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# Stay in Touch

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



## Volunteer this Christmas

**Christmas can be the most wonderful time of the year. Christmas can be the most challenging.**

But every Christmas without fail, people across Cornwall give their time to support others and try to make sure that no one spends their Christmas cold, hungry or alone.

Volunteer Cornwall has a web page where you can find community events to join in with, people and places offering help, and projects you can volunteer your time to and help make someone else's Christmas better.

If you're a charity or community group that would like to share an event or activity, or you're looking for volunteers to help out over the festive period, please send details to [christmas@volunteercornwall.org.uk](mailto:christmas@volunteercornwall.org.uk).

[Find your Christmas community](#)

UK Government **Help for Households**

### Get help with childcare costs that fits your family

Find out more [childcarechoices.gov.uk](http://childcarechoices.gov.uk) **Childcare Choices**

## Could you be saving money on your childcare?

**Families in Cornwall could be saving money on their childcare costs but some simply don't know what support is out there.**

The Childcare Choices website brings together all the existing childcare offers in one place so parents can get the help that fits their family, including:

- tax-free childcare
- 30 Hours childcare
- Universal Credit childcare

You may be able to take up more than one childcare scheme at a time and more help is on the way:

- some working parents with children aged 2 will be able to access up to 15 hours of childcare from April 2024
- some working parents with children aged 9 to 23 months will be able to access up to 15 hours of childcare from September 2024
- some working parents with children aged 9 months to school age will be able to access up to 30 hours of childcare from September 2025

There will be more support for primary-school aged children coming too.

[Check what you're entitled to](#)

**measles**  
It's not just a kids problem and it can be serious.

It's never too late to have your MMR vaccine. Protect yourself and those around you from measles, mumps and rubella.  
**Call your GP surgery to book your two doses of MMR vaccine.**

**Immunisation**  
Helping to protect everyone, at every age.

## Make sure your family's protected from measles

**Measles can be a very serious and anyone who missed their MMR vaccination could get the disease.**

It can lead to ear and chest infections, fits, diarrhoea, and damage to the brain.

Look out for symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

[More on measles and MMR](#)



**Completion of the St Agnes to Truro Saints Trail has taken a step forward with the installation of a new, traffic-free bridge over the A30 at Chiverton.**

The 48-metre bridge, which features the outline of two engine houses, is expected to open towards the end of January and will give walkers, cyclists and horse riders a safe way to cross the busy dual carriageway.

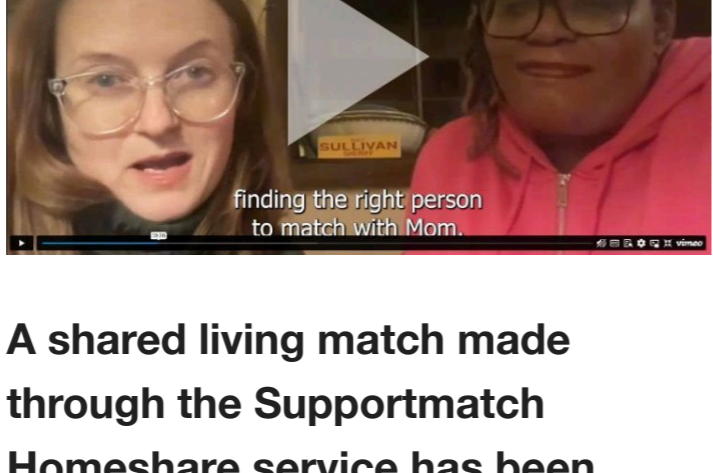
[Find out more.](#)



**[Tune in online to the Council's cabinet meeting next week to hear about pedestrian routes to schools, home care and proposed new Mid Cornwall Metro.](#)**

Also on the agenda is minerals safeguarding for Cornwall, and public questions for cabinet members. The meeting is in the Trelawny Room at Lys Kernow (County Hall) on Wednesday 13 December at 10am.

[Find out more.](#)



**A shared living match made through the Supportmatch Homeshare service has been dubbed 'priceless' by all parties.**

The service matches people who need somewhere to live with people with a spare room who are looking for some companionship and support with household tasks.

Nosi Macaula was paired to live with Patricia Moyer with the service, which is run as a partnership between Cornwall Council, Supportmatch Homeshare and Cornwall's Voluntary Sector Forum.

[Hear their story.](#)



**Padstow families in housing need have been sharing how it feels to be finally moving into their own homes after 25 new high-quality council properties have been built in the town.**

The energy efficient new homes at Treceus Farm are part of the Cornwall Council scheme to provide 55 affordable homes in Padstow for households with a local connection.

One mum said: "It's our dream come true. Finally I have a bed. There's a garden for the kids and we'll actually have somewhere we can call home. It's our dream come true."

[Find out more.](#)



**In the latest episode of our 'Let's talk about...' podcast we ask what we as individuals can do about climate change.**

We hear from a range of guests including Manda Brookman, working with Cornwall organisations on climate change and nature resilience, Lorraine Whitmarsh, a professor of environmental psychology, and Stephan Harrison, a professor of climate and environmental change.

Cllr Martin Alvey, cabinet lead for environment and climate change, talks about initiatives the Council is involved in that support Cornwall's mission to become carbon neutral.

[Find out more.](#)

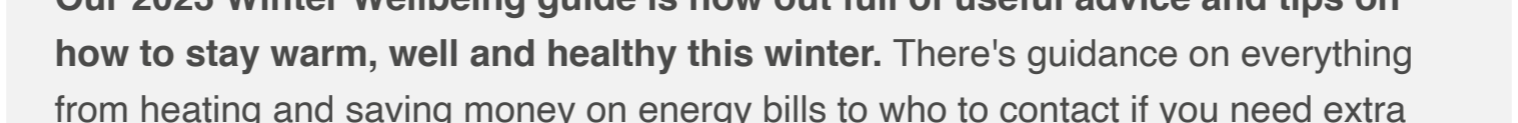


**Cornwall Council has been awarded £4.96 million from the National Institute of Health and Care Research to tackle health inequalities affecting people in Cornwall.**

The Council will work with local universities, communities and organisations to research and address the impact of factors like employment, housing, education and the physical environment so decisions made for people in Cornwall are informed by what really affects their health and wellbeing.

The successful bid was led by Cornwall Council, the Universities of Exeter, Falmouth and Plymouth, and Cornwall Voluntary Sector Forum.

[Find out more.](#)



**News in brief**

Our 2023 Winter Wellbeing guide is now out full of useful advice and tips on how to stay warm, well and healthy this winter. There's guidance on everything from heating and saving money on energy bills to who to contact if you need extra support. [Read More.](#)

Do you have loved ones who are over State Pension age? They could be eligible for extra support this winter with Pension Credit. Apply before December 10 and a backdated claim could qualify for a £300 cost of living payment. [Read more.](#)

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### OUR PRIORITIES FOR CORNWALL

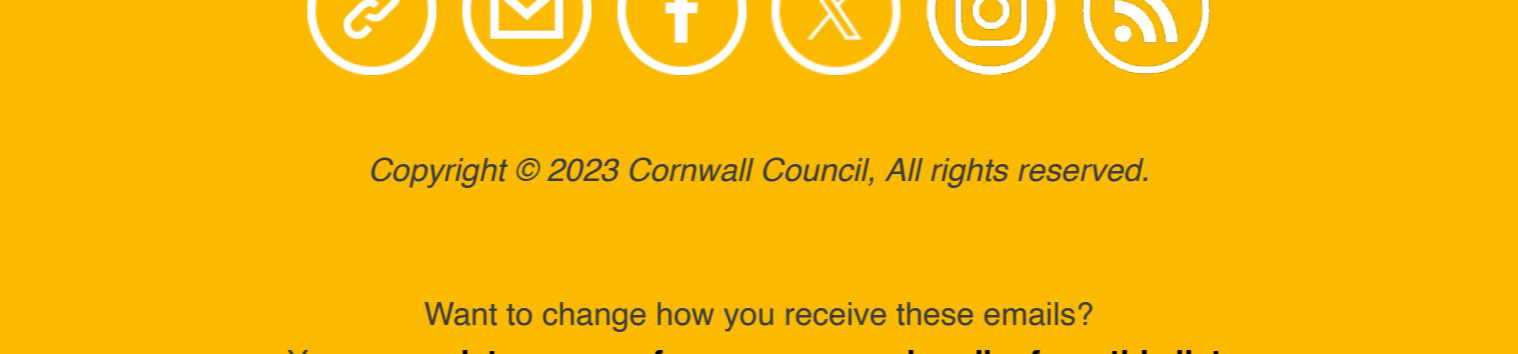


A brilliant place to be a child and grow up

A thriving, sustainable Cornwall

Vibrant, safe, supportive communities

An empowering and enterprising Council



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