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Hello

Corby, we hope you had a fantastic Christmas and wishing you a Happy New Year for 2019.

Please enjoy the vast variety of editorials and information we have for you this issue. We love helping out local charities and support groups so please do get in touch with us here and you may feature in a future issue.

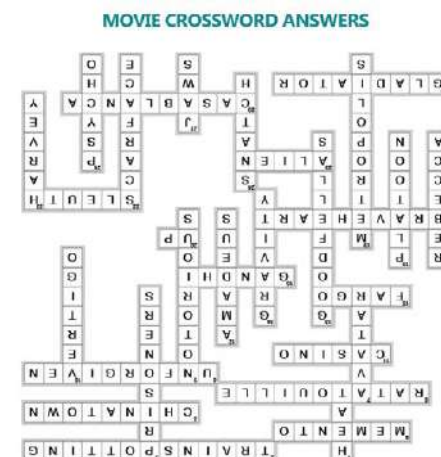
We have recently found out just how useful these articles can be. Our resident columnist Dr Jo Watt told me a lovely story the other day, one of our readers only went to see the doctor after reading Dr Jo Watt's article on circulation. Well had this person been a couple of weeks later they would have lost their entire leg. This made us very proud that we can help someone by simply passing on important information. Go Jo!!

Are you a small business? Run a business from home? If you need some more local contacts and connections, then get yourself along to the Corby Business Network meetings. Bringing together an array of local businesses to network and see how they can help each other. We have been part of the network now for over 2 years and have had so many benefits from it, not just leads and sales, but friends and a great incite into our local business community. Meetings run every 4th Thursday of the month at various locations across the town. Book your place via www.corbybusinessnetwork.co.uk. Cost is £4 and includes coffee and tea. Next event: **Thursday 28th February at the Hampton by Hilton.**

Looking for something to do in Corby? What about a job? or just looking at what great businesses there are in Corby. Then visit www.lovecorby.co.uk for information on everything Corby and the surrounding area.

Editor & Founder
Craig Barber

BRAIN TEASER ANSWERS: Q1= YOUR SHADOW Q2= A SECRET



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

ISSUE 11

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Corby Town Shopping and Willow Place continues to go from strength to strength with both retailers and shoppers.

Whilst the retail sector remains extremely volatile, Corby continues to attract new retail business keen to reach out to the 150,000 visitors who shop in the centre every week. Recent months have seen the opening of a new Warren James jewellery store, which has taken the largest of three reconfigured units in Willow Place alongside foreign exchange experts Eurochange and specialist vaping store Electromist, due to open shortly. Also new to the town centre line-up are estate agents Chris George and Tingdene.

The centre's new surface car park is also proving a hit with shoppers. The first phase is now open with parking costing just £1 for up to three hours'. Demolition of the former multi-storey car park is now

well under way and, on completion early next year, will provide a total of 470 car park spaces and a potential 40,000 sq ft of additional retail. The new stairway and dual lift access now provide an attractive gateway to the shopping centre.

The popular Summer Beach Party saw families enjoy sandcastle building, fairground rides and seasonal treats alongside a host of free entertainment, including art and craft workshops, live music, Punch & Judy shows, beatboxing and a petting zoo.

On the calendar this Autumn are fashion events, a Halloween 'Creepy Crawly Cavern' and a commemoration to mark the 100th anniversary of WWI, led by the Royal British Legion. The shopping centre will shortly be launching a poetry competition for young people to mark the occasion, so check website for details: www.willowplace.co.uk



CORBY TOWN SHOPPING & WILLOW PLACE

Our new 471-space surface car park is now open, enhancing the gateway to Corby town centre and offering customers a vastly improved parking experience.

The new Pay on Foot car park features state of the art payment systems including credit/debit card and contactless payment, designated disabled and parent/child spaces, free motorbike parking, two customer lifts and new pedestrian access to the town centre from Westcott Way and Elizabeth Street. Parking starts at just £1.50 for up to three hours.

We look forward to welcoming you to Corby Town Shopping & Willow Place!



Find out more at:

[willowplace.co.uk](http://www.willowplace.co.uk)

[Willow Place & Corby Town Shopping](#)

[@willowplacecorb](#)

**BIGGER
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focussed on **Corby Lottery**

The Corby Lottery is an exciting, local, weekly lottery that raises money for good causes in Corby.

How much does it cost?

Tickets for the Corby Lottery cost just £1 per week per ticket. 50p goes to local good causes. Tickets have to be bought online and you can nominate which of the good causes that are registered you wish to support.

What are the prizes?

Each ticket has a 1 in 50 chance to win a prize each week, with a jackpot prize of £25,000! Other prizes values are; £2,000, £250.00, £25.00 or free tickets to the next draw.

That's a better chance of winning than the National Lottery or the Health Lottery!

When is the draw?

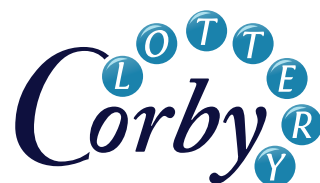
Every Saturday.

How do you become a good cause?

Apply via the website
www.corbylottery.co.uk

A full list of the good causes that are benefitting from the Corby Lottery can be found at

[www.corbylottery.co.uk/
support/find-a-good-cause](http://www.corbylottery.co.uk/support/find-a-good-cause)



For further information and to buy your tickets please visit Corby Lottery website
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No money from the lottery will be used to subsidise other council services.

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Children's HYPERINSULINISM Charity

The Children's Hyperinsulinism Charity formed in February 2016 by 5 passionate parents who wanted to make a difference to the way support was available to other families of children living with Congenital Hyperinsulinism.

Our aim is to be raise more awareness of the condition and give support back to the CHI community which we ourselves received throughout our own children's journeys from diagnosis.

Congenital Hyperinsulinism is a rare medical condition affecting approximately 1:40,000 births. It is the overproduction of the hormone insulin and the main cause of persistent and severe Hypoglycaemia (low blood sugars). Left undetected and without immediate medical treatment, children are at risk of neurological consequences, seizures and possible coma or death. It can present differently for every child making detection difficult, but once diagnosed, it is a constant condition with children living their lives full of medical and feeding regimes, various therapies as well as numerous hospital admissions and further testing.

Our Facebook support group has been running for over 7 years and has grown in members both nationally and internationally. We understand what hurdles they come across every day such as feeding issues, applying for funds, equipment, behaviour and school transitions for example.

Our conferences and social events give our families a chance to learn from the medical experts and meet other families who know and understand what living

within Hyperinsulinism is like. There is no greater gift for our families than being with others that understand and helps them to feel less isolated and know they are not alone.

We are privileged to be able to work closely with the 3 Specialist Hyperinsulinism Teams in the UK at Great Ormond Street Hospital, Manchester Children's Hospital and Alder Hey and help to fund further research for them into medications, monitoring equipment and more importantly finding a cure.

Alliza-Lily Story:

Alliza-Lily arrived 3 weeks early weighing a whopping 9lbs 11oz. She was born by emergency C-Section due to being in breech position and her head being large. She slept, fed and didn't cry. She was perfect!!

Once home, she continued just the same but I had a few concerns that she was not feeding as well as she should and mentioned this to my midwife. I was told to strip her back to her vest and hold her away from me to feed as, *"babies can be lazy and like nothing more than cuddles with mum"*.

I continued doing as advised and when Alliza-Lily was 6 days old, she fell blue and lifeless at home, with her breathing

being very slow and laboured. I telephoned for an ambulance and Ian Pratt, EMAS paramedic arrived by Fast Response Vehicle within 4 minutes of my call. He immediately requested emergency back up and conducted a blood sugar test which showed a very low reading and administered Glucagon and oxygen. We were immediately rushed to A&E at Kettering General Hospital where a team of paediatric doctors were waiting for us.

Thankfully, and I count my blessings every day, Kettering General had seen the condition before in a handful of patients and knew what they were dealing with. We were told that had Ian not arrived as quick as he did, Alliza-Lily would not have survived. After 6 days in KGH SCBU, Alliza-Lily was transferred to Great Ormond Street Hospital where numerous tests were carried out and the diagnosis made.

Today, Alliza-Lily is 6 years old, still on medication for her Hyperinsulinism and has development and learning delays. She continues to be supported by teams at KGH and Great Ormond Street and although she has many challenges, Alliza-Lily delights everyone who crosses her path, is mischievous with a huge, infectious personality.



www.hyperinsulinism.co.uk

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Our beautiful sunshine Jorgie was sadly taken away in October 2016, just two weeks before her 2nd birthday. Unfortunately, in her short lifetime, Jorgie was no stranger to medical visits and had her very own 'Be Brave Bear' that accompanied her on these visits. This provided a lot of comfort and joy to her during difficult times.

Since Jorgie's passing, we have set up 'Jorgie's Buddies', donating these 'Be Brave Bears' to local children with life-limiting, life-threatening and/or terminal illness. Each Bear is personalised with the individual child's name and accompanied with a certificate, in recognition of the child's bravery. The feedback we have received from families, as well as medical professionals is overwhelming.

The Bears have become huge sources of comfort to these children attending doctor's/hospital appointments and/or when receiving extremely painful but life-saving treatments. It's been reported that the Bears have helped to ensure the children feel a little less scared. For us, this means that Jorgie is working her magic to help her 'Buddies' in times of need.

We deliver each bear personally to the child and it's wonderful to see the true meaning of 'Jorgie's Buddies' and the happiness it brings. In doing so, along with personal experiences, we understand how difficult their situations can be; providing complicated care needs for their child 24-7. 'Jorgie's Buddies' has set up a Facebook page to help these families to gain the much needed support and guidance they

seek. People are always on hand to help and offer well wishes to children when they are admitted to the hospital. The feedback from the families have been fantastic, stating that it helps them to feel included and that they're not alone.

To date, we have delivered 240 bears to children with a variety of illnesses and conditions. This is through lots of generous donations and we aim to continue providing this joy to the children and their families.

If you would like to make a donation or even nominate a child that you feel fits the criteria to receive a 'Be Brave Bear' or support our fundraising in any way, please contact **Nicola Stanton** on **07825 333527** or search for 'Jorgie's Buddie's' on Facebook.

If you would like to make a donation or even nominate a child that you feel fits the criteria to receive a 'Be Brave Bear' or support our fundraising in any way, please contact **Nicola Stanton** on **07825 333527** or search for 'Jorgie's Buddie's' on Facebook.

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If you or someone you know has had a stroke, you will understand the impact it can have on daily life, from mobility problems and communication difficulties to emotional changes.

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Contact us

Tony Cullum (Chair)

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Email:
arcullum@btinternet.com

Our meetings

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stroke.org.uk



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Grow FESTIVAL

Grow Festival returns to Corby in Summer 2019

Following its success last summer, Grow Festival is set to bring more spectacular outdoor arts to Corby this summer. Commissioned by Made in Corby and co-produced by The Core at Corby Cube, Grow 2019 takes place on **Saturday 27 and Sunday 28 July 2019**.

Continuing to look at the essential ingredients for growth, Grow 2019 is inspired by the theme of food, celebrating all things culinary. Corby's town centre will once again be animated with hilarious street performers, magical family pop-up shows and spectacular art throughout the weekend. The highlight of this year's festival will be an enormous community feast.

On the Saturday the town centre will host music, dance, interactive installations, walkabout acts and performances for all the family. The Sunday will focus on a theatrical community feast, sharing and celebrating the food and cultures of Corby.

As Corby is one of the fastest growing boroughs outside of London, the festivals are aptly inspired by themes of water, light and food – all essential ingredients for growth.

The first of the festivals in July 2018 saw over fifteen thousand people from Corby enjoying a wide range of performances, activities including making and parading giant jellyfish and marveling at Saturday's headline performance, Music Of The Spheres on the Boating Lake.

Further details about the festival will be announced via Twitter, Facebook and Instagram, through local press and on the website www.growcorby.co.uk

Grow Festival is a series of three outdoor arts festival commissioned by Made in Corby, as part of The Creative People and Places programme funded by Arts Council England through the National Lottery, and co-produced with The Core at Corby Cube and Bill Gee Projects. The project is steered by a panel of community members, facilitated by Made in Corby. Made in Corby's aim is to inspire more local residents to take the lead in experiencing, creating and participating in high quality arts and cultural activities.



The Core
at Corby Cube



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For more information:

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ISSUE 11

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The techniques of chemical photography are challenging and creative, slow art rather than insta art. It produces handsome hard-copy images that last for decades and are not vulnerable to a hard drive crash. It puts you in touch with other people who are interested in these things – a darkroom can be a very sociable place.

For CCA it means that we can introduce a new generation to old-school photography. We can also remind people who used to set up an enlarger in a blacked-out bathroom how to remake their 1972 photos of a picnic at Skeggy. And we can recreate exciting images from our archive (dating from 1979) using the original techniques.

If this makes you nostalgic or you would like to learn about this lovely steam-age way of making beautiful photographs, please get in touch with us on **07547040764** or info@corbycommunityarts.org

Later in the autumn, Corby Community Arts will be reopening a black and white photographic darkroom.

Twenty years ago digital cameras started to be affordable for the man and woman in the street and ten years ago smart phones started to give everyone a decent camera in their pocket. Who needs a darkroom?

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West Glebe Park



The West Glebe Park in Corby or 'Wessy' as it was formally known was a vast quarry just over a century ago. In 2001, the park had sadly fallen into decline with the community afraid to walk through the park due to anti-social behaviour, crime and drugs and alcohol. The Friends of West Glebe Park group were established in 2002 and regeneration of the park began. Various funding was secured from Corby Borough Council, the Football Foundation, Grantscape, Active England and Awards for All. The improvements were improved access and car park, an astro turf and multi sports court, improved footpaths and lighting, Motorcycle inhibitors, Installation of 2 CCTV cameras, a new Play Area and a skate park and BMX track.

On the 21st July 2007 an 8 changing room Sports Pavilion with community room opened and an astro turf and MUGA were installed.

Corby was also awarded a Heritage Lottery Grant to run events and enable memories of the West Glebe Park. Six colourful steel trees were commissioned in 2007 by artist Tom Grimsey as part of this bid.

The success of the park was rewarded as West Glebe was the Winner of the LGC and RSI sustainable Communities awards 2008 - Community Project 2008.

West Glebe host a variety of community sessions for adults and young people including Tai Chi, yoga, singing for the brain and exercise classes; the facility can also be hired out for children's parties and special occasion parties, events and meetings. A floodlit 6 aside 3G rubber crumb astro turf is available for parties and football training (casual use or block bookings).

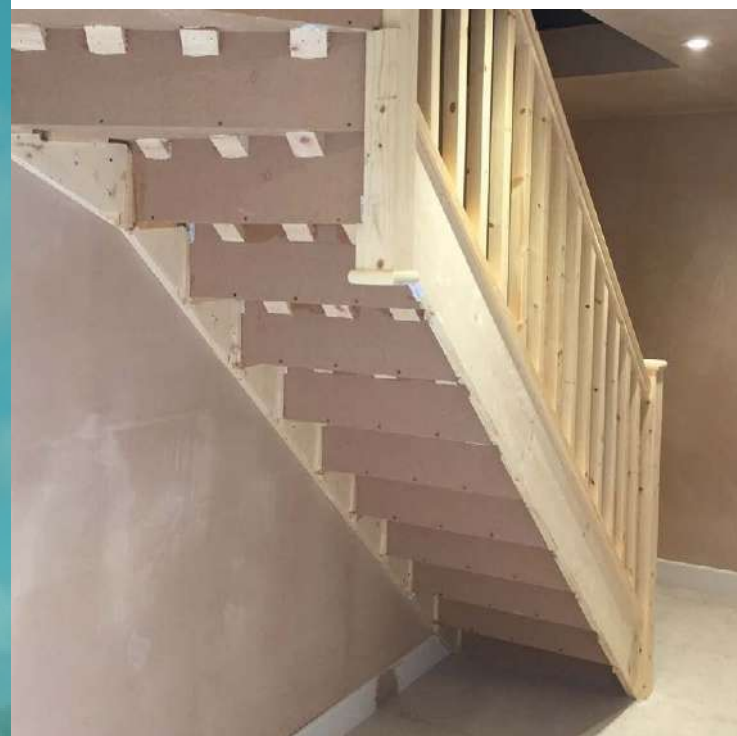
Active Ages taking Steady Steps – a number of classes are available for people who wish to develop balance, strength and coordination which will help improve the body's range of movement and function in day-to-day activities. Classes can support physiotherapy referrals with chair and exercise to music classes ensuring that individual needs are all catered for.

For more information contact **01536 204217**
or www.corby.gov.uk/westglebepark



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#CorbyMardiGras2019

CORBY MARDI GRAS

SATURDAY 30 MARCH 1PM-8PM

For more information:
0116 261 6882
Follow the event on
f @ArtReachEvents
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THE ENCHANTED CORBY MARDI GRAS RETURNS!

The popular Corby Mardi Gras returns for the third year on Saturday March 30, 1pm-8pm. Produced by Leicester based cultural development agency ArtReach in partnership with Made in Corby, Corby Mardi Gras invites the local community to celebrate together at an enchanting event which will spread across the town like wildfire!

The theme for this year's Corby Mardi Gras is Corby stories and several workshops will be available for the public to participate in that will allow people to contribute to some of the creations that will feature in this fantastic, free, family day out.

In partnership with Made in Corby, ArtReach presents a spectacular event that invites the community of Corby to experience a day of street theatre performances, live music, inspirational sound installations and captivating illuminated sculptures.

Leicester based masters of musical mayhem, King Brassstars, will bring their unusual style of brass band back to the event this year as they perform modern day classics in a fresh and funky format. Award winning, outdoor theatre specialists, Highly Sprung will perform a brand new performance, 'Journeys of Home'. Local people who have journeyed to Corby to make it their home will be sharing a performance created with Highly Sprung, including a finale around a large tree, to celebrate their cultural heritage, family trees and growing roots here in Corby.

Thousands of people are, once again, anticipated to attend and enjoy the event and throughout the day local people will wind their way through Thoroughfare and Hazelwoods to experience the enchanting illuminations and sculptures created by Same Sky productions. This promenade experience has been possible this year due to funding from Arts Council England. As part of a health and wellbeing funded initiative, locals will be encouraged to walk the entire route this year and an app will be available to download that explores the sculptures and stories along the way.

Rooftop Arts Centre's Young Creators group, again due to funding from Arts Council England, will be making pyramid lanterns in open workshops which will also feature at the event, whilst the team from Creative Futures will work with local schools to create some of the sound installations.

Marian Anderson, from Made in Corby told us, *"We're thrilled to be working with ArtReach on 2019's Corby Mardi Gras, and it's great that this year the event has managed to secure more funding. To put it simply that means it will be a bigger event with more activity, more to see and more to get involved with at this year's Mardi Gras. The illuminations, performances from award winning bands and theatre companies, alongside some excellent local groups means that this year's Mardi Gras should be the best yet! We really want to create an event that everyone from Corby, and those visiting, feel a sense of ownership for, an event that really helps us celebrate our wonderful town and the great communities that live locally."*

It seems that March 30th is a date for all our diaries and if like us, you're wanting something incredible to look forward to after Christmas, then be sure to follow developments and plans for the event by searching Facebook for Corby Mardi Gras 2019, use #CorbyMardiGras2019 or visit websites for www.artreach.biz or www.madeincorby.co.uk. We'll also be publishing more news about this event as we receive these exciting updates! See you there!

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Corby Borough Council, Sport and Play Development Team provide the community of Corby with the opportunity to take part in Sport, Play and Physical activity. We offer a wide range of community clubs within our facilities all year round such as; Steel Spirit Cheerleading, NRG Disability Club, Shape Dance, Walking Football and Happenin' Project which includes arts and craft and sport.

You may see us within your schools where we deliver morning clubs, curriculum and after school clubs.

On an annual basis we run events for local schools, sports clubs and the community. Up and coming is The Corby Sports Awards where we celebrate and recognise the sporting stars of Corby.

During the school holidays we run SPLAT Holiday Club

for children age 6-14 at Lodge Park Sports Centre with a variety of activities on the timetable to choose from and themed weeks.

Also look out for other holiday clubs and camps such as; trampolining camp, football camp, sports in the park and street football.

For more information visit:

<https://www.corby.gov.uk/sportandplay>

or contact 01536 464047

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ILLUSIVE FESTIVAL

Illusive festival is about bringing the best possible atmosphere to our festival goers for the best possible price!

The festival began with three friends (Lucy, James and Gary), who wanted a more structured and wider reaching platform to showcase their individual musical tastes and talents. After making contact with a technical and stage designing wizard (Simon), the concept of Illusive was born from there!

Starting from various small venues, and nights across the country, the aim to bring everything under one banner was born. After the first event (Previously called United Beatz) was nearly totally destroyed by flood, the team, despite huge odds, still didn't give up and have pushed on. Creating a huge success and are expanding more and more every year! With the dream of bringing more music and variety with every show.

Deene Park in Corby was chosen for its central location, wide open spaces and varied features. Fields, woodland and good access from main roads. It is a natural music venue, as it has excellent insulation from the local area, provided by the nearby woodlands, valleys and hills.

www.illusive-festival.co.uk

The festival is built round a core identity of being a real multi genre event. Spread across 6 stages, taking in everything from Live Bands, Drum & Bass, Trance, Techno, Dub, Reggae and a mixed genre stage hosting the biggest and baddest acts.

Alongside this mix of all music types, Illusive also has a huge range of arts, crafts and performances involving everything from daring acrobatics to fire dancing and more besides.

Learn new skills, and then rave, stomp, skank or boogie the night away. This festival has something for everyone!



REVIEW BY CRAIG BARBER

Having attended two previous Illusive Festivals, you could imagine my excitement when I was asked to review the festival for Focussed magazine. With access to all areas, I was ready to enjoy myself from not only the raver, but also get a feel of what it is like on Illusive's amazing and highly creative stages looking down at the immense crowds.

Disappointment has clearly never crossed their minds, as this year was their best production yet! Tens of thousands of people poured in to witness the 6 huge stages, created in such a way to keep all eyes on the stage. The clock towers hands and cogs revolve, while spitting flames from behind. Hosting a wealth on genres from Krafty Kuts to Artful Dodger.

The Ignition stage was a light show supreme! Reach for lazars was never a truer word in this arena. So much energy throughout the whole weekend, some amazing costumes and colors, and most importantly happy smiley faces all round, made for an amazing atmosphere.

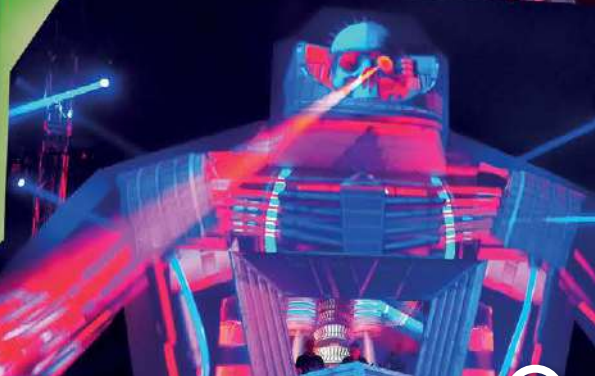
Drum and Bass being my favourite genre, you would find me mostly in the Take Over UK Tent...WOW. Entering the tent you are met with an immense bass on your chest and a 40 foot robot, with a projector creating the most amazing graphics in time with the beat with the DJ playing inside. It really is next level. Urban Disturbance, another bass heavy tent with its famous Lion Zion sound system and Lion head decor, the crowd really were spoilt for choice.

The Off The Rails tent was a little different from the rest with a mix of breaks, bounce, techno and mosh type music. Again fantastic decor with a train running through the stage.

Finally the Badgers Den stage, this was just so cool. Live bands from all genres graced the stage, i was lucky to catch some mind blowing acts such as 'Lazy Habits' & 'Echo Town' ... These are a must see! And this was just the stages!

Filling up the areas of the field was a whole array of food stalls suiting any type of diet, art shops, clothes, festival gifts, glitter, face paint, marbling and even a corner shop. Artists performing on stages around the site, along with walking artists, entertaining the crowds at all times. The effort that goes into this festival is so impressive, you could find yourself dancing to one of the DJs in the one of the shops for hours. I really can't wait to see how they top this next year.

Thank you Illusive..... I will certainly be back!



focussed on

We can make even more of a difference

Teamwork Trust celebrates its National Lottery funding

New members of staff, more volunteering opportunities, greater community involvement and an even bigger impact on the lives of vulnerable adults – that's what Teamwork Trust is able to deliver thanks to National Lottery funding.

Teamwork Trust – a Northamptonshire charity which supports adults with mental health needs, learning and physical disabilities – celebrated its £500,000 National Lottery grant during a special event on Thursday 20th September.

During the celebration – which took place simultaneously across the charity's three centres in Corby, Kettering and Wellingborough – staff, trustees, volunteers, members, local dignitaries and Teamwork Trust supporters learned how the three-year funding boost will enable Teamwork Trust to begin its exciting 'Making a Service User Strategy a Reality' project.

John Bruce, strategic director Teamwork Trust said: "We have huge plans for how the National Lottery funding will be used to help us support some of the county's most vulnerable adults even better."

Members and staff at TeamworkTrust's Kettering centre.



"A society is judged on how it cares for its most vulnerable, so as a charity that provides vital social care services, we are mindful to improve the rights of those who are vulnerable in our communities."

The National Lottery boost means we will be able to do more positive things to make our voice heard in relation to upcoming government proposals, to change the lives of more people for the better."

New posts – building a bigger workforce at Teamwork Trust

Five new staff positions will now be created at Teamwork Trust, thanks to the National Lottery funding.

■ Two Engagement Officers

Part of their role will be to work with members to promote self-management and provide support and encouragement for each individual's care and progression plans. Generating more partnership opportunities with key organisations such as Mental Health Northants Collaboration (MHNC) and VoiceAbility – an organisation which supports people who face disadvantage or discrimination – is also planned.

■ Project Officer

The project officer will be responsible for reviewing programmes and designing long/short term service offers. They will write and implement delivery plans and report and measure progression too.

■ Volunteer Coordinator

This role will develop processes and volunteering opportunities at Teamwork Trust and in the community.

■ Administrator

To provide vital administration support for the 'Making a Service User Strategy a Reality' project.

Keep an eye on this website and on social media for all our funding updates on how this lottery funding is benefiting Teamwork Trust and the wider community.

www.teamworktrust.co.uk



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Paul Marlow on 01536-747755

Lakelands Hospice fundraising manager
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CORBY TOWN FC



Corby Town begin the 2018/19 season back in the Southern League and are confident of making a promotion challenge from Division One Central. Manager Steve Kinniburgh has retained the majority of the squad who ended last season and has added goalkeeper Dan George from Stamford, full back Miles Smith who has returned from St Ives, Gary Mulligan from Kettering Town, midfield men Ben Bradshaw (on loan from Kettering), Joel Carta (ex-Shrewsbury Town) and Greg Ling from Newport Pagnell, winger Jordan Francis from Romulus and

vastly experienced front man Elliot Sandy from Banbury United.

Mulligan will captain the side which also includes goalkeeper Dan Smith, full back Sam Warburton, centre backs Jamie Anton, Dean McBride and Luke Aridegbe, midfield players Lee Garvie, newly appointed assistant manager Ashley Robinson and Connor Kennedy and forwards Jake Bettles, young Zac Allen and last season's Player of the Year Jordon Crawford.

"There is a buzz around Steel Park that has been missing for the last 2 years, a real feel good

factor that something special can happen this season!

At Steel Park, win lose draw, you always get value for money! With an average of 3.5 goals a game at Steel Park last season, goals were always on the agenda, and with 14 goals in 3 preseason games in 2018/19, this does not look like changing!

Corby Town are very positive going into the new season, and we want you to be part of it! We are building for a brighter future, local talent mixed with experienced older heads, this season could well be the season where the fortunes change!"

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The opportunity to study for a sports diploma at Corby Town has become available, you will receive a paid scholarship while you study on our exciting sports course.

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For more information:

<http://www.corbytown.co.uk/news/corby-town-sports-scholarship-2337093.html>



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- ✓ **An Information & Advice Pack** to help you save money and reduce your utility bills
- ✓ **Gas safety checks, servicing and minor boiler repairs**

Eligibility for NESS

This is a project working to assist those experiencing fuel poverty in Northamptonshire. For more information please contact us.

NESS c/o
Community Law Service
49-53 Hazelwood Road
Northampton
NN1 1LG

Call us on: 01604 623700

Email us at: enquiries@nessteam.org.uk

Use the Contact Form on our website:

www.northamptonshireenergysavingservice.org.uk



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Veterans Lifeline



Veterans Lifeline a fully registered charity that is run by unpaid volunteers, working so hard - Identifying, Understanding and Supporting struggling veterans and trying to help struggling veterans to regain 'a sense of purpose'. The HARDFACTS model is used to identify the underlying problems and we try not to get to focused on the symptoms of the underlying problem (we won't just fix the symptom and then walk away, of course the symptom will be dealt with but concurrently we look to fix the cause): Health, Accommodation, Relocation, Drugs/Alcohol, Finances, Attitude, Children/Family, Training/Employment, Supporting Agencies. To find out more about Veterans Lifeline please visit our website - www.veteranslifeline.co.uk

Nick Perry, was a former Army Warrant Officer (pictured with the Queen). The plight of the local Veterans (with no diagnosed medical issues so not on the radar of other military charities) led him to take action in line with his experience as a Personal Recovery Officer (dealing with Wounded Injured and Sick service personnel) and the knowledge of his 25 year military career as well as experiences gained from operating in hostile environments like Afghanistan, Iraq etc.

Veterans' lifeline is a fully registered charity. We support tri-service veterans; it doesn't matter which Regiment/Corps/Service the individual served in: If you are a Veteran who needs help, Veterans' Lifeline will do its best to support in any way it can.

Our latest project is to raise £20,000 to purchase a mini-bus to ferry families to and from the new caravan purchased in 2018, It would be a huge asset to the charity and would enable us to transport struggling veterans and their families to and from the VL Static Caravan. If you would like to find out more about this project and to support us then please click on this link:

<https://www.justgiving.com/campaign/VLminibus>

or you can send cheques to Veterans Lifeline:

Office 12A,
Burnt House Farm,
Bedlam Lane,
Smarden, TN27 8PG

Registered Charity Number 1167271

To identify, understand and support struggling Veterans in the community and help them to regain a 'Sense of Purpose'

REGISTERED CHARITY NUMBER 1167271

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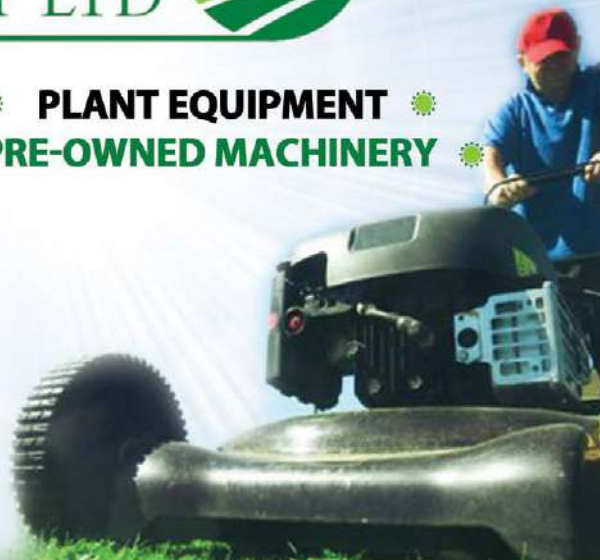
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Looking after your lungs

Our lungs are designed to absorb oxygen from the air we breathe, so that it can be used by our bodies to give us energy. There are some common long term conditions which affect the lungs and respiratory system which mean your lungs do not work as well as they should. This can result in you feeling short of breath, having a tight chest, having a cough, hearing a wheezing noise on breathing out, or the production of sputum and all this can affect your daily activities.

- Asthma is a condition where the small airways constrict which usually produces a wheeze. Asthma can affect children and adults and is more common in people who have allergies or where there is a family history of Asthma.
- COPD occurs most commonly in smokers and ex smokers and usually results in a cough, increased sputum production and frequent chest infections.
- Bronchiectasis is a condition where the lungs accumulate sputum and the person usually gets frequent chest infections.

- Babies and small children sometimes develop a temporary wheezy chest when they have viral infections. Each winter there is usually an outbreak of Bronchiolitis which is a type of viral infection which usually affects smaller children or babies. Children with a wheeze occurring during and after viral infections such as Bronchiolitis may require inhalers and other respiratory medications when they are small, although many children will grow out of this problem by the time they are at school and may not develop Asthma as an older child or adult.

Most people who do not have a long term lung condition will be able to manage their symptoms with self-care if they have a few days of a cough or a cold, and you can buy cheap simple remedies such as paracetamol in a supermarket or at a pharmacy. Sometimes breathing problems can become more serious. If you or someone close to you is having difficulty breathing seeing any

of these the signs mean that you need to call a 999 ambulance:

- 1) being so short of breath that you are unable to talk in sentences,
- 2) turning blue around the mouth,
- 3) drooling and being unable to swallow due to breathing problems,
- 4) finding you are so exhausted by the effort of breathing that it is making you sleepy.

If you have a long term respiratory condition make sure you attend your GP practice for your annual check and remember to order your regular medication in good time.

Dr Joanne Watt
Great Oakley Medical Centre
Clinical Chair Corby CCG



Your healthcare professional will help you to understand how to best manage your lung condition, and may prescribe inhalers and other medications. It is important that you know when and how to take the medication, since some inhalers need to be used regularly where others are to be used only when you are short of breath. You will be given advice about when to call for help if you have problems with your breathing. You may be given antibiotics or steroids to keep at home so that you can treat yourself promptly. If you are under the care of the Rocket respiratory outreach team, make sure you follow their advice including knowing when to contact them. If you have a long term lung/breathing condition is important for you get your flu jab, and pneumonia jab if eligible. These important vaccinations will be available in your GP practice from the middle of September.

If you have been coughing for more than 3 weeks or have coughed up

blood, particularly if you are a smoker, make an appointment at your GP practice since this may need investigating even if you do

not have a diagnosis of a long term respiratory condition. They will want to do checks to look for infection, lung cancer and other lung conditions.

You can keep your lungs as healthy as possible by a few simple measures. Avoiding cigarette smoke is really important, vaping is probably safer for your lungs than smoking but can still be addictive. It really helps your breathing if you can exercise regularly, play a wind instrument (if you can) and sing whenever you get a chance either along with the radio or you may prefer to sing with a group. A group we have in Corby specifically for people (and their Carers) with respiratory conditions such as asthma and COPD is Singing4 breathing:

<https://singing4breathing.wordpress.com/>

People with COPD and their carers can also be supported at Breathing space: <https://www.northamptonshire-carers.org/Event/breathing-space-corby-aug302018>

Lakelands hospice also runs a support group for COPD that you can be referred to:

<https://www.accesscorby.org.uk/service-categories/adult-services/show/lakelands-living-with-copd-programme>

If you do smoke and can manage to stop it can prevent your lungs from deteriorating, if you need help to quit smoking a pharmacist can help you. Stopping smoking is particularly important if you have one or more long term health conditions. Long term conditions can be managed better if you are in control, so ask your general practice team how you can best look after your own health and stay as well as possible.

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Terri Meechan PA & PRESENTER



Name: Terri Meechan

Birthplace: Edinburgh

Describe yourself in three words:

Loyal, Committed and Cuddly

Interesting fact

Hmmm – am I interesting? Well I am a qualified Cricket Umpire (although its been a while haha) and last October I won the Pride of Northamptonshire Community Award for all the work I do in the Community in Corby. That was a massive honour for me! I am also a Parish Councillor for Gretton (where I live) and have been for over 20 years now. I also did a four year stint as a Corby Borough Councillor.

Favourite song of all time and why

Oh Gosh!! I have quite a few for many different personal reasons - but if I was to be put on the spot, I guess it would be Unforgettable by Nat King Cole - It was the Title track from an album that my Grandad (on dad's side) left to Mum and Dad when he passed – I was very young but it was played to death and I just loved it and know the words to every single song on the Album – but 'Unforgettable' is the one that relates to my parents and grandparents, because that's what they are.

Ideal night out/in

This is quite hard as it's kind of changed over the years... nowadays, my ideal night out would be seeing a good Show at the Theatre and a few drinks/Meal and my perfect night in would be an evening with great friends or family, a nice meal and a few drinks and good conversation... bit boring but I'm afraid the party animal in me has started to get knackered haha!

Love about Corby

Being a relative newcomer– Since I moved to Gretton 25 years ago, from day one I have just loved the Spirit, the friendships, the camaraderie and the fact that everyone looks out for each other – for a Town this size, that is a pretty unique feature – I have lived in many places in my life and have NEVER come across such a phenomenon as Corby and it's Villages and the people who live in them.

Favourite place in Corby

Apart from Gretton where I live – which is just idyllic and awesome, I guess it has to be either the serenity and tranquillity of the Boating Lake, or the sheer beauty and uniqueness of East Carlton Park.

Favourite part of being involved with Corby Radio

All of it!! The variety of roles I have, the people I work with and the music! I have been given opportunities and experienced things that I never in a million years would have thought I would be doing, it's just brilliant! Who would ever have thought that a wee, chubby sixty-something would be presenting her own Shows on a Radio Station!!

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Fri 31 May
Fri 28 June
Fri 26 July
Fri 30 August
Fri 27 September
Fri 1 November



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8PM-LATE Info: 01536 265 666



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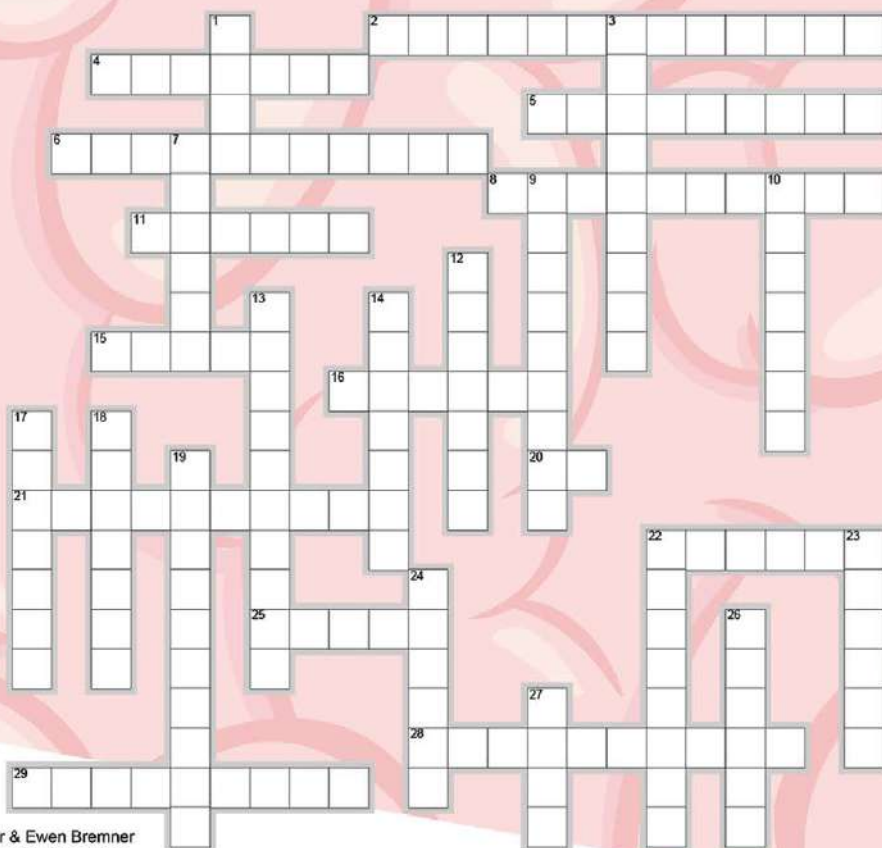
Q1: What is as big as you are and yet does not weigh anything?

Q2: When you have me, you feel like sharing me. But if you do share me, you don't have me. What am I?

SUDOKU

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

FUN MOVIE CROSSWORD



Across

2. 1996, Ewan McGregor & Ewen Bremner
4. 2000, Guy Pearce & Carrie-Anne Moss
5. 1974, Jack Nicholson & Faye Dunaway
6. 2007, Brad Garrett & Lou Romano (voices)
8. 1992, Clint Eastwood & Gene
11. 1995, Robert De Niro & Sharon Stone
15. 1996, William H. Macy & Frances McDormand
16. 1982, Ben Kingsley & Candice Bergen
20. 2009, Edward Asner & Jordan Nagai
21. 1995, Mel Gibson & James Robinson
22. 1972, Laurence Olivier & Michael Caine
25. 1979, Tom Skerritt & Sigourney Weaver
28. 1942, Humphrey Bogart & Ingrid Bergman
29. 2000, Russell Crowe & Joaquin Phoenix

Down

1. 1995, Al Pacino & Robert De Niro
3. 2013, Hugh Jackman & Viola Davis
7. 2009, Sam Worthington & Zoe Saldana
9. 1946, Cary Grant & Ingrid Bergman
10. 1958, James Stuart & Kim Novak
12. 1984, F. Murray Abraham & Tom Hulce
13. 1990, Robert DeNiro & Ray Liotta
14. 2013, Sandra Bullock & George Clooney
17. 1940, Laurence Olivier & Joan Fontaine
18. 1986, Charlie Sheen & Tom Berenger
19. 1927, Alfred Abel & Brigitte Helm
22. 1983, Al Pacino & Michelle Pfeiffer
23. 1950, James Stuart & Josephine Hull
24. 2000, Jason Statham & Brad Pitt
26. 1960, Anthony Perkins & Janet Leigh
27. 1975, Roy Scheider & Robert Shaw



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- | | | | |
|---|------------------------------------|--|---|
| 1 | Smash Table Tennis
Corby Centre | WIN A YEARS MEMBERSHIP | WHAT NIGHT ARE THE COMPETITIONS FOR NON-PLAYING LOCAL PEOPLE ON? |
| 2 | TRAPP'D | WIN TWO ENTRIES TO ROOMS AT CORBY OR NORTHAMPTON | WHAT'S CORBY'S NEWEST ESCAPE ROOM CALLED? |
| 3 | Corby Radio 96.3 | WIN A CORBY RADIO GOODIE BAG | WHAT'S THE NAME OF THE NEW CORBY RADIO NIGHT FOR 2019? |
| 4 | SAVOY CINEMAS | WIN A FAMILY TICKET FOR UP TO 4 PEOPLE INCLUDING FRIENDS | FEB- LEGO MOVIE 2 HITS THE SCREENS ON FEBRUARY 8TH, BUT IN WHAT DANISH CITY DOES THE FAMOUS BRICK TOY ORIGINATE? |
| 5 | SAVOY CINEMAS | WIN A FAMILY TICKET FOR UP TO 4 PEOPLE INCLUDING FRIENDS | March – Carol Danvers joins the ranks of superheroes in the Marvel cinematic universe as Captain Marvel which is released this month, but can you name the character who shares a very similar human name from the DC universe? |
| 6 | SAVOY CINEMAS | WIN A FAMILY TICKET FOR UP TO 4 PEOPLE INCLUDING FRIENDS | April – Avengers: Endgame is released this month with Robert Downey Jnr reprising his role as Tony Stark/Iron-man. Given that we have recently seen Jude Law also joining this universe with his role as Walter Lawson/Mar-Vell in last month's Captain Marvel, which franchise helmed by Guy Ritchie has seen both Downey Jnr and Law play together in lead roles? |

*MONTHLY COMPETITION: MONTHLY WINNERS ANNOUNCED END APRIL 2019



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