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

Want to eat healthily?
 It's time to get **Healthy Cornwall**

We can help you make changes to lead a happier, healthier lifestyle.
www.healthycornwall.org.uk

This New Year it's time to get Healthy Cornwall

Whether your New Year's resolution is to get active, lose weight, or quit smoking, Healthy Cornwall can help you make changes for a happier, healthier lifestyle.

From walking groups to kids' activity clubs, not to mention our hugely successful weight loss football league, Healthy Cornwall has a whole host of free support sessions available across Cornwall, throughout January and beyond. Find a group that's right for you by visiting the website at www.healthycornwall.org.uk/whatson

And if meeting in person isn't your thing, Healthy Cornwall still has plenty to offer, including online weight loss support programmes and their Smokefree text message service. Just text SMOKEFREE to 82228 to receive regular support before, during and after your quit attempt.

Or why not join others in one of Healthy Cornwall's Facebook groups, offering advice on [healthy eating](#), [getting active](#) and [quitting smoking](#). Or you can get regular top tips direct to your inbox, by [signing up to Healthy Cornwall's regular emails](#).

[Find out more](#)



Bin collections over the Christmas period

There are 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) was due on **Tuesday 26 December**, it will be collected on **Saturday 30 December**.

🗑️ Rubbish collections 🗑️

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

If your rubbish collection was 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?

Keep well this winter by using the right services for you – which will also help our NHS to focus on the people who need emergency care.

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

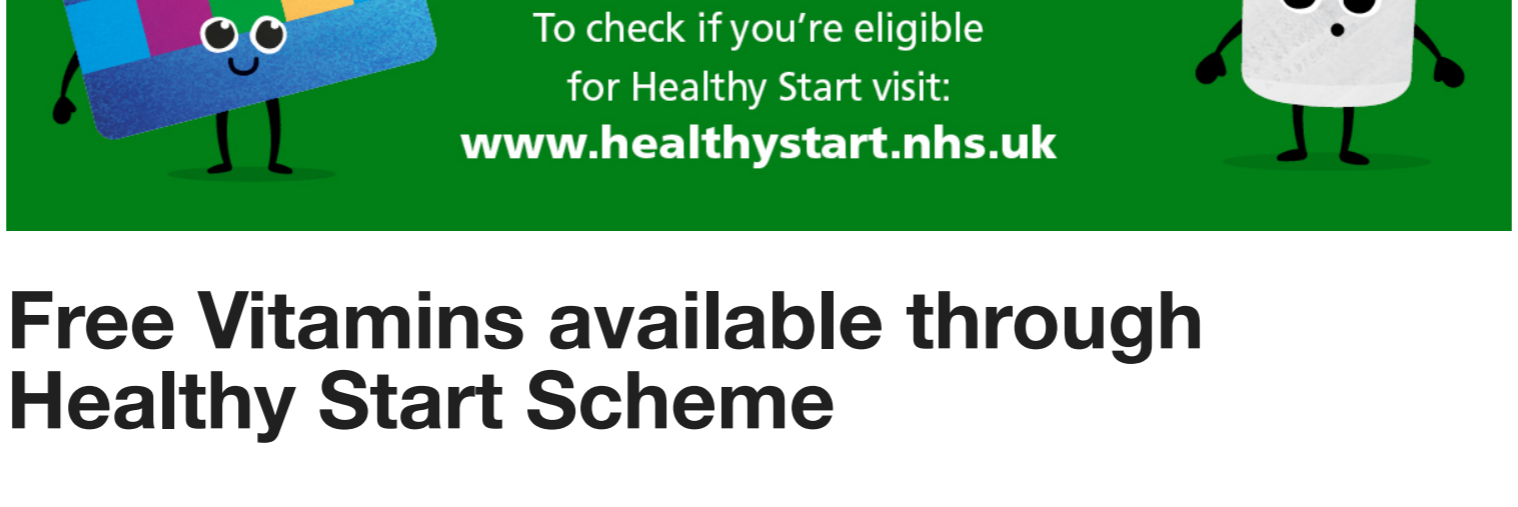
There is lots of support available, including health advice for parents. This can help you to stay well or get better in the safety and comfort of your own home. Check out the Where is Best page [online](#).

Please remember over the new year bank holiday you can:

- Pop into one of ten Minor Injury Units and Urgent Treatment Centres - your nearest MIU might not be the quickest option so check opening hours and live wait times [online before you go](#).
- Visit your local Pharmacy for 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](#).
- Call Cornwall's 24/7 mental health helpline 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](#)



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 able 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.

[Find out more](#)



Our services on New Year's Day

Most of our Council services will be closed on 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.

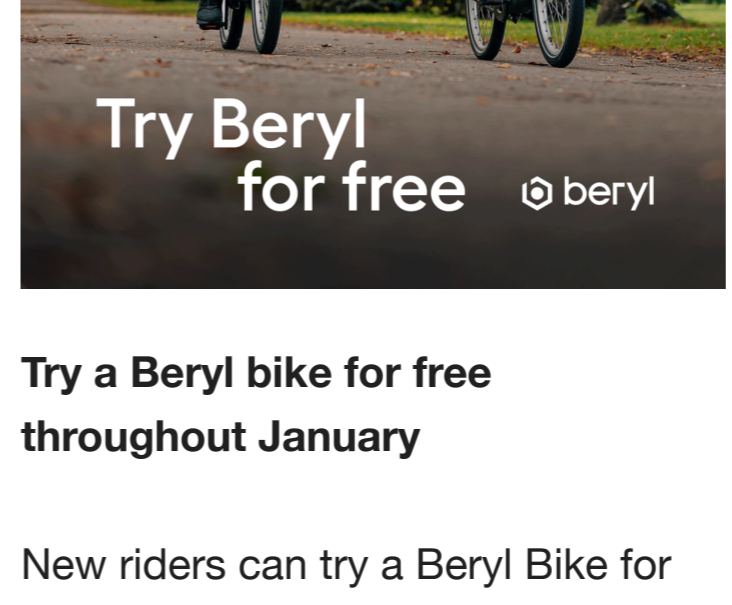
[Report something non-urgent](#)



Childcare support is expanding and you could get help with costs!

Did you know more working parents will have access to childcare support starting April 2024? You can use the [online checker](#) to see what help with childcare costs you can get. It's not just for nursery or childminders it can be used for wraparound care and activity clubs too.

[Sign up for the Childcare Choices newsletter](#) to keep up to date with the changes.

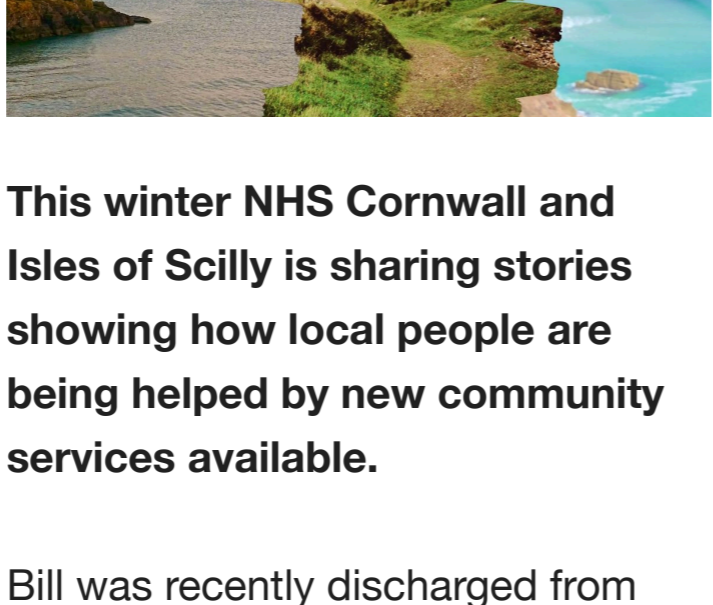


Try a Beryl bike for free throughout January

New riders can try a Beryl Bike for free next month!

Do you know someone who would love riding an e-bike, if only they gave it a try? Let them know they can get their first 15 minutes riding free to get them started.

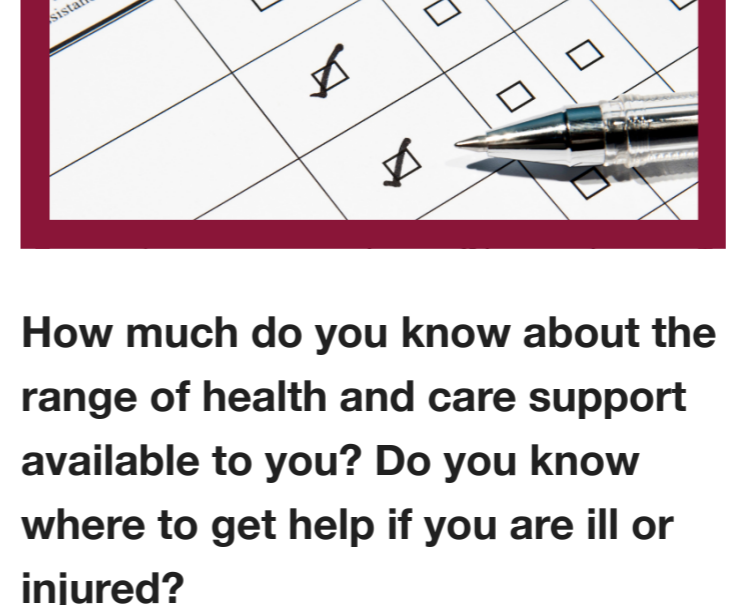
Just [download the app](#), start riding, and the offer will be automatically applied, it couldn't be easier.



This winter NHS Cornwall and Isles of Scilly is sharing stories showing how local people are being helped by new community services available.

Bill was recently discharged from hospital following a fall and is now regaining his independence due to the support provided by the hospital to home team. [This is Bill's story](#).

To arrange personalised care and support please contact the [Community Gateway](#) Service on 01872 266383 or email gateway@ageukcornwall.org.uk.



How much do you know about the range of health and care support available to you? Do you know where to get help if you are ill or injured?

NHS Cornwall and Isles of Scilly would like your help to improve how we communicate about health and care services and how you can stay well this winter.

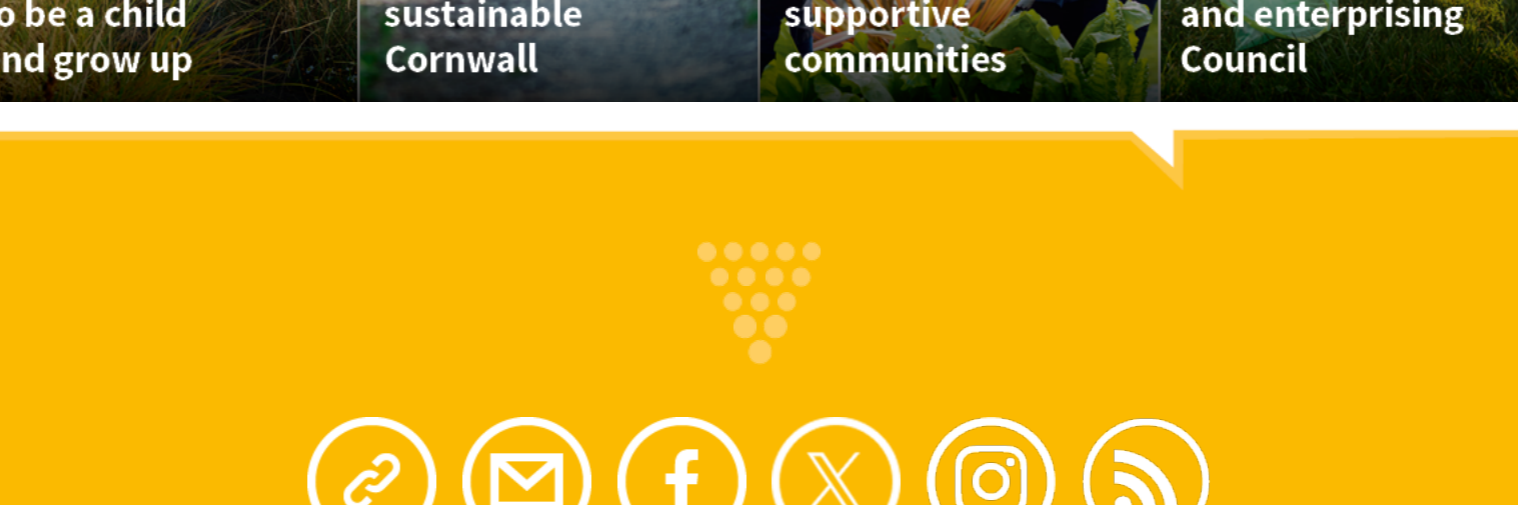
[Complete the short survey](#) to help improve the way health and care advice is provided in the future.

News in brief

A new project to bring more biodiversity to urban areas across Cornwall is being launched in the new year after receiving a government cash boost. [Find out more](#)

Listen to the latest of our 'Let's talk about...' podcast series. This episode focuses on climate change, housing and the economy. [Listen here](#)

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