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you are entitled to:

gov.uk/helpforhouseholds

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

The Government has more than 40 different schemes to support people with

· 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

the rising cost of living, depending on where in the UK you live.

available.

2009

2. Tackle youth vaping

Help with the cost of living

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

Pension Credit, even if they have savings or their own home

- **CREATING A SMOKEFREE GENERATION**

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.

NHS 75

Have your say

3. Introduce new powers for local authorities to fine retailers that sell

tobacco products and vapes to children and young people

Cornwall's NHS is reminding people that minor injury units (MIU) can treat

everything from breaks and sprains to cuts that need stitches.

Hospital urgent treatment centre, open 8am to midnight.

your nearest MIU might not always be the quickest.

500g sweet potato

200g potatoes chc

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

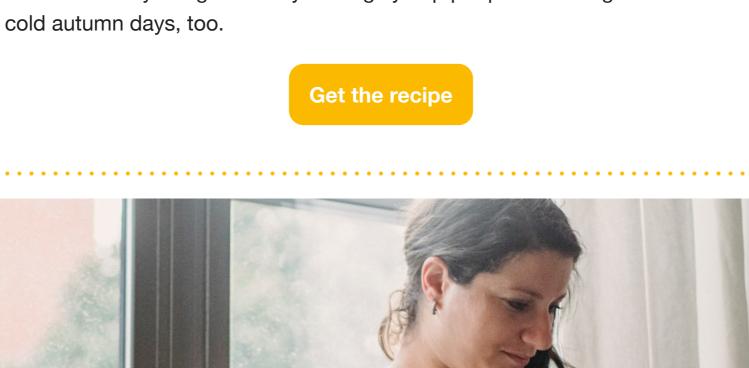
Visit the Cornwall NHS website to check live wait and opening times, as

Check wait times

100g lentils 500ml stock 1tsp curry powder salt and pepper to taste

Tasty curried lentil and sweet potato

soup just 34p per person



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 and 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

On Delivering Better Care

opportunities.

Have your say on Cornwall's day

Day opportunities are flexible,

with a disability to live full

community-based activities that

support people aged 18 or above

meaningful lives within their local

FAMILIES, PARENTS AND CARERS

News in brief

Have your say here on our Let's **Talk Cornwall website. Collect a free** tree sapling Penzance Morrab Librai

well as what people want services to

look like in the future.

opportunities

letstalk.cornwall.gov.uk

Newquay Orchard Café 11 November from 10am till 3pm Find out more about the Forest for Cornwall here. 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

Time is running out to apply for a secondary school place 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.

OUR PRIORITIES FOR CORNWALL

A brilliant place

to be a child

and grow up

A thriving,

Cornwall

sustainable

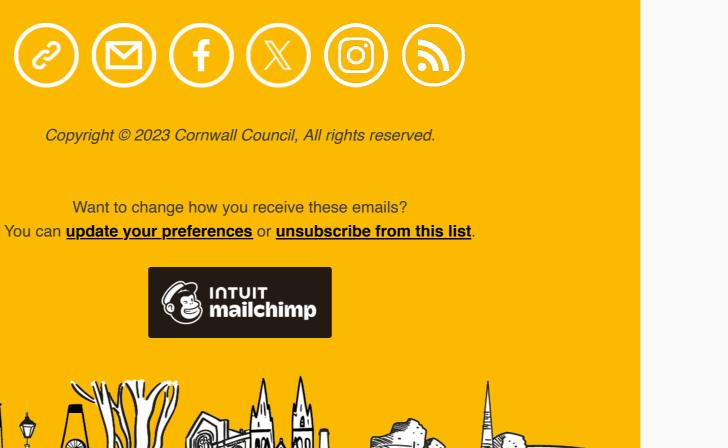
public are welcome to attend in person or online via Microsoft Teams. Please email the integrated care partnership if you 'd like to attend. Subscribe to the Forward to a friend newsletter

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

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An empowering

and enterprising

Council

• People over the state pension age could get extra money through

See what help's available

AND TACKLING YOUTH VAPING **EVERYTHING YOU NEED TO KNOW** 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: 1. Make it illegal to sell tobacco products to anyone born after 1 January

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

tbsp oil Roughly 1 large chopped o ion £0.34p per

roped

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

Antenatal & Postnatal Health & Wellbeing Programme www.healthycornwall.org.uk

Tell us your Tell us your views views on day about overnight

respite services

letstalk.cornwall.gov.uk

Delivering Better Care

they need.

Share your views on overnight

respite services for people aged

18-64 years to help ensure people

have access to the services that

These services provide overnight

support, usually within a purpose-

Have your say on overnight

Talk Cornwall website.

respite services here on our Let's

Budget 2024/25

OUR EARLY YEARS SERVICE

built building or within a residential communities. care setting. From what we've been told so far, Our aim is to listen to as many views we think what people want from day as possible to help inform the future opportunities has changed, plans so that the services on offer particularly after Covid. We want to reflect what people want. understand this change better, as

We want to make sure that

Cornwall is a brilliant place to be a

Our budget proposals for 2024/25

aim to secure the frontline services

residents rely on and we want you to

child and grow up

have your say.

Take part in our budget consultation on the Let's Talk Cornwall website.



in your garden at our upcoming events in Penzance or Newquay! Penzance's Morrab Library 27 October from 10am till 3pm

Come and get a free tree to plant

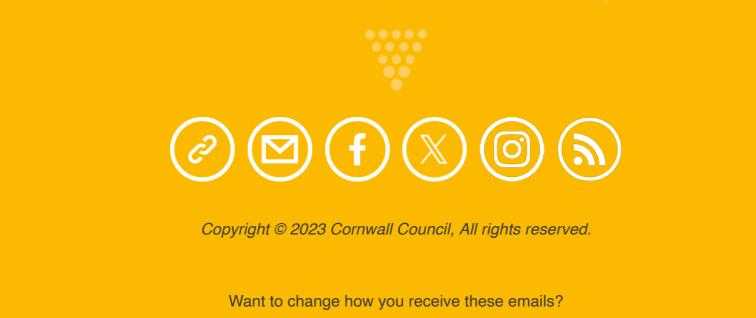
www.cornwall.gov.uk/forestforcornwall

Friday 3 November to 6am on Monday 6 November. Details of these closures and other planned closures can be found here.

Vibrant, safe,

communities

supportive



I∩TUIT **mailchimp**