

# CORBYP HEALTH NEWS

## Celebrate! A Festival of Feasts



*Photo credit: The Freedom FEASTival, Freedom Festival 2018, Tom Arran.*

This year's Grow Festival is a celebration of all things culinary. Commissioned by Made in Corby and co-produced by The Core at Corby Cube, Grow Festival 2019 will be held on Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> July.

The highlight of the festival is the Community Feast in Coronation Park which will celebrate the food and cultures of Corby. The much-anticipated event will take place on Sunday 28<sup>th</sup> July and tickets are now on sale.

The feast is the culmination of months of community growing projects and three local chefs will cook up a delicious menu reflecting Corby's diverse population and their cuisines. Corby's town centre will be a hive of activity and visitors can look forward to music, dance and theatre performances by acclaimed street artists. The People's Stage will also return to showcase local talent.

If you are a local resident, you can get involved in the Community Feast by growing fruit and vegetables in your own gardens at home, school, work or your allotments and donating the produce to the The Big Harvest on Friday 26 and Saturday 27 July. The food will then be ready for the Community Feast on Sunday 28 July. To make your donation, contact Tom Briggs at: [tom@madeincorby.co.uk](mailto:tom@madeincorby.co.uk) or on 01536 267895.

If you're looking forward to sampling the delicious food, then don't miss the Community Feast which will kick off at 12pm on Sunday 28 July. Tickets cost £10\*, with concessions at £8. You can book your tickets now by calling the Ticket Office on 01536 470470 or online at [www.thecorecorby.com](http://www.thecorecorby.com). If you don't plan on attending the feast, you can bring along a picnic to the park and enjoy the entertainment. Residents of Corby Borough are eligible for half price tickets which can only be booked by phone or in person.

Free tickets for the Community Feast will also be offered through various organisations that work with families living in food poverty, as well as a limited number which will be made available for community garden volunteers and community growers.

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## Right care, first time

It isn't easy knowing where to go when you or a loved one is unwell or injured and so over the last few months we have been running a campaign across Corby to remind people of the NHS services available. We have also shared information on when to use them – so you always get the Right Care, First Time.

Our team visited supermarkets, GP surgeries, sports centres, libraries and community groups to share information on Corby NHS services. We also provided posters, leaflets and booklets to pharmacies, GP surgeries and voluntary services and promoted the campaign through our social media channels.



A specially-created short animated film premiered at the Savoy Cinema in May and it will run throughout the summer. You can find this on our website. (link below)

We want to thank everyone who supported us, took our information and engaged with us about healthcare in Corby. Leaflets, posters and mini-booklets are still available, please contact:

info@arch-comms.co.uk if you would like copies for your community venue, shop or workplace.

**You can still view and download Information at:**

**<https://www.corbyccg.nhs.uk/your-health/right-care-first-time.htm>**

## Governing Body Meeting

The next Governing Body meeting will take place on Tuesday 20<sup>th</sup> August at the Board Room, Francis Crick House, Northampton, NN3 6BF at 13.30. You are welcome to attend the meetings on a first come, first served basis. Your question/s should be submitted via email to: corccg.corbycorporate-services@nhs.net

In order to give us time to prepare a reply, this should be received by us via email by 12 noon on the Thursday which precedes the date of the meeting.

Questions may be submitted by Corby residents and patients registered with a member GP practice. They should be pertinent to the agenda of the next Governing Body meeting. If you have any pecuniary interest in the subject of the question, this should be declared. Complex questions or those which require particular research, or data retrieval or analysis may be deferred and answered at a future Governing Body meeting, or directly in writing.

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## GP in the House on



Dr Joanne Watt is next  
on Corby Radio on  
Thursday 8<sup>th</sup> August.

Don't miss it!

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



## B-Active Family Fun Festival

This year, National Playday and Cyclefest have joined forces to provide Corby with lots more activities to try out and participate in with the new and exciting B-Active Family Fun Festival.

The fun-filled extravaganza will take place at West Glebe Park on Wednesday 7<sup>th</sup> August from noon till 4pm. Don't miss a host of merry activities including a

giant sand pit, family sports day races, outdoor spin classes, a water slide, face painting, arts and crafts and much more. For bike enthusiasts, don't forget to bring your bikes to Cyclefest and don't miss the BMX Street Show featuring Danny Butler. If you prefer to take things at a more relaxed pace, you can bring your own lunch and join the Big Healthy Picnic.

Corby CCG will be attending and sharing information about healthcare services in Corby We look forward to seeing you there!



## Healthy Recipe: Coconut Rice Salad

*Indulge in a taste of the tropics with this colourful coconut rice salad as a healthy side dish.*

### Ingredients:

- 100g easy-cook brown rice
- 1 pepper, any colour, finely chopped
- 1 medium carrot, grated
- 1 bunch of spring onions, finely sliced
- Juice and grated zest of 1 lime
- 1 tbsp chopped fresh coriander
- 1 tbsp desiccated coconut



### Method:

Rinse the rice in a sieve under cold water. Add to 250ml of cold water in a pan, bring to the boil, cover and cook for 25 minutes. Alternatively, cook according to pack instructions.

After cooking, return to the sieve and rinse under the cold water tap to cool.

When the rice is cool, stir in the vegetables, lime juice and zest, and coriander. Use red onion instead of spring onions, if you prefer, and try adding other salad vegetables.

Place in a serving dish and sprinkle with coconut. Keep in the fridge until ready to serve.

*It is important to cool the rice quickly and store it in the fridge.*

For more healthy recipes, visit:

<https://www.nhs.uk/change4life/recipes>