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Stay in Touch

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



Supporting healthy relationships

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children

Free online courses

www.cornwall.gov.uk/parenting

FREE healthier relationships courses for parents in Cornwall

Whether you're parenting together or separately, one of the best things you can do for your child is to improve the relationship between you as parents.

And no matter where you are in your parenting journey, you can learn to manage stress and communicate more effectively with one of our workshops, groups or courses.

The courses can be accessed online, entirely on your own, or through a group workshop at which you meet other parents and professionals face-to-face and include:

- Me, You and Baby Too – a course for all new or expectant parents
- Arguing Better – a course for parents with a child of any age
- Getting it Right for Children – a course for separating or separated parents

[Find out more](#)

Apply now...

for your childminder start-up grant

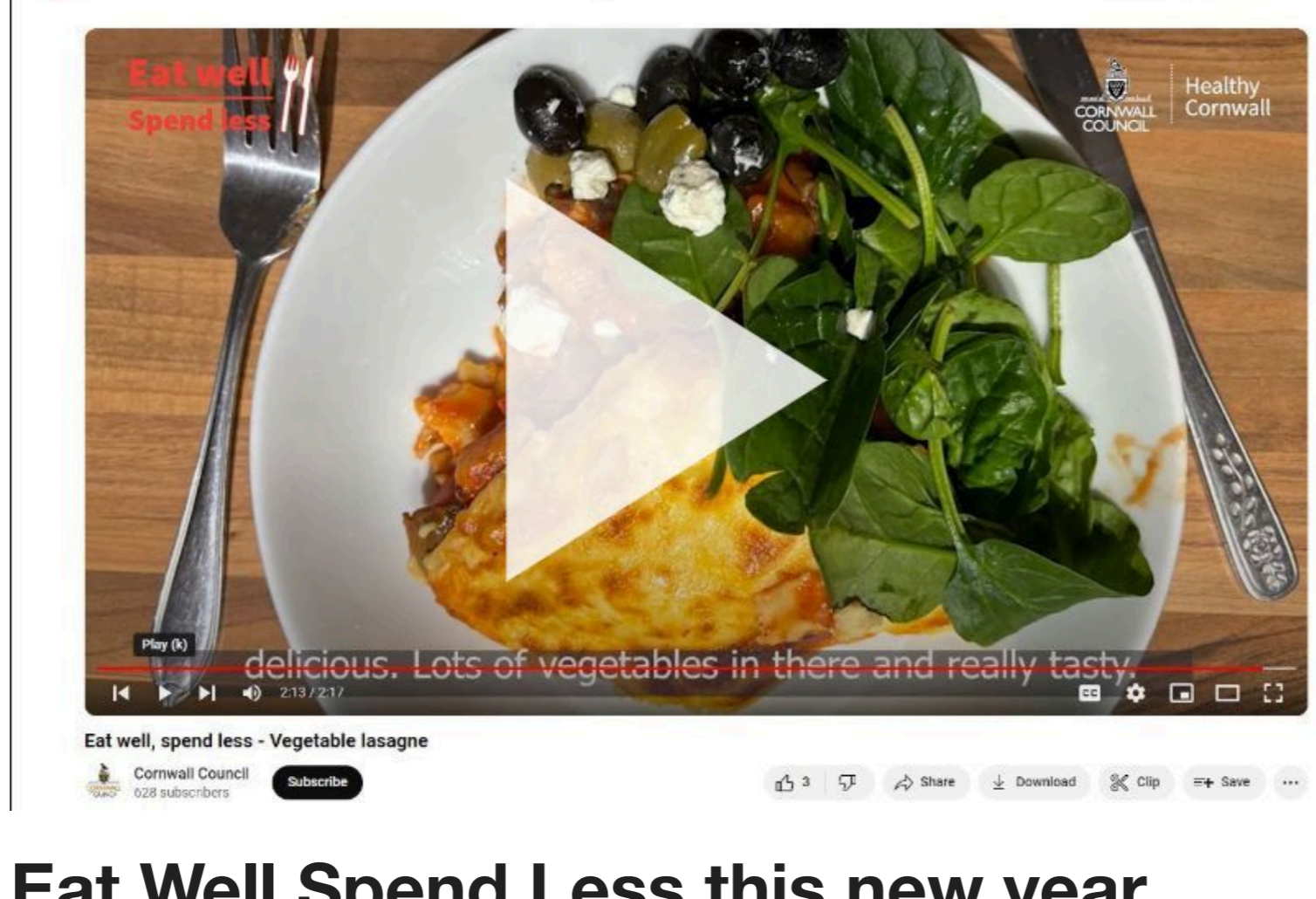
Childminders to get £600 golden hello

Leaving school or looking for a job, a new career or way to work from home while looking after your family?

Set yourself up as a childminder and you could get a £600 grant from the government to cover your start-up costs.

You don't need qualifications to be a childminder but you will need to show you've got an interest in early years education and register with Ofsted.

[Find out more](#)



Eat Well Spend Less this new year

Are your finances and your waistband feeling a little strained after a little too much Christmas spending and eating?

Don't worry, we've got some healthy meal inspiration for you that won't break the budget - our Healthy Cornwall team's Eat Well Spend Less recipes.

Work your way through the Eat Well Spend Less Youtube playlist and create some tasty, healthy, budget-friendly meals.

[Be inspired to Eat Well Spend Less](#)



Where is best?

Medical advice and treatment during junior doctors strike

Do attend your medical appointments as planned during the junior doctors' strike expected this week and next, say health bosses.

If you need to access other NHS services, choose where's best from the following options:

1. **Visit your local pharmacy for minor illness and injury**
Pharmacists can also provide emergency prescriptions if needed. [Check your nearest open pharmacy](#)
2. **Your own GP for ongoing symptoms even if you're on holiday**
[For advice on GP services, visit the NHS Cornwall and Isles of Scilly website](#)
3. **Use a minor injury unit for broken bones and cuts that need stitches**
Your nearest one might not be the quickest option so [check live opening and waiting times](#) before you go
4. **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](#)
5. **If you need urgent care advice visit NHS 111 online or call 111**
Expert clinicians will direct you to the best service for your needs.
6. **Call 999 or visit the emergency department for life-threatening illness or injury only**
This includes chest pain, trouble breathing, severe bleeding, stroke and loss of consciousness

[Find more on where's best](#)

It's time to get Healthy Cornwall

We can help you make changes to lead a happier, healthier lifestyle.

www.healthycornwall.org.uk

Are you aiming to get active, eat more healthy, or quit smoking?

Healthy Cornwall can help you make changes for a happier, healthier lifestyle.

[Sign up now](#) to get regular top tips direct to your inbox.

Cornwall Residents' Energy Panel

CORNWALL COUNCIL Council of the Isles of Scilly

Remember to register your interest in joining the Cornwall Residents' Energy Panel.

If you've received a letter about it, [apply before the 14 January deadline](#). Panellists meet in February and March to discuss how Cornwall should transition to a net zero local energy system.

Calling all plumbers!

Bathroom adaptations work available now in Cornwall

[Click here for more info](#)

Are you a multi-skilled plumber and bathroom fitter?

We need qualified and trustworthy contractors, sole traders and businesses to take on bathroom adaptation jobs in Cornwall.

The work you do will help to ensure disabled and older people can carry on living comfortably and safely in their own homes when they want to.

You'll need to be [Trustmark](#) accredited to work with us - but if you're not already, we can talk you through the process in one quick phone call.

For more details please call **0300 365 4050** or email us at support@incic.org.uk.

New year, same you (just on a bike)

Looking for an easy way to have a big impact on your health and wellbeing this year?

Don't change who you are, just change the way you travel!

You can boost your wellbeing, save carbon and have a whole lot of fun by trying out a Beryl bike for your next journey around town.

And new riders get their first 15 minute Beryl bike ride FREE in January. [Just download the app here to get started](#) and this offer will be automatically applied.

You can [read the terms and conditions here](#).

SPREAD THE LOVE THIS WINTER... NOT THE FLU

If you have symptoms of flu or COVID-19, try to stay at home and avoid close contact with others to protect yourself and loved ones.

Are you showing symptoms of flu, COVID-19 or other illness?

If you are, remember to spread the love this winter and not the flu.

Remember to help protect those most at risk of severe illness by staying home and avoiding close contact with other people.

And don't forget to wash your hands regularly with soap and warm water

For more information and advice take a look at our [Winter Wellbeing guide](#).

We are authentically

MADE IN Cornwall

APPROVED ORIGIN

Are you a business offering handcrafted Cornish gifts, specialty food and drink, high-tech products or something in between?

Joining our trading standards approved Made in Cornwall scheme assures your customers that your goods are trustworthy and authentically Cornish. You get support with compliance paperwork and access to our popular Made in Cornwall fairs as well as other member benefits.

[Join Made in Cornwall today.](#)

News in brief

The deadline for primary school applications is fast approaching. If your child was born between 1 September 2019, and 31 August 2020, the deadline for applications is Monday 15 January. [Apply online today](#)

There's still time to feedback on the Council's plans for electric vehicle charging in Cornwall. Take our 20 minute survey before it closes at midnight on 14 January. [Take the survey](#).

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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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