



# CORBYP HEALTH NEWS

A newsletter from Corby Clinical Commissioning Group (CCG)

Run by your local GPs, the CCG plans and pays for healthcare services for the people of Corby

## Flu clinic being held in Corby for children who missed school vaccinations

Children who missed their flu vaccinations at school can still receive the vaccine at a flu clinic being held in Corby next month.

Children who are home-schooled, or have been otherwise unable to attend their school vaccination, are invited to attend. The vaccination is a nasal spray, not an injection.

GP Joanne Watt, chair of NHS Corby Clinical Commissioning Group, said: "This clinic is an opportunity for any children who are yet to be vaccinated. Flu is a very common infection in babies and children. It can be very unpleasant for them with potentially serious complications, including bronchitis and pneumonia. The flu vaccine is a quick and safe way of protecting your children in a matter of minutes."

The flu vaccine is available for free for people in 'at risk' groups, including people who are aged 65 years or over; live in a residential or nursing home; have a learning disability; live with someone who is immunocompromised; are the main carer of an older or disabled person; or who are pregnant.

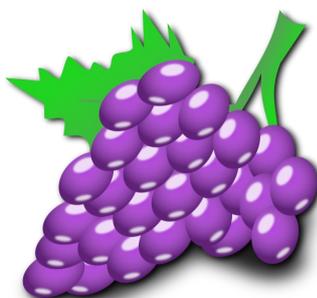
The clinic will take place from 9am to 12pm on Tuesday 12 December at the Willowbrook Health Centre, Cottingham Road, Corby, NN17 2UN. To book to attend the clinic, please call 0300 111 1022.

For more information about the flu vaccination and who should have it, visit: [www.corbyccg.nhs.uk/flu](http://www.corbyccg.nhs.uk/flu)

## Volunteer Grapevine: Corby Red Cross

Corby Stroke Association is looking for more volunteers. The group is led by Stroke survivors and family members, offering support and a friendly environment to Stroke survivors and their family members and carers.

The group offers an opportunity for Stroke survivors and their families to meet other people, taking away their sense of isolation. Sessions are held every second Friday at the Danesholme Community Centre from 10.30am to 12.30pm. Activities include talks, film shows and crafts, Refreshments are available. For more information, call 07941 146702 email [arcillum@btinternet.com](mailto:arcillum@btinternet.com) or visit [www.stroke.org.uk](http://www.stroke.org.uk)



## Healthy recipe: Tuna and bean jacket potato



### Ingredients

- 4 baking potatoes
- 1 can of cannellini beans, drained
- 200g tuna in water, drained
- 1 pepper, deseeded and chopped
- 2 tomatoes, chopped
- 4 spring onions, chopped
- 2tsp red or white wine vinegar
- 2tsp tomato puree
- 1 pinch ground black pepper

### Method

1. Preheat the oven to 200°C/fan oven 180°C/gas mark 6. Prick the potatoes, then bake towards the top of the oven for 1 hour, or until tender.
2. While the potatoes are cooking, mix together the cannellini beans, tuna, pepper, tomatoes, spring onions, vinegar and tomato purée. Season with black pepper.
3. Split the baked potatoes open and fill them with the salsa mixture. Serve at once.

For a vegetarian option, use 200g tofu instead of the tuna. Remember to eat the skin of the potato, as it's high in fibre.

This recipe is from Change 4 Life. You can find more healthy meals at [www.nhs.co.uk/change4life](http://www.nhs.co.uk/change4life)



# CORBYP HEALTH NEWS

## Help the Homeless in Corby

Homeless people who have been supported by West Glebe Pavilion in Corby joined the Friends of West Glebe Park on a Saturday morning litter pick.

Help the Homeless has a new collection point for donations of clothing and food at the pavilion.



Sessions take place twice a week to offer homeless people a change of clothing, a shower and have something to eat and drink.

The sessions are 12.30pm to 2.30pm on Mondays and noon to 2.30pm on Fridays. Required donations include:

- Tents
- Sleeping bags
- Toiletries
- Towels and hairbrushes
- Tinned food (beans, stew, soup, fruit, fish)
- Crisps/biscuits
- Baby wipes
- Water
- Tea/coffee/hot chocolate
- Paper plates, cups and disposable cutlery
- Clothing (socks, trousers, shirts, jumpers, jackets, gloves)
- Men's clothing up to size 32 and women's clothing up to size 12

## Engaging with the people of Corby

NHS Corby CCG is continuing its engagement with local people about the need to re-shape services to address some major challenges the local NHS is facing.

Representatives of the CCG have met with hundreds of people in the town and the information they are collecting will be used to inform proposals moving forward.

A start date for a full public consultation has not yet been confirmed, but is expected in early 2018. For more information, visit: [www.corbyccg.nhs.uk/current-consultations/](http://www.corbyccg.nhs.uk/current-consultations/)

## New dementia garden

Work started on the first stage of Kettering General Hospital's new dementia garden last month.

Individuals and businesses have pulled together to support the Forget-Me-Not Appeal which is set to transform a concrete courtyard at the hospital into a dementia friendly garden where patients can be safely active.

More than £27,000 has been raised in the six months since the Appeal was launched in March.

## Corby Hockey Club

Corby Hockey Club is running hockey sessions for 12 to 16 year olds on Thursdays during term time.



The sessions take place between 5.45pm to 6.30pm at Corby Business Academy. The first two sessions are free, then £2 per session.

No booking is required. Sticks are provided. Bring shin pads. For more information, visit [www.pitchero.com/clubs/corbyhockey](http://www.pitchero.com/clubs/corbyhockey)

## GP in the House on



Our 'GP in the House' Dr Joanne Watt will visit Corby Radio on Thursday 30 November during a new time slot of between 5pm and 6pm.

You can listen to Corby Radio live here: [player.corbyradio.com](http://player.corbyradio.com)



 **NHS** Knowing the Signs**Know the signs!**

There are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition eventually develop symptoms including:

- A persistent cough
- Coughing up blood
- Persistent breathlessness
- Unexplained tiredness and weight loss
- An ache or pain when breathing or coughing



**See your GP if you experience any of the above.**