

CORBY 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

CORBY CCG HEALTH CAMPAIGN



Almost all health problems can be successfully treated these days – if they're spotted early enough!

We know that the five health conditions causing the highest number of deaths in Corby are COPD (lung disease), stroke, diabetes, HIV and heart attacks.

Corby also has the highest rate of early cancer deaths in the UK.

With this in mind we have launched a health awareness campaign called 'Knowing the Signs'. The campaign is designed to make it easy for you to spot the signs of any of these health conditions and seek medical help before they progress.

All this information can now be found on our website www.corbyccg.nhs.uk/knowning-the-signs.

During the coming months look out for features in the local newspaper and on the radio as well as frequent social media posts on our Facebook page and on Twitter (@NHSCorby). There will also be features in local newspapers and on the radio to help promote the campaign.

See overleaf to find out how to spot the early signs of COPD (lung disease). The campaign will run until February 2016.

CARE & REPAIR NORTHANTS

Is your Home Child Friendly? Do you need help with Home Safety measures?

Care and Repair (Northamptonshire) Ltd. has funding to support families in need.

They are offering free services to improve safety and comfort of family homes, owned or rented. Services include safety gates, window locks, door and window repairs, draught exclusion, and more.



For further information call: 01604 782250

SUMMER GAZPACHO RECIPE

Flying off to the Mediterranean this summer? Either way, why not bring the sunshine to your kitchen with this tasty and nutritious Spanish recipe.

Ingredients

- 6 - 8 tomatoes, chopped
- 1 large onion, ½ chopped finely and ½ chopped into chunks
- 1 large cucumber, chopped
- salt
- ground black pepper
- 2 garlic cloves
- virgin olive oil
- Juice of 1 lemon
- chopped basil



Method

1. Put 1/3 cup olive oil and lemon juice into a blender or food processor.
2. Add the vegetables, then the seasonings.
3. Use the "chop" or "grate" function until the gazpacho is soupy but still has some good sized chunks.
4. Add more salt, pepper, oil or basil to your preference.



There is no reason for children to be bored throughout the summer holidays.....

The Summer Holiday Activities booklet can be found at all of our facilities, the OSS, Library and delivered to all the primary schools.

Visit the [Holiday Activities](#) web page to check out what's going on.

To avoid disappointment, please be advised that due to limited spaces some of the activities will need booking in advance.

So don't forget, if you see the booklet PICK IT UP!



www.corby.gov.uk/holidayactivities

What do you think of this bulletin? If you have any particular requests for information, please let us know. Contact Sarah on 01509 853149 sarah@arch-comms.co.uk

 **NHS** Knowing the Signs

- **Increased breathlessness**
- **Persistent cough with phlegm**
- **Frequent chest infections**
- **Wheezing**



See your GP if you have symptoms of COPD