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

UK Government Help for Households

There is still HELP WITH THE COST OF LIVING

Discover what help you are entitled to:

gov.uk/helpforhouseholds

Help with the cost of living

If you, or someone you know, are one of the estimated 13 million UK adults who are struggling to pay their bills at the moment, there is help available.

The Government has more than 40 different schemes to support people with the rising cost of living, depending on where in the UK you live.

- Households on certain benefits can get Cost of Living Payments of up to £900
- Pensioner households eligible for the Winter Fuel Payment may also be entitled to a £300 top-up
- People on a low income, out of work or unable to work, could be eligible for Universal Credit to help with living costs
- People over the state pension age could get extra money through Pension Credit, even if they have savings or their own home

[See what help's available](#)



Should the UK ban tobacco sales to the next generation?

Your views are needed on Government proposals to protect people from the harms of smoking in the future by creating the first smokefree generation.

The main proposal is to make it an offence to sell tobacco products to anyone born on or after 1 January 2009, even when they become adults. There are also plans to crack down on youth vaping and ensure the law is enforced.

Read more in the [Stopping the start: our new plan to create a smokefree generation](#) policy paper and have your say on the proposals to:

- Make it illegal to sell tobacco products to anyone born after 1 January 2009
- Tackle youth vaping
- Introduce new powers for local authorities to fine retailers that sell tobacco products and vapes to children and young people

[Have your say](#)

“ If you visit a minor injury unit, check the opening hours and wait times online first, as your nearest may not be the quickest. ”

Jamie and Paddy

SCAN ME

Check wait times online for fastest care of minor cuts, breaks or sprains

Cornwall's NHS is reminding people that minor injury units (MIU) can treat everything from breaks and sprains to cuts that need stitches.

MIUs are open 7 days a week. Units with longer opening times include Camborne and Redruth, which is open 8am to 10pm, and West Cornwall Hospital urgent treatment centre, open 8am to midnight.

Visit the Cornwall NHS website to [check live wait and opening times](#), as your nearest MIU might not always be the quickest.

[Check wait times](#)

1 tbsp oil

1 large chopped onion

500g sweet potato, chopped

200g potatoes, chopped

100g lentils

500ml stock

1 tsp curry powder

salt and pepper to taste

Roughly **£0.34p** per person

Tasty curried lentil and sweet potato soup just 34p per person

This week's eat well, spend less recipe is for a tasty curried lentil and sweet potato soup.

This one is very budget friendly at roughly 34p per person and great for these cold autumn days, too.

[Get the recipe](#)

Antenatal & Postnatal Health & Wellbeing Programme

www.healthycornwall.org.uk

FREE Ready, Steady...Grow support for pregnant people in Cornwall

Do you know someone who might benefit from Healthy Cornwall's FREE 'Ready, Steady...Grow' programme that supports pregnant people to focus on health & wellbeing for them and their baby?

The programme is run over 4, 2-hour sessions, 2 of which are antenatal and 2 postnatal.

A variety of health topics are covered in the sessions such as healthy nutrition and getting active, all in a relaxed, informal and comfortable environment.

Dates and locations are currently being finalised. If you'd like to hear from the team when booking becomes available, please register your interest using the button below.

[Register your interest](#)

Tell us your views about overnight respite services

Delivering Better Care letstalk.cornwall.gov.uk

Share your views on overnight respite services for people aged 18-64 years to help ensure people have access to the services that they need.

These services provide overnight support, usually within a purpose-built building or within a residential care setting.

Our aim is to listen to as many views as possible to help inform the future plans so that the services on offer reflect what people want.

[Have your say on overnight respite services here on our Let's Talk Cornwall website.](#)

Tell us your views on day opportunities

Delivering Better Care letstalk.cornwall.gov.uk

Have your say on Cornwall's day opportunities.

Day opportunities are flexible, community-based activities that support people aged 18 or above with a disability to live full meaningful lives within their local communities.

From what we've been told so far, we think what people want from day opportunities has changed, particularly after Covid. We want to understand this change better, as well as what people want services to look like in the future.

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

OUR EARLY YEARS SERVICE CURRENTLY SUPPORTS 14888 FAMILIES, PARENTS AND CARERS ACROSS CORNWALL

Have your say at letstalk.cornwall.gov.uk/budget-24-25

We want to make sure that Cornwall is a brilliant place to be a child and grow up

Our budget proposals for 2024/25 aim to secure the frontline services residents rely on and we want you to have your say.

[Take part in our budget consultation on the Let's Talk Cornwall website.](#)

Collect a free tree sapling

27 October: Penzance Morrab Library

11 November: Newquay Orchard Café

www.cornwall.gov.uk/forestforcornwall

Come and get a free tree to plant in your garden at our upcoming events in Penzance or Newquay!

Penzance's Morrab Library
27 October from 10am till 3pm

Newquay Orchard Café
11 November from 10am till 3pm

[Find out more about the Forest for Cornwall here.](#)

News in brief

The A30 between Chiverton and Carland Cross will be closed from 8pm until 6am each night from Monday 30 October to Friday 3 November. The A30 between Chiverton and Boxheater will also be closed next weekend from 8pm on Friday 3 November to 6am on Monday 6 November. [Details of these closures and other planned closures can be found here.](#)

Time is running out to apply for a secondary school for next September. Submit your application by midnight on 31 October. [Apply today to avoid disappointment and for the best chance of getting your preferred place.](#)

The next meeting of the Cornwall and Isles of Scilly [Integrated Care Partnership](#), which is made up of representatives from Cornwall Council, the NHS, Healthwatch and the community sector, will be held on Tuesday 7 November. The public are welcome to attend in person or online via Microsoft Teams. Please [email the integrated care partnership](#) if you'd like to attend.

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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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