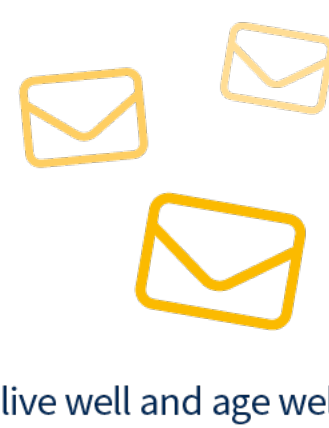


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# Stay in Touch

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

## WINTER Wellbeing



### TOP TIPS

for staying warm and well this winter

Call us on 0800 954 1956

## Stay warm and well this winter

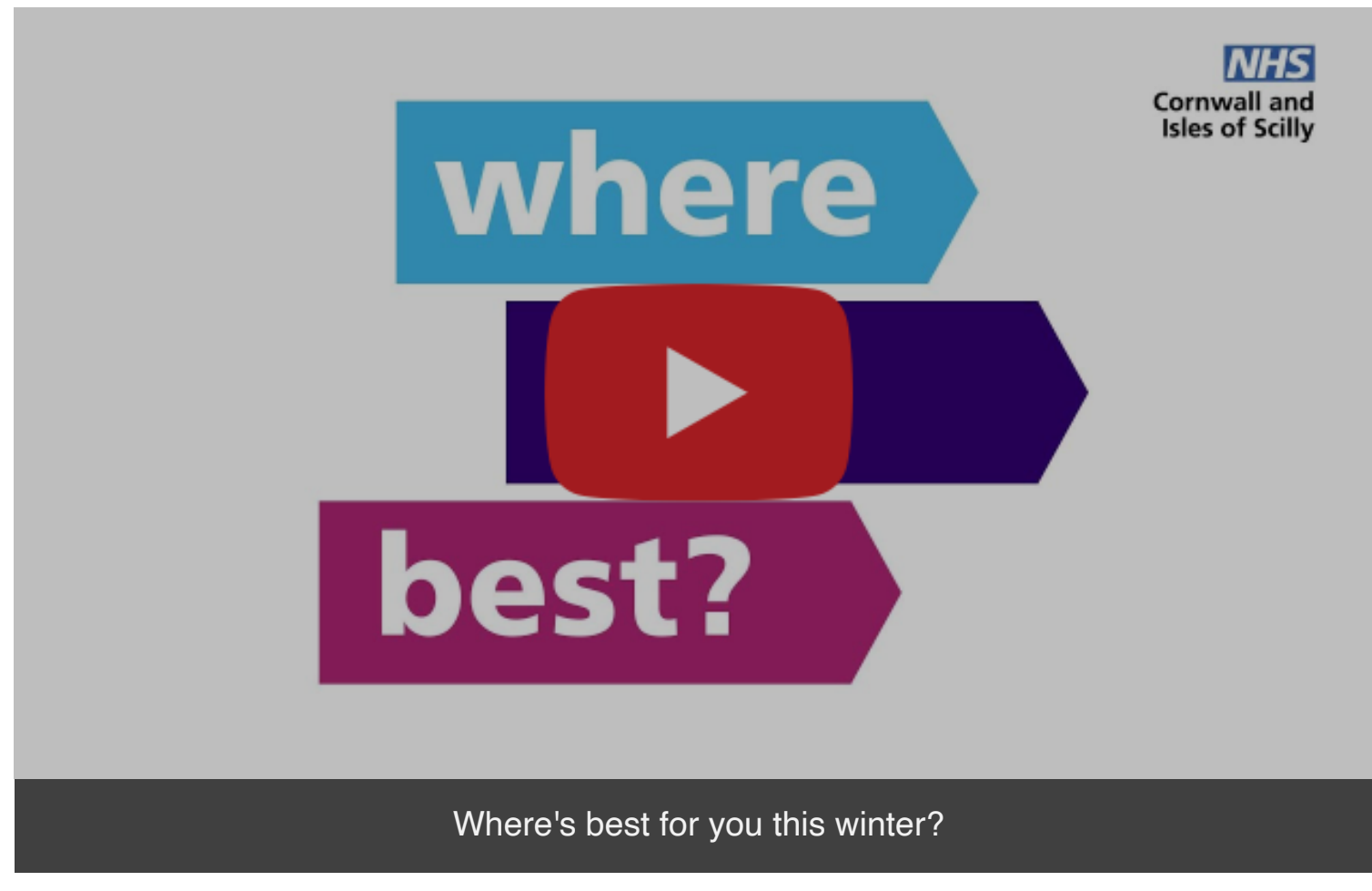
Now's the time to grab this year's edition of our Winter Wellbeing Guide.

Inside you'll find advice for preparing for cold and damp weather, as well as how to stay warm, well, safe and happy over the winter.

There's also information on where you can get extra support or find a warm and friendly place to meet others.

Hundreds of organisations all across Cornwall are ready to help. Their advice and contact information is available in the guide, which is available to read online, or as a printed copy in venues across Cornwall, including in your local library, pharmacy, GP surgery or Community Hub.

[Open the Winter Wellbeing Guide](#)



## Health advice this winter

In the colder months we can all be more vulnerable, whether it is from winter bugs, feeling lonely or struggling to keep warm.

There is lots of support available, including [health advice for parents](#). This can help you to stay well or get better in the safety and comfort of your own home.

This winter in Cornwall and the Isles of Scilly there is more help for you closer to your own home, through [community hubs](#), [Cornwall community gateway](#), and virtual wards.

If you do need a stay in hospital, you will recover more quickly and be less likely to pick up an infection by getting home as soon as you can with the range of support provided in your local area.

Whether it be self-care for scalds, a friendly pharmacist for allergy advice, your own GP surgery for ongoing symptoms or one of our hospitals for something more serious, please share our video to #HelpUsHelpYou and make sure we can prioritise urgent care for those who need it most. If you think you need medical help, please 'Choose Well'.

[Where is best for you?](#)



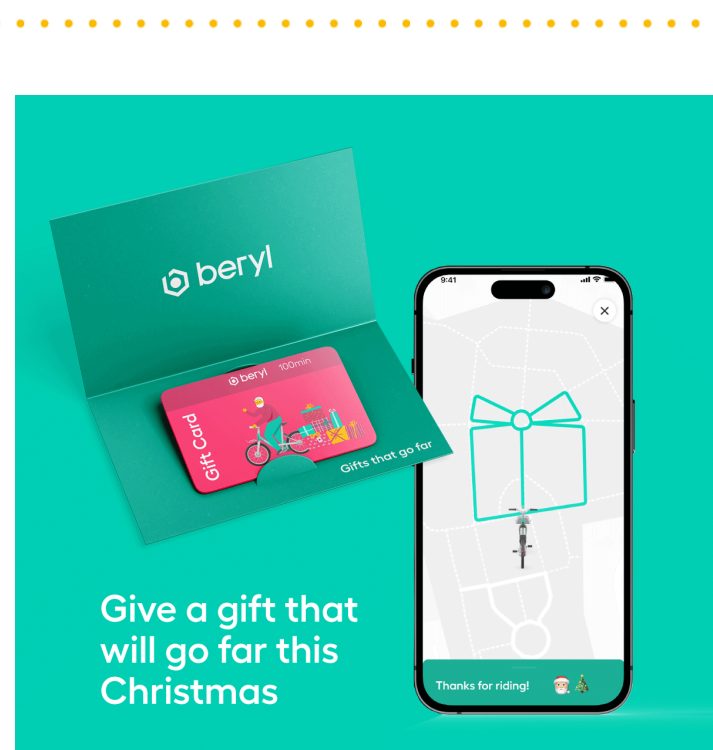
## You can eat well and spend less!

The next episode of Healthy Cornwall's eat well, spend less video series is a recipe for vegetable lasagne.

This recipe is a really tasty way to get in your 5 a day and you can cook it all without using a hob if you don't have access to one.

It's also another one you can freeze and eat later if you need to.

[Follow the recipe online](#)

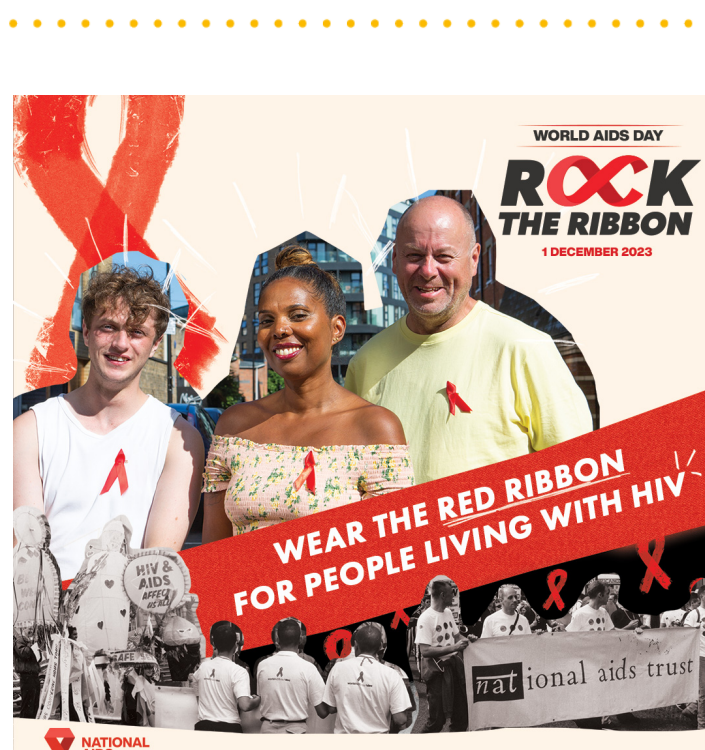


Do you know someone who'd like to try an e-bike?

Give the benefits of an e-bike for Christmas!

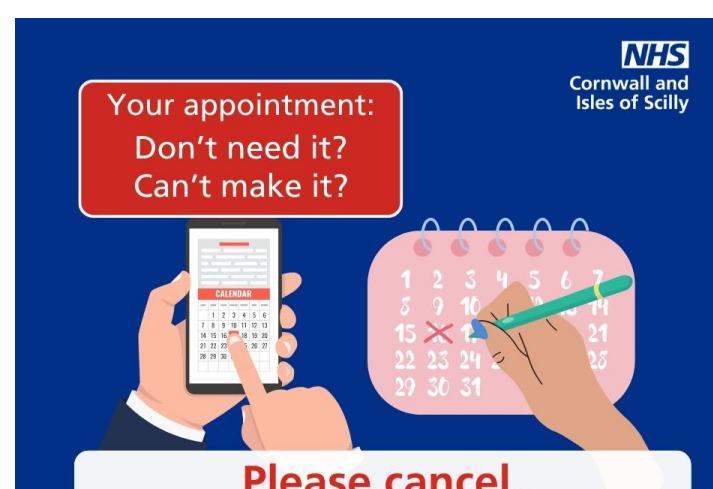
Gift a loved one Beryl Bikes minutes so they can get out and about in a way that's green, flexible, easy and fun. With a range of options to suit all budgets, it's a gift for everyone.

Go to [beryl.cc/gifts](#) to get yours.



Today is World AIDS Day and our Public Health team is encouraging people to test for HIV.

Testing for HIV puts you in control of your health and thanks to treatment, means you can live a healthy life. Testing is easy to do at home by ordering a testing kit online from either [The Eddystone Trust](#) or [Brook](#) or by visiting the [Brook sexual health clinics](#) across Cornwall.



Please remember to cancel unwanted GP appointments

Local GP practices urge you to please cancel your appointment if you cannot attend or it is no longer needed.

Recent data shows there were almost 15,000 missed appointments across our county in the month of September alone. This amounts to more than 600 days of lost appointment time. So, whilst we understand that things do happen at short notice from time to time, it really is important to let your practice know whenever possible so that another patient can be seen instead.

If you need to cancel by telephone, it is often quicker to get through in the afternoons. Your practice may also have an option on their website or provide a link in a text message. [Read more.](#)



Tell us what you think about discounted parking tickets and an overnight motorhome parking trial.

We want your views on proposals to make parking more affordable for those who need to regularly park in a Council car park.

A consultation has been launched on plans which will cut the cost of seasonal parking tickets by 50% for Cornwall residents.

Available for drivers who live in Cornwall for at least six months of the year, the Resident Season Ticket can be bought to cover a six, seven or 12 month time period. Tickets are valid for use in one specified car park and beneficial for people who regularly need to park during the week.

We're also looking to trial overnight motorhome in Bude. [Read more.](#)

### News in brief

We're planning major improvements to some of our oldest social housing stock over the next five years and are set to invest £79 million. Residents living in around 2,000 of Cornwall's Council properties will see improvements to the energy efficiency or general condition of their homes over the next year. [Read More.](#)

The Made in Cornwall Fair is taking place inside Truro Cathedral on 2 December. Head along to find a host of sellers with products from across the county.

Our animal welfare team is caring for several found dogs in our kennels. [See the list of dogs we have in kennels.](#)

[Forward to a friend](#)

[Subscribe to the newsletter](#)

### 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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