Kettering General Hospital rated inadequate

England’s Chief Inspector of Hospitals has recommended Kettering General Hospital NHS Foundation Trust should be placed into special measures after a Care Quality Commission (CQC) inspection rated the trust as ‘Inadequate’ overall.

Following inspections carried out in October 2016, the CQC found the trust, which provides a wide range of services to around 320,000 people across North Northamptonshire, South Leicestershire and into Rutland, needed to make urgent improvements in a number of areas to ensure it was consistently delivering care which was safe, effective, caring, and responsive to people’s needs in services that are well-led.

The trust was rated as ‘Inadequate’ for being safe and well-led, ‘Requires Improvement’ for being effective and responsive, and ‘Good’ for being caring.

On behalf of the people for whom we commission healthcare, we are of course concerned about the CQC’s findings. We will be working closely and supportively with all relevant agencies to ensure that services improve.

Good rating for Northamptonshire Healthcare NHS Foundation Trust

Northamptonshire Healthcare NHS Foundation Trust (NHFT) has been rated ‘good’ by the Care Quality Commission (CQC) and ‘outstanding’ regarding services being caring.

The CQC carried out a comprehensive assessment of NHFT services in January of this year and rated the trust overall as ‘good’. This was an improvement on the last inspection in 2015 when they were rated as ‘requires improvement’.

Angela Hillery, Chief Executive at NHFT, said: “We are delighted to receive the CQC rating of ‘good’ and we are very proud of achieving ‘outstanding’ for caring too. This is a testament to the dedication of everyone who is part of team NHFT to ensuring we are making a difference in the lives of patients, services users and carers.

“When we received the rating of Requires Improvement in 2015 we said at the time that this reflected our continuous journey of improvement and I am thrilled that the CQC has recognised the work everyone has put in to improve our services since this time.”

View the full report here: http://www.cqc.org.uk/provider/RP1

Thank you for support during vaccine campaign

Dr Joanne Watt, Clinical Chair at NHS Corby CCG, would like to thank everyone who supported the CCG during our winter campaign to ensure our population was vaccinated against the flu.

In January 2017 the CCG reported that Corby surgeries had seen the highest uptake of flu vaccinations for two and four year olds in the East Midlands. Figures for the week ending 29 January 2017 showed that 76.7% of two year olds and 76.3% of four year olds had the vaccine.

During October 2016 GP Practices across Corby offered Saturday morning flu clinics free of charge to at-risk groups. In December 2016 the CCG reported that 10,386 individuals had been vaccinated, an increase compared with 9,609 in 2015.

Online directory of voluntary services

NHS Corby CCG is reminding doctors and patients in Corby to use an online directory when looking for local voluntary health and wellbeing services.

The CCG launched the website www.accesscorby.org.uk in February 2016 to make it easy for doctors and patients to find a voluntary service close by.

NHS Corby CCG worked in conjunction with the charity Access Corby to refine their existing site. A small group of volunteers continue to update all the services regularly.
Volunteer Grapevine:
Corby Foodbank

Foodbanks provide three days’ nutritionally balanced emergency food and support to local people who are referred to us in crisis. Corby Foodbank is part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

There are four Foodbank centres in Corby located at St Peter and St Andrew’s Church, St Columba’s Church, Cornerstone Methodist Church and the Hope Centre.

Volunteers are the driving force behind foodbanks. There are lots of ways to get involved. Whatever role you choose, you will make a real difference to the life of someone in crisis.

If you are interested in volunteering, please call 01536 737588, email info@corby.foodbank.org.uk or visit https://corby.foodbank.org.uk

Well Walking Group

Are you having problems walking far? Why not join Corby’s Well Walking Group and improve your fitness?

The group meets every Sunday at 11am at the Boating Lake car park. Walks take place at the lake and around the surrounding woodland paths.

The cost is 50p per person with all proceeds going to Lakelands Hospice. For more information, call Ron Vickers on 01536 265496.

GP in the House on

Our ‘GP in the House’ Dr Joanne Watt visited Corby Radio on Thursday 13 April, where she spoke about obesity, prediabetes and bowel cancer.

She will return to the studio on Thursday 4 May to talk about topics including Stroke and Atrial Fibrillation.

You can listen to Corby Radio live here: player.corbyradio.com

Healthy recipe: Courgette and tomato frittata

Ingredients

- 2 tsp vegetable oil
- 1 courgette, coarsely grated
- 2 tomatoes, chopped
- 6 eggs
- 2 tbsp 1% fat milk
- 4 slices wholemeal bread
- 1 pinch ground black pepper

Method

1. Preheat the grill. Heat the vegetable oil in a non-stick frying pan.

2. Add the courgette and tomatoes and cook on the hob for 3-4 minutes, stirring often, until soft. Spread out over the base of the frying pan. Take care not to cook over a high heat or the base could brown too much before the middle of the frittata is cooked.

3. Beat the eggs and milk together and pour into the frying pan. Cook over a medium-low heat for 4-5 minutes to set the base, then transfer to the grill to set the surface - about 2-3 minutes. Remove from the heat and let the frittata cool for 3-4 minutes.

4. Toast the slices of bread. Slice the frittata into wedges and serve with the toast.

You could also add different vegetables such as mushrooms, spring onions or peppers. For more healthy recipes, visit www.nhs.uk/change4life
Corby Urgent Care Centre remains open

Health leaders in Corby have confirmed that Corby Urgent Care Centre will remain open until at least 30 September 2017, following reports it would close at the end of March.

A statement issued by NHS Corby CCG, NHS Nene CCG, and Lakeside+ Limited, which runs the centre, said: "Corby CCG, Nene CCG and Lakeside+ Limited are pleased to announce that they have come to an agreement under which Lakeside+ will continue to operate the Corby Urgent Care Centre and will continue to provide its existing service to NHS patients until at least 30 September 2017.

"The CCGs propose to engage with patients and the public to discuss their future plans for the provision of urgent care services for the people of Corby."

Dates for Mind, Body & Soul roadshows

Corby Radio is running a Mind, Body and Soul campaign, which consists of a series of roadshows where a bus tours the borough and its surrounding villages.

The bus will be manned by professionals from organisations that deal with all issues relating to the health and wellbeing of the residents of Corby. It will visit the locations below from 1pm to 4pm.

The campaign will end with a fun day in James Ashworth VC Square on Saturday 3 June, where there will be entertainment including dance and fitness displays.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 3 May</td>
<td>Pen Green Family Centre</td>
</tr>
<tr>
<td>Tuesday 16 May</td>
<td>Kingswood Neighbourhood Centre</td>
</tr>
<tr>
<td>Friday 19 May</td>
<td>Stevie Way community Centre</td>
</tr>
<tr>
<td>Tuesday 23 May</td>
<td>West Glebe Pavilion</td>
</tr>
<tr>
<td>Friday 26 May</td>
<td>Autumn Centre</td>
</tr>
<tr>
<td>Monday 29 May</td>
<td>East Carlton Park</td>
</tr>
<tr>
<td>Saturday 3 June</td>
<td>Fun Day in James Ashworth VC Square</td>
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</tbody>
</table>

New Chief Executive joins Voluntary Impact

Dawn Cummins is the new Chief Executive for Voluntary Impact Northamptonshire (VIN) following the departure of the previous Chief Executive Jane Carr in December.

Dawn was previously the Deputy CEO for VIN and has been Interim for the organisation since January 2017.

Chris Pallot, Chair of Trustees for VIN, said: “Following a rigorous recruitment process we are delighted that Dawn has accepted the substantive post of Chief Executive.

“We are confident that with her experience, ability and knowledge of the Voluntary sector that she will take the organisation from strength to strength working with partners and stakeholders on behalf of many communities across the County.”

Weight loss scheme

Slimming World has teamed up with First for Wellbeing to provide a scheme which offers 12 weeks of slimming support.

The scheme, which is there for people who need help with weight loss, is available across Northamptonshire, including Corby.

Participants must have a Body Mass Index (BMI) of 30 or more, be at least 16 years old, and must not have been a member of a slimming organisation within the last three months.

You do not need to be referred by a GP, as long as you meet the criteria mentioned.

If you or someone you know could benefit from this scheme, please call First For Wellbeing on 0300 126 5000 to book an appointment, or visit www.firstforwellbeing.co.uk to self refer.
Look out for one of the following combination of symptoms:

- A persistent change in bowel habit which causes them to go to the toilet more often and pass looser stools, usually together with blood on or in their stools

- A persistent change in bowel habit without blood in their stools, but with abdominal pain

- Blood in the stools without other haemorrhoid symptoms, such as soreness, discomfort, pain, itching or a lump hanging down outside the back passage.

- Abdominal pain, discomfort or bloating always provoked by eating, sometimes resulting in a reduction in the amount of food eaten and weight loss

GO See your GP if you experience any of the above, especially if you are over 60.
Do you or the person you look after have a long term condition?  
Are you, or they at risk of urine or chest infection?

Simple training will teach how to:
- monitor Breathing, Pulse, Urine & Temperature  
- enter results on to a simple web based system

This could prevent serious illness or hospital admission.

**BOOK FREE TRAINING**  You only need to attend 1 session.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 4th Apr ‘17</td>
<td>6pm-8:30pm</td>
<td>KETTERING Council, Bowling Green Rd, NN15 7QX</td>
</tr>
<tr>
<td>Mon 10th Apr ‘17</td>
<td>2pm–4:30pm</td>
<td>CORBY Lakelands Hospice, Butland Rd, NN18 8LX</td>
</tr>
<tr>
<td>Thur 20th Apr ‘17</td>
<td>10:30am–1pm</td>
<td>NORTHAMPTON Umbrella Fair, Racecourse Pavilion, Kettering Rd, NN1 4LG</td>
</tr>
<tr>
<td>Wed 26rd Apr ‘17</td>
<td>10am–12:30pm</td>
<td>CORBY Lakelands Hospice, Butland Rd, NN18 8LX</td>
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<tr>
<td>Thur 27th Apr ‘17</td>
<td>10am-12:30pm</td>
<td>WELLINGBOROUGH Northamptonshire Carers, 123 Midland Rd, NN8 1LU</td>
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<tr>
<td>Tue 2nd May ‘17</td>
<td>10am–12:30pm</td>
<td>CORBY Lakelands Hospice, Butland Rd, NN18 8LX</td>
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<tr>
<td>Thur 4th May ‘17</td>
<td>10:30am–1pm</td>
<td>NORTHAMPTON Umbrella Fair, Racecourse Pavilion, Kettering Rd, NN1 4LG</td>
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<tr>
<td>Mon 15th May ‘17</td>
<td>2pm–4:30pm</td>
<td>CORBY Lakelands Hospice, Butland Rd, NN18 8LX</td>
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<td>Mon 22nd May ‘17</td>
<td>10am-12:30pm</td>
<td>BRACKLEY The Old Fire Station, High St, NN13 5DW</td>
</tr>
<tr>
<td>Mon 5th Jun ‘17</td>
<td>10am–12:30pm</td>
<td>DAVENTRY Methodist Church, Golding Close, NN11 4FB</td>
</tr>
<tr>
<td>Tue 6th Jun ‘17</td>
<td>2pm-4:30pm</td>
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<tr>
<td>Wed 7th Jun ‘17</td>
<td>10am–12:30pm</td>
<td>CORBY Lakelands Hospice, Butland Rd, NN18 8LX</td>
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<tr>
<td>Wed 28th Jun ‘17</td>
<td>10am–12:30pm</td>
<td>TOWCESTER Brook Surgery, Swinneyford Rd, NN12 6HD</td>
</tr>
</tbody>
</table>

Contact Northamptonshire Carers Tel: 01933 677837  
or go to [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org) to register
West Glebe Pavilion

Active Ages Exercise Classes

It is important that everyone looks after themselves and stays active into their later years. Exercise can help improve mobility, flexibility, maintain or lose body weight and reduce the onset or even prevent diseases like osteoporosis and arthritis. Regular exercise can also help with mental health issues, prevention of falls and, probably most importantly, can bring people together and help sustain and build new friendships in a fun and relaxed environment. Here at West Glebe we run different classes for people aged 50+ where laughter is a must!

Chair Exercise

Tuesday 10.30-11.15am £3.50

A class where all the exercise activities are performed in a chair. People in wheelchairs or with limited mobility will find this class accessible and the right level for them, as well as those who are more able, as each individual can work at their own level.

Exercise to Music 50+

Tuesday 11.30am-12.30pm £3.50

Friday 1.30pm-2.30pm £3.50

These classes are for anyone who wants a class with a difference. The classes consist of a 25 minute warm-up, stretching and low impact aerobics (standing) section, then toning exercises and a varied programme of different fun activities, games or gentle sports.

OTAGO Strength & Balance Classes - 10 week Course

A specialist falls prevention exercise programme for the older person, which will develop balance, strength and co-ordination and will help to improve the body’s range of movement and function in day to day activities.

You must book your place on these 10 weekly courses which are normally Friday afternoons. Please ring 01536 204217 to be put onto a waiting list for the next course. £35 per course.

So don’t sit at home – get out, get active and come and join us!

West Glebe Pavilion
100 Cottingham Road
Corby, Northants NN17 1SZ
Tel: 01536 204217
www.corby.gov.uk