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CORNWALL COUNCIL
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Stay in Touch

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

Elf on a job hunt...

If all you want for Christmas is a new job or a change of career, why not consider care?

A career in adult social care is your chance to make a big difference to adults facing barriers to living their most fulfilled, independent, safe, and healthy lives.

There are jobs available right across Cornwall in personal care and administration, as well as roles providing practical support with things like cooking or gardening.

There's full time, part time and night time work available, so you can find something that's right for you.

[Search for jobs](#)

Give the gift of a safe and loving home + take the first step this Christmas

FOSTERING

isn't always pretty...
...but it is pretty amazing!

Text **FOSTER** to **82228** to find out more
www.cornwall.gov.uk/fostering

CORNWALL COUNCIL Together for Families

Give the gift of a safe and loving home

We have a shortage of foster carers in Cornwall. At least 36 new foster carers are needed in Cornwall within the next 12 months to provide safe and loving homes for children - could you be one of them?

If you have considered fostering, but you have questions or just want an informal chat about the process, the financial, practical and emotional support available or the children who come to us needing care, just call us on **01872 324281** or complete the [contact form](#) on the website or email fostering@cornwall.gov.uk.

[Find out more](#)

WELL

We all feel the cold in winter, but for some people, cold weather and damp cause really serious health problems.

For information and advice see our Winter Wellbeing guide.

www.cornwall.gov.uk/winterwellbeing

WINTER Wellbeing

Stay well this winter

COVID-19, flu, norovirus, measles and other infections and diseases can cause serious illness.

But there's plenty you can do to reduce your risk of catching or passing them on to others.

Good hygiene:

- cover sneezes and coughs with a tissue or the crook of your elbow
- wash your hands thoroughly and regularly
- clean your surroundings often, particularly areas lots of people touch like door handles and light switches

Stay home when you're sick:

- If you have symptoms of a respiratory infection such as cough, cold, flu or COVID-19, and you have a high temperature or feel unwell, stay at home and avoid contact with others until you no longer have a high temperature and no longer feel unwell
- stay at home for 48 hours after your last episode of vomiting and diarrhoea
- don't visit care homes and hospitals
- open doors or windows, even for a few minutes, when meeting others indoors, to reduce the risk of spreading infections

Get vaccinated:

- take up invitations to be vaccinated against tetanus, diphtheria, polio, shingles and pneumococcal and COVID-19.

[Winter wellbeing guide](#)

Put safety on top of your Christmas list

Cornwall Fire and Rescue Service and the national Fire Kills campaign, are urging us to put fire safety top of our Christmas lists. To have the happiest of Christmases, keep these simple fire safety tips at the top of your list:

- don't overload electrical sockets with Christmas lights
- don't charge electrical items overnight
- try and make the switch to LED candlelight instead of naked flames
- if you do use candles, place them in suitable holders and away from Christmas cards, decorations, or anything flammable
- never leave cooking unattended
- test your smoke alarms
- take care when using portable heaters or open fires and don't dry clothes directly next to them

For further information check out [Fire Safety - Cornwall Council](#) or contact prevention@fire.cornwall.gov.uk

[Find out more](#)

NHS

We can help you get free Healthy Start vitamins

To check if you're eligible for Healthy Start visit:
www.healthystart.nhs.uk

Free Vitamins available through Healthy Start Scheme

Young children may not get enough vitamin A and D even if they're eating well. If you're pregnant or breastfeeding, you may not get enough vitamin C, vitamin D or folic acid.

If you're eligible and own an NHS Healthy Start card you can now get these important vitamins for free in the following Family Hubs across Cornwall:

- Hayle
- Redruth
- Helston
- Camborne
- Falmouth - The Park
- St Austell - Woodland Road
- Wadebridge
- Saltash

If you are not near one of these locations, please contact your health visitor and they will be happy to help you.

You'll need to show your NHS Healthy Start card when you collect your free vitamins.

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk through the Healthy Start Scheme, along with the collection of free vitamins mentioned above.

For more information on the Healthy Start Scheme and how to apply - <https://www.healthystart.nhs.uk/>

[Find out more](#)

Calling all plumbers!

Bathroom adaptations work available now in Cornwall

[Click here for more info](#)

We're on the lookout for multiskilled bathroom-fitters and plumbers.

We need qualified, trustworthy contractors, sole traders and businesses who can take on bathroom adaptation jobs - which will enable people to comfortably and safely live at home.

You do need to be **Trustmark** accredited to work with us - but if you're not, we can talk you through the process in one quick phone call.

If you want to know more before applying, please call us on **0300 443 082** or email support@incic.org.uk.

[Find out more.](#)

The coast-to-coast, mid Cornwall Metro project has been given the green light.

The Mid-Cornwall Metro will improve links between Newquay, St Austell, Truro, and Falmouth/Penryn - providing better connections for commuting, education and leisure trips - and giving residents a greener alternative to car travel.

Work is due to start in 2024.

[Find out more.](#)

Let the bus be your designated driver this Christmas.

Plan your journey at transportforcornwall.co.uk

Let the bus be your designated driver

Getting together with family and friends? Treat yourself this Christmas, hop on board and let the bus do the driving.

Plan your journey with transportforcornwall.co.uk

TIME MOVE Holiday Programme

Affordable fun to keep the kids entertained over the holidays.

Activities for children aged 5 to 16 - including multi sports, circus skills, arts and crafts and lots more!

Every session includes a healthy meal for all children

Funded places available for ALL children eligible for benefits-related free school meals.

[Find out more.](#)

Accessing pharmacy services

Some local pharmacies may have different opening hours over the festive period.

Search 'find a pharmacy NHS' to find an open pharmacy near you on the day you need access.

The NHS 'Find a pharmacy' search tool can help you find the nearest pharmacy to you that's open over Christmas and New Year (tip: click on the pharmacy name to view its bank holiday opening hours).

Pharmacists are highly trained so can help with a long list of minor ailments, including eye and skin conditions. They can be a great first port of call for advice, from self-care home remedies to treatment for complex concerns. You can even have a consultation in a private room.

Remember to take repeat medicines with you if you're staying away from home. If you do run out for any reason, the local pharmacist can often help with an emergency supply.

[Find out more.](#)

Don't forget repeat prescriptions!

Make sure you've ordered repeat prescriptions for yourself, or someone you care for, now so you don't run out over the Christmas period. It's really important as your GP practice needs time to process the request.

Did you know you can order through [the NHS app?](#)

Remember to collect your medicines when they're ready, and if you're staying away from home, to take them with you.

News in brief

Council leader signs new devolution deal for Cornwall. Cornwall's new devolution deal, which will deliver greater autonomy over areas including green energy, adult education and Cornish culture, has been signed today. [Find out more.](#)

People across Cornwall and the Isles of Scilly are being asked to help shape a plan to support people to achieve and maintain a healthier weight. The Healthier Weight Strategy aims to enable communities and organisations to work together to help people lead healthy and active lives. For more information and to share your views on the strategy, visit the [Let's Talk Cornwall website](#).

A charity which protects and restores rivers across the region has been crowned overall winner at the [Cornwall & Isles of Scilly Sustainability Awards \(CSA\)](#). [Westcountry Rivers Trust](#) also won the environmental growth category in the awards ceremony held at the Royal Cornwall Museum on Friday. [Find out 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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