Corby Mind
can 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.

Tel: 01536 267280

Corby Foodbank
Corby’s Foodbank provides emergency food to people in crisis.

Tel: 01536 737588
Visit: www.corby.foodbank.org.uk

Northamptonshire Carers Association
Provides a comprehensive support service to the unpaid Carers of Northamptonshire. They recognise their contribution to society and will endeavour to empower carers by improving their quality of life.

Tel: 01536 677907
Visit: www.northamptonshire-carers.org.uk

Public Health 2020
Information about a wide range of initiatives and activities to improve health and wellbeing can be accessed via: www3.northamptonshire.gov.uk/councilservices/health

Lakelands Hospice
Is an independent charity committed to delivering the best possible practice and development of specialist palliative care for people with cancer, heart disease and other life limiting illnesses. For further information on the services they provide contact:

Tel: 01536 747755
Visit: www.lakelandshospice.org.uk

Welcome to Corby
Health and Wellbeing in Corby

www.corby.gov.uk www.corbyccg.nhs.uk

Our Guide
for new residents

Corby Borough Council

NHS
Corby Clinical Commissioning Group
Introduction

Welcome to Corby and welcome to Corby Health and Wellbeing booklet for new residents. This booklet aims to support all new residents of Corby to keep as healthy and active as possible.

Corby is a vibrant, diverse and rapidly changing town which has expanded at great pace in recent years.

This booklet has been created by Corby Borough Council and NHS Corby Clinical Commissioning Group who recognise the importance of having a healthy and active life and hope that the services identified in this booklet will support you in doing so.

“Corby Cares for You”
Section 1: Health Services

Registering with GP.................................................................................................................... Page 4-5
NHS 111........................................................................................................................................ Page 6
Urgent Care Centre.................................................................................................................... Page 7
Accident and Emergency............................................................................................................ Page 7
Pharmacy....................................................................................................................................... Page 8
Sexual Health............................................................................................................................. Page 9
Pregnancy...................................................................................................................................... Page 9
Dental............................................................................................................................................ Page 10
Optometry...................................................................................................................................... Page 10

Section 2: Healthy Lifestyles

Breastfeeding.............................................................................................................................. Page 11
Reducing Infections................................................................................................................... Page 12
Healthy Eating.......................................................................................................................... Page 13
Be more active............................................................................................................................ Page 13
Are you drinking too much?....................................................................................................... Page 14
Stop smoking.............................................................................................................................. Page 14

Section 3: Corby Borough Council Services

One Stop Shop............................................................................................................................ Page 15
Environmental Services............................................................................................................ Page 16
Corby Health and Fitness.......................................................................................................... Page 17
Health walks............................................................................................................................... Page 21
Lodge Park Sports Centre.......................................................................................................... Page 22
Corby East Midlands International Pool .................................................................................. Page 23
Somewhere to live..................................................................................................................... Page 24

Section 4: Directory of Services
Section 1 : Health Services

NHS Welcome and Introduction

NHS Corby Clinical Commissioning Group (CCG) is your local NHS organisation which is responsible for buying healthcare for the local population. It is responsible for safe, well co-ordinated, high quality health services for the population of Corby.

This booklet tells you more about what services are available, and how to get the best out of your local health services.

Registering with a Doctor (GP)

Everyone living in the UK permanently has the right to register with a Doctor (GP). There are currently 5 GP practices in Corby. You should register with a GP as soon as you move to a new area. Do not wait until you are unwell.

If you don’t register with a GP you may miss out on important heath services such as screening and immunisation.

By registering with a local doctor you will gain access to health checks, advice and support on healthy living as well as treatment if you become unwell. They also deal with a range of health problems, giving vaccinations, providing health education, advice on smoking, diet, contraception and carryout simple operations.

You will need to make an appointment to see a GP. Sometimes you will have to wait several days before you can see the doctor of your choice. You must cancel your appointment if it is no longer needed. There is no charge to see a GP.
You can find information about GP practices in your area at www.corbyccg.nhs.uk

There are five GP practices in Corby who you can register with:

**Lakeside Surgery**
Cottingham Road, Corby, NN17 2UR
01536 204154

**Great Oakley Medical Centre**
Barth Close, Great Oakley, Corby, NN18 8LU
01536 460046

**Dr Sumira’s Practice**
Studfall Medical Centre, Corby, NN17 1QP
01536 401371

**Woodsend Medical Centre**
School Place, Corby, NN18 0QP
01536 239303

**The Studfall Medical Centre**
Studfall Medical Centre, Corby, NN17 1QP
01536 401372

**Patient Participation Groups**

All doctors surgeries in Corby have a Patient Participation Group (PPG). The PPG is a group of patients registered with the surgery who have no medical training but have an interest in the services provided. The aim of these groups is to represent patients views and cross barriers, embracing diversity and to work in partnership with the surgery to improve common understanding.

Please contact your local surgery if you would like to join.

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**Somewhere to Live**

Where to get housing advice:

The housing options team provides free advice and assistance to people who may be homeless, threatened with homelessness or looking for alternative housing options available to them in Corby. Depending on your circumstances we can offer you a range of services including access to the housing waiting list, private rented accommodation, low cost home ownership and supported housing.

If you are at risk of being homeless:

It is very important that if you feel you may be threatened with homelessness that you contact us as soon as possible.

The first step is to call us on:

01536 464629

or visit The One Stop Shop.

Call:

01536 464629

Email:

housing.options@corby.gov.uk

or go to www.corby.gov.uk for details of drop in sessions.
Need to see a doctor when your practice is closed?

If you need to see a GP outside normal opening hours, the Out of Hours service is available Mondays to Fridays between 6.30pm and 8.00am, and 24 hours a day on weekends and bank holidays.

This service is only for patients whose condition cannot safely wait until the next working day and who need advice or treatment from a doctor or nurse.

**It can be reached by calling the NHS 111 urgent care telephone service.**

**You will be given a time slot and asked to attend Prospect House, 121 Lower Street, Kettering where you will be able to see a doctor.**

There are also doctors and nurses available who will come out to the house if you are terminally ill or housebound.
Corby Urgent Care Centre

Corby Urgent Care Centre is open between 8am – 8pm 365 days of the year. It is available for urgent conditions which can not wait to be seen by your own doctor. No appointment is necessary, but patients will be seen in order of clinical priority, so patients may have to wait if their condition is not as serious as others.

Injuries such as sprain, wounds, minors burns, scalds and fractures can be treated here. Suitable conditions to be seen here are children with high temperature, anyone with breathing problems, and bladder or other painful infections.

The Urgent Care Centre is not a replacement for GP services. Day to day health concerns should be treated by a GP.

The Urgent Care Centre is situated at: Willowbrook Health Complex, Cottingham Road, Corby, NN17 2UR 01536 202121

Accident & Emergency

The nearest Accident and Emergency Department can be found at Kettering General Hospital. You should only attend with serious injuries or life threatening emergencies.

Kettering General Hospital, Rothwell Road, Kettering, NN16 8UZ.
In emergency situations you can dial 999 for an ambulance service.
Woodland Walks: Hazel and Thoroughsale Woods is at the very heart of Corby, these ancient woods provide a great place to visit while linking back to the history of Rockingham Forest. There are three attractive trails:

The Hazel Trail:
A short 30 minute (1.01km) walk which is great for a lunch break or to break up your shopping trip (Red).

The Willow Trail:
A medium 1 hour (2.62km) walk which takes in the southern part of the woods, including the tranquil Boating Lake (Blue).

The Oak Trail:
A long 2 hour (3.71km) walk which explores all areas of the woodland and its attractive wildflower meadows (Green).

King’s Wood Local Nature Reserve is situated in the South West of Corby, close to Danesholme, Kingswood and Beanfield. It is a semi-natural ancient woodland site and a fantastic place for wildlife and for people to enjoy.

Pharmacy Services

If your doctor wants you to take medication they may provide you with a prescription. You will need to take this to a pharmacy who will provide the medication. There is normally a set charge for this medication.

Pharmacists are experts in medicines and how they work, and play a key part in providing health care to patients. They can help you decide whether or not you need to see a GP and you can talk to them in confidence about your symptoms, without an appointment.

Your local pharmacy can offer the following services:

- Prescription dispensing (including repeat prescriptions)
- Prescription home delivery services available
- Safe disposal of unwanted medicines
- Health and lifestyle advice, such as help to quit smoking, lose weight and lower blood pressure
- Suggesting where to go for further support, advice or treatment
- Advice about, and treatment of, minor ailments and conditions without prescription

For list of local pharmacies please see NHS Choices www.nhs.uk
Pregnancy

If there is a chance you could be pregnant, it is important that you contact a health care professional to make sure you get the best possible care for you and your baby. Talk to your GP to arrange your first midwife’s appointment. You should make an appointment within the first 12 weeks of pregnancy so that your care can be planned appropriately.

Sexual Health

Northamptonshire Healthcare Foundation Trust provides a range of sexual health services.

You can contact them for advice and an appointment for:

- Contraception
- HIV testing
- Sexual transmitted infection testing
- Chlamydia screening
- Pregnancy testing

Contact: 01536 410647  www.nhft.nhs.uk – search for Sexual Health Services
Services you pay for

In the UK there are charges for prescription medication, dental services, eye tests and spectacles. There are exceptions to this such as children and people on low incomes.

Dental Services

There are a number of NHS and private Dental Services available in Corby.

When you visit your dentist they check the potential problems such as tooth decay, gum disease and oral cancer - these conditions can have serious consequences if left untreated. NHS dentists can provide all the treatment that is necessary in order to keep your teeth and gums healthy. This includes treatment such as fillings, dentures, crowns and bridges.

To find out which NHS practices are currently accepting new patients visit the NHS Choices website at www.nhs.uk

Optometry Services

There are a number of opticians in Corby. Optometrists (opticians) will test your sight, examine the health of your eyes and check for any abnormalities and diseases that are revealed in the eye, such as diabetes and glaucoma. After testing your eyes, if needed, they will also fit and supply spectacles to a prescription. As part of your general health, eye tests should be completed every 2 years.
Section 2 : Healthy Lifestyle Advice

Breastfeeding

Corby Borough Council welcomes mothers who wish to breastfeed and will maximise opportunities for those who wish to breastfeed in public areas of our premises and provide private areas where available.

The benefits of Breastfeeding include:

- Breast milk is natural food designed for the baby
- Breastfeeding protects the baby from infections and diseases
- Breast milk provides health benefits for the baby
- Breastfeeding provides health benefits for the mother
- It’s free
- It’s available whenever and wherever your baby needs a feed
- It’s the right temperature
- It can build a strong physical and emotional bond between mother and baby

A directory of Breastfeeding Friendly establishments is available at www.corby.gov.uk
Look out for our breastfeeding friendly signs across Corby.

Healthy Start

This is a UK government scheme which aims to improve the health of pregnant women and families who are on low incomes. For more information ask your Health Advisor or local children’s centre or visit www.healthystart.nhs.uk
Reducing Infections

The best way of preventing infections passing from one person to another is by cleaning our hands.

You should always wash your hands before:

- Preparing food
- Eating
- Caring for the sick
- Looking after babies or the elderly
- Starting work
- Putting in contact lenses

You should always wash your hands after:

- Handling raw food
- Going to the toilet
- Touching rubbish
- Changing nappies
- Caring for the sick
- Coughing or sneezing
- Handling or stocking pets / animals
- Gardening

Healthy Lifestyles Programme

Alive ‘N’ Kicking is a program available to families who want to eat more healthily, be more active and have lots of fun doing this together. Activities include fun activities, healthy snacks, lunchbox ideas, recipe challenges etc.

If you are worried about your child’s health or weight join our FREE Healthy Lifestyles Programme.

For more information please contact 01604 745084
or email ANK@nhft.nhs.uk
There are lots of ways in which small changes can have a positive effect on your health and wellbeing:

**Healthy Eating**

A healthy balanced diet gives our bodies the energy and nutrients required to function well, and feel great. This means eating a wide variety of foods in the right proportion, so that over time we get all the nutrients we need to keep ourselves healthy.

You can get advice about healthy eating from your GP surgery or online at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

**Be More Active**

People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke and some cancers. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer’s disease.

You should aim for 150 minutes of moderate activity a week. A moderate activity is one that slightly increases your heart rate and makes you feel warmer.

Corby Borough Council offers a wide range of facilities and activities which can support you to keep active. More details can be found in this booklet (see pages 17 - 23).
Are You Drinking Too Much Alcohol?

To reduce your risk of developing alcohol related health problems it is recommended that you should drink in moderation and follow the guidelines for sensible drinking:

- Men should not regularly drink more than 3 to 4 units a day (equivalent to 1.5 pints of beer at 4%), and Women not more than 2 to 3 units a day (equivalent to a standard 175ml glass of wine)
- Drink plenty of tap water
- You should have at least two alcohol free days per week

Regularly drinking over the recommended units can increase your risk of a number of cancers, stroke, heart disease, high blood pressure and reduced fertility.

For further information and advice on reducing your alcohol intake visit the NHS Choices website www.nhs.uk

Stop Smoking

Smoking is one of the biggest causes of premature death. Stopping can be very difficult, but help is available. As a smoker you are much more likely to develop coronary heart disease and have a heart attack than your non-smoking friends.

You can get free face-to-face support to stop smoking from the NHS. Call 0800 4346677 or go to www.goodbyesmoke.co.uk to find a service nearby. You can also talk to your GP and pharmacist.

Substance Misuse

For advice and support visit the NHS Choices website: www.nhs.uk
Corby Borough Council is your local Borough Council responsible for a range of public services.

Ambition:
“To regenerate through growth and to double the population towards 100,000 people by 2030 with a complementary increase in jobs, prosperity and public services that rank with the very best”.

One Stop Shop: At our One Stop Shop we can offer you information, help and advice on:

- Housing and benefit queries and applications
- Making payments for services, rent and Council tax by cash or card
- Food vouchers
- Housing aid and advice
- Registering to vote
- Council tax
- Planning and building control
- Environmental Health queries
- Any other CBC services

Other services offered by partners, such as The Royal British Legion and Citizen Advice Bureau.

Opening hours are 8.30am to 5pm Monday to Friday.
Or contact: 01536 464000 or email customer.services@corby.gov.uk
Environmental Services

The Environmental Services department covers a wide and varying range of subjects to assist residents in the Corby Borough.

Providing free and impartial advice on:

- Energy saving
- Grants and discounts for energy saving measures such as insulation
- Reducing fuel bills and switching suppliers
- Preventing damp and mould
- Renewable energy
- Reducing waste by composting
- Stopping junk mail
- Using real nappies
- Sustainable gardening and growing your own food
- Saving water in the home and in the garden
- Sustainable transport, such as walking, cycling, using public transport
- Electric vehicles

If you wish to contact us please call 01536 464000 or email env.health@corby.gov.uk
Corby Health & Fitness

Find us on Facebook, search for ‘corbyhealthandfitness’

Corby Health and Fitness provides a service across Lodge Park Sports Centre and Corby East Midlands International Pool facilities. Whatever your reason for using our facilities, we have a programme to meet your needs and help you to achieve real results. We offer a wide range of activities for everyone.

- Gyms
- Group Exercise Classes
- Personalised Fitness Programmes
- Personal Training
- Small Group Training
- Cardiac Rehabilitation
- Aqua/Swim Fit Swimming
- Health Suite

- Boot Camps
- Indoor Cycling Classes
- Sports Massage
- Teen Fit Gym
- Supplement Store
- Nutritional Advice
- Vibro Gym

Activity on Referral (doctors referral for those inactive). See over for more information.
Activity on Referral is available to join through your GP, Practice Nurse or Health Visitor. The scheme is available to people over 16 years of age who are currently inactive or with a health condition which would benefit from this tailored approach to getting fit.

Cardiac Rehabilitation Phase 4 is a progression from the Phase 3 Programme provided at Kettering General Hospital (normally offered to patients after a cardiac event such as a heart attack).

Group Exercise Classes: we offer a wide range of classes at both of our facilities, so whether you are looking for weight management, core stability, strength, flexibility or all round fitness we can guarantee we have a class to suit you. Group exercise can help you to achieve your results with motivating instructors and music. Meet new friends and have fun.

Teen Fit is a great way for young people aged 12 - 15 years to utilise our brilliant fitness facilities. The Sessions will be supervised at all times, with an instructor available to assist with all of your exercise needs and goals.

Small Group Training is a great way to train and learn with an experienced and qualified Personal Trainer. It’s motivating, fun and helps you to focus on and achieve the results you want from your workouts in the Gym.

Boot Camp: A fitness boot camp is a type of outdoor group exercise class that mixes traditional body weight exercises with interval training and strength training. Held at different locations including East Carlton Park.
**Tyred and Tested** is an Intensive Training day either 4 or 6 hours in duration. Based at East Carlton Park it will include aspects of Interval training, Kettlebells, running and Boot camp drills. It is designed to help improve fitness and push you harder than normal.

**VibroGym:** The VibroGym enables you to complete a quick and easy full body workout in just 20 minutes. No matter what your age, ability or medical condition, the VibroGym can massage, strengthen and increase flexibility with your muscles.

**Adult (16+) and Junior Membership (6-15 years):** we have a number of membership options tailored to your individual needs, including our Leisure Membership, Swimming Only Membership, Swim and Aqua Membership, Group Exercise Membership or for younger members our Junior Membership (Public Swimming sessions, Supervised Diving sessions, Astro turf Football, Teen Fit Sessions (12-15), Badminton, Tennis, Table Tennis, Cheerleading and much more).

Visit [www.corby.gov.uk](http://www.corby.gov.uk) or call for further information:
Lodge Park Sports Centre on: **01536 400033** or
Corby East Midlands International Pool: **01536 464643**

**Find us on Facebook**, search for ‘corbyhealthandfitness’

**Outdoor Gyms:** There are three outdoor gyms in Corby that are free to use:

- Kingswood Neighbourhood Centre, Alberta Close
- Exeter Open Space, Counts Farm Road
- Pat Fawcett Way, Corby Central Park.
West Glebe Pavilion

West Glebe Pavilion offers a variety of different sport and physical activity sessions for all the family to enjoy including:

**Chair Aerobics:** Gentle chair based aerobics designed to improve mobility and flexibility.

**Exercise to Music 50+:** A combination of high and low impact routines in a fun, informal setting.

**Health Walk and Kurling:** An easy walk around the park followed by a game of New Age Kurling.

**Kickboxing:** Suitable for adults and children. Channel your aggression in a fun and friendly environment.

**Singing for the Brain:** Run by the Alzhiemers Society - Every Monday 2.00pm–3.30pm. Fun and stimulating singing for people in the early to moderate stages of dementia and their carers.

**ParkRun:** Every Saturday morning at 10am. A fun 5km run for the whole family around the Park for all ages and abilities.

Visit: [www.parkrun.org.uk/corby/](http://www.parkrun.org.uk/corby/)

**Boot Camps:** A great team building experience designed to improve your fitness and metabolism.

**Nordic Walking:** A fun aerobic outdoor workout which uses 90% of all the bodies muscles.

For further information please contact: West Glebe Pavilion 01536 204217
Woodland Walks: Hazel and Thoroughsale Woods is at the very heart of Corby, these ancient woods provide a great place to visit while linking back to the history of Rockingham Forest. There are three attractive trails:

The Hazel Trail: A short 30 minute (1.01km) walk which is great for a lunch break or to break up your shopping trip (Red).

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The Oak Trail: A long 2 hour (3.71km) walk which explores all areas of the woodland and its attractive wildflower meadows (Green).

King’s Wood Local Nature Reserve is situated in the South West of Corby, close to Danesholme, Kingswood and Beanfield. It is a semi-natural ancient woodland site and a fantastic place for wildlife and for people to enjoy.

SHAPE Dance Classes

For children aged 5 years+ and adults in a variety of facilities across Corby. Classes include tap, ballet and modern with 2 shows each year at the Core Theatre.

Contact 01536 464042  www.corby.gov.uk

Health Walks

Corby offers a variety of nationally accredited health walks in and around the Borough. Walking can help to give you more energy, reduce stress and blood pressure, keep your heart healthy, manage your weight whilst having a chat and making new friends.

Various walks take place from Corby Boating Lake, East Carlton Park and West Glebe Pavilion on a weekly basis. Visit www.corby.gov.uk Also on the 1st Wednesday of every month an additional walk away from East Carlton Park is organised so the group can enjoy some different scenery and try different walking routes.

For further information please contact 01536 400033.

Your local pharmacy can offer the following services:

• Prescription dispensing (including repeat prescriptions)
• Prescription home delivery services available
• Safe disposal of unwanted medicines
• Health and lifestyle advice, such as help to quit smoking, lose weight and lower blood pressure
• Suggesting where to go for further support, advice or treatment
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Lodge Park Sports Centre

There are plenty of different activities for everyone and every age at Corby’s family friendly and community focused sports centre.

Facilities include a sports hall, coaching/training hall, outdoor full size floodlit 3G Astro turf, 6 tennis courts, 60 station gym, vibro gyms, body core machines, functional fitness area and 4 class specific Studios and Gallery area. To compliment these we have a bright and friendly Crèche and playgroup area with light sensory room, which is available for hire for small groups and parties. We offer a variety of party packages for 1-12 year olds. The Gallery area is a great space to hire for meetings, training courses and small sessions.

For further information please contact 01536 400033.
Website: www.corby.gov.uk
Find us on Facebook: Search LodgeParkSportsCentre

SPLAT Holiday Activity Club offers activities during the school holidays for 6 – 14 year olds. Children can take part in a variety of activities such as sports, games, arts, craft and have the chance to meet new friends. All the activities take place at Lodge Park Sports Centre, and the club is Ofsted registered. For more information go to www.corby.gov.uk/splat

The Happenin Project offers after school and holiday activities at various centres for 8 – 14 year olds across the Corby Borough. Children can take part in a variety of activities and have the chance to find out more about a variety of topics at some informal education sessions that are held from time to time. For more information visit www.corby.gov.uk/happeninproject
Need to see a doctor when your practice is closed?

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There are also doctors and nurses available who will come out to the house if you are terminally ill or housebound.

For further information please contact 01536 464643 or www.corby.gov.uk Email: swimming.pool@corby.gov.uk

Find us on Facebook search for CorbyInternationalPool

Corby East Midlands International Pool

A wide range of facilities are available from swimming to health and fitness. There is a 50m 8 lane main pool, 20m 4 lane learner pool, fun pool with pirate ship, 63m aqua tube body ride, diving boards, crèche, 70 station gym, studio classes and a health suite with sauna, steam and spa pool.

The pool programme offers; 50+ swimming sessions, shallow water and deep water workouts, ladies only, parent and toddler sessions plus lots more. Swimming is an excellent way to improve your health and wellbeing. Swimming is accessible to everyone regardless of age, ability, disability, size and shape. Swimming is great for your heart and lungs and puts very little stress on your muscles, joints and bones. With a few sessions of swimming a week you could reduce your blood pressure, strengthen your stomach and back and burn off as many as 600 calories an hour. You will be having so much fun you won’t notice your working out too. Learn to swim or dive under the supervision of our highly qualified instructors.

For further information please contact 01536 464643 or www.corby.gov.uk Email: swimming.pool@corby.gov.uk
Find us on Facebook search for CorbyInternationalPool

East Carlton Countryside Park

Visit one of our most beautiful and active Country Parks in the County where you can be guaranteed a fantastic day out - especially if you bring the children and the dog. FREE PARKING!!

Facilities include: Cafe: Open all year and offers light meals, hot and cold drinks and ice-cream; Craft Workshops; Children’s Play Area; Play equipment for disabled children; Picnic Area; Petanque Court; Toilets (including Disabled).

For further information please contact 01536 770977 or www.corby.gov.uk Email: culture.leisure@corby.gov.uk
Find us on Facebook search for EastCarltonCountryPark
Patient Participation Groups

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Please contact your local surgery if you would like to join.

You can find information about GP practices in your area at www.corbyccg.nhs.uk

There are five GP practices in Corby who you can register with:

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Cottingham Road, Corby, NN17 2UR
01536 204154

Great Oakley Medical Centre
Barth Close, Great Oakley, Corby, NN18 8LU
01536 460046

The Studfall Medical Centre
Studfall Medical Centre, Corby, NN17 1QP
01536 401372

Dr Sumira’s Practice
Studfall Medical Centre, Corby, NN17 1QP
01536 401371

Woodsend Medical Centre
School Place, Corby, NN18 0QP
01536 239303

Somewhere to Live

Where to get housing advice:

The housing options team provides free advice and assistance to people who may be homeless, threatened with homelessness or looking for alternative housing options available to them in Corby. Depending on your circumstances we can offer you a range of services including access to the housing waiting list, private rented accommodation, low cost home ownership and supported housing.

The first step is to call us on: 01536 464629 or visit The One Stop Shop.

If you are at risk of being homeless:

It is very important that if you feel you may be threatened with homelessness that you contact us as soon as possible.

Call: 01536 464629  Email: housing.options@corby.gov.uk
or go to www.corby.gov.uk for details of drop in sessions.
Useful Contacts

Community Safety
Corby has a dedicated Community Safety team who work in partnership with other agencies to reduce crime and anti social behaviour to improve the quality of life for all in Corby.

Tel: 01536 464603  Email: community.safety@corby.gov.uk

Schools
Primary and Secondary School information and places are managed by Northamptonshire County Council.
For more information visit: www.northamptonshire.gov.uk

Police
For non-emergency calls to Corby Police Call: 101

Children’s Centres

Pen Green
Call: 01536 400068
Visit: www.pengreen.org

Kingswood Children’s Centre
Call: 01536 747508
Visit: www.kingswood.childrencentre.org

Exeter Children’s Centre
Call: 01536 204765
Visit: www.exeterlearningcommunity.org

Woodnewton Children’s Centre
Call: 01536 265173
Visit: www.woodnewton-northampton.sch.uk
Corby Voluntary and Community Services

The voluntary and community sector in Corby provide a wide range of health and wellbeing services. As well as opportunities for volunteering in the community. For up to date advice and services please contact:

CVCS Tel: 01536 267873  Visit: www.corbyvcs.org.uk or

Voluntary Impact Northampton Tel: 01604 637522  Visit:

Access Corby

Provides an online directory of local community and voluntary sector organisations, groups and agencies in and around Corby.  Visit: www.accesscorby.org.uk

Job Seeker Direct

Tel: 0845 6060234

Corby Library (Inside Corby Cube)

Tel: 0300 126 1000

Social Care

For help and advice about what social care provision you may be entitled to contact:

Tel: 0300 126 1000  Email: adultcarenc@northamptonshire.gcsx.gov.uk

Visit: www.northamptonshire.gov.uk

Voting

You must be on the electoral register, if you are not on the register, you can’t vote and won’t have a say in how the country is run. Don’t lose your right to vote.

Being on the register is proof of your identity and is often used by credit reference agencies and mortgage companies. These companies check the register when people apply for credit, in order to counteract fraud.

You must register to vote online at: www.gov.uk/register-to-vote
Hospital
There are two hospitals in Northamptonshire.

Kettering General Hospital
This is your nearest hospital and offers many outpatient appointments as well as Accident and Emergency.
Tel: 01536 492000  Visit: www.kgh.nhs.uk

Northampton General Hospital
Tel: 01604 634700  Visit: www.northamptongeneral.nhs.uk

Urgent Care Centre
Address: Willowbrook Health Complex, Cottingham Road, Corby, NN17 2UR
Tel: 01536 202121

Northampton Healthcare Foundation Trust
Provide a range of community and mental health services in Corby.
Visit: www.nht.nhs.uk

Healthwatch
Are the national consumer champion in healthcare. They have significant statutory powers to ensure that the voice of the consumer is heard by those who commission, deliver and regulate healthcare services.
Tel: 01604 893636  Visit: www.healthwatchnorthamptonshire.co.uk

Transport
For local buses and train information to and from Corby: Visit: www.northamptonshire.gov.uk
**Lakelands Hospice**
Is an independent charity committed to delivering the best possible practice and development of specialist palliative care for people with cancer, heart disease and other life limiting illnesses. For further information on the services they provide contact:

Tel: 01536 747755  Visit: www.lakelandshospice.org.uk

**Corby Mind**
Can 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.

Tel: 01536 267280

**Corby Foodbank**
Corby’s Foodbank provides emergency food to people in crisis.

Tel: 01536 737588  Visit: www.corby.foodbank.org.uk

**Northamptonshire Carers Association**
Provides a comprehensive support service to the unpaid Carers of Northamptonshire. They recognise their contribution to society and will endeavour to empower carers by improving their quality of life.

Tel: 01536 677907  Visit: www.northamptonshire-carers.org.uk

**Public Health 2020**
Information about a wide range of initiatives and activities to improve health and wellbeing can be accessed via: www3.northamptonshire.gov.uk/councilservices/health