	Northamptonshire ICB will be commissioning a service for the non-diabetic patients who fulfil these year 1 criteria, and this will include wraparound support and lifestyle advice. Your GP surgery does not have any flexibility around these criteria for non-diabetic patients. Please do not ask your GP for NHS funded Mounjaro injections in the next 12 months if you do not meet the criteria. We have estimated that there are less than 100 patients in Corby (who are not diabetic) that currently meet the criteria for an NHS prescription for Mounjaro.
Bariatric (weight loss) surgery	Tier 4	BMI 40+ or BMI 35-40 and other significant disease (for example, type 2 diabetes or high blood pressure) -All appropriate non-surgical measures have been tried -The person has been under a tier 3 service. -The person is fit for anaesthesia and surgery -The person commits to long-term follow-up	No, you need to be referred by your GP surgery	This includes surgery such as gastric bands and gastric bypass surgery. Follow-up should be provided by the team undertaking the surgery for the first 2 years. NHS follow up is not available for people who have had bariatric surgery outside the UK
Additional services for people who have pre-diabetes or diabetes:				
National Diabetes Prevention Programme	(see Tier 2 above)	Pre-Diabetes i.e., HbA1C within last year of 42 - 47	Yes	Telephone: 0300 302 0652 Email: weightmanagement@lwtcsupport.co.uk Living Well Taking Control website: https://www.lwtcsupport.co.uk/weightmanagementprogramme
Low carbohydrate diet (also known as the low GI diet)		Pre-diabetes or diabetes, especially type 2 diabetes associated with a BMI of 25+	Yes, please contact your diabetes healthcare	https://www.diabetes.org.uk/living-with-diabetes/eating/meal-plans/low-carb You will need to talk to your diabetes team if you are following this plan since it may affect the amount of insulin or other diabetes medications that you need and these many need to be adjusted

			team before starting this diet	
DESMOND		Type 2 Diabetes within 9 months of diagnosis	No	The Community Diabetes Team runs this
DAPHNE		Type 1 Diabetes diagnosed at least 6 months ago.	No	The Community Diabetes Team runs this
Type 2 diabetes remission programme-run by XYLA		Type 2 Diabetes ≤ 6 years duration & age 18 - 65 yrs -BMI 27+ (25+ if BAME) -HbA1c 43-87 on treatment (or 48-87 not on treatment) in the last 12 months	No	-this is a 3-month low calorie, total diet replacement treatment including soups and shakes -most people lose weight, improve their blood sugar levels, and reduce diabetes-related medication -almost half of participants put their type 2 diabetes into remission.

More information about weight loss injections:

Most people who are thinking about using Tirzepatide (Mounjaro®) do not meet the current criteria for an NHS prescription, and lots of people are considering buying these products privately from independent prescribers. Some of these products are offered online as well as from local providers. It is still quite new to offer these medications to non-diabetic people and it is important that the person prescribing the medication understands if you have any other health conditions, can verify your weight before and during treatment, as well as providing lifestyle and other support including exercise advice. When you take these medications it is important to maintain a diet that is high in protein as well as fruit and vegetables, and you may need advice about additional vitamin supplements. This information should be provided by the prescriber providing the weight loss injections, and you may wish to show them your medical history in your NHS App to help them to decide whether the medication is safe for you since this is their decision as a prescriber. We know that some of these weight loss service providers are of higher quality than others and it is important to compare a variety of different providers if you are considering buying weight loss injections.

You should tell your GP surgery when you are taking any medications prescribed outside the NHS since they may affect the medications prescribed by NHS services, and in particular weight loss injections may affect absorption of oral contraceptives and oral HRT. If you are admitted to hospital or are due to have surgical treatments please inform the team caring for you if you are taking weight loss injections since this may affect your treatment. If you develop abdominal pain while taking these medications please seek urgent medical attention from A+E since you may be developing pancreatitis which requires careful management. More information about short- and long-term effects and complications from taking these medications will be available as time goes on, and we have a lot to learn about using them in people who are not diabetic.



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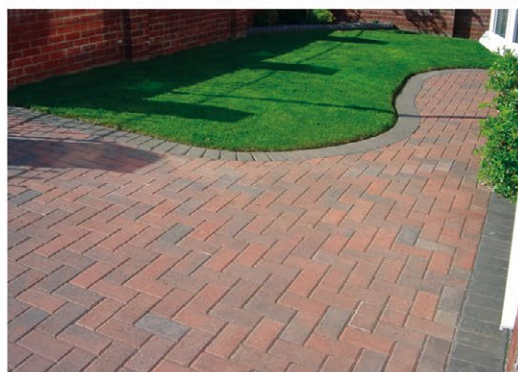
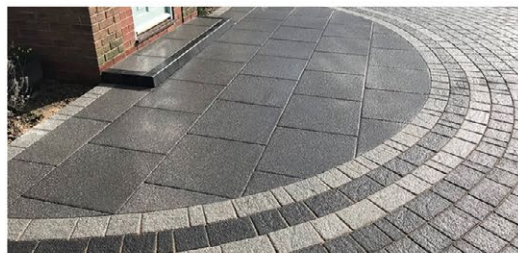


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M-Power:

Dramatherapy Programme Delivers Lasting Impact on Local Young People

Feedback from participants of M-Power: Dramatherapy, a 12-week collaborative therapy programme delivered by The Core at Corby Cube in partnership with local charity KidsAid, shows the course made a meaningful and positive difference to the emotional wellbeing, confidence and social connection of its young participants.

M-Power was created to support the mental health of young people aged 12-16 years through engaging and enjoyable group therapy sessions. Over the course of 12 weeks, a group of 6 young people explored personal challenges using techniques such as drama, story-making, music, movement and art.

"I loved it, it helped me open up and be myself."
Participant feedback

Feedback collected both midway and at the conclusion of the programme revealed clear, positive outcomes: participants became more confident and better able to express their feelings. Sessions were described as supportive, creative and safe, with many young people forming friendships throughout the course.

"It helped me talk more and be confident around people." Participant feedback

Central to **M-Power's** success was its commitment to creating a therapeutic space where young people felt truly heard, valued and empowered, an aim that was clearly realised according to participants' experiences.

Karen Cudby, The Core's Youth Development Coordinator, says: **"This pilot program was really revealing in uncovering how powerful the connection is for young people between feeling understood as a person and feeling confident in being able to express themselves. These two key markers show it is crucial that all of us working with young people, in whatever capacity, make it a priority to create safe spaces for young people to feel truly heard and understood."**

Rebecca Caswell-Fox, Chief Executive Officer of KidsAid, says: **"Creativity, connection, and the right support can make a real difference in young people's lives - and delivering the M-Power project with The Core at Corby Cube over the past 12 weeks has really brought that to life. It's been a fantastic partnership, and we've seen first-hand how the young people have grown in finding their voices, forming friendships, and building confidence. We're looking forward to carrying this momentum into the Autumn and supporting even more young people."**



Adele Luca Del Giudici, **KidsAid** Art Therapist, says: **"M-POWER was an amazing opportunity to bring together the creative and unique young people of Corby! Over 12 weeks we explored emotions and what it is like to be me. We used art, play and drama to express as individuals and a group and supported each other to laugh and cry and be together once a week in our sacred creative space. I feel incredibly grateful to the group and team for coming together to offer this space and feel very excited for the September cohort. There's something very special happening in Corby thanks to M-POWER!"**

Following this success, **The Core** and **KidsAid** are excited to announce the second 12-week course starting in September. The programme will once again be offered free of charge and expressions of interest are being accepted; those interested in registering their interest or looking for more information can visit www.thecorecorby.com/m-power to do so. The first **M-Power** course was part-funded by the UK government through the UK Shared Prosperity Fund as well as funding from the Northamptonshire Community Fund.



For more information, visit
www.thecorecorby.com/m-power

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	18th Sep, Fashion show, Holiday Inn, Tks in advance only
	21st Sep, Fun Run, Rockingham Triangle Track, Tks in advance
	25th Sep, Quiz Night, The Cons Club, Tks in advance only

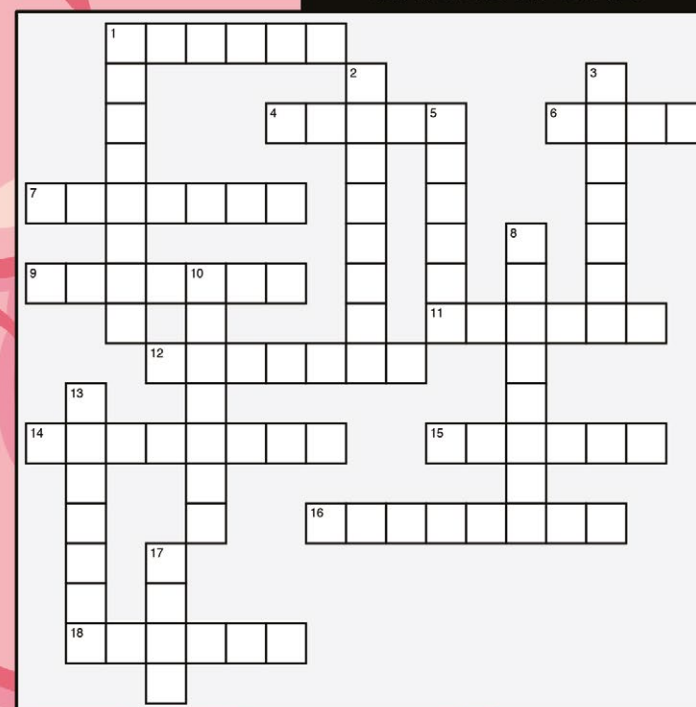
Contact lynnette@lakelandshospice.org.uk, NN18 8LX or call 01536 747755

POP'S Quizzes Brain Busting

KID BRAIN TEASERS

- 1: What runs all around a backgarden, yet never moves?
- 2: What has a bottom at the top?
- 3: A family has two parents and six sons. Each of the sons has one sister. How many people are in the family?

CROSSWORD



BRAIN TEASERS

- A:** I have a large money box, 10 inches wide and 5 inches tall. Roughly how many coins can I place until my money box is no longer empty?
- B:** What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
- C:** What can't talk but will reply when spoken to?

ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda _____

DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

SUDOKU

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



Fifteen Years of Creativity: The Core Marks Milestone With A Series Of Exciting Events Beneath GAIA Installation

This Autumn, Corby's flagship venue The Core at Corby Cube, marks its 15th birthday with a spectacular celebration that's anything but ordinary. Building on the success of 2020's Museum of the Moon, the theatre will be transformed once again, this time with GAIA by Luke Jerram, a breathtaking seven-metre installation of planet Earth, suspended high above the auditorium.

From Wednesday 10 to Sunday 21 September, audiences are invited to experience the magic of live performances, creative workshops, and special events unfolding beneath this stunning sculpture. The first wave of events, including the unmissable Northants Sings Out, go on sale from Wed 25 June, with more to be announced.

Joe Flavin, Director of The Core says: *"We are pinching ourselves to believe that The Core at Corby Cube has now been serving the people of Corby and North Northants for fifteen brilliant years. Over 700,000 people have come through the doors of the theatre or engaged in a creative activity in their schools, workplaces, streets and cafes. We are thrilled to bring brilliant art to our community every day and are excited for the birthday celebrations ahead."*

The celebration launches with Earth Music, an orchestral concert performed by a 6-piece international ensemble. Presented by OneOrchestra, expect soaring soundscapes, live instrumentation, and a fully sensory experience, all under the gaze of GAIA.

Britain's Got Talent 2024 finalists Northants Sings Out (NSO) bring an immersive, light-filled performance fusing gospel, pop, cinematic soundscapes and classical sounds, plus jaw dropping acapella moments. This is a bespoke and intimate concert designed especially for Corby, and tickets are limited.

Then it's time to party: GAIA After Dark, co-presented with NSO, invites audiences to keep the energy going long into the night.

Peregrine the Penguin makes a welcome return to The Core, taking audiences on a journey out of the zoo gates, and around the world on a journey to find his way home. This interactive, multi-sensory adventure is designed for all ages, especially those with SEND and families with children aged 18 months to 7 years.

In an exhilarating VR experience, **Space Descent**, narrated by Tim Peake, gives the public a unique opportunity to experience the 360-degree 3D view from inside a Soyuz spacecraft as it makes the dangerous 400 km journey back to Earth from the International Space Station.

The Core are also delighted to be partnering once again with **Made With Many**, who will be holding their **Family Arts Festival** alongside GAIA on Sat 20 September. A full festival schedule to be announced.

Vicky Frayard, Co-Director of Made with Many says: *"We are thrilled to present the Family Arts Festival for the third year running - this time presented in Corby town centre alongside GAIA by Luke Jerram with our friends at The Core at Corby Cube. Expect lots of wonderful performances, workshops and creative surprises filling the town! Thanks once again to our pals at Pen Green Centre who will also be co-creating a new piece of work which will be showcased as part of the festival."*

Alongside this, a full schedule of opening hours to experience the wonder of this breathtaking installation of planet Earth is now available on The Core's website, with some pre-bookable slots available.

Visit www.thecorecorby.com/GAIA for the latest information on events taking place, with more exciting announcements to be made in the coming months.



GAIA by Luke Jerram

Wed 10 - Sun 21 September



Celebrate our 15th birthday, as we present a series of exclusive events, workshops and experiences underneath this awe-inspiring installation.

Events include:

- **Earth Music:** An Orchestral Concert beneath GAIA
- **Northants Sings Out** Under GAIA
- **GAIA After Dark**
- **The Adventures of Peregrine the Penguin**
- **Space Descent** VR Experience

plus more to be announced



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Taking the Helm at Corby Radio: A New Chapter for Our Beloved Station

As many of you might know, I am stepping into the role of station manager at Corby Radio, taking over from the remarkable Des Barber, who has dedicated 30 years to this station and our community. Des has laid an extremely strong foundation, and I am truly honoured to build upon it and lead Corby Radio into its next exciting phase. No one should underestimate what Des has done for this station and town backed by a dedicated team past and present.

Corby is more than just a town to me; it's home. It's a place bursting with unique stories, diverse voices, and vibrant talent. My goal is to ensure that Corby Radio continues to be a vital platform for everyone—from local charities and not-for-profit organisations to artists and minority groups. This station is a voice for the community, and I firmly believe it belongs to all of us.

However, to keep this institution thriving, we need your support! Corby Radio relies on sponsorship, advertising, grants, and donations, and I'm reaching out to every business, organisation, and individual in our community. Your contributions help us continue providing essential services and support to those who need it most.

VISIT - WWW.CORBY.RADIO



One of our current goals is to raise funds to transition to DAB broadcasting, which will significantly increase our reach and allow us to connect with even more listeners. Imagine being able to share your message with a wider audience—together, we can make this happen!

I'm privileged to lead a fantastic team that has supported Des and shares my vision for Corby Radio. We're passionate about our mission, and we're excited to carry it forward with your help.

Let's show the world what the people of Corby can achieve together! I believe in the strength of our community, and I know you'll rally behind us as we embark on this journey.

Thank you for your continued support, and I can't wait to see what we will accomplish together!

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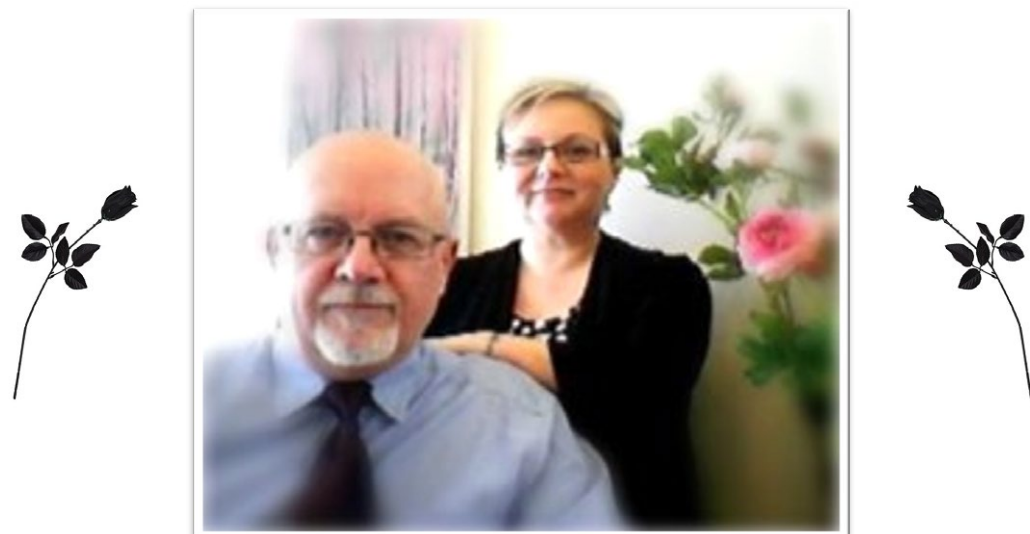
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