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Stay in Touch

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



Family fun for a fiver or less

The Easter holidays are here - and Cornwall has a whole host of fun activities for families.

Take a look at some great suggestions to keep the kids busy in this handy round-up from the Family Information Service. From galleries to museums, country parks to walks in the woods, and of course our brilliant beaches, everything is FREE or under £5!

[Find out more](#)

Home Upgrade Grant



www.cornwall.gov.uk/HUG

Do you need a HUG?

Warm up your home with the Home Upgrade Grant Scheme

Are you tired of high heating costs and a cold home? The Home Upgrade Grant (HUG) Scheme is here to help. This grant-funded energy efficiency scheme from the Government aims to improve the Energy Performance Certificate (EPC) rating of homes that do not use mains gas as their primary heat source.

We're working in partnership with **OVO Energy Solutions** to deliver this scheme across Cornwall and the Isles of Scilly. With a range of energy-saving measures, the scheme aims to reduce heating costs and improve general health and wellbeing.

The scheme runs until March 2025 and aims to help around 500 eligible homes.

[Check you're eligibility and apply](#)

DO YOU NEED TO REGISTER TO VOTE FOR THE POLICE AND CRIME COMMISSIONER ELECTION?

DEADLINE 16 APRIL

Get registered and check your photo ID for May elections

Are you registered to vote in this year's Police and Crime Commissioner election?

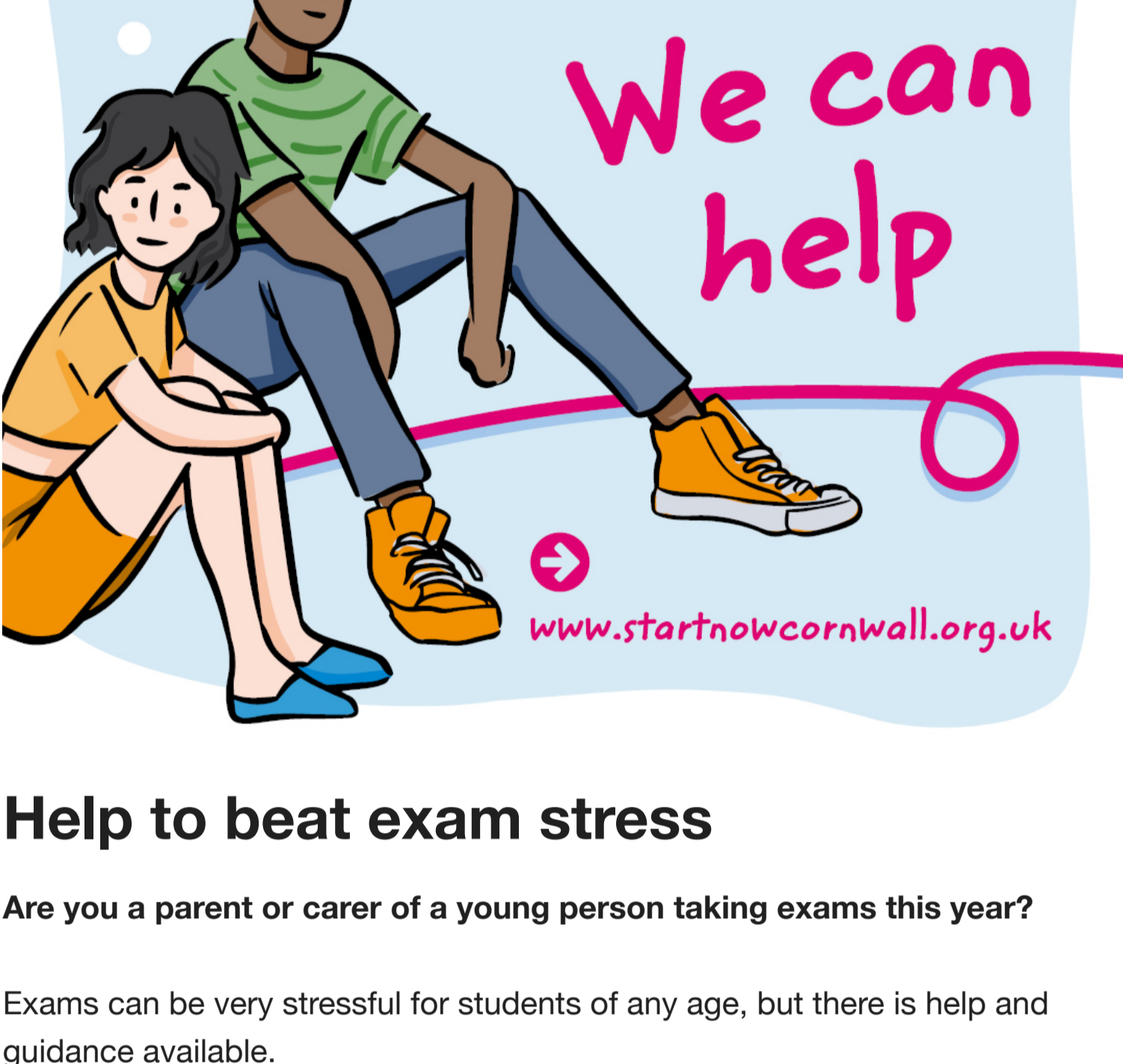
Cornwall will go to the polls on 2 May and vote for the next Devon and Cornwall Police and Crime Commissioner. And it's the first time you'll need voter ID to vote in person.

There are a number of ways to cast your vote. You can vote in person at a polling station, by post or by appointing someone you trust to vote on your behalf, which is known as a proxy vote.

Registering to vote is quick and easy. It only takes five minutes and can be done online. Once registered, you can request a postal vote application.

Remember...the deadline to register to vote is midnight on 16 April.

[Register to vote](#)



Help to beat exam stress

Are you a parent or carer of a young person taking exams this year?

Exams can be very stressful for students of any age, but there is help and guidance available.

Parents, carers and young people in Cornwall can find a wealth of mental health support on the Start Now website. The resources from Headstart Kernow, part of Together for Families at Cornwall Council, have been created with young people themselves.

The stress can sometimes seem overwhelming, but there are ways to keep stress levels in check; stay focused and fresh and even have time for friends. Check out Start Now's tips and tools and find the ones that work for you.

[Find out more](#)

UK Health Security Agency

Tick Awareness

Check for ticks

When you're outside, regularly check for ticks and brush off any you spot immediately



Be tick aware this Spring and Summer

Spring is here and so is [Tick Bite Prevention Week \(24-30 March\)](#).

Ticks enjoy warmer weather as much as we do, so watch out for them if you and your pets are spending more time outdoors. Ticks can live in woodlands, moors and grassy areas, including parks and gardens. You should check for ticks because they can transmit Lyme disease, and in very rare cases, [encephalitis](#).

Here are some simple actions you can take to help protect yourself and others from tick bites:

- Use a repellent that prevents ticks
- Wear long sleeves and long trousers to reduce direct skin exposure
- Stick to clearly defined paths and avoid brushing against vegetation
- Regularly check for ticks and brush off any you find immediately
- When you're back indoors, check for any ticks on you, your children and pets
- If you find a tick, safely remove it as soon as possible.

[Find out more](#)

Bank holiday. Run out of repeat medicines? GP surgery? CLOSED

Visit a local pharmacy and ask for an emergency supply.

Choose the right service this Easter

Have you got friends or relatives staying with you over Easter?

Urgent health services are here if they need them, but most issues are better handled by their own GP surgery back home where the team has full access to their patient records. If needed, they can prescribe medication to be picked up locally, so always make them the first port of call.

Remember: your own GP is best for health advice, even if you're on holiday in Cornwall.

And, if you or your visitors have run out of repeat medicines, did you know the local pharmacist can often help with an emergency supply?

[Where is best?](#)



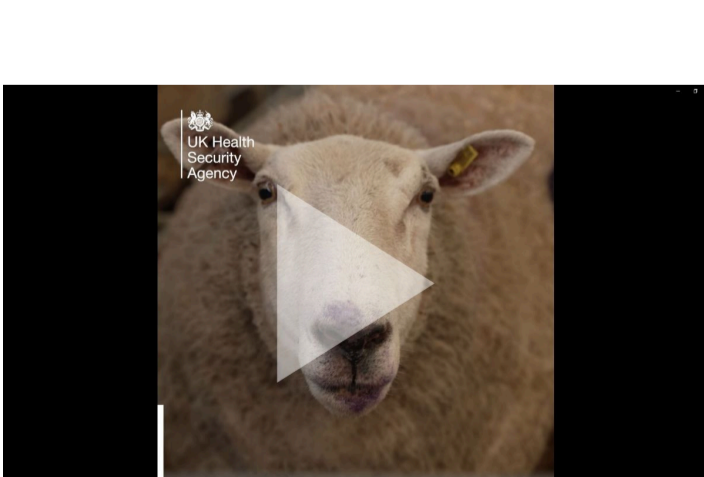
It's that time of year again! The upcoming Easter school holidays will see RNLI lifeguards return to beaches across Cornwall.

Lifeguards will patrol 20 beaches full-time for the two-week Easter holidays from Friday 29 March to Sunday 14 April. [Take a look online to find your nearest lifeguarded beach.](#)



Cornwall's first electric buses will take to our streets next year, helping to cut carbon emissions and improve air quality.

We have successfully bid for funding from the Department for Transport to replace the entire Truro Park & Ride fleet with electric buses and provide a new electric bus for the Falmouth Town Service. [Read more...](#)



Visiting a farm can be lots of fun for the whole family - but visiting a farm carries a small risk of catching infections.

If you have a trip planned this Easter school holiday, [watch this video](#) for some simple things you can do to protect yourself during and after your visit.



Name our gritters - shortlist announced!

Many thanks to everyone who made suggestions for the Name our Gritters competition. We had more than 2,200 suggestions! We've whittled them down to our top 50 and [now it's your turn to vote](#). Voting closes Thursday 11 April.

News in brief

Cornwall Council, Smile Together Dental CIC, and Peninsula Dental Social Enterprise have launched three new programs to improve children's oral health. These include Smarter Smiles, First Dental Steps, and free oral health packs for two-year-olds. The programs aim to reduce tooth decay and promote oral health education to give children the best possible start in life. [Find out more...](#)

Camborne residents are being asked for their views on revised proposals to improve public spaces and the way people travel around the town centre. The Camborne Renew project has been amended to reflect the views of those who took part in a public consultation last year. [Find out more...](#)

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