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on the day! Come along to the next **Proud to Care hiring event** at Hotel Victoria, Newguay on Tuesday 10 October from 10am to 4pm.

more about the careers available - and could even get a conditional job offer

Find out more



communities for a carbon neutral Cornwall where everyone can start well, live well and age well. Our priorities, shaped by our residents and young people, are to make Cornwall:

Our Business Plan is based on a clear mission: Cornwall Council working with

 With vibrant, safe, supportive communities where people help each other live well, All supported by an empowering and enterprising Council that secures

great value for money and provides a consistently excellent customer

• In a thriving, sustainable Cornwall that offers a secure home, a decent

already taken to reduce the size of our organisation, tackle the housing crisis, turbo-charge our economy, and make Cornwall the first place in the UK to be net carbon neutral.

Have your say on the draft Budget

UNIHEALTHY RELATION

THE SIGNS



Find out more about: How we are preventing harm and tackling the root causes of unhealthy

violence against women and girls (VAWG)

Text 'SMOKEFREE' to 82228

• Challenging social norms and engendering culture change to end

Working together to improve outcomes for everyone in Cornwall and the

relationships

Isles of Scilly.

Book your place now

This Stoptober

www.healthycornwall.org.uk Text SMOKEFREE to 82228 for help to quit smoking Have you heard about Healthy Cornwall's stop smoking text message service? Smokers looking to quit this Stoptober can sign up to received regular support before, during and after their quit attempt. All they need to do is text SMOKEFREE to 82228 and Healthy Cornwall will do the rest. Evidence shows that if someone can quit for 28 days, they're five times more likely to quit for good, so as well as helping smokers prepare for their quit attempt, the text message service keeps in regular contact over a four-week period, signposting participants to a range of useful tips and tools. And research suggests you're three times more likely to succeed with the right support. So to get started, simply text SMOKEFREE to 82228. There's also loads of advice available:

www.sexualhealthcornwall.co.uk **Emergency hormonal**

Emergency hormonal contraception (EHC) - often referred to as the

'morning after pill' - is now free to all from pharmacies across Cornwall

Previously it was only free of charge for those aged 25 and under, but Cornwall

contraception now free to all

and the Isles of Scilly.

Contraception

Free Emergency Hormonal

Council's public health team has now ensured it is accessible to all from 1 October. Regardless of age, women and those described as female at birth need only visit their local pharmacy to access EHC.

and colds future? How to stay safe this winter We want to hear from you! 2pm on Wednesday 4 October Have your say on the way health Where and how can I access the

News in brief Businesses looking to commercially exploit new ideas and technology can now gain support with the launch of a new project to accelerate innovation and economic growth. Find out more.

Forward to a friend

OUR PRIORITIES FOR CORNWALL

and care services are planned and

We're working with voluntary and

community services, the NHS and

the Council of the Isles of Scilly as

part of an Integrated Care System.

You can help us to shape a 10 Year

completing our survey which runs

Integrated Care Strategy by

until Saturday 30 September.

delivered.

and well this winter' Facebook Live event at 2pm on Wednesday 4 October.

Subscribe to the

newsletter

right care? What's the best way to

colds? Is Covid-19 still a problem

These are just some of the questions

our health experts will be able to

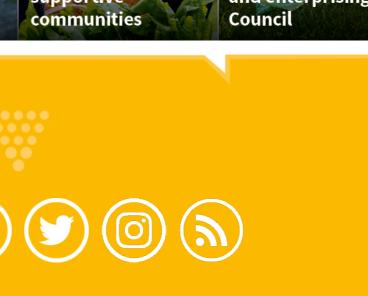
answer at a special 'Staying safe

avoid winter bugs, coughs and

and is getting vaccinated still

necessary?

Vibrant, safe, A thriving, A brilliant place supportive to be a child sustainable





Have your say on our draft budget plans for 2024-25 Every year, Cornwall Council spends over a billion pounds providing public services that you, your family and friends use every day. We are also at the forefront of investing in the future of Cornwall: growing our economy and creating homes and jobs for local people, protecting and enhancing our environment, supporting the transition to a carbon neutral Cornwall, and strengthening our communities, our heritage and culture.

Our budget proposals reflect these priorities and build on the actions we have

experience.

A brilliant place to be a child and grow up,

income and a great environment for all,

We are now seeking views on our plans to deliver these priorities within the budget available to us.



Get FREE Text Support

On the <u>Healthy Cornwall Smokefree</u> web page • By joining our **Stop Smoking Support group on Facebook** • By downloading the free NHS Smokefree app Find out more

