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# Stay in Touch

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



## Merry Christmas One and All

Nadelik Lowen ha Bledhen Nowydh Da

We wish all our readers a very Merry Christmas and a Happy New Year.

## Bank Holiday update on our services

www.cornwall.gov.uk

### Our services over the festive period

Most of our Council services will be closed on Christmas Day, Boxing Day and New Year's Day. However, if you need urgent social care help please use the contact details below:

- Request help for a child - 0300 1231 116
- Request help for an adult - 0300 1234 131

If you need to report something non-urgent, please use our online reporting system.

Report something non-urgent

## Changes to garden waste, recycling and rubbish collections over Christmas

Cornwall recycles Kernow a wra eylgylghya www.cornwall.gov.uk/recycle

### Bin collections over Christmas

There will be some changes to recycling, rubbish and garden waste collections over the Christmas period.

#### Recycling and garden waste collections

If your recycling (or garden waste collection if you're a garden waste service subscriber) is due on **Monday 25 December**, it will be collected on **Saturday 23 December**.

If your recycling (or garden waste collection if you're a garden waste service subscriber) is due on **Tuesday 26 December**, it will be collected on **Saturday 30 December**.

#### Rubbish collections

If your rubbish collection is due on **Monday 25 December**, it will be collected on **Monday 1 January**.

If your rubbish collection is due on **Tuesday 26 December**, it will be collected on **Tuesday 2 January**.

All other collections will take place as normal.

For information on Household Waste Recycling Centres, real Christmas tree collections (for garden waste subscribers only) and clinical waste collections, hit the button below.

More on Christmas waste services

## Where is best for you this winter?

Need urgent care advice? 111.nhs.uk or call 111 cios.icb.nhs.uk/help-us/where-is-best-for-you-this-winter

### During more planned strikes involving junior doctors, health and care services across Cornwall and the Isles of Scilly are still very busy.

We want to help you choose the right service so our NHS can focus on the people who most need emergency care.

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. Check out the Where is Best page [online](#).

Please remember over the Christmas period:

- GPs are open outside bank holidays for any ongoing symptoms, check with your GP Surgery for opening hours
- Minor Injury Units and Urgent Treatment Centres - your nearest MIU might not be the quickest option. Check opening hours and live wait times [online](#)
- Visit your local Pharmacist who can also provide an emergency prescription when your GP is closed, even if you are on holiday. [Check your nearest open pharmacy](#). Many urgent medications can now be ordered online for collection at a local pharmacy, by visiting [NHS 111 online](#)
- If you need urgent care advice, visit [NHS 111 online](#) or call 111. Expert clinicians can direct you to the best service for your needs
- If you are worried about your own or someone else's mental health, Cornwall's 24/7 mental health helpline can help. Call free on 0800 038 5300. For more mental health support services, visit the [NHS Cornwall and Isles of Scilly website](#)
- Only call **999** or visit the emergency department in life-threatening situations.

Get the right medical help

## Let the bus be your designated driver this Christmas.

Plan your journey at [transportforcornwall.co.uk](http://transportforcornwall.co.uk)

### Let the bus be your designated driver

Are you getting together with family and friends or celebrating the year with work mates?

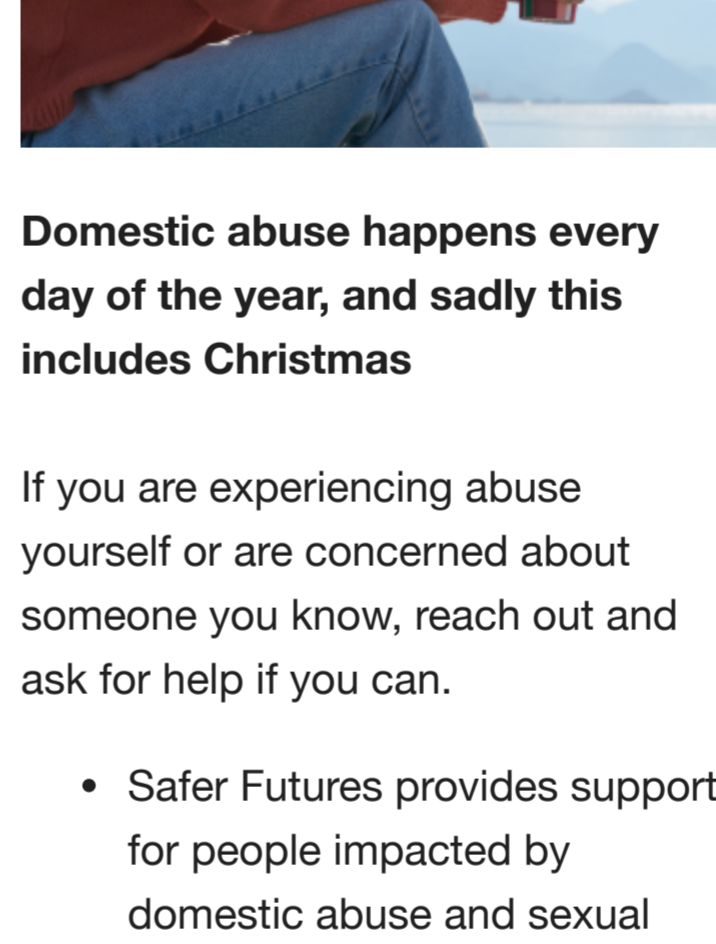
Treat yourself this festive season, hop on board and let the bus do the driving.

Plan your journey by visiting the Transport for Cornwall website.

Plan your journey now

### 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).

Domestic abuse happens every day of the year, and sadly this includes Christmas

If you are experiencing abuse yourself or are concerned about someone you know, reach out and ask for help if you can.

- Safer Futures provides support for people impacted by domestic abuse and sexual violence in Cornwall and the Isles of Scilly. You can contact them online [saferfutures.org.uk](http://saferfutures.org.uk) or call 0300 777 4777. They're closed for the bank holidays but will be open 9-5pm from 27<sup>th</sup> to 29<sup>th</sup> December. Opening as usual 2<sup>nd</sup> January.
- Cornwall Refuge Trust provide a 24-hour helpline, offering support and advice for victims and survivors of domestic abuse. This helpline is open over the Christmas period on 01872 225629.
- If you need to talk to someone immediately the National Domestic Abuse Helpline can be reached 24/7 on 0808 2000 247.

### Prenatal & Postnatal Health & Wellbeing

Healthy Cornwall

Ready, Steady... Grow - bookings open!

Healthy Cornwall now have dates available to book onto their new, FREE Ready, Steady...Grow prenatal and postnatal health and wellbeing programme.

The sessions focus on the health and wellbeing of both baby and you, discussing a variety of health topics such as healthy nutrition and getting active, in a relaxed, informal and comfortable environment.

Sessions are now available to book in a variety of locations throughout Cornwall and online. [Head to the Healthy Cornwall website](#) now to book.

### Cornwall Residents' Energy Panel

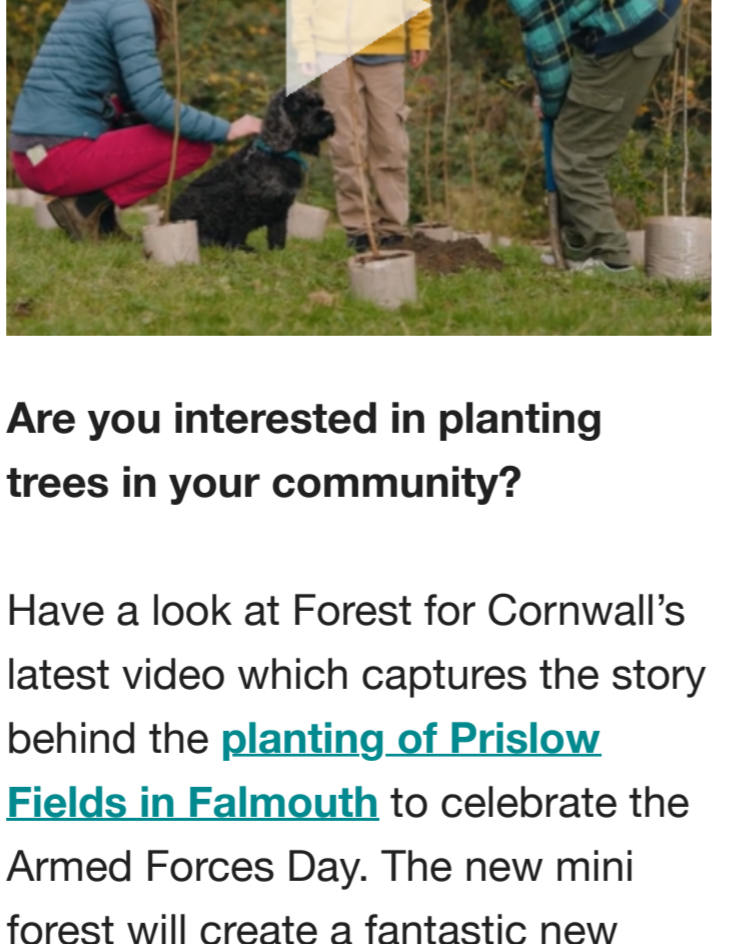
Look out for the letter, you may be one of our 15,000 residents invited to apply

https://netstak.cornwall.gov.uk/help

Residents from 15,000 households will be selected at random to receive a letter this month inviting them to apply to be part of the Cornwall Residents' Energy Panel.

Anyone receiving the letter from 27 December can register to join the 50-member panel.

Panelists will be tasked with meeting in February and March to learn about and debate the question: How should Cornwall transition to a net zero local energy system. This will help to develop the Local Area Energy Plan. [Find out more.](#)



Are you interested in planting trees in your community?

Have a look at Forest for Cornwall's latest video which captures the story behind the [planting of Prislou Fields in Falmouth](#) to celebrate the Armed Forces Day. The new mini forest will create a fantastic new habitats for nature in this local green space, and help increase biodiversity in the town.

If you would like to do something similar in your local area, or have a project that you would like support with then [get in touch](#).



Could you be a shared lives carer this Christmas?

Cornwall Council works with Shared Lives South West to help people into shared living arrangements or short break respite.

The arrangement can support people with learning disabilities, people living with autism, mental ill health, dementia, and older people, to live as independently as possible.

The person with care and support needs lives in a shared lives carer's home, either permanently or for a short period of time. [Find out more.](#)

### News in brief

Cornwall Council's adoption service, which also covers the Isles of Scilly, is to join the Regional Adoption Agency, Adopt South West, from April 2024. Cornwall, including the Isles of Scilly, will be joining the region already covered by Adopt South West, which includes the local authority areas of, Devon, Plymouth, Torbay and Somerset. [Read more.](#)

Growth Hub is launching a Good Growth funded £2 million grant scheme to support businesses in their transition towards Net-Zero. This initiative is a key step towards fostering environmental sustainability, by helping the local business community invest in technology to curb greenhouse gas emissions. [Find out if your business or social enterprise is eligible.](#)

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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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