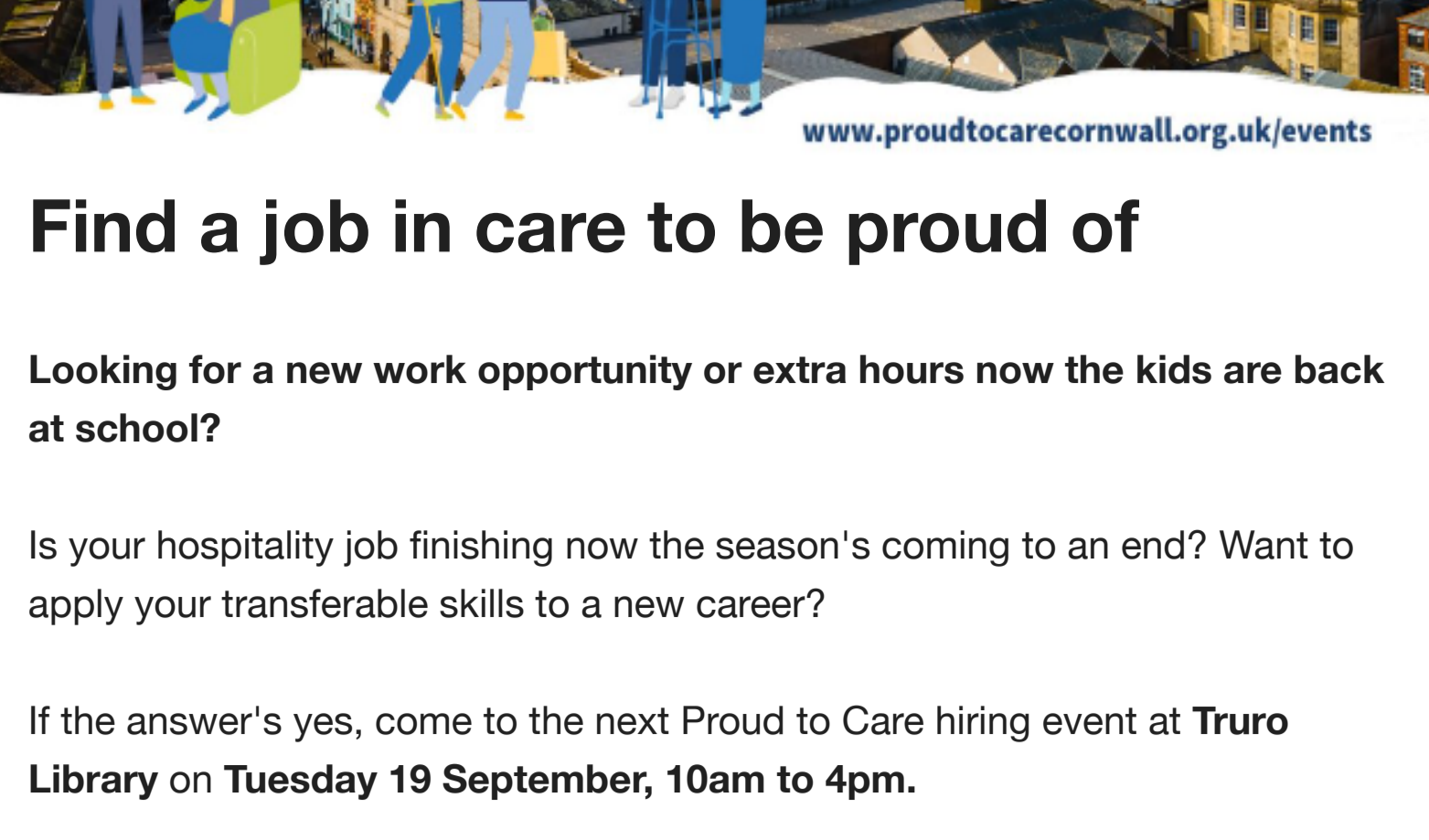


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Together for a carbon neutral Cornwall where everyone can start well, live well and age well



Find a job in care to be proud of

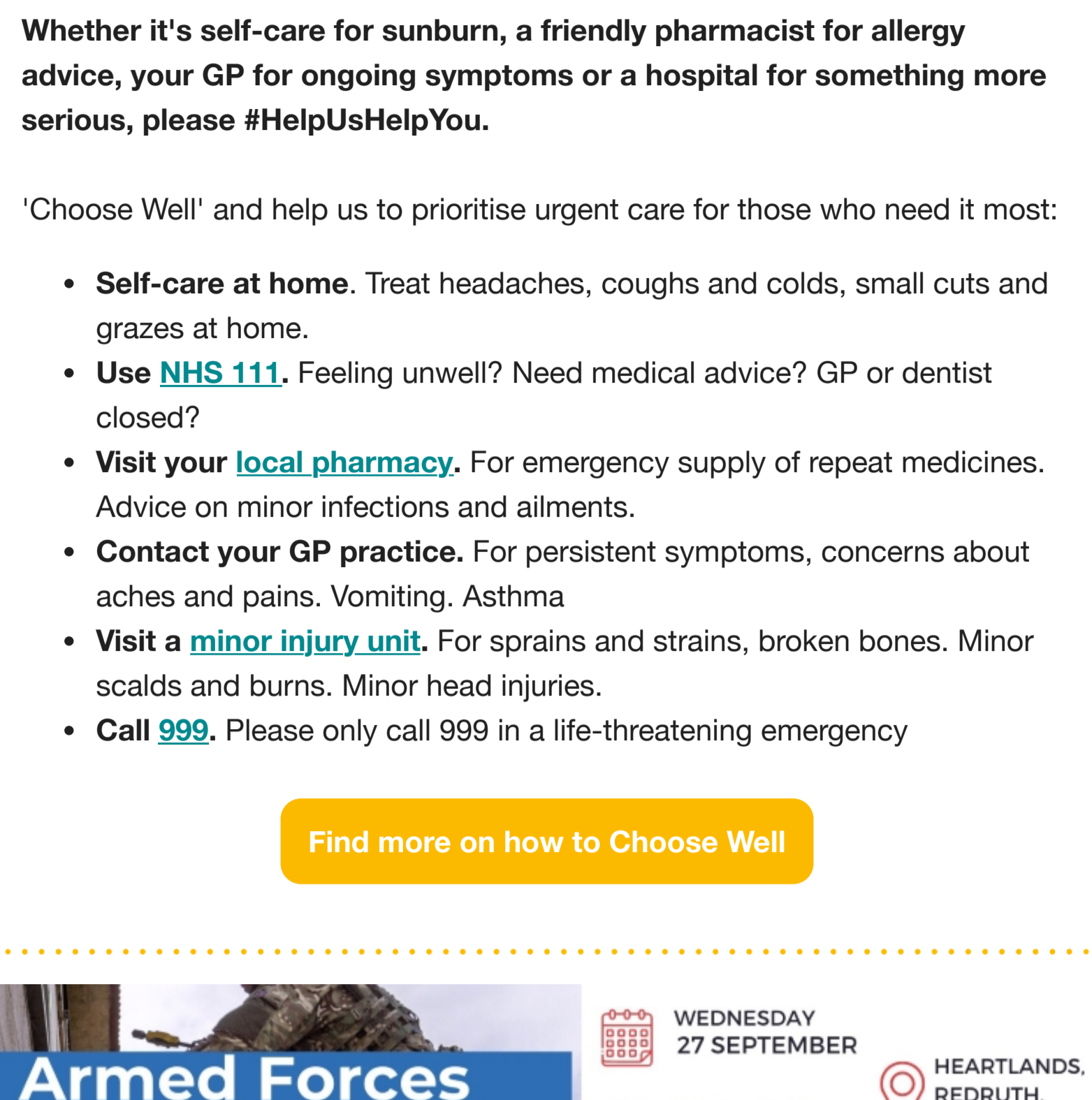
Looking for a new work opportunity or extra hours now the kids are back at school?

Is your hospitality job finishing now the season's coming to an end? Want to apply your transferable skills to a new career?

If the answer's yes, come to the next Proud to Care hiring event at Truro Library on Tuesday 19 September, 10am to 4pm.

You'll have the opportunity to apply for jobs and have interviews on the day. But if you can't make the event, we've got lots of job opportunities listed on the Proud to Care website.

Find a job in care to be proud of



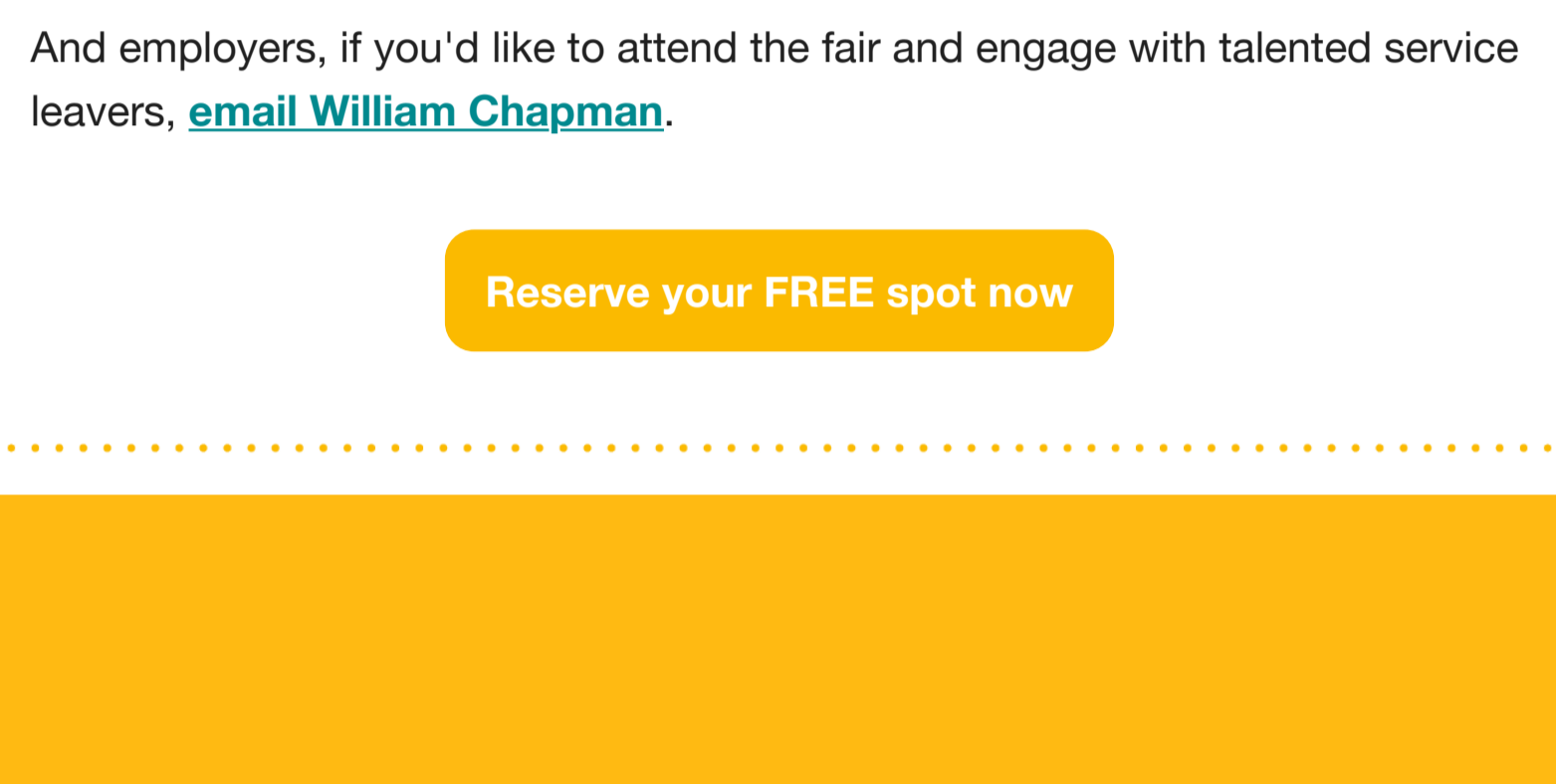
Choose Well and #HelpUsHelpYou

Whether it's self-care for sunburn, a friendly pharmacist for allergy advice, your GP for ongoing symptoms or a hospital for something more serious, please #HelpUsHelpYou.

'Choose Well' and help us to prioritise urgent care for those who need it most:

- **Self-care at home.** Treat headaches, coughs and colds, small cuts and grazes at home.
- **Use NHS 111.** Feeling unwell? Need medical advice? GP or dentist closed?
- **Visit your local pharmacy.** For emergency supply of repeat medicines. Advice on minor infections and ailments.
- **Contact your GP practice.** For persistent symptoms, concerns about aches and pains. Vomiting. Asthma
- **Visit a minor injury unit.** For sprains and strains, broken bones. Minor scalds and burns. Minor head injuries.
- **Call 999.** Please only call 999 in a life-threatening emergency

Find more on how to Choose Well



Career opportunities and support for armed forces leavers and their families

Are you an armed forces leaver or a family member of someone currently serving?

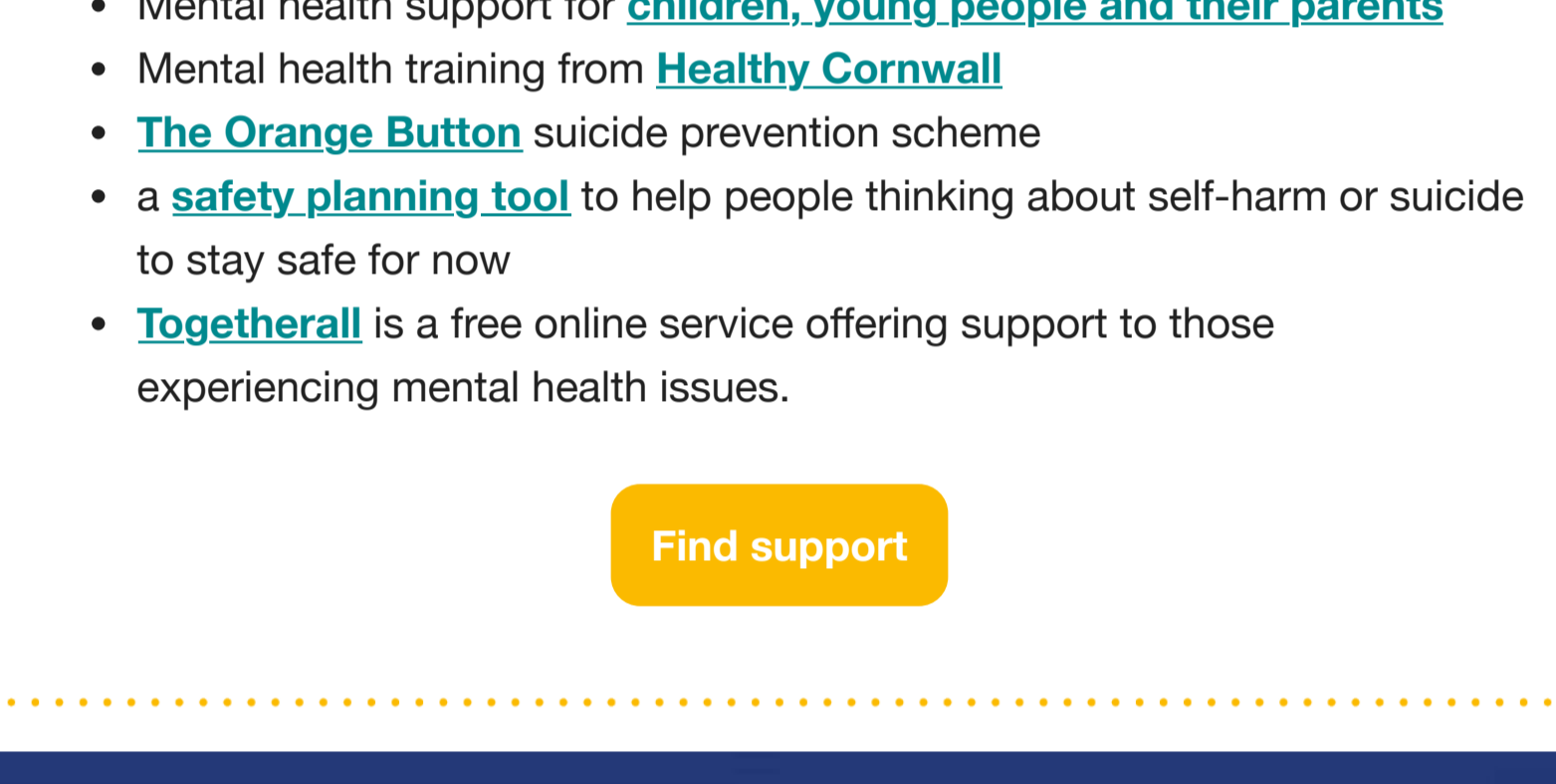
If you are, come to the 2023 Armed Forces Next Steps Careers Fair - a legacy event of National Armed Forces Week - at Heartlands in Pool on 27 September from 10am to 4pm.

The fair connects service leavers and their families with employers to explore transferable skills and qualifications, from engineering to health and social care.

It's FREE to attend, just hit the button below to reserve your spot.

And employers, if you'd like to attend the fair and engage with talented service leavers, email William Chapman.

Reserve your FREE spot now



No one should have to suffer mental distress alone

Ahead of World Suicide Prevention Day on Sunday we want everyone in Cornwall to know that it's okay not to be okay and help is available for anyone experiencing mental health difficulties.

If you are worried about your own or someone else's mental health, call the Cornwall and Isles of Scilly 24/7 NHS mental health response line on 0800 038 5300. It's free to access by any number, any age, any time, day or night.

Cornwall Council and its partners across the health and social care system offer a range of services, schemes and materials that can help.

These include:

- **5 Ways to Wellbeing** and other coping skills
- Mental health support for **children, young people and their parents**
- Mental health training from **Healthy Cornwall**
- **The Orange Button** suicide prevention scheme
- a **safety planning tool** to help people thinking about self-harm or suicide to stay safe for now
- **Togetherall** is a free online service offering support to those experiencing mental health issues.

Find support



The numbers that could save your life

It's free, takes two minutes and might save your life - blood pressure checks could prevent 503 heart attacks and 749 strokes here in the South West.

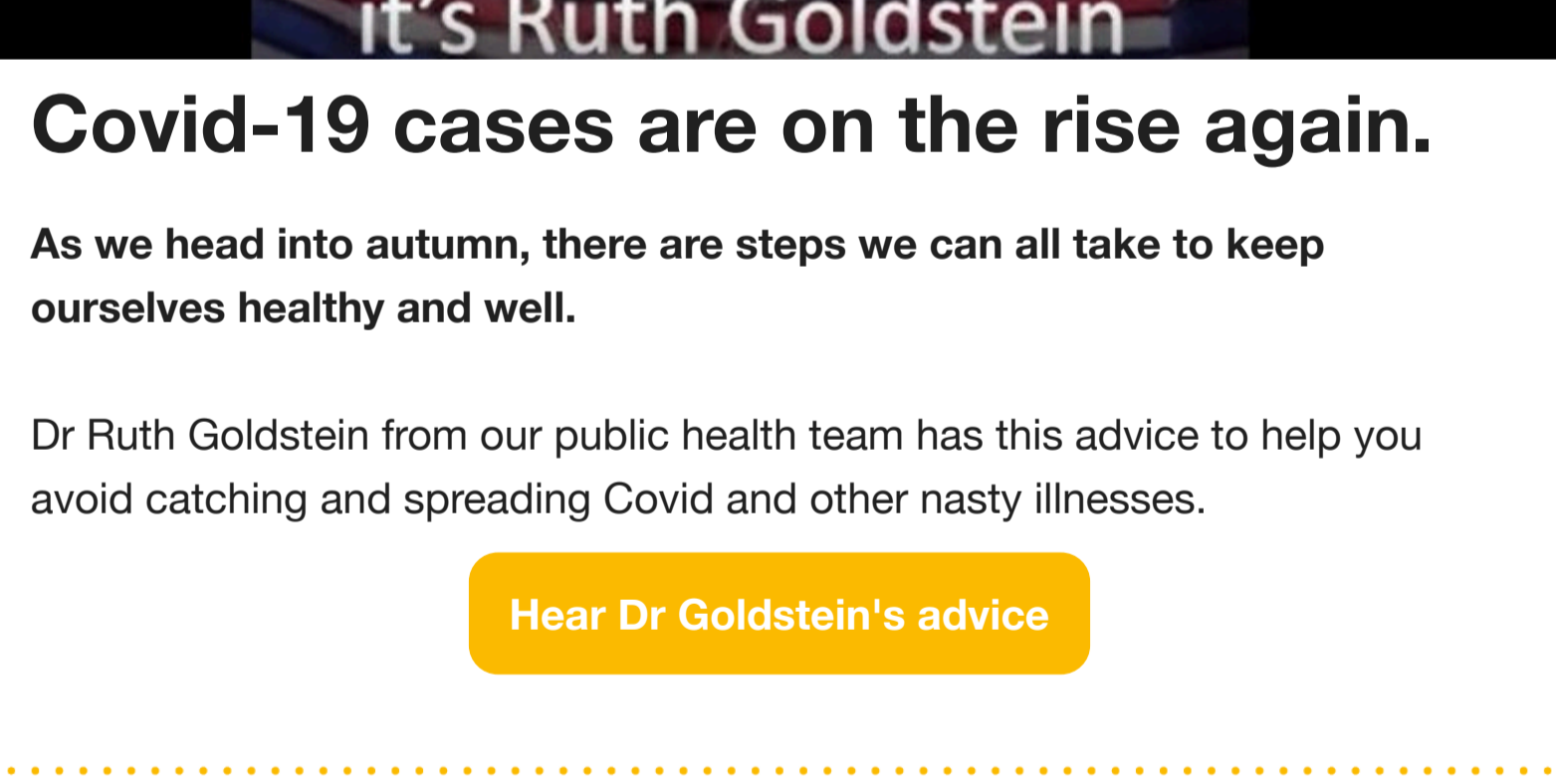
High blood pressure causes two thirds of strokes and almost half of all heart attacks, 1 in 3 adults has it, and many are not aware because it rarely has symptoms you notice.

But it's one of the most preventable and treatable conditions.

NHS Cornwall and our public health team are on a mission to get everyone to 'Know Your Numbers!' by having your blood pressure checked and take action if your numbers are too high.

Find out why [the Cornish Pirates support this campaign](#).

Know your numbers



Find inspiration for ageing well in Cornwall

Ageing well can look different to all of us.

For our Ageing Well in Cornwall podcast, we talk to a range of people about what they do to age well like walking, meditation, volunteering and singing, as well as reflecting on what usually expects of us as we age.

You might be inspired to make some small lifestyle changes, as well as enjoying listening to how others are experiencing life as they age in Cornwall.

Find ageing well inspiration

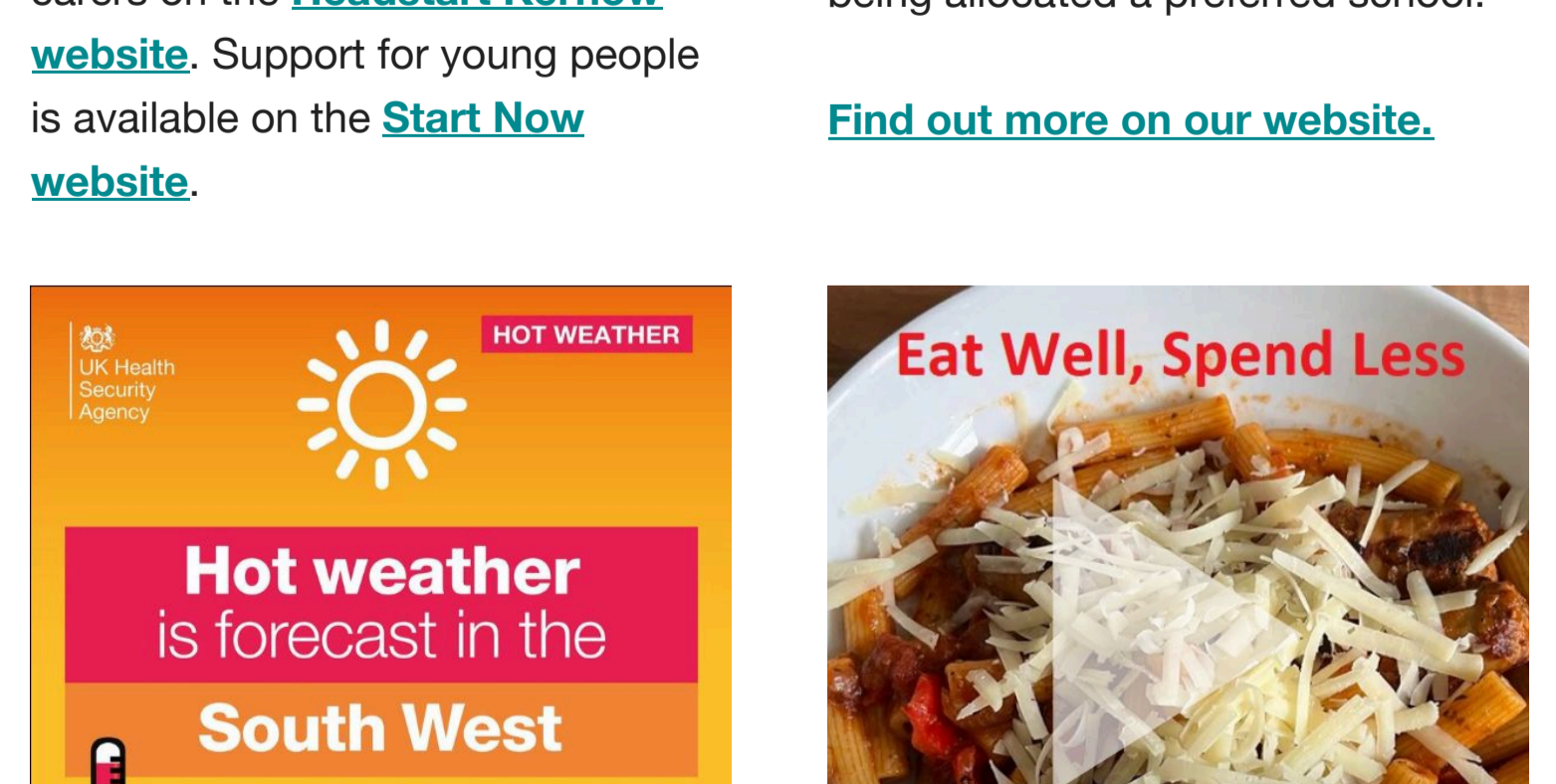


Covid-19 cases are on the rise again.

As we head into autumn, there are steps we can all take to keep ourselves healthy and well.

Dr Ruth Goldstein from our public health team has this advice to help you avoid catching and spreading Covid and other nasty illnesses.

Hear Dr Goldstein's advice



Cornwall's hosepipe ban ends but keep conserving water

South West Water has confirmed that the hosepipe ban in Cornwall will be lifted on September 25.

The ban has seen residents, businesses and visitor pull together to protect water reserves. Recent rainfall has helped too.

Colliford reservoir is at 57% storage - up 19% from last year. South West Water continues to urge people to use water responsibly and Save Every Drop.

Keep helping save water with these tips



If your child has struggled starting school this week - or going back into the classroom after the summer holiday - Headstart Kernow has support, advice and guidance that can help.

We understand there are lots of reasons why children and young people can find going into school hard.

And we know that the earlier families and schools start working together to identify and remove barriers to attendance, the sooner those barriers can be overcome reducing distress for everyone.

Find advice for parents and carers on the [Headstart Kernow website](#). Support for young people is available on the [Start Now website](#).

Calling parents and carers of children who are due to start school in Cornwall or move up to a new school.

Parents and carers can now start applying for school places if they have children starting primary school or moving up to secondary school in September 2024.

The deadline for applications for secondary schools is 31 October 2023.

The deadline for applications for primary schools is 15 January 2024.

Please apply in good time to ensure your child has the best chance of being allocated a preferred school.

[Find out more on our website.](#)



Remember to look out for vulnerable family, friends and neighbours during the spell of hot weather forecast for the South West over the next few weeks.

Make sure the people you care about are aware of how important it is to drink water or rehydration drinks and keep cool with fans.



Struggling for ideas on with how to Eat Well, Spend Less and feed the family on a budget now the children are back to school?

[Try Health Cornwall's simple sausage pasta video recipe](#) - the perfect comfort food for busy nights. Swap out meat sausages for a veggie or vegan if you like.

News in brief

Yesterday was **National Read a Book Day**. More than 30,000 books have been read this summer by children taking part in Cornwall's Summer Reading Challenge! If you're looking to pick up a good book, head to [Cornwall Libraries](#).

Forward to a friend | Subscribe to the newsletter

