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



## Avoid uninvited guests at your bank holiday barbeque

**Bank holiday weekends are perfect for a barbeque with family and friends. Just watch out for an unwelcome visitor in the form of food poisoning as your uninvited guest.**

Remember warm weather and outdoor cooking can create ideal conditions for bacteria to grow. If you've ever had food poisoning, you'll know how unpleasant it can be. For infants, older people or those with ill health it can be serious. Sometimes even deadly.

So remember these barbeque food hygiene basics:

- wash your hands thoroughly with soap and hot water before and after cooking and eating - particularly if you've been handling raw meat or firelighters
- keep food covered and chilled until you are ready to cook it
- keep utensils and serving dishes clean – make sure you don't mix up the utensils you're using to prep uncooked food and raw meat with those you use for ready-to-eat dishes
- never wash raw chicken or any other meat - you risk splashing germs onto your hands, utensils and worktops
- defrost any frozen meat fully in the fridge before cooking
- cook meat thoroughly to kill any bacteria – chicken, pork, and minced products should never be served pink or rare

[Find out more](#)



## Run out of repeat medicines?

With Monday's bank holiday fast approaching, we wanted to make sure you know that your pharmacist can issue you with an emergency supply of most prescriptions to tide you over until you can speak to your GP.

There are some medication exceptions and you may have to pay for this service, but this will be the quickest way if you do need an emergency supply.

You can search 'Find a pharmacy' online to locate your nearest one and click on its name to see its bank holiday opening hours.

[Find a pharmacy](#)



## 'Choose Well' plea for busy bank holiday weekend

Residents and visitors are being reminded to 'Choose Well', as our health and care services brace for one of the busiest bank holidays of the year.

From self-care for sunburn to the emergency department for a life-threatening illness or injury, we want to help you choose the right service so our NHS can focus on the patients who most need urgent care.

Ongoing industrial action is likely to have an impact too, and the simple messages at the centre of our 'Choose Well' film still stand.

[NHS Summer Choose Well Film - YouTube](#)

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.

[Choose Well](#)



## Measles: It's not just a kids problem and it can be serious

Measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill.

Measles outbreaks happen when not enough children have been vaccinated. Children are at risk of measles if they haven't had the MMR vaccination. 2 doses of MMR vaccine are needed to get the best protection. If your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible.

If you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP. If you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected.

[Find out more](#)



## Are you a great leader who wants to improve patient care?

If so, you could be the next non-executive board member to join the NHS Cornwall and Isles of Scilly Integrated Care Board (ICB).

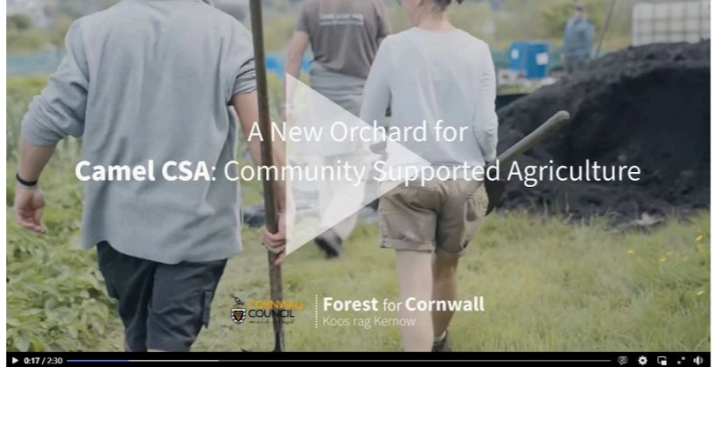
The ICB needs diverse, inclusive and compassionate leaders who reflect the community they serve and the staff employed and have the leadership style and breadth of perspective needed to make good collective decisions.

The ICB is recruiting for an independent non-executive member (NEM) who would support the chair and board members.

This particular NEM will need clinical expertise to bring to the board, as the role will also chair our quality committee as part of the ICB's work to drive better outcomes and efficiencies.

If you think this could be you, the closing date for applications is 10am on Monday 28 August 2023.

[Find out more](#)



Camel CSA Community Supported Agriculture

Our Forest for Cornwall team has been supporting community tree-planting projects as part of the Forest for My Place scheme.

Just recently we supplied 37 fruit trees to the Camel Community Supported Agriculture (Camel CSA) to kickstart their new orchard, with funding from [The Woodland Trust Emergency Tree Fund](#).

[Find out more about how your community can get involved in the Forest for Cornwall.](#)



Cornwall recycles

More and more people in Cornwall are recycling their cardboard.

If you don't have an orange recycling bag yet or you need more, [you can order them from our website here](#). Before you put your cardboard in your orange recycling bag, please remove any sticky tape and flatten it.

And if you've got too much to fit in your orange bag, weigh it down with your glass recycling box so it doesn't blow away.



## Looking for a new career where no day is the same?

Why not take another look at care? [Proud to Care Cornwall](#) have a series of hiring events where you can find out more about the careers available - and could even get a conditional job offer on the day!

The first event is in Penzance on 7 September at St Johns Hall, 10-5pm. Why not come along and have a chat?



## Respiratory illnesses are on the rise in Cornwall, including Covid-19.

Dr Whitney Curry from our public health team has recorded a short video offering advice on what to do if you feel unwell and how to help stop the spread.

- Stay at home where possible
- Avoid contact with other people
- Wash your hands regularly

[Read more and know the symptoms here.](#)

### News in brief

We've had to make a venue change to the [Local Area Energy Plan Falmouth Roadshow](#) drop-in session on 5 September from 4pm to 7pm. The new venue is Theatre Room, Princess Pavilion, 41 Melvill Road, Falmouth TR11 4AR

A group of 40 volunteers have worked to preserve a popular footpath near the River Hayle from erosion. Supported by Cornwall Council, [Westcountry Rivers Trust](#) and [Cormac](#), the volunteers used a technique involving willow and hazel coppice to create vegetation and support the river bank near St Erth.

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