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# Stay in Touch

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



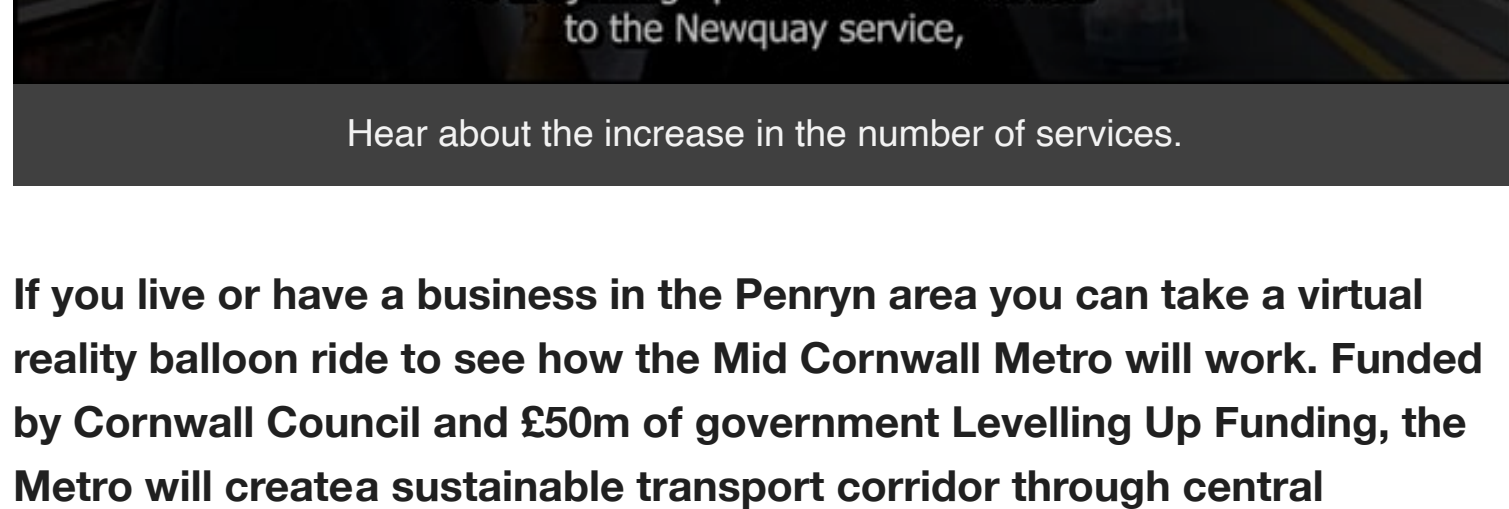
## Stop. Think Fraud!

Criminals are great pretenders. They may contact you pretending to be a trusted person or company.

A new national campaign **Stop! Think Fraud** aims to help you understand the different types of fraud and the tactics which criminals can use against you.

The website helps you learn the tactics criminals use so you can see the different types of fraud, how to better protect yourselves and the people you know, as well as ways to report if you have been a victim of fraud.

[Learn fraudster tactics and stay safe](#)



If you live or have a business in the Penryn area you can take a virtual reality balloon ride to see how the Mid Cornwall Metro will work. Funded by Cornwall Council and £50m of government Levelling Up Funding, the Metro will create a sustainable transport corridor through central Cornwall.

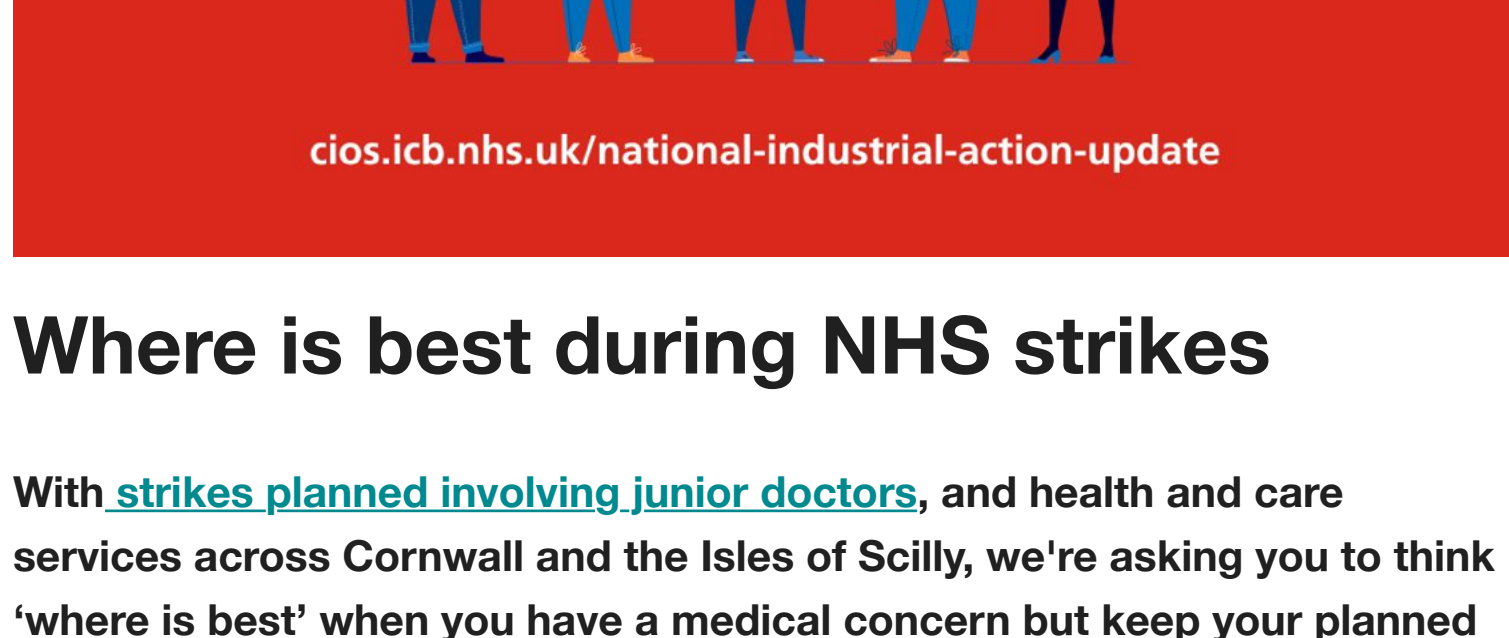
Two engagement events are being held at:

- The Stannary on the University campus at Tremough on Friday 1 March from 10am to 5pm
- Temperance Hall, Lower Market Street, Penryn TR10 8BH on Saturday 2 March from 10am to 4pm

Like the many who came to the popular events held in Newquay earlier this month, you can take part in cutting-edge virtual reality and an immersive digital experience, by taking a balloon ride over the Mid Cornwall Metro route from Penryn to Newquay.

If you're a pedestrian or cyclist can explore the changes using a gamepad and visualise the new improved pavement layout using an interactive media table.

[Find out more](#)



## Where is best during NHS strikes

With **strikes planned involving junior doctors**, and health and care services across Cornwall and the Isles of Scilly, we're asking you to think 'where is best' when you have a medical concern but keep your planned appointments unless the NHS gets in touch to rearrange.

Junior doctors are set to strike from **7am Saturday 24 February to 11.59pm on Wednesday 28 February**

The NHS have tips on self care at home, and other ways to help yourself during the industrial action. But regardless of any strikes, it is vital that patients who need urgent medical care continue to come forward as normal, especially in life-threatening situations.

[Where is best during NHS strikes](#)



## New planning rules to limit short term lets in Cornwall

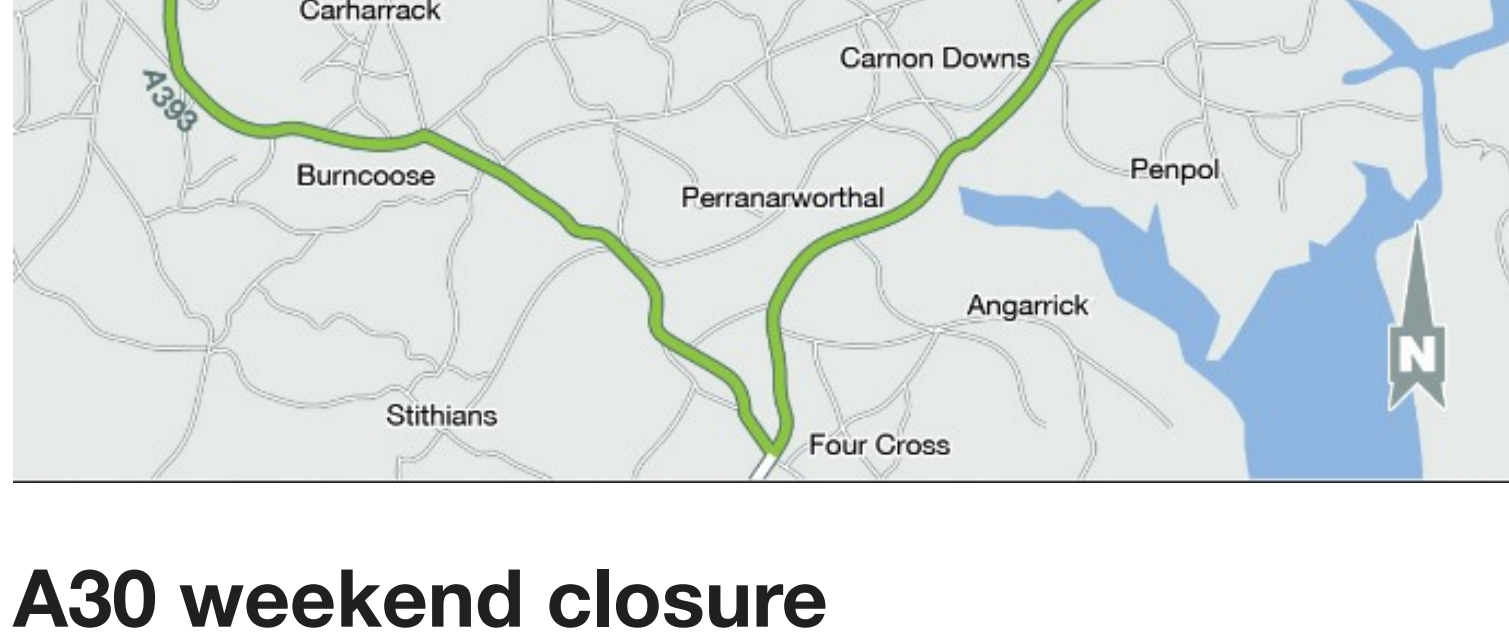
We're welcoming the government's introduction of new rules requiring planning permission for properties to be used as short term lets.

The changes, announced by Michael Gove MP, Secretary of State for Levelling Up, Housing and Communities on a visit to St Agnes last week, are aimed at limiting the number of short-term holiday lets.

It means that a planning application will be needed for anyone renting out their main or sole home for more than 90 nights a year, and are intended to provide support in areas where short-term lets are preventing local people from renting or buying a home. The new rules also propose other changes including a national mandatory register of short term lets.

The new rules won't come into immediate effect and we're waiting for more details from the Government.

[Read more](#)



## A30 weekend closure

To undertake essential works to the upgrading of the A30 this weekend there will be a closure between Boxheater and Scorrier.

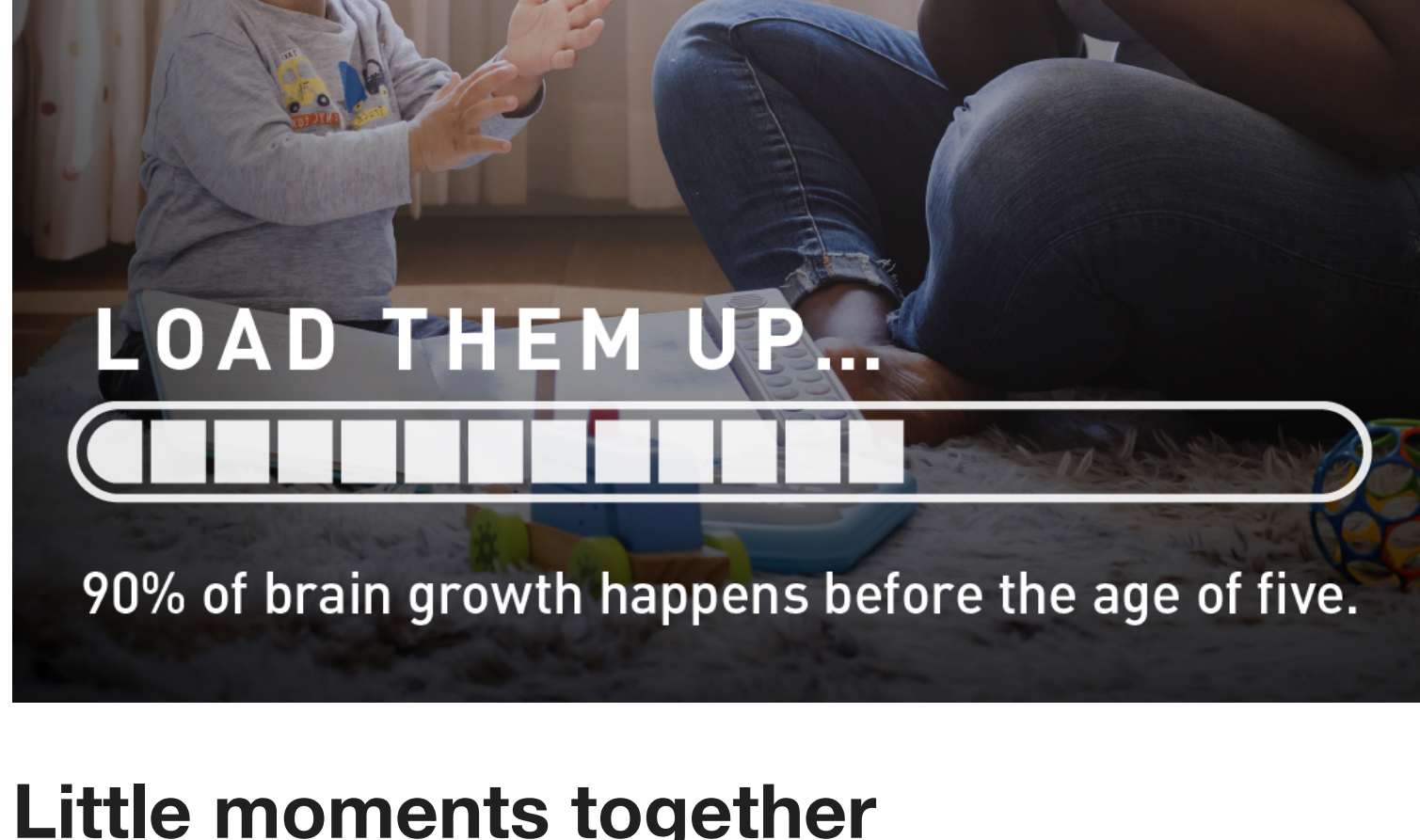
The closure is in place from **Friday 23 February at 8pm until Monday 26 February at 6am**.

Traffic will be diverted via the B3285, A3075 and B3277 with different routes for HGVs.

For all of the above closures, local access north and south at the new Chiverton interchange and via the B3284 at Chybucca will be maintained throughout.

Please plan ahead and allow extra time for your journeys during these closures.

[Check the diversion route](#)



**LOAD THEM UP...**  
90% of brain growth happens before the age of five.

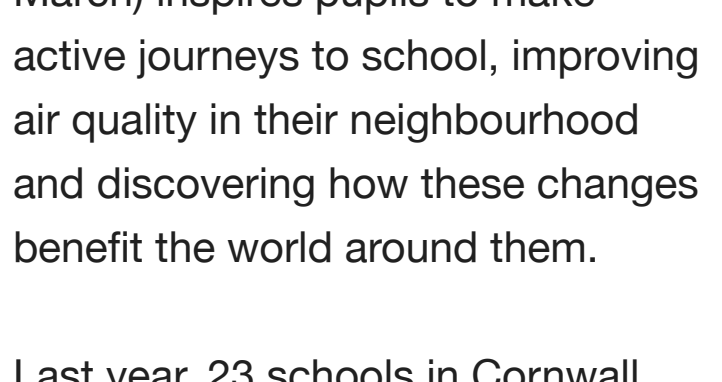
## Little moments together

The more we chat, play and read with our kids, the more we help build their brains. Any time, anywhere, whether at home or out and about, it all adds up.

There's no need to buy lots of toys or have big days out. Wherever you are, simply chatting back and forth, answering your child's questions and sharing special moments together all help their brain to grow and develop secure and strong connections. Just what they need to get off to the right start at school.

The [Start for Life website](#) is packed with simple ideas from other parents on how to build these little moments into each day. It includes lots of examples of tips and activities for you to do together with your child at different ages, as well as links to find further support in your local area.

[Get little moments together ideas](#)

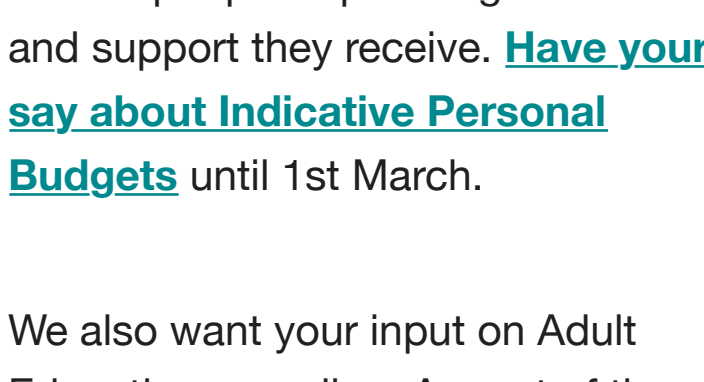


### Is your child's school taking part in this year's Big Walk and Wheel?

Sustrans Big Walk and Wheel (11-22 March) inspires pupils to make active journeys to school, improving air quality in their neighbourhood and discovering how these changes benefit the world around them.

Last year, 23 schools in Cornwall participated. Between them they made 16,865 active journeys to school: 14,000 by walking/wheelchairing, 1,516 by scooter and 1,349 by cycle. This year we want to smash these totals and get more schools taking part.

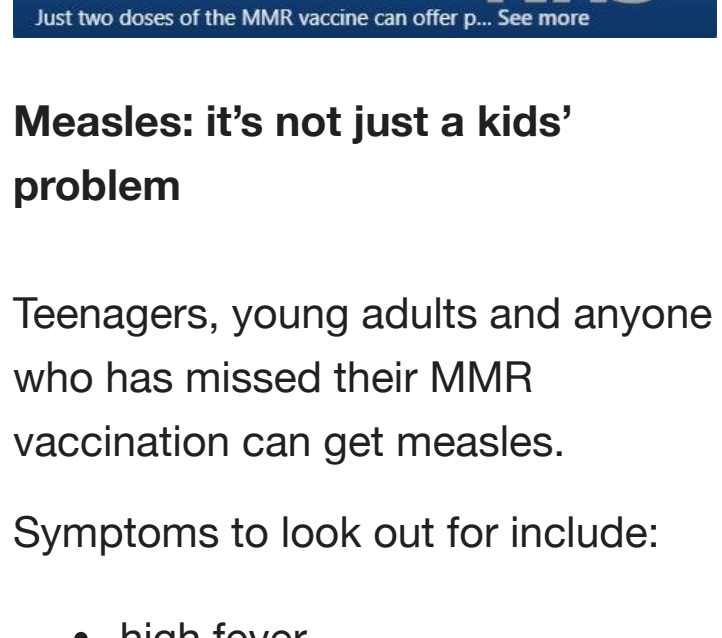
Head over to the [Big Walk and Wheel website](#) to see see if your child's school is getting involved and what prizes schools can win.



### We're seeking your views on a number of topics.

We want to hear from adult social care service users, carers and care providers for feedback on plans to involve people in planning the care and support they receive. [Have your say about Indicative Personal Budgets](#) until 1st March.

We also want your input on Adult Education spending. As part of the Council's [Devolution Deal](#) with the government, Cornwall is set to benefit from £10.2 million of funding to directly commission Adult Education from 2025. It will enable you to get the knowledge and skills to help find jobs, get promotion, become self-employed, or go on to further learning. [We want your views on the strategy](#) to create opportunities to transform lives. It's open for your comments until 25th February.



### Measles: it's not just a kids' problem

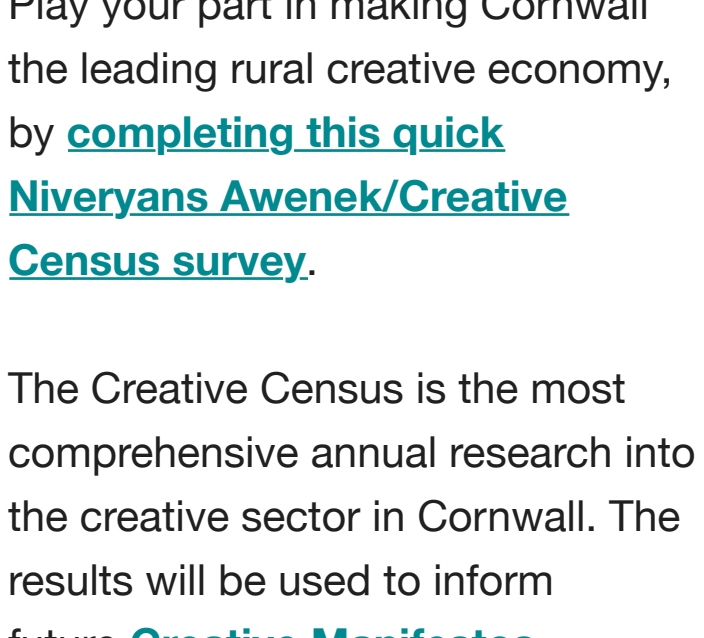
Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms to look out for include:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

If you think you may have measles call your GP first before attending a clinic, or contact NHS 111.

Make sure you have had your **2 doses of MMR vaccine**. If you haven't contact your GP now.



### Do you work in a creative role in Cornwall and the Isles of Scilly?

Play your part in making Cornwall the leading rural creative economy, by [completing this quick Niveryans Awenek/Creative Census survey](#).

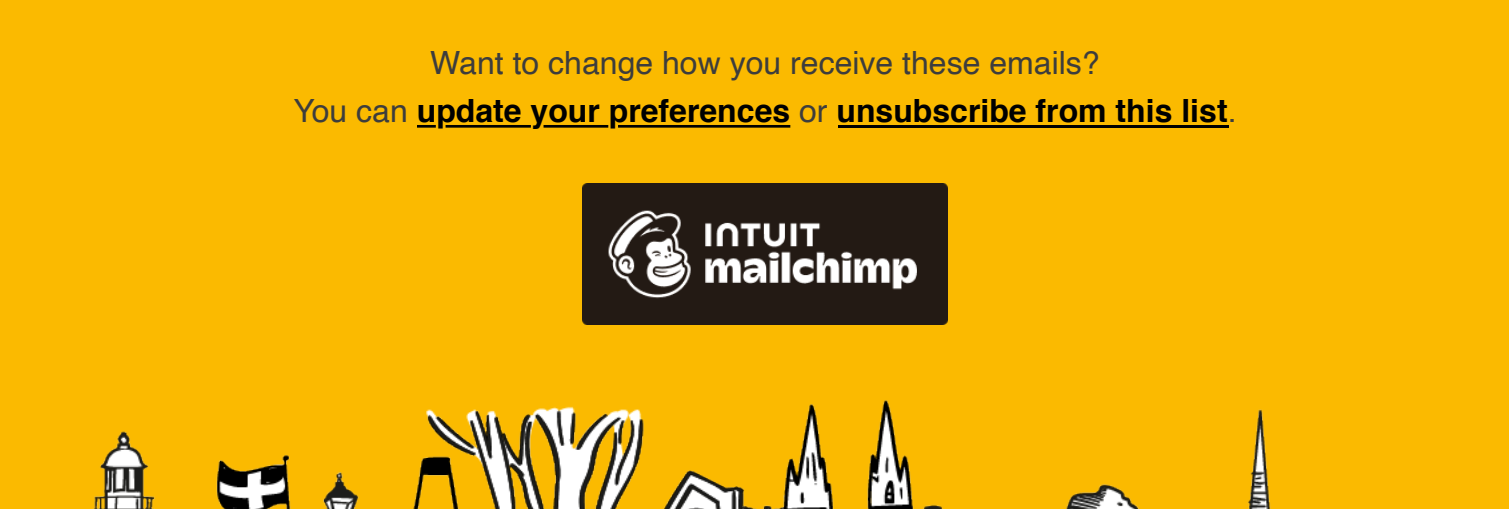
The [survey](#) is the most comprehensive annual research into the creative sector in Cornwall. The results will be used to inform future [Creative Manifestos](#).

By taking part you're helping us make the case for funding and investment - and help us understand what support the creative sector really needs.

[The survey only takes 10-15 minutes](#), and closes 12 March. Please share with your network!

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