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Stay in Touch

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



Two doses of MMR vaccine give protection for life. Make sure your child is up to date:

**At 1 year
At 3 years 4 months**

Contact your GP practice if your child has missed any vaccinations.

Watch for more info

Measles: Is your child protected?

Measles can be very serious for some children and can lead to hospitalisation and, in rare cases, even death.

Measles spreads fast among those who are unvaccinated, especially in nurseries and schools. Vaccines are our best line of defence against diseases like measles and help stop outbreaks occurring in the community.

We are calling on all parents and guardians to make sure their children are up to date with their 2 MMR doses. To see if your child is up to date with their MMR vaccines, check your child's personal child health record (PCHR), known as the red book, or contact your GP practice.

It is never too late to catch up on the MMR vaccine, and it's free on the NHS, whatever your age. If anyone has missed one or both doses of the MMR vaccine, contact your GP practice to book an appointment.

[Find out more](#)

Sign up today

Video shows how to sign up so you can view, pay and download your council tax bill

Sign up for e-billing and make managing council tax quick and easy

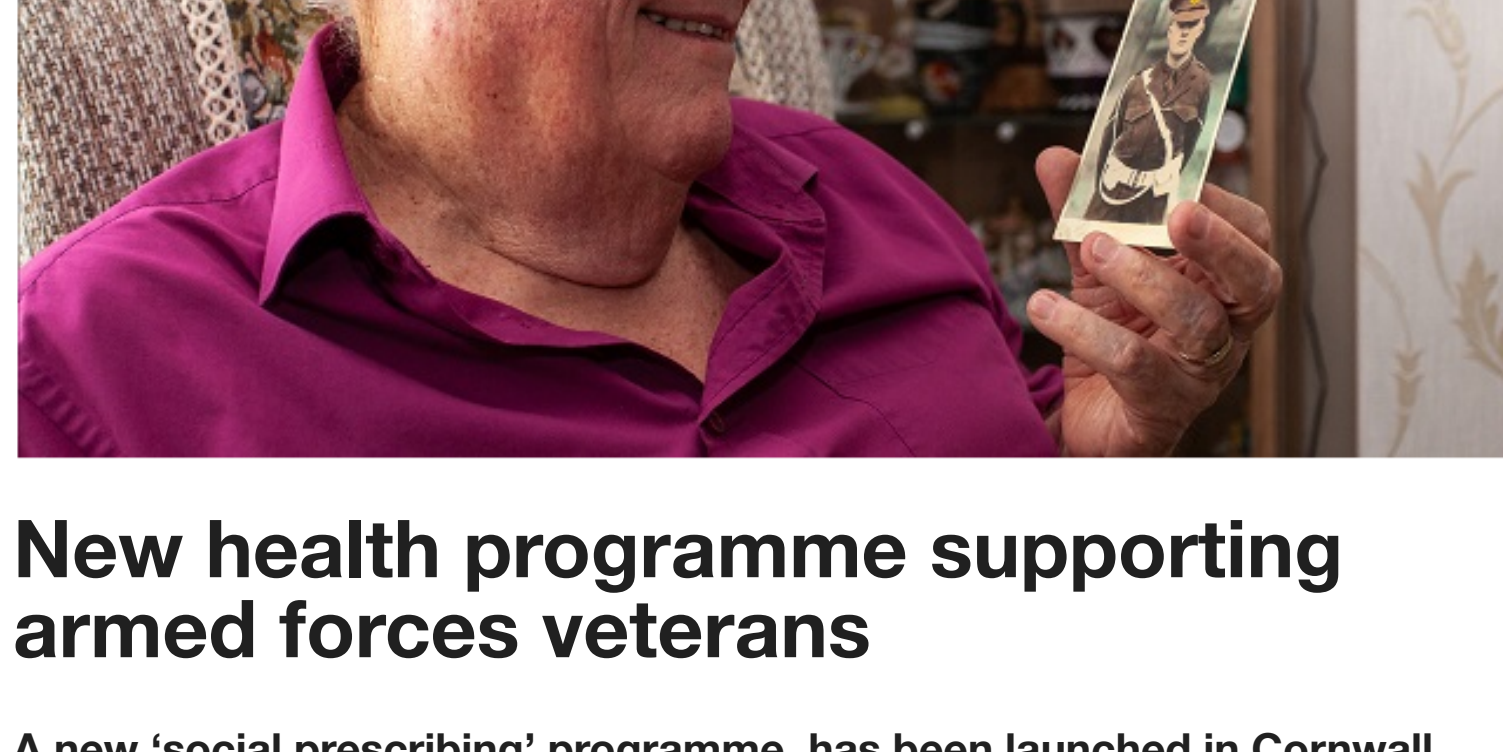
Need your council tax bill? No need to scabble under the bed, rifle through the filing cabinet in the garage, or waste time trying to locate the right 'pile'.

When you register for e-billing, you can access your council tax bill wherever and whenever you want. If you need it for proof of ID, you can log in and download it with just a few clicks, no matter where you are.

If you want to make a payment, see your balance or download your documents they're all in one secure place online. And, you're helping the environment by saving paper.

You can [watch the video](#) to see how to set up an online account or [Go straight to our registration page](#) if you're feeling confident. Or, if you've registered already, you can [check your account here](#).

[More on managing your council tax online](#)



New health programme supporting armed forces veterans

A new 'social prescribing' programme, has been launched in Cornwall aimed at supporting our armed forces community with their mental and physical wellbeing.

Two Armed Forces Community Social Prescribing Link Workers - both of whom have served in the armed forces themselves, have been recruited. Their job will be to help veterans and their families access help like medical care and mental health support, as well as support with housing, finances and employment.

Research shows that ex-service personnel are more likely to present with complex healthcare needs in comparison with the UK general population and around 60% of military personnel with mental health issues do not seek help.

[Find out more](#)

ChatHealth Parent Line 0-5 TEXT 07312 263 423

ChatHealth Parent Line 5-19 TEXT 07312 263 499

ChatHealth Young People 11-19 TEXT 07312 263 096

Get confidential health and wellbeing advice and support

www.cornwall.gov.uk/chathealth

Health advice messaging service launches

A new messaging service called ChatHealth has been launched in Cornwall and the Isles of Scilly, connecting children, young people and their families with health visitors and school nurses.

You can text the service about a variety of topics and get a call back within 48 hours on topics including:

- Sleep
- Child development
- Support with behaviour
- Toileting
- Feeding and nutrition
- Keeping safe and healthy
- Childhood illnesses and support with medical conditions at school
- Emotional, mental health and wellbeing
- Relationships
- Smoking and vaping
- Drugs and alcohol

There are three dedicated numbers which operate Monday to Friday from 9am to 5pm (excluding bank holidays):

Young people aged 11-19 can text **07312 263 096**
Parents or carers of children aged 0-5 can text **07312 263 423**
Parents or carers of children and young people aged 5-19 can text **07312 263 499**

When you send a text message you'll get an automated reply confirming your message has been received. A trained healthcare professional within the health visiting or school nursing teams will be in touch within 48 hours.

[Find out more](#)

#DOYOURBIT
Emergency departments are very busy
Please don't turn up at A&E unless it's serious

Think pharmacy, GP and 111 first
#PROTECTOURNHS

Choose best for medical services

We are still in Critical Incident as our services and Cornwall's A&E is extremely busy. Keep supporting us by choosing 'where is best' today and over the weekend.

Minor Injury Units are here for you - no appointment needed and open every day and on evenings. [Check wait times before you go](#) - your nearest may not be your quickest:

Please contact your doctor if you need to, or get advice from your local pharmacy.

Only use 999 or visit A&E for life-threatening illness or injury. If you go there with something that's not serious or life-threatening, you may be sent elsewhere

Unsure? Visit NHS 111 online or call NHS 111

[Where is best advice](#)

65 tonnes recycled

Mid Cornwall
Thank you for recycling your food waste

www.cornwall.gov.uk/wastechanges

Thank you to everyone in Mid Cornwall who got on board with the new weekly food waste and fortnightly rubbish collections when they started in your area earlier this month.

By using the new service, you're making a big contribution to the creation of a thriving and sustainable Cornwall and a brilliant environment for all.

Most people in Mid Cornwall remembered to put their new bins out by 7am on their new collection day and we collected more than 65 tonnes of food waste in the first week alone. All those veg peelings, chicken bones, tea bags and plate scrapings will be recycled into farm fertiliser that will grow more food, and energy to power homes.

We appreciate your patience as our crews got used to collecting food waste, manoeuvring the new collection trucks, and navigating the new collection rounds.

If you live elsewhere in Cornwall and want to find out about the new service and when to expect it to start in your area, [visit our website](#).

Rural Business Grants - Apply now!

A £1million grant scheme has been launched to support farms and other rural businesses to develop and grow through diversification.

The Growth Hub's Rural Business Grant Scheme can help businesses develop new products and facilities and is targeting tourism and leisure, food, drink and farm businesses looking to diversify.

Online Expressions of Interest are open until 5pm on Monday, 12 February.

Funding can support capital investments in areas such as nature recovery; improving the quality of tourism provision; food and drink processing for non-farmer owned businesses, and projects that grow the local social economy.

Grants start from just £2,500 up to £200,000. [For more information click here.](#)

Want to get active?
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 looking to get more active and improve your health and wellbeing this year? Then it's time to get Healthy Cornwall.

Being active isn't just good for your physical health, it's great for your mental health too and [Healthy Cornwall](#) has lots of ideas to help you build more activity into your day.

Why not join others in the [Cornwall's Getting Active Community Group on Facebook](#)? Or you can get regular top tips direct to your inbox, by [signing up to Healthy Cornwall's regular emails](#).

TRADING STANDARDS APPROVED

buywithconfidence.gov.uk
CORNWALL COUNCIL

We can help take the worry out of finding a trustworthy business.

If you don't know where to start - start with [buy with confidence!](#)

Cornwall Council's trading standards approved list of businesses are fully vetted and audited by a trading standards officer under the [Buy with Confidence](#) scheme.

Buy with Confidence is run nationally, enabling trading standards to provide a list of trustworthy businesses and help stop rogue traders ripping off members of the public or being left with an unsatisfactory service.

Search for businesses near you at [www.buywithconfidence.gov.uk](#)

LAST CHANCE TO GET WINTER STRONG

Attend a walk-in clinic by 31 January 2023

Last chance to get your COVID-19 booster

The winter booster programme officially comes to a close on 31 January, so those who are eligible who've not yet had their winter booster should get their vaccinations next week, to protect themselves and their loved ones this winter.

[Click here](#) to see the clinics which welcome those eligible for their winter vaccinations. There is no need to book, the clinics offer walk-in appointments only.

CORNWALL FIRE & RESCUE SERVICE
A service of Cornwall Council

So what is an On-Call Firefighter?

Could you be an on-call firefighter?

Join the [Cornwall Fire and Rescue Service](#) crew and make a difference in your community!

Recruitment is open for on-call firefighters - it's a flexible role that fits around your other work and life commitments.

If you live or work within five minutes of a fire station, you could be part of the crew.

I DID IT. SO CAN YOU

Find out more about [Cornwall's Orange Button Scheme](#)

Do you know about Cornwall's Orange Button Scheme?

It's more than just a button, it's a lifeline for people having thoughts of suicide. Orange Button holders are trained and ready to listen.

[Find out more about the scheme](#) and [how you can train to become a button holder](#)

The A30 will be closed between Boxheater and Scorrier from 6am on Saturday, 27 January, until 6am on Monday, 29 January.

Traffic will be diverted via the B3265, A3075 and B3277 with different routes for HGVs. Plan ahead and allow extra time for your journey. More info from [National Highways](#).

News in brief

[Planned website maintenance](#) - Some services will be unavailable from 8pm on Monday 29 January for 30 minutes. This is due to essential maintenance to upgrade our firewall some services on our website will not be working as expected.

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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