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

Cornwall residents back ambitious action on climate change



www.cornwall.gov.uk/togetherforfamilies

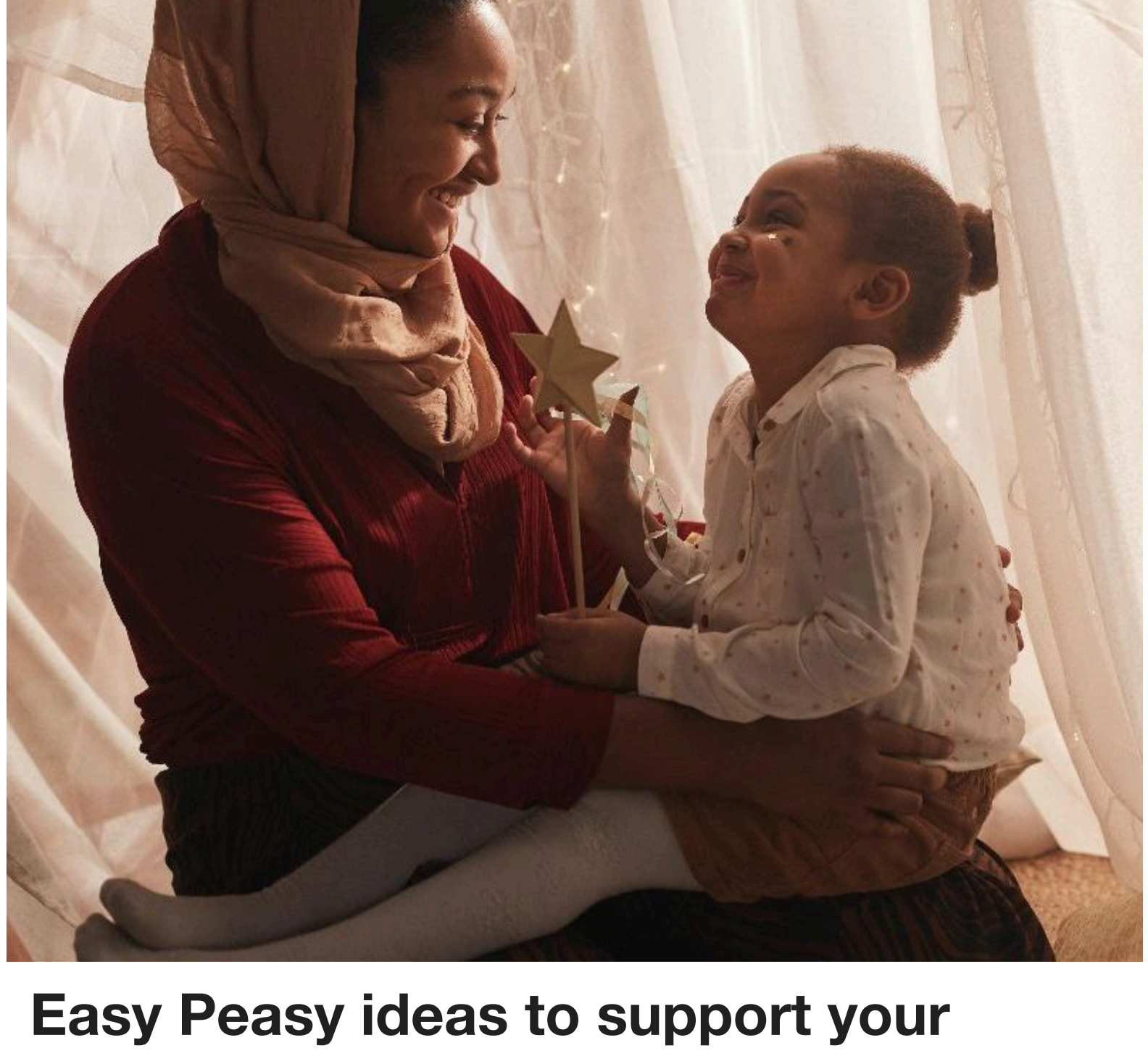
Protection for people in Cornwall who have been in care

People in Cornwall who've experienced being in the children's social care system are now better protected against discrimination after Cabinet voted in favour of treating care experience as a 'protected characteristic'.

Under the Equality Act 2010, it's against the law to discriminate against someone because of a protected characteristic.

Cornwall's Cabinet decision adds a 10th characteristic to the 9 currently covered by the act: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

[Find out more](#)



Easy Peasy ideas to support your child's home learning

Are you a parent or carer of a 0-5 year-old looking for ideas to support home learning, and develop their speech, language and communication skills?

The new Easy Peasy App - brought to you by Cornwall Council and Start for Life - gives you instant access to ideas that can support you as a parent or carer with day-to-day parenting.

Find out more about [Start for Life](#).

[Get the Easy Peasy App](#)



cornwallcouncil.info/breastfeeding

Show support for breastfeeding mums

Do you run a café, restaurant or pub in Cornwall? Would you like to show support for breastfeeding mums by displaying a Breastfeeding Welcome sticker in your window?

Many mums feel nervous about breastfeeding in public places. Some end up staying at home when their baby is born, which can make them feel lonely and isolated, or choose not to breastfeed or to stop feeding before they really want to.

But with your support, we hope to change that and help mums feel more comfortable feeding when they're out and about.

To join the scheme, which is funded through the Government's [Start for Life](#) programme, email breastfeedingwelcome@cornwall.gov.uk.

We'll send you your window sticker, tabletop information cards and leaflet and we'll add you to the online directory, so mums can see venues in their area that are part of the scheme.

[Join the Breastfeeding Welcome here scheme](#)



When you stop smoking good things start to happen

October is just around the corner and smokers in Cornwall are being urged to stub out their habit as part of the national Stoptober campaign.

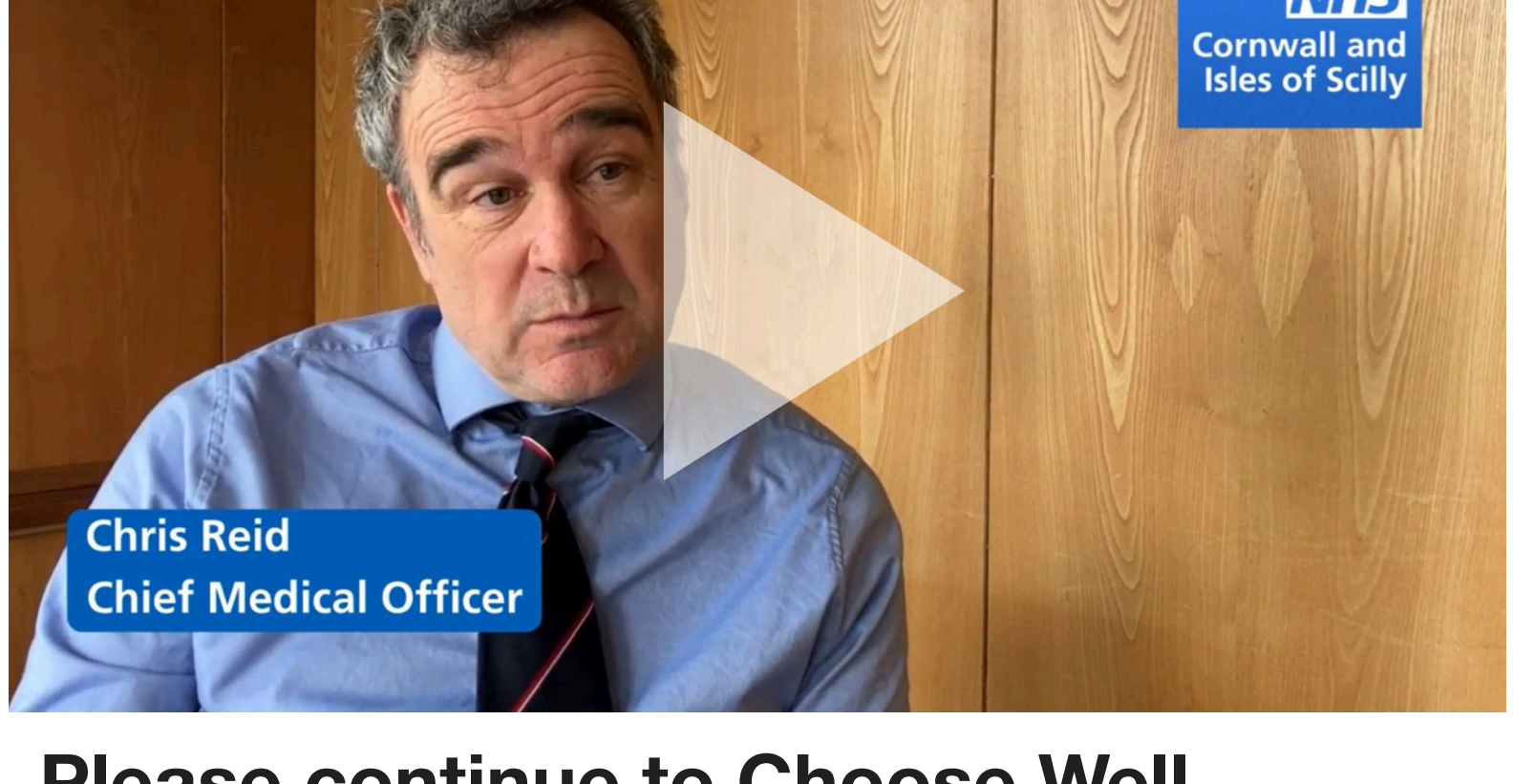
Quitting is one of the best things a smoker can do for their health, allowing them to move better and breathe more easily, and leave them with more money to spend. Other benefits of quitting include:

- **reducing the risks of smoking-related diseases**, such as cancer, lung disease, heart disease and stroke
- **boosting mental health and wellbeing**, reducing anxiety, depression and stress.
- **saving** the average smoker around £2,500 per year

Research suggests you're three times more likely to succeed with the right support, so text SMOKEFREE to 82228 for regular support before, during and after your quit attempt.

There's also advice on the [Healthy Cornwall Smokefree](#) web page, by downloading the [free NHS Smokefree app](#) or by joining our [Stop Smoking Support group on Facebook](#).

[Visit Healthy Cornwall Smokefree](#)



Please continue to Choose Well

With children back at school - and at the end of 4 days of **strike action** by consultants and junior doctors - the health and care services across Cornwall and the Isles of Scilly are still very busy.

Further strikes are set for early October too, so please continue to choose well. Use [NHS Cornwall's online guide](#) to help you choose the right service, or follow their [Facebook](#) and [Twitter](#) pages for news and updates.

[More on how to Choose Well](#)

Each year we hold an event to bring our community together to think about ways we can support our ambition for zero suicides in Cornwall and the Isles of Scilly.

This year's Towards Zero event is on Thursday 23 November, 10am to 3pm at Heartlands. Please book and find out more about the event [here](#).

If you missed our online question and answer session on the **Local Area Energy Session** this week [you can catch up on it here](#).

There's still time to tell us what you think about green energy opportunities in Cornwall. [Head on over to our Let's Talk Cornwall website and let us know.](#)

News in brief

Arts Lab is a creative wellbeing programme for young people in Cornwall. It's funded by our public health and wellbeing service and delivered by [Headstart Kernow Youth](#), [Feast Cornwall](#), and [Arts Well CIC](#). Now in its second year, it's worked with more than 1,500 young people in over 60 settings. [Find out more.](#)

This [first Cornwall Heritage EXPO](#) will take place on 29-30 September at Godolphin House. [Find out more.](#)

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