



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

Be Clear on Cancer

Look before you flush. If you see blood in your pee, tell your doctor.

NHS

Blood in your pee could be an early sign of bladder or kidney cancer, even if it only happens once. Chances are it's nothing serious, but finding it early makes it more treatable.



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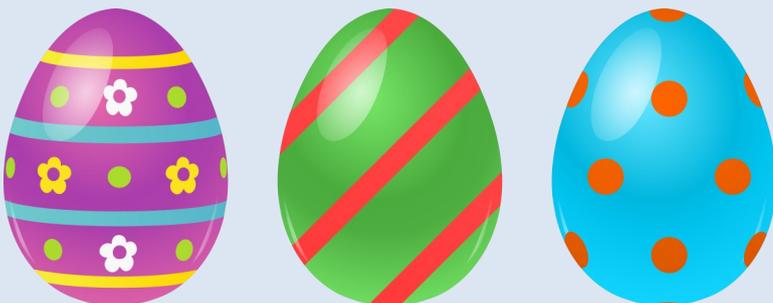
Remember, if there is blood in your pee - see your GP!

Make a Donation to an EGGcellent cause

Corby Health and Fitness Team is running a special offer giving members of the public the chance to receive a FREE induction at the gym when signing up for a leisure membership. All you have to do is refrain from over indulging in chocolate this Easter and donate your Easter Egg!

All eggs donated will go to the Corby Foodbank to give families across the borough the equal chance to have a happy Easter. Just bring an Easter egg with you to the Corby East Midlands International Pool or Lodge Park Sports Centre when you sign up for your membership and this will entitle you to a free induction - and a saving of £12.50.

For more information, please contact Corby East Midlands International Pool on 01536 464642 or Lodge Park Sports Centre on 01536 400033.



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**

Room for more at Corby SHAPE Dance classes

Corby Borough Council is inviting more youngsters to put on their dancing shoes and join the popular SHAPE Dance classes for 4-16 year olds.

The Tap, Ballet and Modern dance classes run for 40 minutes and are held in various parts of the borough from 6-8pm.

Currently, there are vacancies at Beanfield Community Centre and Stephenson Way Community Centre every Monday and West Glebe Pavilion every Wednesday.

The classes not only allow young people to learn and develop skills in dance, they also offer the opportunity for individuals to take to the stage and appear in the summer and Christmas shows each year at the Core at Corby Cube.

Sessions cost £3 each and the first session is absolutely free so youngsters can come along and give it a go.

To book a space or for more information please contact Corby Borough Council's Culture and Leisure department on 01536 464042.





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GP in the House

Don't forget to tune in to Corby Radio on 14 April at 4pm for Corby CCG's 'GP in the House' slot.

Dr Joanne Watt will be talking about chronic neurological conditions including, stroke, Parkinson's, dementia and motor neurone disease.

Dr Joanne will also answer any questions you might have.



Corby gets set for Sport Relief

There's still time to sign up to the 'Corby Mile' in aid of Sport Relief.

The event, which aims to raise as much money as possible for Sport Relief will take place on Sunday 20 March, from 12pm (participants are asked to arrive for 11am) at Rockingham Triangle.

You can sign up to the Corby Mile by visiting, www.sportrelief.com, or register on the day to take part in a 1 mile, 3 mile or 6 mile distance.

For just £7 per adult (16+), £3 per child (16 and under) and £17 for families (2 adults, 2 children), make sure you sign up and help towards raising money for an excellent cause.

Anyone who signs up will take part in a mass warmup from 11.45am led by local sports clubs and will also receive a goody bag at the finishing line for taking part. There will also be a performance from the Steel Spirit Cheerleaders to get everyone ready and rearing to go.

For more information, visit (www.sportrelief.com) or contact Corby Borough Council's Sports Development Team on 01536 464047, or alternatively you can email adam.smith@corby.gov.uk.



Lean Lamb Hotpot Recipe

SERVES 4

Ingredients:

- lamb leg, or lamb mince fat removed, raw, 700 g
- Sunflower oil, 2 tsp
- Onion, 2 medium, peeled and thinly sliced
- Carrot, 5 carrots, peeled and thickly sliced
- Plain flour, white, 3 tbsp
- Stock cube, lamb, 1 6g cube, mixed with water to create 600ml
- Thyme, fresh, 1 tbsp
- Dried rosemary, 0.5 tsp
- Worcestershire sauce, 2 tbsp
- Sea salt, 1 pinch
- Black pepper, ground, 1 pinch
- Potato, 3 medium

Method:

Trim any visible fat off the lamb and cut the meat into rough 3cm chunks. Season generously all over with salt and pepper.

Heat the oil in a large non-stick frying pan and fry the lamb in 2 batches over a medium-high heat until nicely browned on all sides. Transfer the browned meat to a medium casserole dish— it will need to hold about 2.5 litres.

Tip the onions and carrots into the pan with the lamb and sprinkle with the flour. Toss everything together well, then pour over the stock and add the thyme leaves, rosemary and Worcestershire sauce. Stir well.

Preheat the oven to 170°C/Fan 150°C/Gas 3½. Peel the potatoes and cut them into slices about 5mm thick. Arrange the slices on top of the lamb, overlapping and layering them as you go. Season with ground black pepper and cover with a tight-fitting lid.

Bake the hotpot for 1 hour, then remove the lid and bake for a further 45 minutes or until the potatoes are nicely browned and the lamb is tender. Check by poking with the point of a knife into the centre of the lamb filling – if the meat is done the knife should slide in easily. Serve with freshly cooked greens.

 **NHS** Knowing the Signs

- Pain, pressure, tightness or squeezing chest feeling
- Pain travelling from chest to arms, jaw, neck, back and abdomen
- Lightheaded or dizziness
- Sweating
- Shortness of breath
- Feeling or being sick
- Overwhelming anxiety, similar to a panic attack
- Coughing or wheezing



Dial 999 immediately if you suspect you or someone you know is having a heart attack