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Stay in Touch

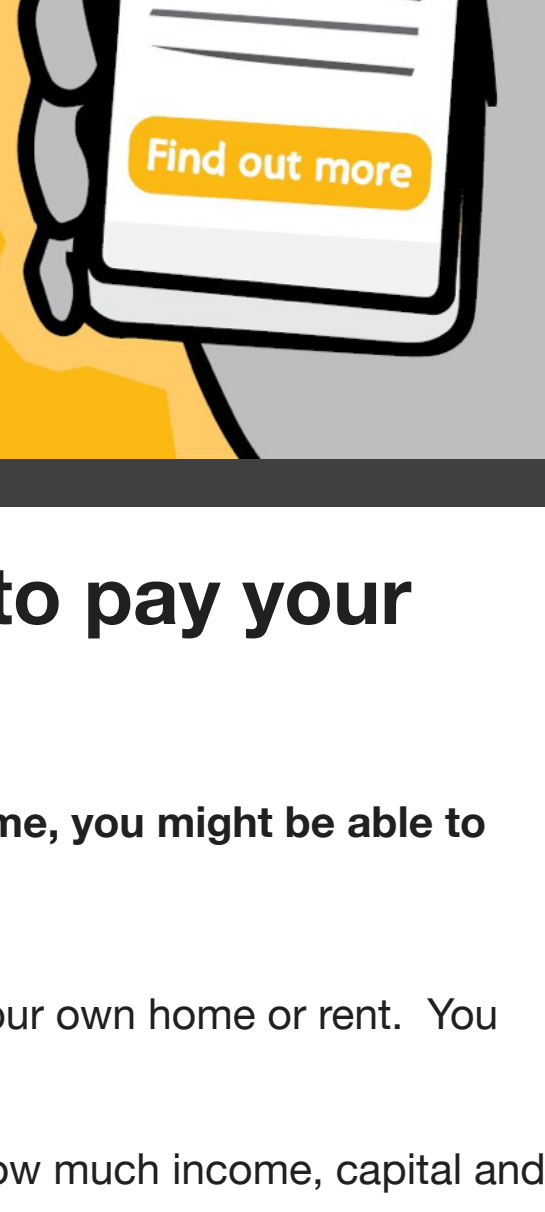
Together for a carbon neutral Cornwall where everyone can start well, live well and age well



Struggling to pay your council tax?

Don't delay. Get in touch today.

www.cornwall.gov.uk/benefits-and-support/council-tax-support



Help if you're struggling to pay your Council Tax bill

If you have no income, or you're on a low income, you might be able to apply for help to pay your Council Tax bill.

You can claim [Council Tax Support](#) if you own your own home or rent. You can also claim if you are working or unemployed.

Entitlement to Council Tax Support is based on how much income, capital and savings your household has.

If you're already in arrears please get in touch with our team. We can help you work out a plan, which might help you worry a little less.

We also have lots of information on other financial support that might be available if you, or someone you know, is struggling on our [worried about money webpage](#).

[Council Tax Support](#)

Norovirus is increasing in Cornwall

Cases of the nasty Norovirus are increasing across Cornwall, and we need your help to stop the spread.

If you have sickness and/or diarrhoea, please do not visit a healthcare setting (GP surgery, hospital or care home).

Instead stay at home, keep hydrated and keep washing your hands regularly with soap and water (alcohol gels won't kill norovirus). Stay off work (or school) and away from others until you have not been sick or had diarrhoea for at least 2 days.

[How to stop Norovirus spreading](#)

Kernow Young Carers

Look out for Cornwall's Young Carers

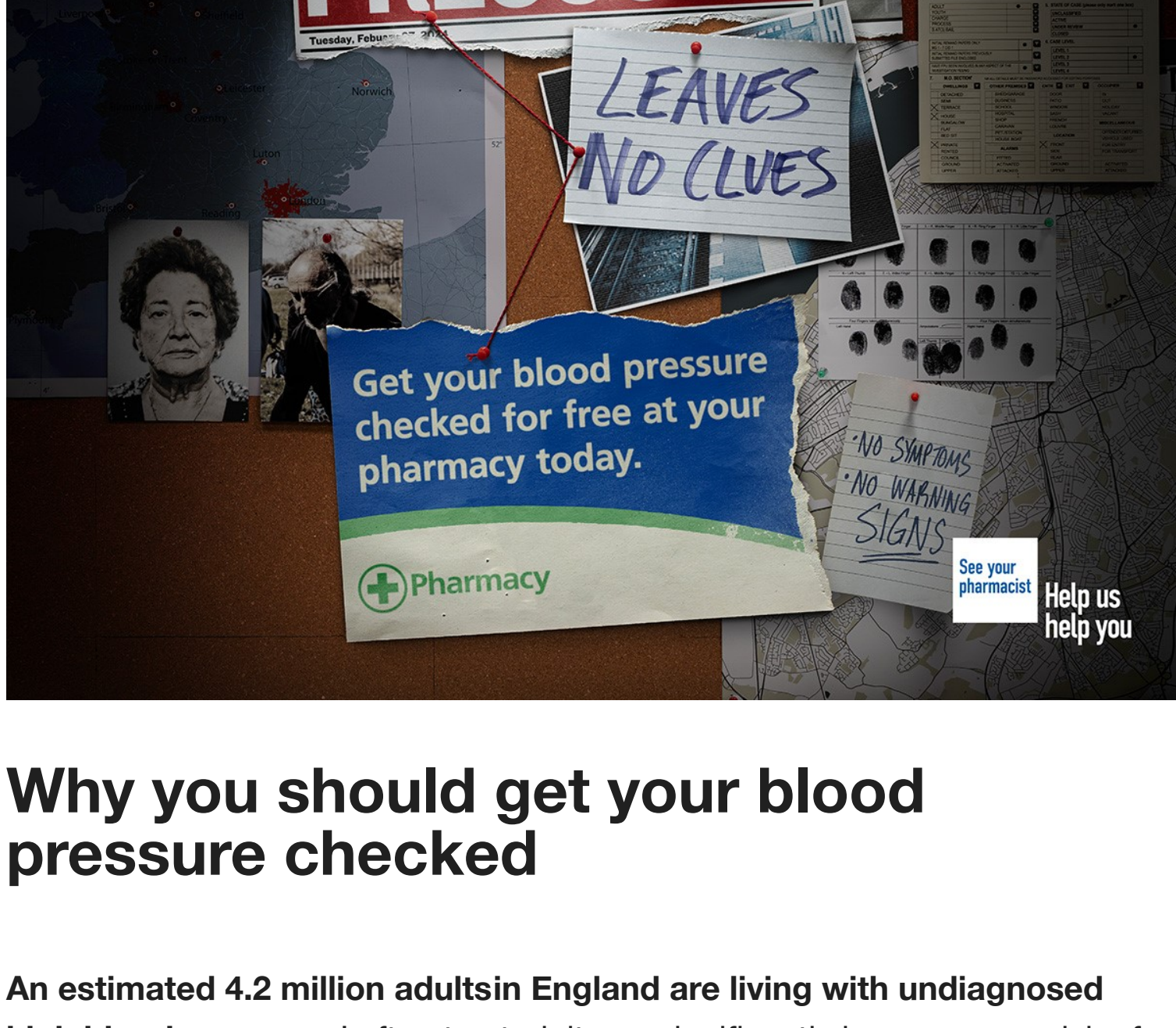
This week was Young Carers Action Day, and we're asking everyone to help them make sure they get the support they need.

Young carers may provide practical, physical, emotional, or personal care, as well as managing the family budget, dealing with medication, or supporting with communication. They may be looking after a family member or friend who has a disability, illness, mental health condition, or substance misuse problem

Young carers may not always recognise themselves as carers or may be reluctant to ask for help. They may feel guilty, ashamed, or worried about the consequences of disclosing their situation. They may also face stigma or discrimination from others who do not understand their role.

If you see the signs that someone might be a young carer we're asking you to get in touch with Kernow Young Carers, a service that's commissioned by us, a friendly service that can provide support and advice.

[Kernow Young Carers service](#)



Why you should get your blood pressure checked

An estimated 4.2 million adults in England are living with undiagnosed high blood pressure. Left untreated, it can significantly increase your risk of a fatal heart attack, stroke, kidney disease or vascular dementia.

If you're aged 40 and over, you can get a free blood pressure check at a local pharmacy. Click on the yellow button below to find a pharmacy that offers free blood pressure checks near you. There's no need to book!

[Visit the NHS website](#)

Need funding for your community project?

[Find out more about the CIL funding.](#)

Fourth CIL fund round launches

Community groups, not-for-profit organisations and local councils can now apply to the fourth round of the Community Infrastructure Levy (CIL) Fund.

With grants available of up to £100,000, the fund aims to support infrastructure projects which help ease the impact of a development or help a new development to happen.

The deadline for applications is 30 April 2024.

[Find out how to apply](#)



What to do with your old bins if you live in South East Cornwall

As we gear up for the new weekly food waste and fortnightly rubbish and recycling collections in South East Cornwall, we want to let you know what to do with your old bins.

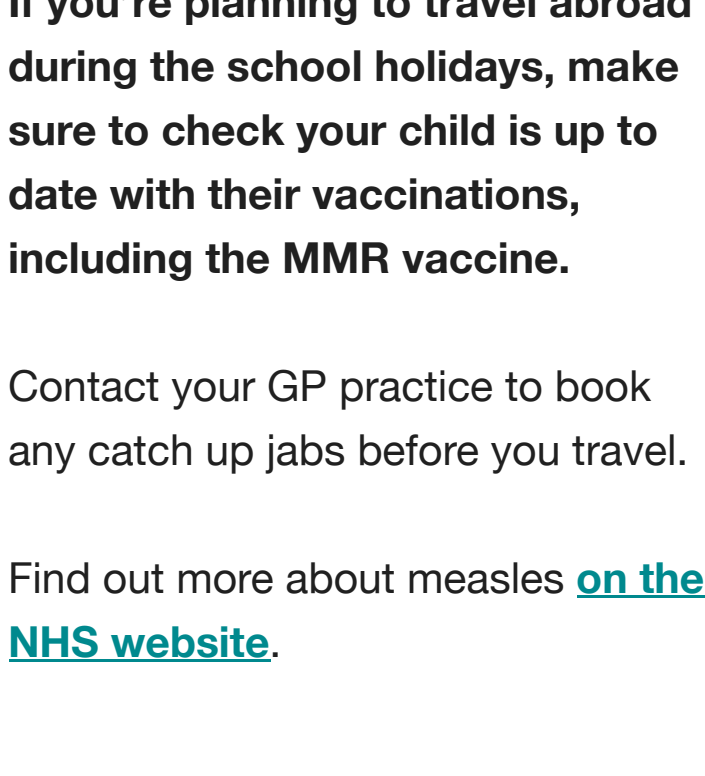
Once the collections change from 8 April, we'll only collect rubbish placed in the new wheelie bin or protective sack that we've provided.

For the bin you're currently using, you might want to keep it and repurpose it - as garden storage perhaps, or a water butt - or donate it to a community group. If not, we can collect your old bin once your new service has started and we'll recycle it for you.

You can find details in the handy leaflet coming to you soon or [visit our webpage to find out more](#).

You can also sign up for a text notification by March 24 to receive a reminder just before your new waste collections start.

[Sign up for a text reminder](#)



If you're planning to travel abroad during the school holidays, make sure to check your child is up to date with their vaccinations, including the MMR vaccine.

Contact your GP practice to book any catch up jabs before you travel.

Find out more about measles [on the NHS website](#).

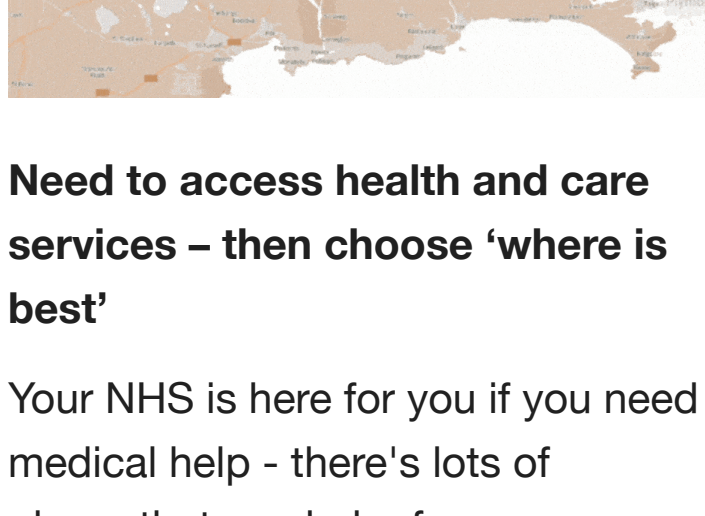


Bookings are now open for [Time2Move Easter activities](#) for children aged 5-16.

Activities are taking place across Cornwall during the Easter holidays, from 2-12 April.

Sessions are FREE to those eligible for free school meals with a unique code. Activities including multi sports, forest schools, circus skills, water sports and lots more. And every session includes a healthy meal for all children

[Book now!](#)

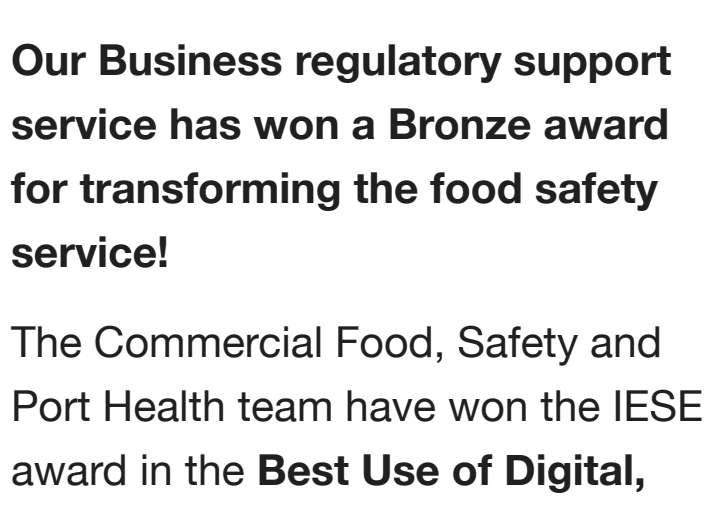


Need to access health and care services - then choose 'where is best'

Your NHS is here for you if you need medical help - there's lots of places that can help, from your own GP, or getting advice on a minor ailments from your local pharmacy, to our minor injury units or urgent treatment centres that you can use without an appointment.

The NHS have also invested in extra GP appointments this winter so if you do have a concern - get in touch with your own GP surgery.

Help us to keeping our hospitals for those most in need. We need your help so we can keep the emergency department available for those with life or limb emergencies only and [choose where is best](#) if you need to access our services. Find out about [how a pharmacy can help](#) and [check opening times](#) and locations.

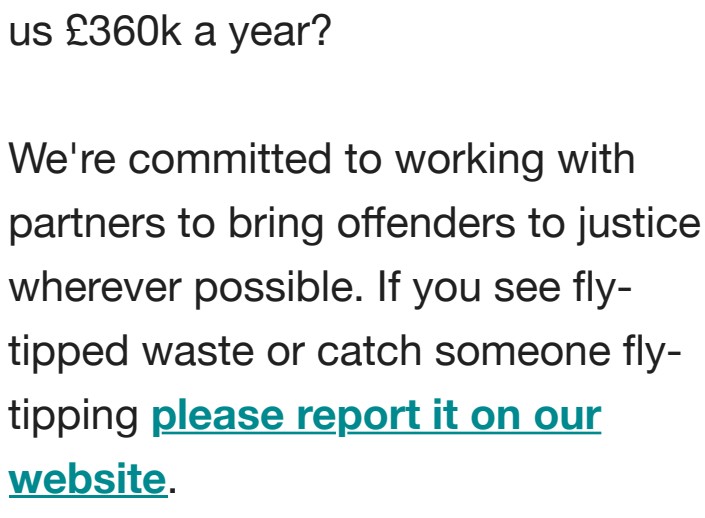


Our Business regulatory support service has won a Bronze award for transforming the food safety service!

The Commercial Food, Safety and Port Health team have won the IESE award in the **Best Use of Digital, Technology & Data** category.

Using existing software and hardware the team transformed the food hygiene inspection process from paper-based to a paperless digital system. Businesses now receive an automated electronic inspection report, with the new system reducing post-inspection administration time.

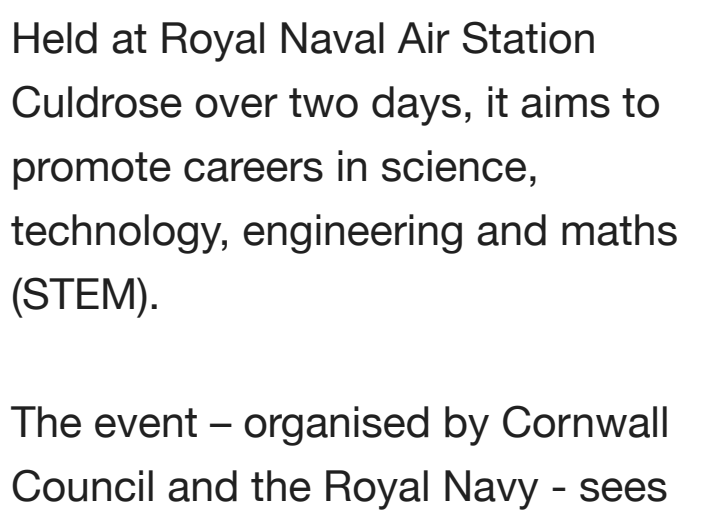
This means the Food Safety Officers now spend more time helping businesses in face-to-face interactions, working with the [Business Regulatory Support](#) hub to provide greater support for local businesses.



Officers from our community protection team and [Camborne, Pool and Redruth Police](#) seized this van linked with fly-tipping today.

Did you know that fly-tipping costs us £360k a year?

We're committed to working with partners to bring offenders to justice wherever possible. If you see fly-tipped waste or catch someone fly-tipping [please report it on our website](#).



Pupils from 61 schools across Cornwall and the Isles of Scilly have been battling it out in this year's First Lego League competition.

Held at Royal Naval Air Station Culdrose over two days, it aims to promote careers in science, technology, engineering and maths (STEM).

The event - organised by Cornwall Council and the Royal Navy - sees youngsters design and build Lego robots to complete a variety of tasks, as well as complete a project and presentation.

Top performers will then go on to compete in the national finals. 🏆

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