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



Free NHS talking therapies can help

Are you or someone you care about struggling with feelings of depression or anxiety?

Free NHS Talking Therapies could help. They're confidential, delivered by accredited NHS practitioners, and can help if you're suffering with excessive worry, panic attacks, social anxiety, obsessive thoughts, compulsive behaviours or post traumatic stress disorder (PTSD).

You can access free help - in person, by video, over the phone or as an online course - by referring yourself to an NHS Talking Therapy service, or by asking your GP to.

Find an NHS talking therapy



Help get your loved one home

If you have a loved one who's ready to be discharged from the Royal Cornwall Hospital please help to make sure they get home as soon as possible.

The hospital is really busy at the moment, and there are people waiting for emergency care. If your loved one's had all the hospital care they need, then home is where they're going to get better faster and be comfortable in familiar surroundings. You can help by:

- Arranging transport to get your loved one home
- Providing clean, comfortable clothes before discharge
- Checking their medicine cabinet is stocked
- Getting plenty of food and drink in for them for when they get home

If you need financial support to help get your loved one home, we have one-off payments available to help you cover the cost of extra care or home adaptations. Ask on the ward for details.

Read more



Last week was Sexual Abuse and Sexual Violence Week

If you've experienced sexual violence at any time in your life, or you suspect a friend or family member has, remember you are not alone and there is support available.

If you need advice and support for yourself, please visit the 'I need help' section of our Safer Futures website.

If you're concerned about a friend or family member who's told you they've been abused, or you suspect they have, you may feel confused and powerless about what to do. If it's a child or vulnerable adult you're worried about, you must report it to either the Police or Children Social Care or Adult Social Care. You can find out more about doing that by hitting the button below.

You can support your family member or friend by:

- Believing them
- Listening to them and not asking for details - leave it to them to decide how much they want to tell you about what happened
- Not asking why the violence or abuse happened
- Unless the person you're concerned about is a child or vulnerable adult, respecting that it's their decision whether to report the abuse or not
- Being patient, not telling them to forget about what happened or put it in the past
- Allowing them to show their feelings by crying if that's what they need to do, even if their crying upsets you

Read more on reporting a concern



Time to (re)subscribe to garden waste collections

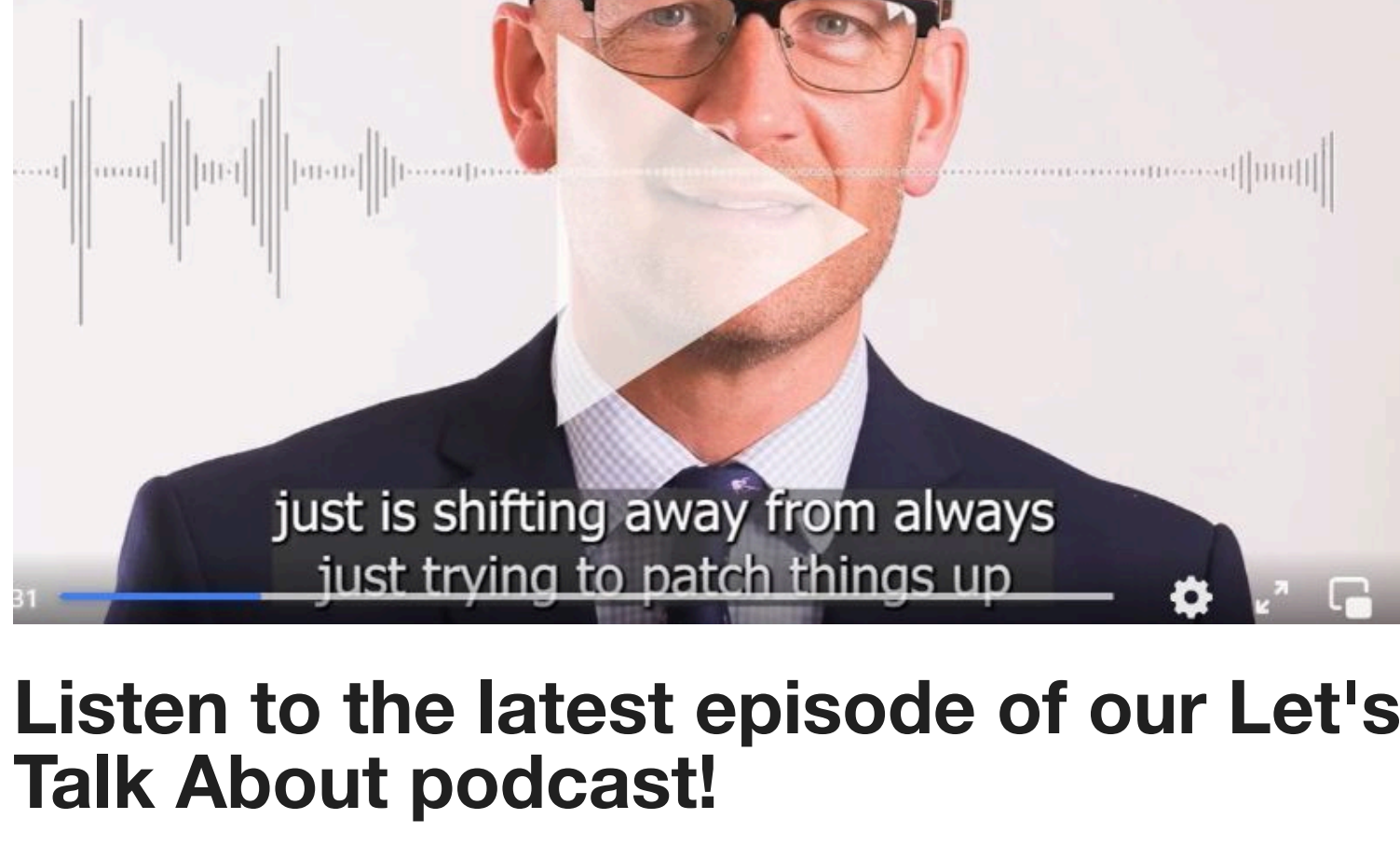
If you're a subscriber to our garden waste collection service, look out for your renewal email in your inbox.

You'll need to make your annual subscription payment by March 31 to ensure your service continues uninterrupted.

Not a subscriber and not sure what to do with your garden waste?

Don't put it in your rubbish bin. Home composting is a great way to make good use of it. Or you can sign up to our collection service and we'll turn it into farm compost. You can also take your garden waste to your Household Waste and Recycling Centre.

(Re)subscribe to garden waste collections

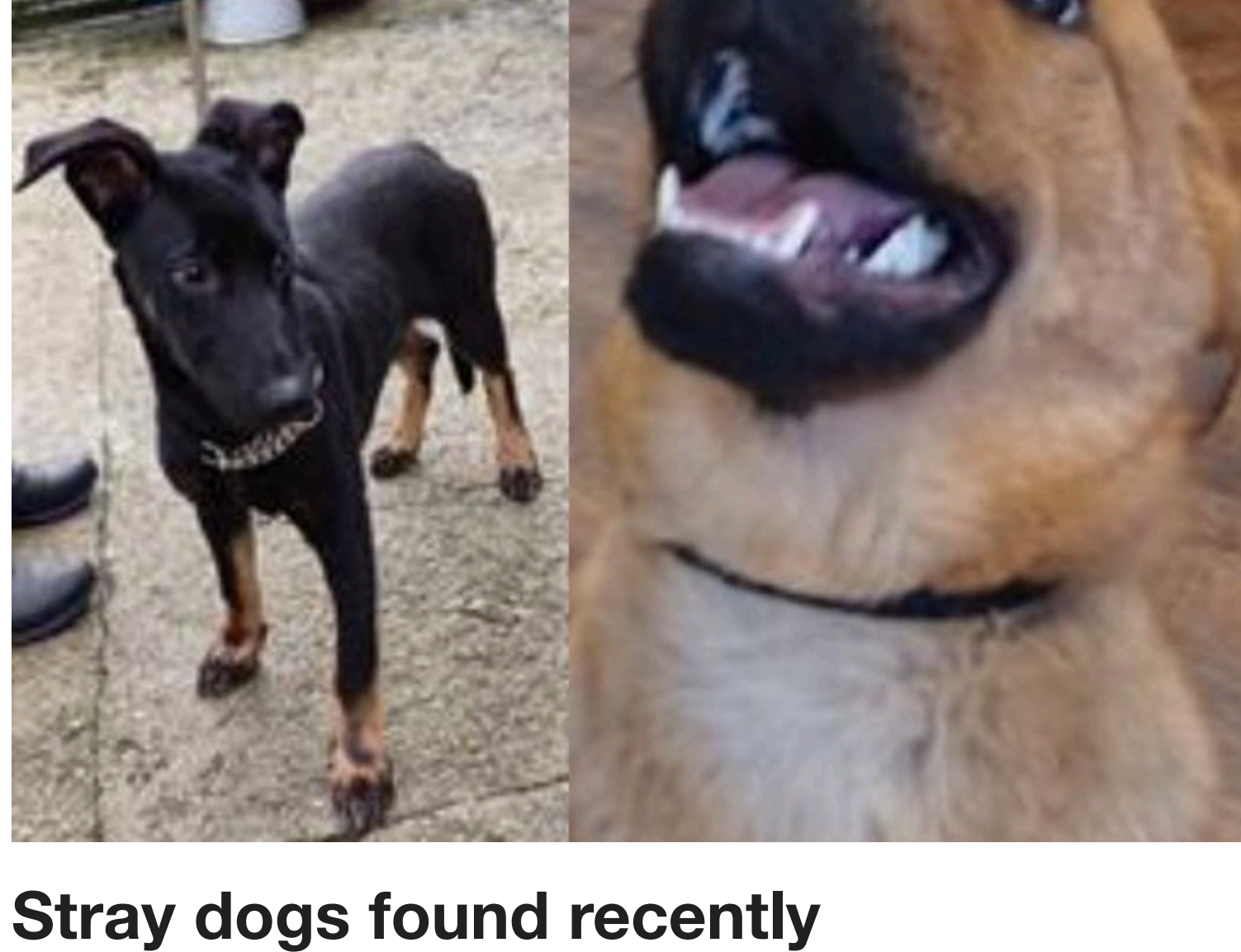


Listen to the latest episode of our Let's Talk About podcast!

Tune into the latest edition of our Let's Talk About podcast, which shines a spotlight on care and wellbeing and offers some valuable advice and support.

You'll hear about the People in Mind service and the various mental health support options available in Cornwall.

Tune into Let's Talk About

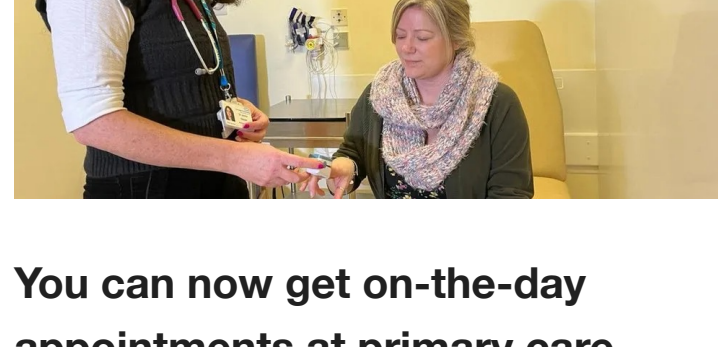


Stray dogs found recently

Our animal welfare team is caring for the following found dogs:

- cross breed, black and tan, found in Blackwater
- cross breed, red, found in Chacewater
- bully-cross, lilac and white, found in Redruth

Find out more



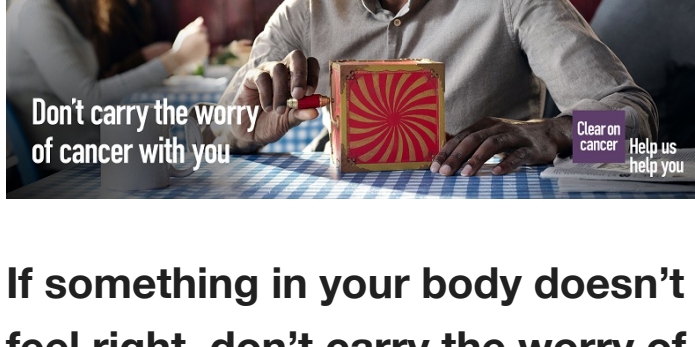
You can now get on-the-day appointments at primary care hubs if you're suffering from the symptoms of minor illnesses.

The hubs are run by a GP or other healthcare practitioner experienced with minor illness, who can offer advice and onward care including issuing prescriptions.

Contact your GP surgery in the usual way and, if appropriate, an appointment will be made for you at a nearby hub.

The aim is to ease urgent, on-the-day demand for GP appointments, allowing surgeries to focus on their patients with long-term conditions. Hubs are being set up across Cornwall, with at least 8 in place already and more being added.

Find out more about the new primary care hubs.



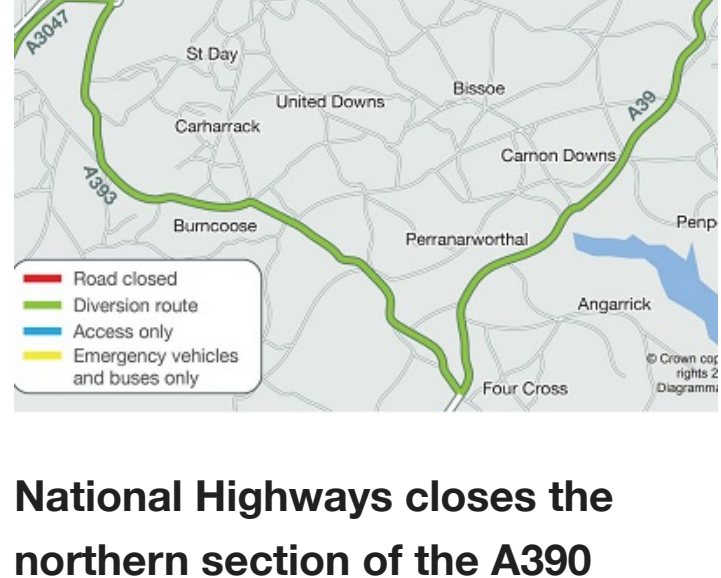
If something in your body doesn't feel right, don't carry the worry of cancer round with you.

Until you find out, you can't rule it out, so don't wait. Seeing your GP and having some tests could put your mind at rest.

It's unlikely to be cancer, but it's important to speak to a GP sooner rather than later so they can investigate, as finding cancer early means it's easier to treat.

If your GP suspects cancer, they'll refer you to a specialist - usually within 2 weeks.

We want everyone to be clear on cancer, so check the cancer symptoms page on the NHS website and speak to your GP if you have any concerns.



National Highways closes the northern section of the A390 between the Chiverton interchange and Penstraze from 7pm tonight, Friday 16 February, until 6am on Monday 19 February for construction work.

The A30 between Carliand Cross and Scorrier will be open during the weekend and the diversion route for access will be via the A390, A39, A393 and the A3047.

You can view the diversion route and full details of the closure on the National Highways website.



The NHS and Government have launched a dental recovery plan to give patients fairer, simpler and easier access to dental care.

The plan includes offering incentives 'golden hello' cash incentives for working in under-served areas and taking on more NHS patients.

It will also send teams into schools to treat children's teeth.

You can read the plan on the Government's website.

News in brief

Your local pharmacy can provide clinical advice and treatment for minor illnesses, help you stay healthy and take medicines properly, including using inhalers. You can get your blood pressure checked at pharmacies for free if you meet eligibility criteria and find pharmacy that offers the contraceptive pill, without a prescription.

We're asking adult social care service users, carers and care providers for feedback on plans to involve people in planning the care and support they receive. Take the short 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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