Winter Wellbeing Booklet 2014

The NHS Corby Clinical Commissioning Group (CCG), in partnership with Corby Borough Council has compiled this booklet after the successful winter wellbeing event held in the Cube in January 2014. This includes information on Health and Wellbeing organisations and activities happening around Corby, focused on older people.
“On 14th January 2014 Corby Borough Council in partnership with the Corby Clinical Commissioning group organised a “Winter Health and Wellbeing Event” in the Corby Cube. The purpose of the event was to give as much information as possible to the residents of Corby to ensure that people’s health and wellbeing was maintained over the difficult winter months. We were extremely surprised and pleased with the support we gained from a wide variety of organisations who deliver services for Corby people and their enthusiasm for taking part in this event.

The turnout from Health professionals and the public was fantastic and feedback has been very positive. To ensure that information regarding which organisations attended the event is given out to as many people as possible, we have compiled this booklet listing the range of services available. Further work will continue to develop links to the Corby Borough Council and Corby Clinical Commissioning groups’ websites.

We hope to organise a similar event again next year, watch this space!”

Kind Regards

Cllr John McGhee
Lead Member for Community
Corby Borough Council
Corby Borough Council— Benefits
Provides advice and support to ensure you are receiving the right benefits. Contact number: 01536 464113
Website: www.corby.gov.uk

The Autumn Centre
The Autumn Centre is run by a Management Committee and is especially for the over 50’s. They offer a range of different activities and services for everyone. Contact number: 01536 264671

Corby Mind
Corby Mind aims to help local people recover from mental distress by offering a safe environment where people can learn new skills, become part of their own local community and feel better about their lives. They currently offer social, emotional and practical support within a non-judgemental environment, where people can relate to how they are feeling. They aim to promote equality of opportunity and ensure that their members voices are heard and responded to. Contact number: 01536 267280 email: corbymind@yahoo.co.uk

Alzheimer’s Society
Provides support and advice for anyone with dementia and their families and friends. Contact number 01832 736670 Website: www.alzheimers.org.uk

Is a local, independent and voluntary organisation which serves the needs of older people and part of the national family, serving the needs of older people. Contact number: 01604 611200 Website: www.ageuk.org.uk/northamptonshire.org.uk
<table>
<thead>
<tr>
<th>Corby Borough Council—Community Safety Partnership</th>
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<tr>
<td>Working with the community to reduce crime and anti-social behaviour too improve quality of life to all.</td>
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<tr>
<td>Contact number: 01536 464647 Website: <a href="http://www.corby.gov.uk">www.corby.gov.uk</a></td>
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<tr>
<th>Corby Borough Council—Housing</th>
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<tr>
<td>Provides advice and information on housing services and community alarms.</td>
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<tr>
<td>Contact number: 01536 464000 Website: <a href="http://www.corby.gov.uk">www.corby.gov.uk</a></td>
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<thead>
<tr>
<th>Corby Borough Council—Health and Fitness Team</th>
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<tr>
<td>Corby Borough Council is committed to improving the fitness of residents. A range of activities are available at our facilities throughout the Borough. Contact number 01536 400033</td>
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<tr>
<th>Corby Borough Council—Physical Activity</th>
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<tr>
<td>Offers various activities for all abilities and for adults over the age of 40. Contact number 01536 464611 Website: <a href="http://www.corby.gov.uk">www.corby.gov.uk</a></td>
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<tr>
<th>Corby Borough Council—Sustainability Officer</th>
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<tr>
<td>Provides information and advice on switching energy providers, keeping warm during the winter months and funding towards home energy improvements.</td>
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<tr>
<td>Contact number: 01536 464000 Website: <a href="http://www.corby.gov.uk">www.corby.gov.uk</a></td>
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**Corby Lions**
Corby Lions is made up of people in the community who are willing to give up a couple of hours a month to help and support individuals, organisations and charities. They also offer a fantastic “message in a bottle” and “message in a wallet” scheme—messages are placed on your fridge and in your wallet containing your personal and medical details in case of emergency. Contact number: 01536 741206
Website: e-clubhouse.org/sites/corby

**Corby Commissioning Group Older Persons Forum**
Helps Corby CCG provide constructive feedback on their plans and commissioning intentions. The older peoples health forum has proven invaluable in helping the CCG shape local health services and will continue to work with them on a number of initiatives where they can contribute. The forum gives older people in Corby, as well as the local NHS the opportunity to have a two-way conversation.
Contact number: 01536 560420
Website: www.corbyccg.nhs.uk

**Corby Foodbank**
Corby has one of over 380 foodbanks providing emergency food to people in crisis across the UK, supporting local people from going hungry.
Contact number: 01536 737588 Website: corby.foodbank.org.uk

**Corby Library**
Provides information on what the library can offer. Including IT for the terrified and also bus passes.
Contact number: 0300 126 1000
Website: www.northamptonshire.gov.uk/library

**Corby Inner Wheel**
Is a worldwide organisation for women. Corby Inner Wheel works together giving humanitarian aid nationally and internationally and work on projects that change lives. They combine fund-raising and personal service—all with fun and friendship. Contact number: 01536 741044
Website: www.associationofinnerwheelclubs.co.uk

**Corby Citizens Advice**
Provides help and support in form filling, benefits issues and can be a representative at appeals.
Contact number: 01536 265501 Website: www.citizensadvice.org.uk

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Macmillan Cancer Support

At Macmillan, they understand how vital it is to have someone by your side when you are affected by cancer. They have a team who can provide personal support and expert information. Contact number: 0300 1000 200
Website: www.macmillan.org.uk

Corby Urgent Care Centre

Provides urgent care in Corby 365 days of the year from 8am—8pm. Based at Willowbrook Health Complex Corby. Contact number: 01536 202121
Website: www.corbyurgentcarecentre.nhs.uk

Corby Voluntary Community Service

Corby Voluntary and Community Services are an organisation that offers support and training to other community and voluntary organisations, in and around Corby. They also provide information on shop mobility, Corby car pool and volunteering. Contact number: 01536 267873 Website: www.corbyvcs.org.uk

East Midlands Ambulance Service

East Midlands Ambulance Service NHS Trust (EMAS) provides emergency 999, urgent care and patient transport services for the 4.8 million people within Derbyshire, Leicestershire, Rutland, Lincolnshire (including North and North East Lincolnshire), Northamptonshire and Nottinghamshire. Website: www.emas-nhs.uk

Health Watch Northamptonshire

Are the national consumer champion in healthcare. They have significant statutory powers to ensure the voice of the consumer is heard by those who commission, deliver and regulate healthcare services. Contact number: 01604 893636 Website: www.healthwatchnorthamptonshire.co.uk
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<tr>
<th><strong>Northamptonshire Association for the blind</strong></th>
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<tr>
<td>Whether you or a loved one has lost or are losing your sight, we understand the affect this can have on all of your lives. Their range of responsive services has been developed to help you at a time when you need it most.</td>
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<tr>
<td>Contact number: 01604 719193 Website: <a href="http://www.nab.org.uk">www.nab.org.uk</a></td>
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<tr>
<th><strong>Northamptonshire Carers Association</strong></th>
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<tr>
<td>Their aim is to offer a comprehensive support service to the unpaid Carers of Northamptonshire. They recognise their contribution to society and will endeavour to empower Carers in improving their quality of life.</td>
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<tr>
<td>Contact number: 01933 677907 Website: <a href="http://www.northamptonshire-carers.org.uk">www.northamptonshire-carers.org.uk</a></td>
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<th><strong>Northamptonshire Centre for Independent Living</strong></th>
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<tr>
<td>Provides support for people living in Northamptonshire and offers a range of services to help people remain independent in their own homes and communities.</td>
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<tr>
<td>Contact number: 01604 588501 Website: <a href="http://www.northamptonshirecil.org.uk">www.northamptonshirecil.org.uk</a></td>
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<th><strong>Northamptonshire Healthcare Foundation Trust</strong></th>
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<tr>
<td>Northamptonshire Healthcare NHS Foundation Trust offers a range of services to help you make the most of your health and wellbeing. They work from many sites located across the county to deliver their services in the most convenient and appropriate way to meet your needs. They offer in-patient services, local clinics, rehabilitation and respite locations, home visits and community-based activities. Our service pages describes what we do and provide and information on how you access services, the scope of our work, and opportunities to contact us and provide feedback.</td>
</tr>
<tr>
<td>Contact number: 01536 400600 Website: <a href="http://www.nht.nhs.uk">www.nht.nhs.uk</a></td>
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<th><strong>Olympus Care Services</strong></th>
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<tr>
<td>As a local leader in care and support services in Northamptonshire, they know how frustrating finding the right care can be. They are one of the largest care providers in the county and are the only organisation to provide a full range of services for older people and adults with dementia, learning disabilities and physical disabilities. Whether you need home care, day services, residential care, respite or specialist equipment we can make a difference to your life.</td>
</tr>
<tr>
<td>Contact number: 01604 366000 Website: <a href="http://www.olympuscaresevices.co.uk">www.olympuscaresevices.co.uk</a></td>
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**Stroke Association**

The Stroke Association provides a number of vital support services across the country to help those affected by stroke to regain their lives. They provide a high quality, up-to-date stroke information for stroke patients their families and carers.

Contact number: 0303 3033 100 Website: www.stroke.org.uk

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**Lakelands Day Care Hospice**

Lakelands Hospice is an independent charity committed to delivering the best possible practice and development of specialist palliative care for people with cancer, heart failure and other life-limiting illnesses. We honour people's right to dignity and respect during all stages of their illness, by improving the quality of life of all hospice attendees and their families. Lakelands Hospice at Home service aims to deliver overnight skilled nursing care for patients during their last two weeks of life.

Contact number: 01536 747755 Website: www.lakelandshospice.org.uk

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For any further information please contact Corby Borough Council, Culture and Leisure on 01536 464042
Open Social Groups

Northamptonshire Association for the Blind (NAB)
Kettering Conference Centre, Kettering
1st Monday of May, August, November

Care and Share Drop in Centre
St Ninian’s Church, Beanfield Avenue, Corby
Friday 10am - 11:30am

Older people’s Group
The Viking Club, Nr Daneshomle Community Centre, Corby
Monday 2pm - 4pm

Alzheimer’s Society Coffee Morning
For people with dementia & their carers,
Kettering Dementia Café, Corn Market Hall
1st Tuesday of every month 10am - 12noon

Corby Inner Wheel
at The Masonic complex, 27 Rockingham Road, Corby,
NN17 1AD. 01536 741044
1st Tuesday of every month (not Aug) 7pm

Carer Support Group
Practical & emotional support to carers,
West Glebe Pavilion, Corby
2nd Monday of every month 10:30am -12noon

Unison Retired Members Club
West Glebe Pavilion. Contact Pat Davies - 01536 204972
3rd Tuesday of every month 2pm - 4pm
Carer’s Café
Community Centre, Stuart Road, Corby
Tuesday 10:30am – 12:30noon

Coffee Mornings
Hazelwood Neighbourhood Centre, Corby
Mondays 10:30am – 12:30pm

Sports and Exercise Groups

Sequence Dancing
St Ninian’s Church, Beanfield Avenue, Corby
Friday 1:30pm – 4pm

Over 50s Swimming
Corby East Midlands International Swimming Pool
Monday 10am – 11am

Adult Disability Access Swim
Corby East Midlands International Swimming Pool
Monday 11am – 12noon
Wednesday 2:30pm - 4pm

Chair Aerobics
West Glebe Pavilion, Corby
Tuesday 10:30am -11:15am
Jogging Group
Lodge Park Sports Centre, Corby
Tuesday & Thursday 6pm – 7pm

Corby Active Agers Club
West Glebe Pavilion, Corby
Tuesday 11.30am – 12.30pm

Exercise to Music
West Glebe Pavilion, Corby
Friday 11:15am – 12:15pm

Bowls
West Glebe Pavilion, Corby
Thursday 2pm - 3pm

NRG Disability Sports Group
Lodge Park Sports Centre, Corby
Thursday 5pm - 6pm

Activity Groups

Bowling
Great Oakley Cricket Club, Corby
Friday 3pm – 5pm

Singing for the Brain
People with Dementia and their carers, family and friends,
West Glebe Pavilion, Corby
Bella Knit (Knitting)
The Balcony, Corporation Street, Corby
**Tuesday 1pm – 3pm**

Bella Knit (Crochet)
The Balcony, Corporation Street, Corby
**Thursday 1pm – 3pm**

A.C.E Club
Arts and crafts, social outings and healthy eating,
Corby Conservative Club, Corby
**Wednesday 10am – 12noon**

Bingo
Silver Band Club, Denford Way, Corby
**Tuesday Evenings**

Corby East Midlands International Pool
The Council runs various health and wellbeing sessions for all ages and abilities.
**Contact number: 01536 464643**
**Website: www.corby.gov.uk/corbypool**

Lodge Park Sports Centre
The Council runs various health and wellbeing sessions for all ages and abilities.
**Contact number: 01536 400033**
**Website: www.corby.gov.uk/lodgepark**