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Stay in Touch

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

Join the 100 Hosts



Find out how to help at: www.cornwall.gov.uk/homesforukraine



Could you offer a home to Ukrainian refugees?

Our Resettlement Service has launched a campaign to recruit 100 new hosts to support families fleeing the ongoing war in Ukraine.

Since Vladimir Putin's invasion in February 2022, Cornwall has welcomed more than 1,200 Ukrainian refugees - mostly women and children - as part of the Homes for Ukraine programme.

More than 300 Cornish residents have already opened their doors to offer accommodation to the Ukrainian arrivals. Many have agreed to extend their initial commitments of six or 12 months, but as the war in Ukraine intensifies and people's lives change, the numbers of Ukrainians needing accommodation in Cornwall increases.

As well as the human rewards such as companionship and help around the home, hosts can benefit from thankyou payments within Cornwall of £500 per month, and a range of support from Cornwall's Resettlement Service and national agencies.

[Find out more](#)



Mental help support in Cornwall

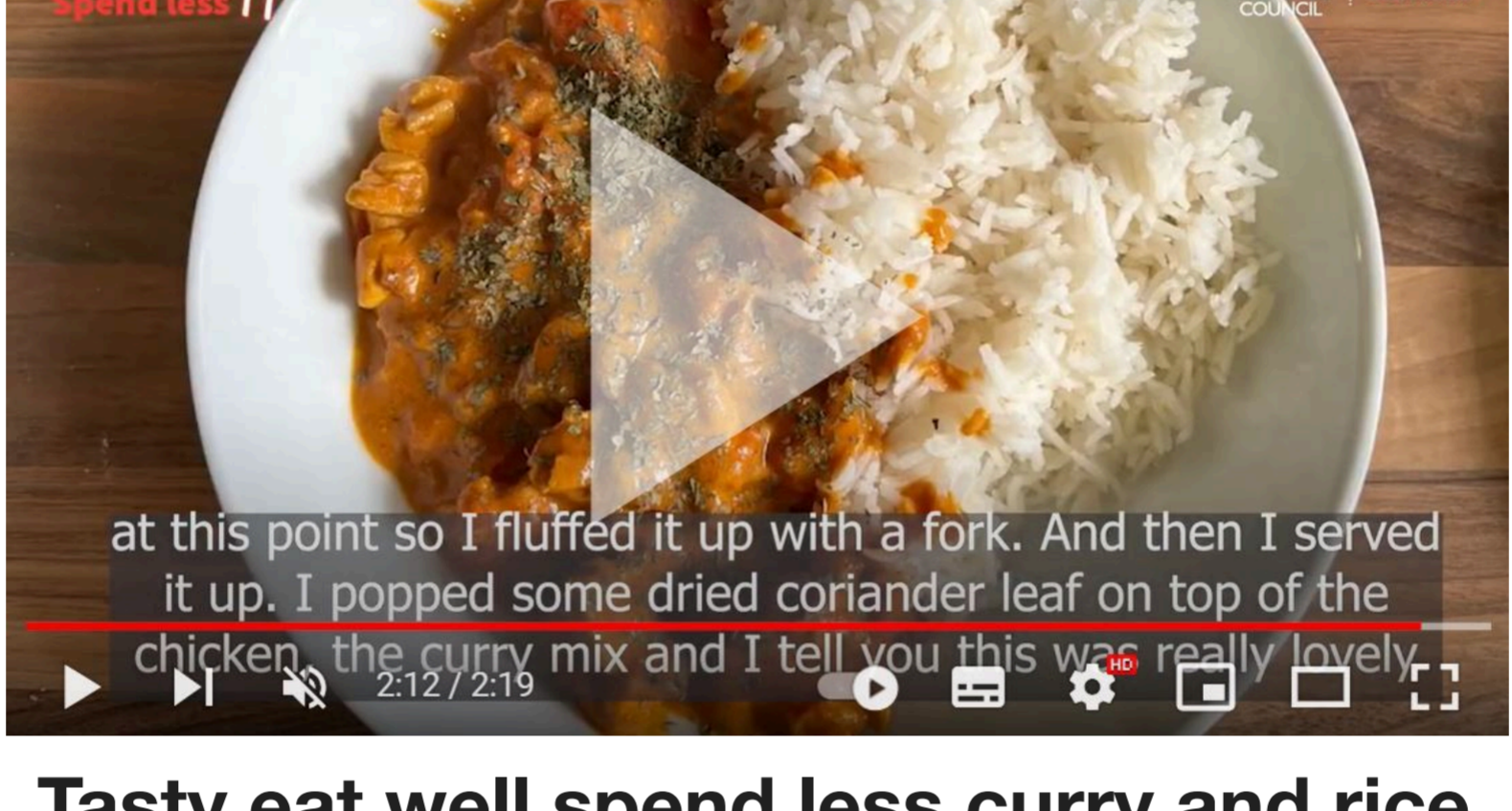
It's World Mental Health Day on 10 October and we want everyone in Cornwall to know that help is available for anyone experiencing mental health difficulties.

If you're 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 anyone, 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.

[Get mental health support](#)



Tasty eat well spend less curry and rice

In the next episode of our Healthy Cornwall Team's 'Eat well spend less' videos they show you how to make a tasty but simple curry and rice recipe.

This is a really versatile recipe, as you can use your own choice of protein to add to the sauce. In this example we use chicken to create a really lovely dish that would rival any expensive takeaway option.

[Get cooking](#)



Trying to quit smoking this Stoptober?

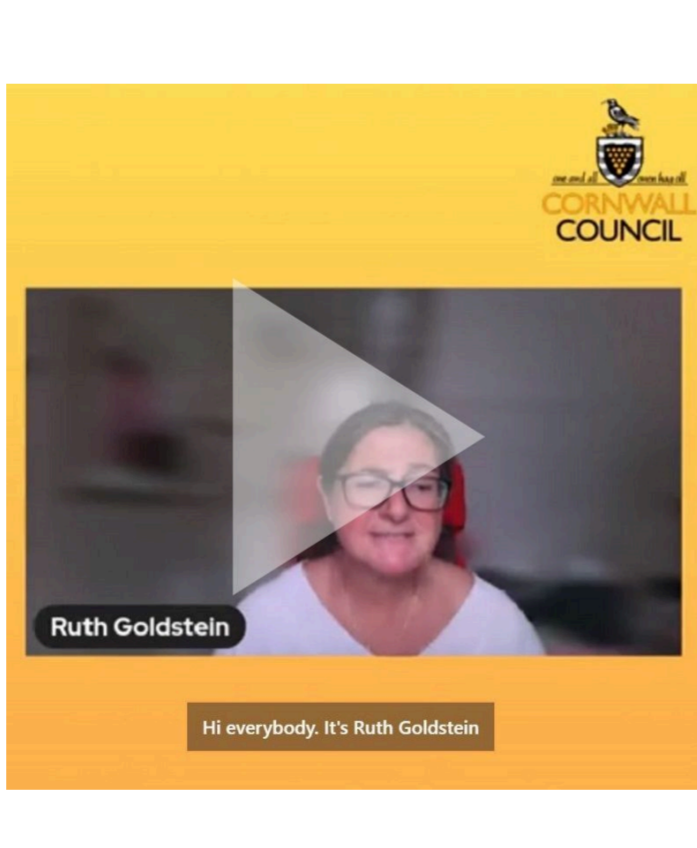
Willpower is important when you're stopping smoking, but it's easier when combined with some extra support. Stop smoking aids, such as nicotine patches, gum or vapes, really help with managing nicotine cravings and other tobacco withdrawal symptoms.

[Stop smoking](#) aids boost a smoker's chances of successfully quitting, especially if they're combined with support from [Healthy Cornwall](#) or using their text message service by texting SMOKEFREE to 82228.

Research shows that [nicotine vapes can really help adults trying to quit smoking](#). Experts agree that although vapes are not risk-free, they carry a small fraction of the risks of cigarettes. Whilst the long-term effects are not yet known, used in the short-term serious side effects from using vapes are rare. But they should only be used by adult smokers to help them quit.

Over the last few years, we've seen an increase in young people vaping. This has coincided with the arrival of a new category of cheap disposable vapes, which have proven particularly popular with children and young people. Our Public Health team are working hard to address these issues. Our ['Vaping and E-Cigarettes: The facts for parents and carers'](#) leaflet was created to support parents and carers to have conversations with their children about vaping.

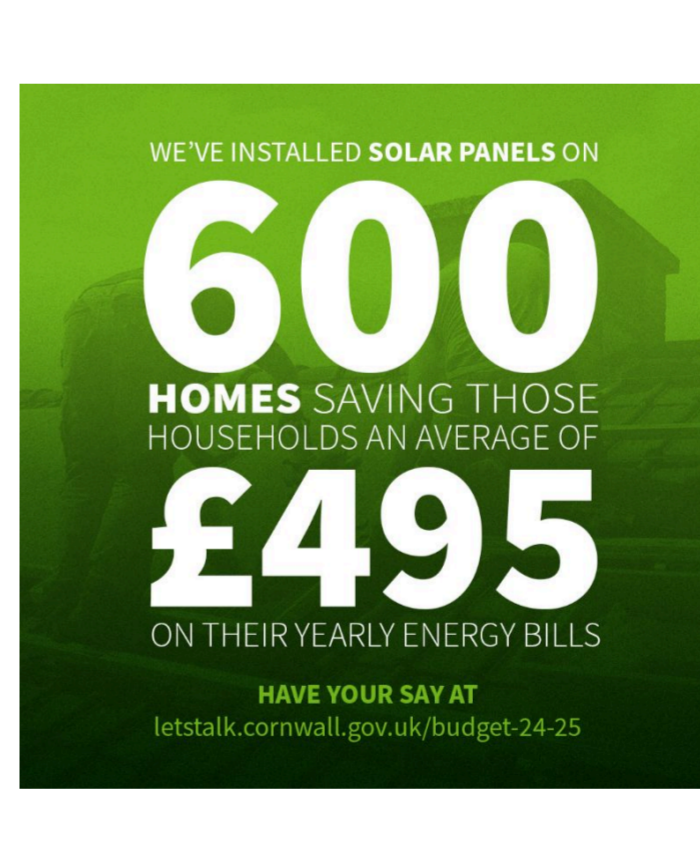
[Find out more](#)



Where and how can I access the right care? What's the best way to avoid winter bugs, coughs and colds?

Is Covid-19 still a problem and is getting vaccinated still necessary?

These are just some of the questions our health experts answered on a 'Staying safe this winter' Facebook Live event earlier this week. [You can watch the playback here.](#)



One of our key budget priorities is to work towards net zero and a thriving, sustainable Cornwall.

That's why we worked with Cornwall Housing to install solar panels on 600 homes, saving those households on average of £495 on their yearly energy bills.

[Have your say on our budget plans by visiting our Let's Talk Cornwall website here.](#)

News in brief
Apply now for school places in Cornwall if your children are starting primary school or secondary school in September 2024. The application deadline is 31 October 2023 for secondary schools and 15 January 2024 for primary schools. Find out more by [visiting our school applications webpage](#).
Our budget consultation is now available in an Easy Read version. Have your say by visiting our [Let's Talk Cornwall website](#).

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