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on Corby

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# ISSUE 48

Hello Corby.

Welcome to the latest edition of your community magazine – a publication proudly built around supporting local people, local voices and local businesses.

I'd like to begin by encouraging you to take a good look through the advertisers featured in these pages. Every advert represents a local business investing back into our community. By choosing to use them, you're not only receiving trusted, personal service, but also helping to ensure this magazine can continue to land on your doorstep. Local support really does make a difference, and it keeps everything we value about our town moving forward.

Music also plays a powerful role in our everyday wellbeing. A familiar song can lift your mood, spark a memory, reduce stress or simply make the day feel that little bit brighter. Whether it's playing in the background while you work, keeping you company in the car, or helping you unwind at home, music has an incredible way of connecting us and improving how we feel.

That's why I'm more than delighted to share the launch of **Corby Retro Rewind**, a brand-new spin-off station from **Corby Radio 96.3FM**. Dedicated to the greatest hits from the 50s, 60s and 70s, it's a station full of feel-good classics and timeless tunes that never lose their magic.

Listen Live or Again at:

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Thank you for reading, for supporting local businesses, and for taking time to enjoy the little things that help make life better.

**Craig Barber**

Founder / Editor / Designer

**MATHS QUIZ**  
ANSWERS: 1. 19 2. 6 3. 72 4. 12 5. 1 5. Drop the 'S', 6. The circumference 7. 31 8. 11 8. A Die (Die) 9. 9 10. 3 9. They Wave 10. Click 11. 8. 11 12. 5. 1 13. The circumference 14. 7 15. Runner Up 16. 3. 72 17. 4. 12 18. 5. 1 19. 2. 6 20. 1. 19 21. 6 22. 3. 72 23. Drop the 'S', 24. The circumference 25. 8. 11 26. Click 27. 3. 72 28. 4. 12 29. 5. 1 30. 1. 19 31. 6 32. 2. 6 33. 7. 31 34. 8. 11 35. 9. 9 36. 10. 3 37. 11. 8. 11 38. 12. 5. 1 39. 13. The circumference 40. 14. 7 41. 15. Runner Up 42. 16. 3. 72 43. 17. 4. 12 44. 18. 5. 1 45. 19. 2. 6 46. 20. 1. 19 47. 21. 6 48. 22. 3. 72 49. 23. Drop the 'S', 50. 24. The circumference 51. 25. 8. 11 52. 26. Click 53. 27. 3. 72 54. 28. 4. 12 55. 29. 5. 1 56. 30. 1. 19 57. 31. 6 58. 32. 2. 6 59. 33. 7. 31 60. 34. 8. 11 61. 35. 9. 9 62. 36. 10. 3 63. 37. 11. 8. 11 64. 38. 12. 5. 1 65. 39. 13. The circumference 66. 40. 14. 7 67. 41. 15. Runner Up 68. 42. 16. 3. 72 69. 43. 17. 4. 12 70. 44. 18. 5. 1 71. 45. 19. 2. 6 72. 46. 20. 1. 19 73. 47. 21. 6 74. 48. 22. 3. 72 75. 49. 23. Drop the 'S', 76. 50. 24. The circumference 77. 51. 25. 8. 11 78. 52. 26. Click 79. 53. 27. 3. 72 80. 54. 28. 4. 12 81. 55. 29. 5. 1 82. 56. 30. 1. 19 83. 57. 31. 6 84. 58. 32. 2. 6 85. 59. 33. 7. 31 86. 60. 34. 8. 11 87. 61. 35. 9. 9 88. 62. 36. 10. 3 89. 63. 37. 11. 8. 11 90. 64. 38. 12. 5. 1 91. 65. 39. 13. The circumference 92. 66. 40. 14. 7 93. 67. 41. 15. Runner Up 94. 68. 42. 16. 3. 72 95. 69. 43. 17. 4. 12 96. 70. 44. 18. 5. 1 97. 71. 45. 19. 2. 6 98. 72. 46. 20. 1. 19 99. 73. 47. 21. 6 100. 74. 48. 22. 3. 72

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ISSUE 48

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Coronation Park sits proudly at the heart of our town centre and was originally created in 1953 to commemorate the Coronation of Her Late Majesty Queen Elizabeth II. Over the decades, it has remained a much-loved green space for residents and visitors alike, offering a peaceful place to relax, reflect, and connect with nature.

Following a recent transformation, the park has been revitalised with a thoughtful blend of formal planting and areas of wildflower meadow, beautifully complementing the memorial gardens. This commitment to quality, sustainability, and community use has been recognised once again, with Coronation Park proudly achieving **Green Flag status for 2025** — a national benchmark of excellence for parks and green spaces.

Looking ahead, there are exciting developments planned for the year. The **Sensory Garden** will be reconfigured to better support local schools and community groups, while the Growing Place, located to the rear of the Pavilion, will continue to encourage hands-on learning and wellbeing. In addition, a Forest School will be constructed, providing valuable outdoor education opportunities for young people to learn, explore, and engage with nature.



To get involved or to book a stall, please email Gillian Green, Chairman and Events Coordinator, at [gillgreen@aol.com](mailto:gillgreen@aol.com)



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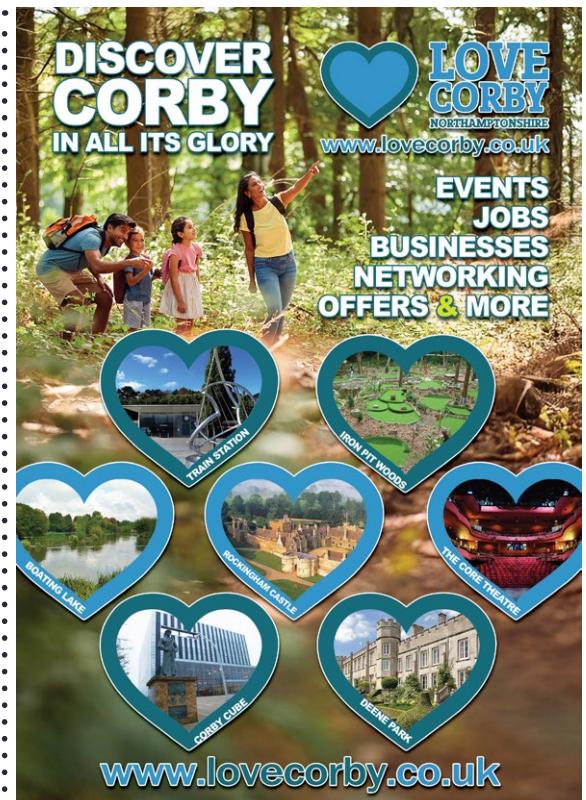


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Alongside education, we deliver creative sessions including music and movement, giving children a safe and uplifting space to express themselves, process emotions and simply enjoy being children.

**Bemorefab CCC** works closely with families and schools, offering guidance, reassurance and practical support so every child feels understood, included and welcomed, whether they are in hospital, at home or preparing to return to the classroom. We also recognise the impact cancer has on siblings and wider school communities, and our projects aim to support the whole family unit.

If you would like any more information, please go to our website - [bemorefab.co.uk](http://bemorefab.co.uk) or email - [contact@bemorefab.co.uk](mailto:contact@bemorefab.co.uk)



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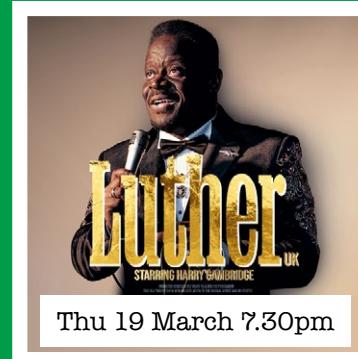
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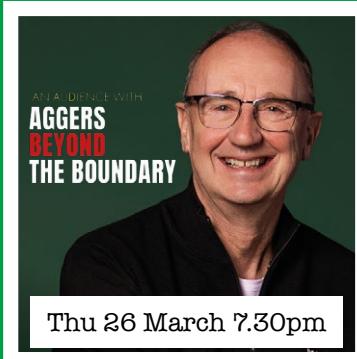
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Thu 26 March 7.30pm



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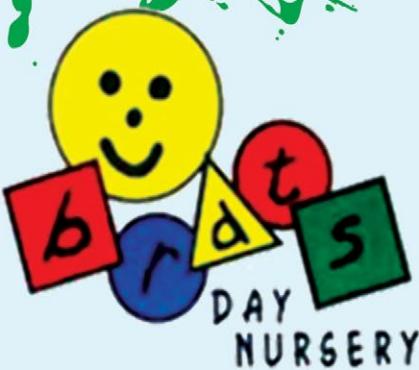
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# Advance Care Planning

## Focussed on Advance Care Planning

Understanding Advanced Care Planning  
Advanced care planning is about making sure your wishes for future health and care are known, respected, and followed if there comes a time when you cannot make decisions for yourself. These plans can be created at any stage of life, though many people choose to think about them as they get older or develop long-term health conditions.

## Having an advance care plan helps:

- Your family and carers understand what you want
- Healthcare teams follow your preferences if you lose capacity to make decisions
- Reduce stress and uncertainty during difficult times
- Ensure you avoid treatments you do not want, it does not mean that you will be offered treatments that are inappropriate for you
- Provide peace of mind for everyone involved

Talking openly with loved ones early on makes it easier for them to support you when decisions need to be made.

## DNAR (Do Not Attempt Resuscitation)

A DNAR form is completed by a doctor or senior clinician after discussing the decision with you and, where appropriate, those who care for you. It records a decision not to attempt CPR (cardiopulmonary resuscitation) if your heart or breathing stops.

## Important points:

- A DNAR applies only to CPR
- It does not affect the ability of healthcare professionals to offer other appropriate treatments such as antibiotics, hospital admission, or symptom management
- The DNAR decision considers your overall health, likelihood of benefit, and dignity
- Discussions with you and your family should be documented

## ReSPECT Form (Recommended Summary Plan for Emergency Care and Treatment)

In Northamptonshire, the ReSPECT form is the main tool used for advanced care planning. It is completed after a conversation with healthcare professionals who may work in the hospital, community services, or your GP practice. It is not legally binding, and decisions will still be made together in partnership with you and those close to you.

Dr Joanne Watt  
GP Great Oakley Medical Centre



### A ReSPECT form can include:

- What matters most to you (quality of life vs. length of life)
- Cultural or religious needs
- Who you would want involved in decisions if you cannot decide
- Preferences about hospital admission and when you would prefer to stay at home
- Wishes about treatments such as feeding tubes or ventilation if you are unable to breathe for yourself
- Information about whether you wish to receive CPR
- Where you would prefer to be at the end of your life (home, hospice, etc.)

### Who can see it?

ReSPECT forms are securely stored in a digital format on the Northamptonshire Care Record (NCR), accessible to:

- East Midlands Ambulance Service
- Community healthcare teams including palliative care teams
- Hospital teams
- Corby Urgent Care Centre
- General Practice staff who work in the out of hours service when your practice is closed (accessible via 111)
- Your GP practice

You should also keep a printed copy of your current ReSPECT form at home and let your family and carers know where it is.

## Lasting Power of Attorney (LPA)

An LPA is a legal document that allows you to appoint someone you trust to make decisions on your behalf if you lose mental capacity, that person is called an attorney and you can have more than one attorney if you wish. It is a good idea to create your LPA documents long before you need to use them, ideally when you know which adult/s you can trust to make decisions when you cannot. Many people only think about making these documents once someone can no longer make decisions for themselves and at that point you can no longer make an LPA.

### There are two types of LPA:

1. Property and Financial Affairs LPA
2. Health and Welfare LPA. This is the one that allows someone to make decisions about your care and medical treatment.

### Key points:

- Both you and your chosen attorney(s) must have mental capacity when setting it up
- It's best to arrange an LPA long before you think you'll need it
- Health and Welfare attorneys may make decisions about areas such as treatments, operations, or moving into a care home
- LPA forms must be signed and witnessed, then registered — this can take up to 3 months

**Forms are available at:**  
<https://www.gov.uk/government/publications/make-a-lasting-power-of-attorney>

## What Should You Tell Your GP Practice?

- Inform your registered GP practice if you have an LPA for health and welfare so it can be added to your medical records and care plans
- Let your GP practice know if you want a family member or carer to communicate with them on your behalf about your health, share their contact details and keep these up to date

## Can You Change Your Mind?

All advanced care planning documents including ReSPECT forms and LPAs can be updated at any time.

It's wise to review them regularly, especially if:

- Your health changes
- You change your preferences for who you want to be able to talk for you
- You want to add more detail and plans for your later years of life

Keeping these documents up to date ensures that your care continues to reflect your wishes.

## Why These Conversations Matter

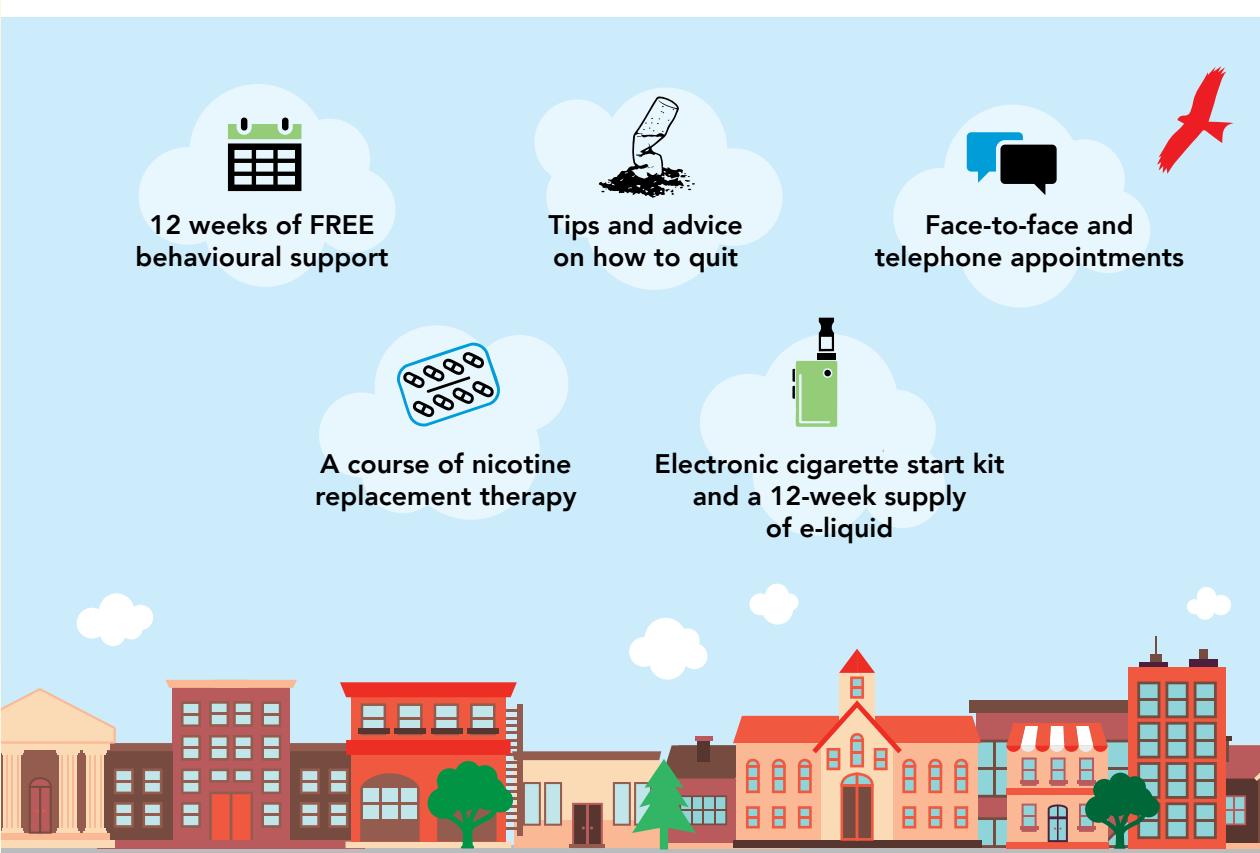
Talking openly with loved ones about your wishes:

- Helps them feel confident supporting you
- Reduces uncertainty during difficult moments in the future
- Ensures your dignity and preferences are respected
- Helps healthcare teams provide care that includes what matters most to you

These conversations can feel emotional, although starting them early gives everyone clarity and reassurance.

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JOANNE WATT!**  
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# ZAK'S WISH

## Making Magical Memories in the local Community

Zak's Wish is a relatively new local charity based in Corby, founded in 2024 in loving memory of our son, Zak Fairhurst. Inspired by Zak's larger-than-life personality and his love of fun, lights, and adventure, the charity was created to bring a little bit of magic and relief to children and young people with special educational needs or life-limiting illnesses.

**Our mission is simple:** to make a difference, one wish at a time. We provide small wishes and grants that can transform everyday challenges into moments of joy. These might include a special day out, a memorable family experience, or essential equipment such as buggies or sensory aids that aren't funded by the NHS. We also offer discretionary grants to support parents during long hospital stays, helping with costs such as petrol, food, or accommodation when families need it most.

Although we are still growing, Zak's Wish is already helping at least one child every month, and our dream is to reach even more young people across the local community in the years ahead.

To make these wishes possible, we rely entirely on the generosity of our supporters. Fundraising events play a huge role in what we do – from lively bingo and charity nights to fun-filled raffles, tombolas, bonus balls, and cash giveaways. Our biggest annual fundraiser, the Zak's Wish Christmas Experience, transforms Lodge Park into a magical Santa's Grotto filled with lights, laughter, and festive cheer for families to enjoy.

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# POP'S Quizzes Brain Busting

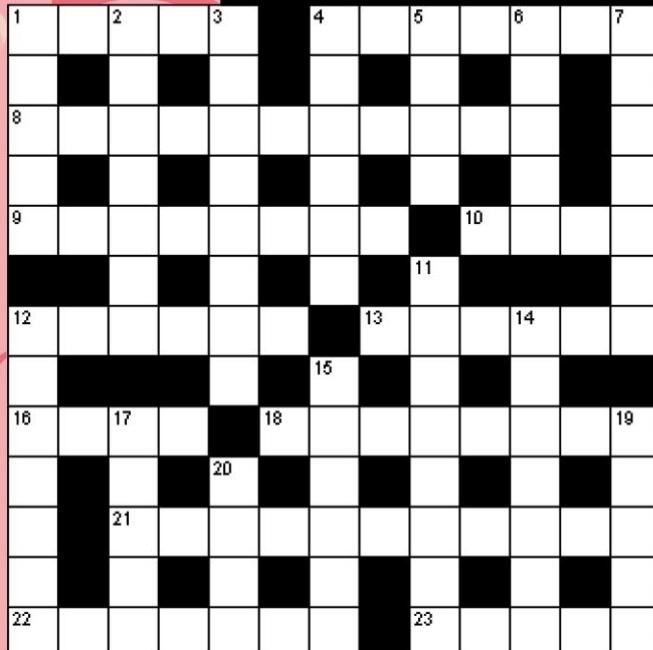
## KIDS MATH QUIZ

1.  $28 - 9 =$
2. How many sides does a hexagon have?
3.  $8 \times 9 =$
4. What does the square root of 144 equal?
5. 5 to the power of 0 equals what?
6. The perimeter of a circle is also known as what?
7.  $17 + 14 =$
8. What is the next prime number after 7?
9. What does 3 squared equal?
10.  $21 \div 7 =$

## SUDOKU

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

## CROSSWORD



## KIDS BRAIN TEASERS

**1:** How do oceans greet each other?

**2:** I have hands but still I can't clap. **Who am I?**

**3:** Why did Mickey Mouse go to Outer Space?

## BRAIN TEASERS

**A:** What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? **What is it?**

**B:** How do you make the number 7 even without addition, subtraction, multiplication, or division?

**C:** I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. **What am I?**

### Across

1. Young person (5)
4. Sharp pointed implements (7)
8. Butterfly larva (11)
9. Exhilarated (8)
10. Yield (4)
12. Humble (6)
13. Ineffectual (6)
16. Movable barrier (4)
18. Drover (8)
21. Glorious (11)
22. Scaling devices (7)
23. Surface boundaries (5)

### Down

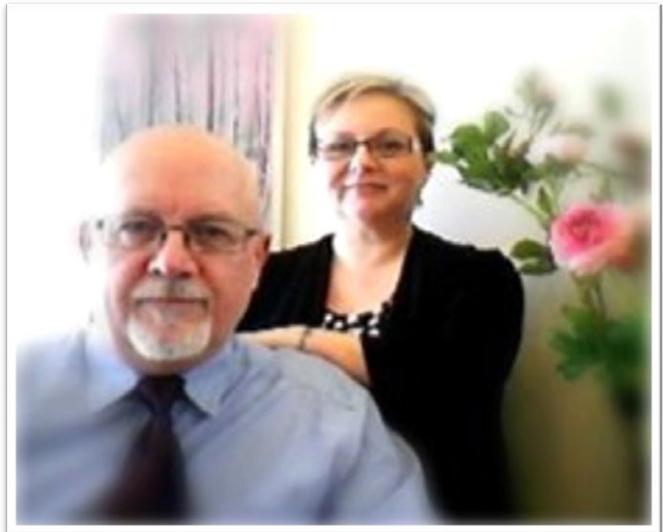
1. Luxury craft (5)
2. Articulated (7)
3. Innocuous (8)
4. Disturbances (6)
5. Snakelike fish (4)
6. Big (5)
7. Earnest (7)
11. Sudden unexpected event (8)
12. Sorcerous (7)
14. Mass of frozen water (7)
15. Furniture items (6)
17. Diffident (5)
19. Days of the month (5)
20. Fiend (4)

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Forestry England Fineshade Wood invites families to step into a magical forest adventure with the new Room on the Broom Trail – Which launched January 2026.

Bringing Julia Donaldson and Axel Scheffler's much loved story to life, this enchanting trail offers a spellbinding experience for families to enjoy throughout 2026. Celebrating the 25th anniversary of the beloved book, the trail is packed with activities, fascinating forest facts, and plenty of hands on fun. It's the perfect way for families to explore the great outdoors.

From 27th January, visitors can join Witch and her friends on a spellbinding journey through the forest. Along the way, children will help Witch find her lost hat, bow and wand, and collect magical ingredients to complete her spell. Each stop on the trail is packed with fun activities, fascinating forest facts, and a sprinkle of woodland magic – perfect for young explorers and families looking for an unforgettable day out.

Aysha Shaw, Forest Centre Manager said:  
**"We're thrilled to bring the magic of Room on the Broom to Fineshade Wood. This trail is a wonderful way for families to connect with nature, enjoy a beloved story, and create unforgettable memories together. With fun activities and enchanting surprises along the way, it's the perfect adventure for young explorers."**

FOR MORE DETAILS VISIT:  
[WWW.FORESTRYENGLAND.UK/  
ROOM-ON-THE-BROOM](http://WWW.FORESTRYENGLAND.UK/ROOM-ON-THE-BROOM)



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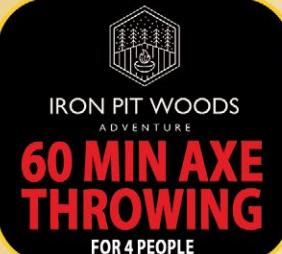
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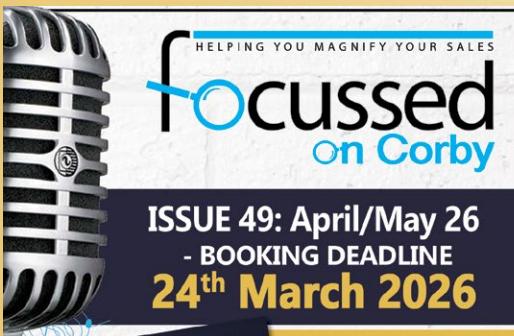
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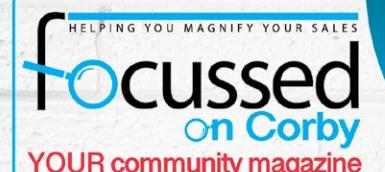
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