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Stay in Touch

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



www.cornwall.gov.uk/winterwellbeing



Advice to keep warm at home

With the recent cold snap, one of the best ways of keeping well is to stay warm.

Here are a few simple things you can do to keep warm and make the best use of heating your home this winter:

- Keep your home warm – try to keep your main living areas between 18°C to 21°C and the rest of your home a minimum of 16°C. Financial support is available to those most in need such as Cold Weather Payments and the Household Support Fund.
- Wrap up warm – wear hats, gloves and scarves and wear several thin layers to trap warm air between them.
- Keep Active – Move around at least once an hour and don't sit down for long periods of time.
- Look out for older friends and neighbours – check they're warm enough, especially at night and have stocks of food and medicine so they don't need to go out during very cold weather.
- Visit your nearest [Community Hub](#) (also known as Warmth Hubs) for a warm, safe place for support, socialising and activities through the winter.

[Read the Winter Wellbeing guide](#)



New waste service starting for mid Cornwall residents

If you're in Newquay, St Columb, St Austell, the China Clay villages, Grampound, Gorran Haven, Mevagissey, Par, St Blazey, Fowey, Lostwithiel and their surrounding areas, your new waste collection starts next week.

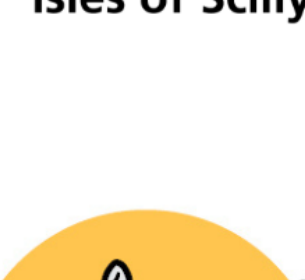
The new service means weekly food waste collections and switching to fortnightly rubbish collections.

Residents in the first roll-out area of mid Cornwall have received new food waste caddies and rubbish bins or protective sacks in preparation for the service change which starts the week commencing January 15. And now's a great time to start using your food caddie ahead of your first collection.

Mid Cornwall residents are being encouraged to check their collection calendars posted to them or at www.cornwall.gov.uk/myarea to make sure they know which days to put out their food waste, recycling and rubbish next week.

[Visit the waste service changes webpage](#)

Feeling under the weather?



Catch it
Germs spread easily. Catch coughs and sneezes in a tissue.



Bin it
Throw used tissues away as soon as possible.



Kill it
Remember to wash your hands regularly.

Respiratory illnesses, including COVID-19, are on the rise. If you feel unwell, try to stay at home and avoid contact with other people.

Help stop the spread of winter bugs

We are seeing a rise in cases of winter bugs, including norovirus, flu and COVID-19 in Cornwall, and our local NHS is asking for your help to stop the spread.

Families with symptoms are being urged to stay at home and, if needed, seek advice from the NHS online or over the phone, rather than visiting a hospital or health centre.

Please wash your hands regularly to help avoid passing on winter viruses. Remember that alcohol hand gels DO NOT kill norovirus.

To treat the symptoms at home, get lots of rest and drink plenty of fluids. Take paracetamol or ibuprofen to ease the symptoms of colds, flu and COVID-19 if you feel uncomfortable. You will usually start to feel better within a few days.

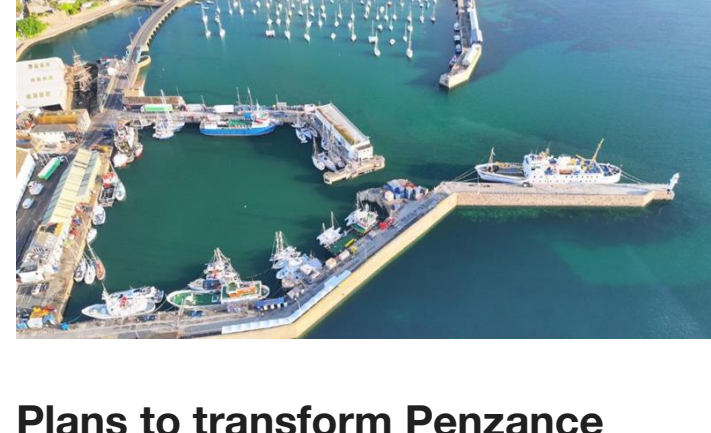
You can find more advice and local health information from your [local NHS online](#) and in this [short film](#).

[Visit NHS online](#)



Try our new Eat well Spend Less recipe

In the latest video from the Eat well Spend less series, we've got a delicious quick and easy meal for you to try for just 40p a serving. And it only uses a hob and blender!

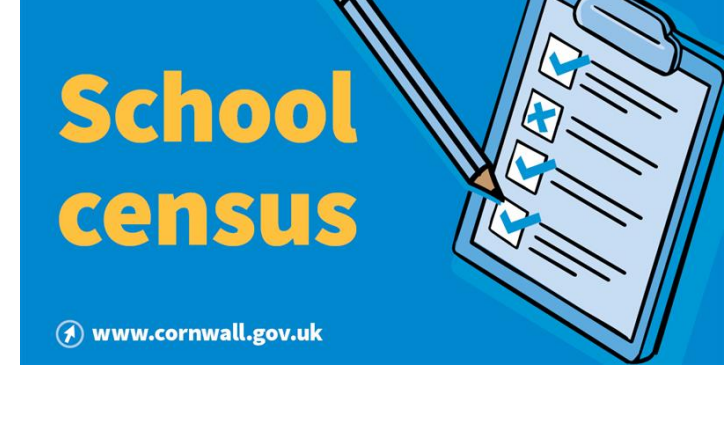


Plans to transform Penzance Harbour have been unveiled!

Residents, businesses and organisations in Penzance are being invited to view the plans for modernising and increasing the efficiency of the harbour.

Our Harbour team and Penzance Town Deal Board are running a drop-in exhibition between 1pm and 6pm on Thursday 18 January at Penzance Sailing Club on Albert Pier, TR18 2LL.

[Read more](#) about the plans or pop along to the event to see the plans and talk to our team.



Did you know that next Thursday 18th January schools will be preparing for the next school census?

Did you know there's an option for your child to identify as Cornish on the next school census?

We want our children to play an active role in our communities, have their voices heard and contribute to decision-making which affects their lives.

We hope parents and carers in Cornwall will talk to their child, involve them in choosing the ethnicity they are most connected with and let their school know.



Want to quit smoking? It's time to get Healthy Cornwall

Are you a smoker? If so the number one thing you can do to get healthy is to quit smoking.

Healthy Cornwall are here to help you go smokefree for good. If you're trying to quit this January, simply text SMOKEFREE to 82228 to receive regular support before, during and after your quit attempt.

Research suggests you're three times more likely to succeed with the right support, so text SMOKEFREE to 82228 and Healthy Cornwall will do the rest. Or why not join Healthy Cornwall's [Stop Smoking Support group on Facebook](#). Or you can get regular top tips direct to your inbox, by [signing up to Healthy Cornwall's regular emails](#).

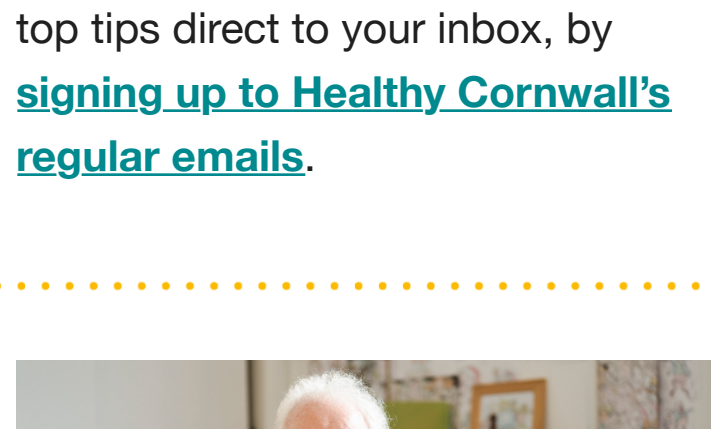


Our health visitors have been commended for providing new mums and pregnant women with a 'very high standard of care'.

The praise comes from UNICEF UK Baby Friendly Initiative (BFI) which reassessed the health visiting team in November.

It means the team has maintained consistently high standards for 12 years since its first assessment in 2012.

[Read the full story](#) on our news webpages.

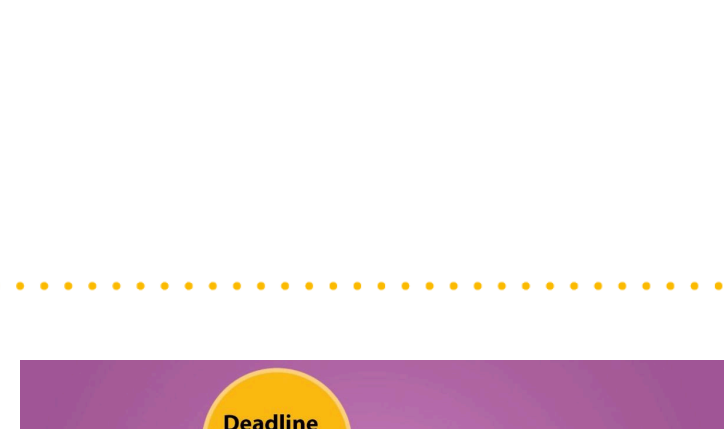


Your NHS is here for you this winter

There are lots of services and support to help you stay well in your local area, so why not give them a try if you need them over the weekend?

- You don't need an appointment to get advice from a local friendly pharmacist or visit one of our ten minor injury units.
- You can use NHS 111 24/7 either online or call
- Call the fantastic Cornwall community gateway service on 01872 266383
- Visit a local community hub

Find out more our [local "Where is best for you this winter" webpages](#).



The deadline for primary school applications is next week.

If your child was born between 1 September 2019, and 31 August 2020, the deadline for applications is Monday 15 January. To give you the best possible chance of getting your first choice, make sure you apply by the deadline. [Apply online today](#)

News in brief

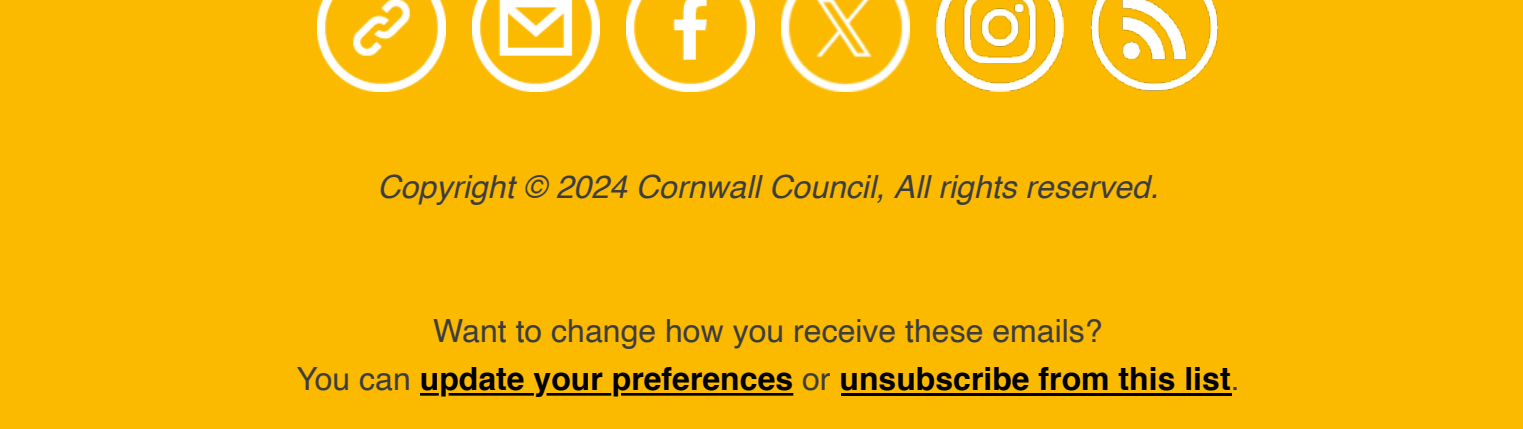
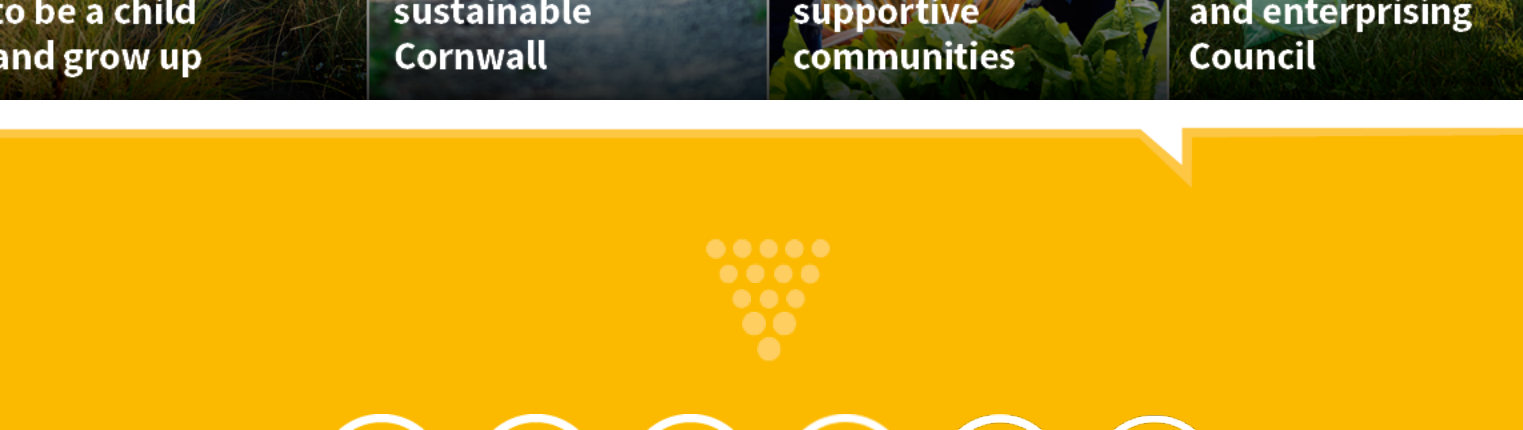
Get organised this new year with paperless billing. Sign up for a free account today and have access to your council tax bills 24/7. Visit the [Go Paperless webpage](#) for more info.

The Royal Cornwall Museum has won a £2.1m share of the Good Growth Programme. The funding will enable the museum to enhance the level of improvements to the exhibition, the main gallery of the museum. It will also fund improvements to the nature gallery and the museum entrance and garden, which will improve accessibility. [Read more](#).

The first Full Council of the year takes place next week. On the agenda is a motion calling for greater protection for councillors against harassment, abuse and intimidation. A second motion calling for a reframing of Cornwall's Climate Emergency declaration is also due to be discussed. [Read more](#).

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