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



Stock image - posed by a model

### Adoption is family

Could you give a child a forever home?

For more information, visit [adoptincornwall.co.uk](http://adoptincornwall.co.uk)

Change a child's life forever #YouCanAdopt

### Could you offer a forever home to a child in Cornwall?

Cornwall has dozens of children waiting to find a forever home. This is why we are asking our residents to give adoption some thought as part of National Adoption Week next week.

Did you know that if you can provide a safe, stable and loving home for a child, the chances are you can adopt?

It doesn't matter whether you're single, married or in a long-term relationship, and your ethnicity, gender identity, sexuality and faith make no difference. You just need to be 21 or over.

From younger children to older children, single children to sibling groups, no matter their background, all they need is an adoptive family to change their life.

Could you be the one to make a difference?

The council holds regular information meetings about adoption. For more information visit [www.adoptioncornwall.co.uk](http://www.adoptioncornwall.co.uk)

You can also check out the national campaign here [www.youcanadopt.co.uk](http://www.youcanadopt.co.uk) and find out about the series of free online events taking place throughout National Adoption Week

Find out more



### The National Child Measurement Programme (NCMP) has started

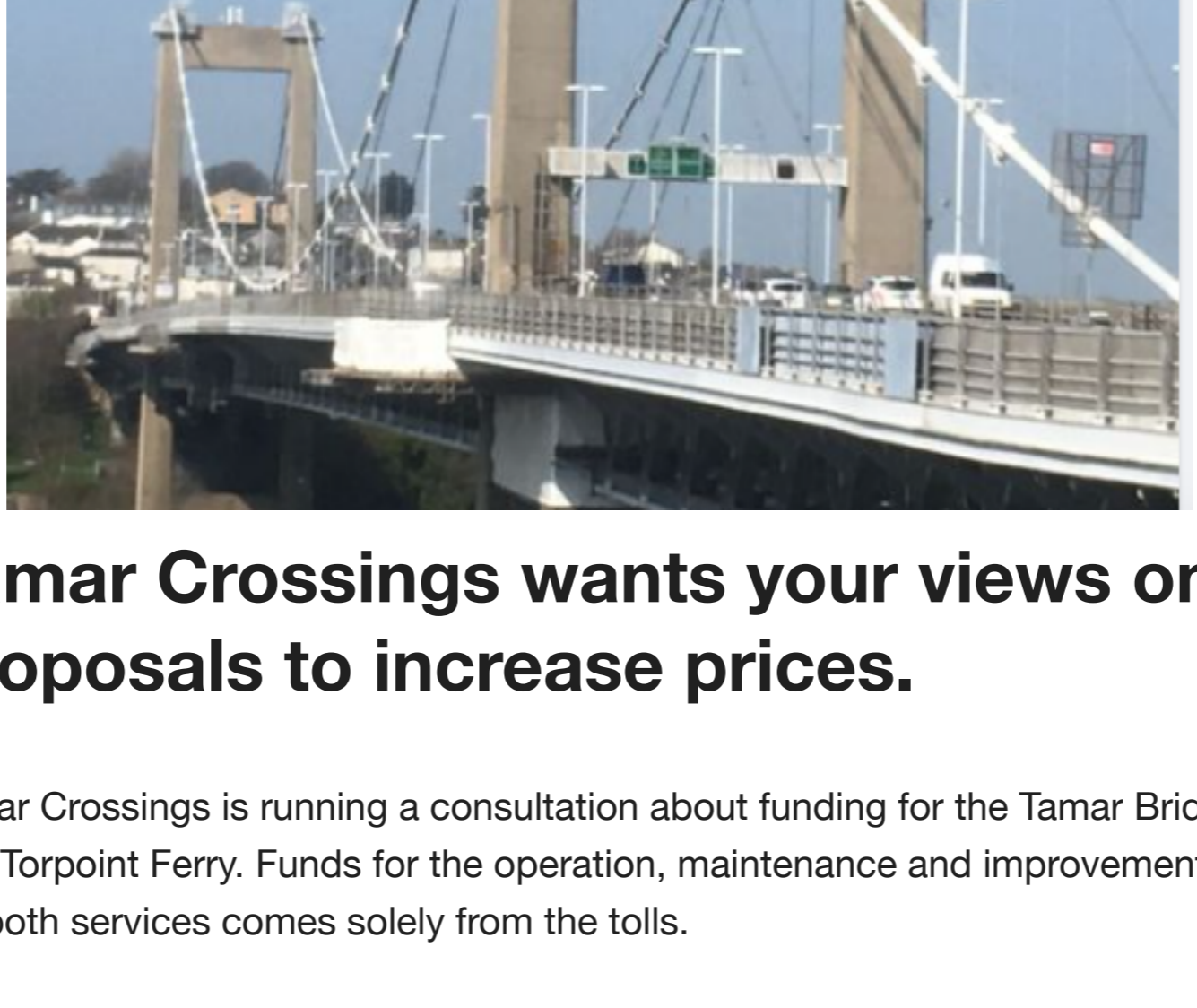
Trained members of the school nursing team will soon be measuring the height and weight of children in Reception and Year 6, as part of the government programme.

The NCMP aims to measure the height and weight of every child twice during primary school, once in Reception and once in Year 6. If you have a child in these years, you'll receive a digital booklet through your child's school, before your child is measured, with more information.

Your child doesn't have to take part, but every child measured contributes to building a national picture about how children are growing. This information is used to inform the planning and delivery of services that help children and families to lead healthy lives.

Parents will be notified at least 2 weeks before measurements are scheduled to place in their school.

Find out more



### Tamar Crossings wants your views on proposals to increase prices.

Tamar Crossings is running a consultation about funding for the Tamar Bridge and Torpoint Ferry. Funds for the operation, maintenance and improvements for both services comes solely from the tolls.

The consultation runs until Sunday 29 October.

Have your say

If your child has missed their flu vaccination this term, book onto one of the catch-up clinics in the October half term.

[www.kernowhealthcic.org.uk/primary-care-services/school-age-immunisation/](http://www.kernowhealthcic.org.uk/primary-care-services/school-age-immunisation/)

### Flu Season is back!

Flu season is here again and Kernow Health CIC, who run school age immunisations, have started their nasal flu vaccination programme.

There have been some changes this year and vaccinations are now offered to children from reception through to year 11. Some parents and guardians have already received a letter from the Kernow Health CIC, sent on their behalf by schools, with a link to an online consent form.

If you haven't had a letter yet, one will be heading your way over the coming weeks. This is an opt-in process which means your child will only receive the vaccine if you consent.

Don't worry if your child is absent on the day of the vaccinations, you can book an appointment at one of Kernow Health's community catch-up clinics during the October half term and again in December for those who missed out at school, or for children who are home-educated.

If you have any questions about this vaccination, or if you have problems accessing the online consent form, please call Kernow Health on 01872 221105, and they can complete it with you over the phone. Please also call to book your child onto a catch-up clinic.

Find out more

Don't go it alone this Stoptober

[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)

When we come together, we all feel better

Explore an anonymous community to get (or give) mental health support 24/7

togetherall / <https://togetherall.com/en-gb/join/cornwall/>

You aren't alone on your journey to quit smoking – join others going through the same thing in a friendly, supportive environment in Cornwall's [Stop Smoking Support Community Facebook Group](#).

Join the Facebook group, a supportive community of those in all stages of their journey - coming together to support local people to go smokefree for good - for support, advice and motivation this #Stoptober

Someone, somewhere will understand how you're feeling and they'd love to hear your story.

You can join the Togetherall community today for FREE at <https://togetherall.com/en-gb/join/cornwall/>

Proud to Care will be at Elliott House Hotel in Liskeard on Thursday 2 November, 10am to 5pm.

Drop in at any time to meet a variety of local social care employers to find out about the job vacancies currently available in and around Liskeard.

You'll have the opportunity to speak to providers and apply for jobs on the day.

[Click here for more information.](#)

Household Support Fund

Pensioners in receipt of pension credit will automatically receive £80. You do not need to apply for this. Families with children eligible for benefits-related free school meals will also receive a payment of £80 per child. This will be made available through your child's school - you do not need to apply.

You can also access the Household Support Fund through our partner organisations, including Citizens Advice Cornwall, Disability Cornwall, Cornwall Carers Service and Community Energy Plus. [Click here for more information.](#)

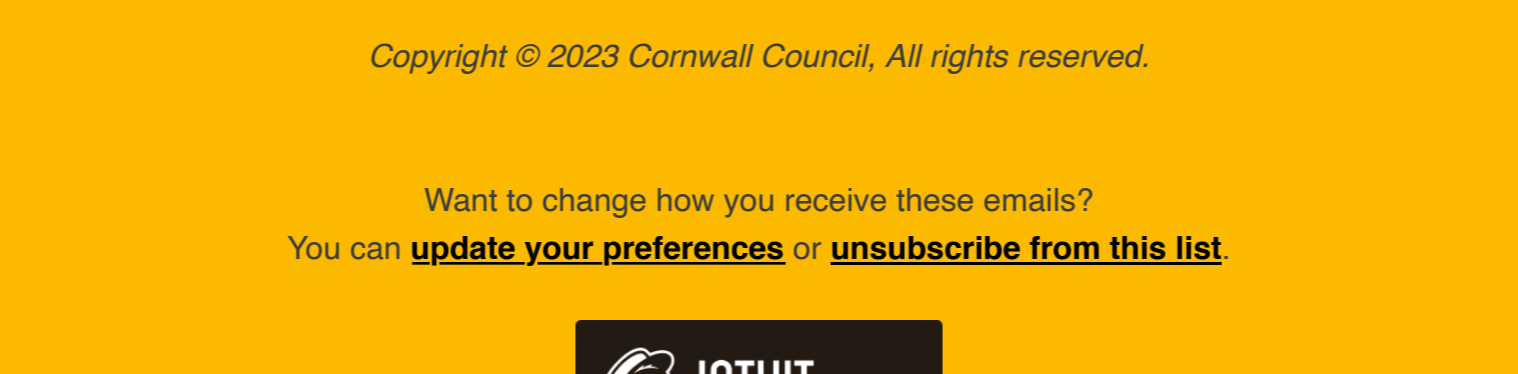
News in brief

If you are on a low income, or pay for more than 3 prescription items in 3 months, or 11 items in 12 months, you could save money on your prescriptions. A Prescription Prepayment Certificate covers all NHS prescriptions for a set pre-paid price, or spread over 10 direct debit payments. People on a low income could be entitled to help with costs or free prescriptions through the low income scheme, depending on your circumstances. To check if you're eligible visit [www.nhsbsa.nhs.uk/ch](http://www.nhsbsa.nhs.uk/ch)

Projects which have made an impact in cutting carbon emissions, restoring nature, improving the environment or promoting sustainable practices are invited to enter the [Cornwall Sustainability Awards 2023](#). Entries close 31 October 2023.

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### OUR PRIORITIES FOR CORNWALL



A brilliant place to be a child and grow up | A thriving, sustainable Cornwall | Vibrant, safe, supportive communities | An empowering and enterprising council

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