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Stay in Touch

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

CORNWALL & ISLES OF SCILLY
LOCAL AREA ENERGY PLAN

Join our events and have your say

<https://letstalk.cornwall.gov.uk/laep>

Have your say on green energy

We need your help to shape plans to decarbonise energy systems in Cornwall and the Isles of Scilly. These plans are to help Cornwall reach Net Zero emissions - and improve energy security.

The project, called the Local Area Energy Plan (LAEP), will look at how energy is used, supplied and managed. It will identify and recommend required changes to local energy systems for heating, electricity, gas and transport - and play a major role in helping the region become carbon neutral.

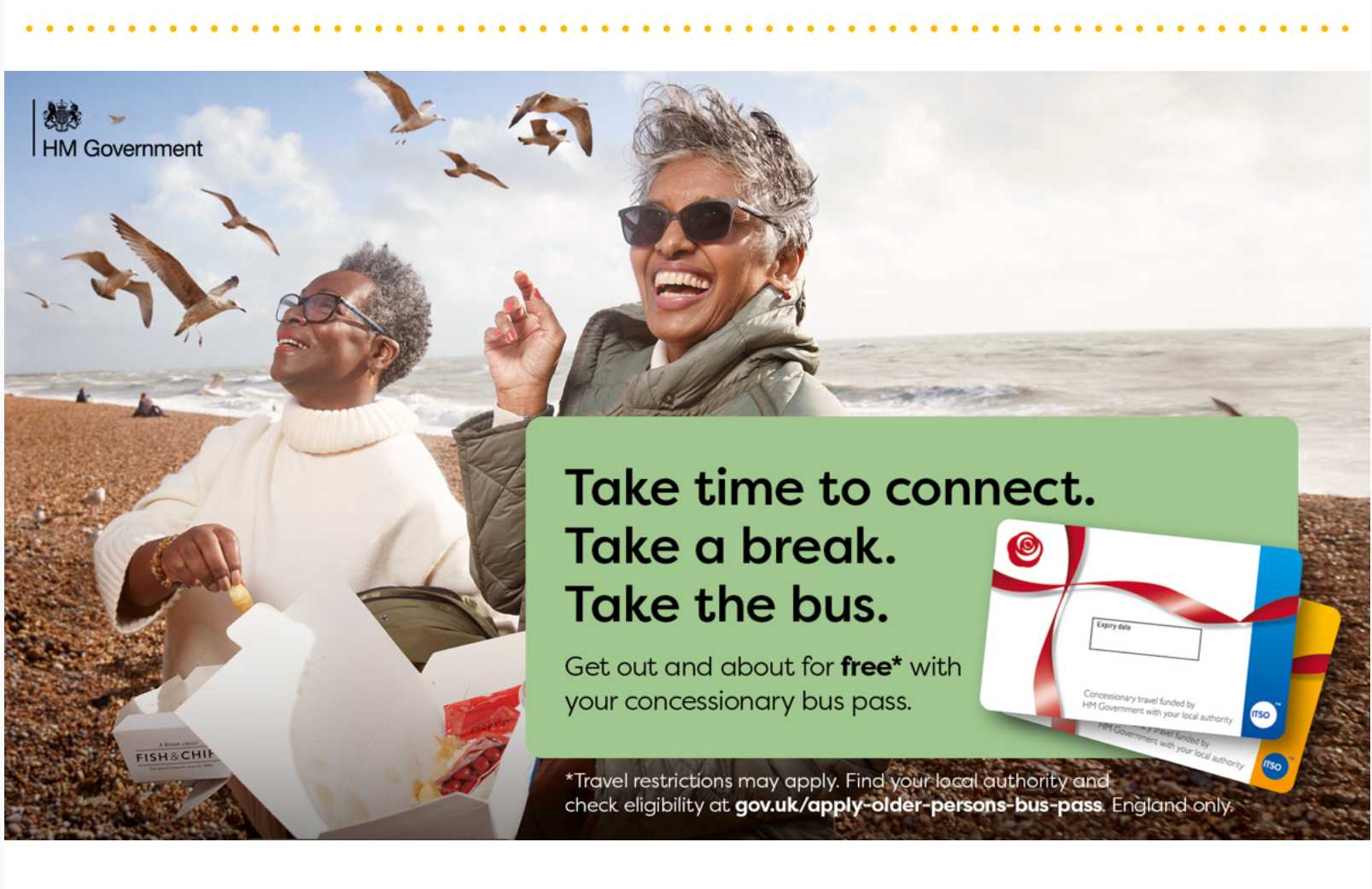
But we can't do it without you! The voices of our communities, residents and businesses are vital in making sure this vision becomes a reality. We want to hear your views and ideas - this plan will only succeed if it works for all of us.

For starters, please complete the survey below, and give us your views and opinions about green energy.

And then pop into one of the LAEP roadshows:

- Falmouth, Falmouth Town Council, The Old Post Office – 5 Sept, 4-7pm
- Bude, The Parkhouse Centre – 8 Sept, 4-7pm
- Saltash, The Core – 12 Sept, 4-7pm
- Penzance, St John's Hall - 20 Sept, 4-7pm
- Bodmin, Cornwall Council, Chy Trewail – 25 Sept, 4-7pm

Have your say



Did you know... Concessionary bus pass holders go free?

Thanks to the Department for Transport's free bus fare scheme, concessionary pass holders around the country can access great days out for free. We'd love eligible people to make the most of free bus travel to meet friends, connect with nature and visit new places through the new 'Take the Bus' campaign.

Take the Bus is all about ensuring passholders are aware of all the benefits of bus travel, including staying active, visiting new places, taking up hobbies and seeing friends and family - while saving money on travel, reducing congestion and emissions.

Along with the Government's current £2 single scheme for fare paying passengers, the whole family can enjoy days out together, why not hop on board this summer and make the most of what Cornwall has to offer.

You'll find ideas [here](#) for some great days out.

Find out more

Industrial action update

cios.icb.nhs.uk/national-industrial-action-update

'Choose Well' during summer industrial action

Remember to 'Choose Well' during the summer holidays when some NHS staff are taking part in [planned strikes](#) and Cornwall's health and care services are still very busy.

Six steps to help us help you:

1. Visit your local pharmacy for help with allergies, insect bites, stings and emergency contraception. Pharmacists can also provide an emergency prescription when your GP is closed, even if you are on holiday. [Check your nearest open pharmacy](#). Many urgent medications can now be ordered online for collection at a local pharmacy, by [visiting NHS 111 online](#)
2. Your own GP is your best point of contact for ongoing symptoms, even if you are on holiday. Your surgery can send a prescription to any pharmacy you choose. For advice on GP services, visit the [NHS Cornwall and Isles of Scilly website](#)
3. Minor injury units can help with conditions like broken bones and cuts that need stitches, but your nearest one might not be the quickest option. [Check live opening and waiting times](#)
4. If you need urgent care advice, visit [NHS 111 online](#) or call 111. Expert clinicians can direct you to the best service for your needs
5. If you are worried about your own or someone else's mental health, Cornwall's 24/7 mental health helpline can help. Call free on 0800 038 5300. For more mental health support services, visit the [NHS Cornwall and Isles of Scilly website](#)
6. Only call 999 or visit the emergency department in life-threatening situations

Use [NHS Cornwall's online guide](#) to help you choose the right service this summer, or follow their [Facebook](#) and [Twitter](#) pages for news and updates.

Find out more

Every family wants to give their child the best start in life and support is available to help them achieve this.

Cornwall's [Start for Life](#) provides trusted help, advice and support from a range of services on the parenting journey, from pregnancy until a child is two.

To make things as easy as possible, information has been brought together in one place on our [website](#).

Great for summer fun, but also for the everyday. Did you know Beryl offer Minute Bundles in the app, which have a discounted rate compared to pay-as-you-go riding?

Whether it's commuting, shopping trips, last minute meetings or early morning coffee cravings, hop on a Beryl and make the everyday exciting.

[Download the app to try Beryl today.](#)

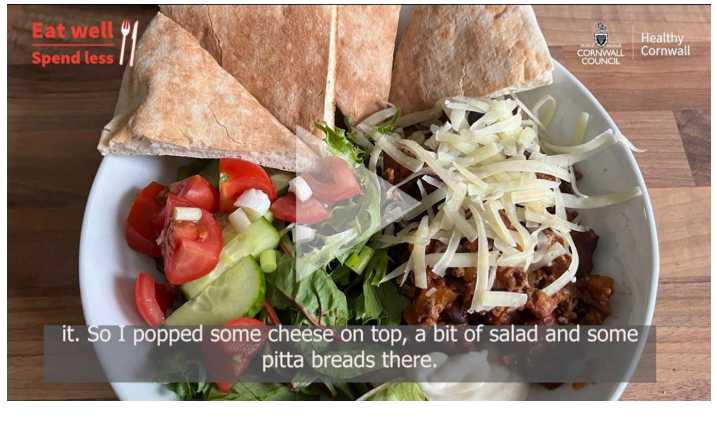
Stop germs spreading

Catch it
Using tissues to catch coughs and sneezes in a tissue.

Bin it
Put used tissues away in a bin as soon as possible.

Kill it
Wash your hands properly with soap and water.

www.cornwall.gov.uk/publichealth



Catch it. Bin it. Kill it.

[Stop the spread of germs by taking simple steps to protect yourself and others:](#)

- Use tissues to trap germs
- Wash your hands often with warm water and soap
- Put used tissues in the bin as quickly as possible.

If you don't feel well enough to go to work or carry out your normal activities, please try to stay at home and avoid contact with other people.

Our Healthy Cornwall team have put together a set of simple recipes that help people eat well and spend less.

The videos include tips on how to eat healthily on a budget with everyday ingredients from your local shop.

[The first video is a recipe for chilli con carne](#), using simple ingredients you can find in any supermarket.

Look out for more tasty recipes coming up in the next few months.

News in brief

If you're thinking of visiting Falmouth for the Tall Ships event from 15-18 August, you can find everything you need to know at falmouth.co.uk/tallships.

If you or someone you know is heading to Boardsafe this weekend, you can find tips to stay safe while having fun at festivalsafe.com

A major new arts festival has been announced for Redruth, having received Shared Prosperity Funding. [Find out more.](#)

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OUR PRIORITIES FOR CORNWALL

A brilliant place to be a child and grow up

A thriving, sustainable Cornwall

Vibrant, safe, supportive communities

An empowering and enterprising Council

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