Past Issues Translate ▼

View this email in your browser

RSS 🔊

Subscribe



The plea comes after new statistics reveal sexual offences in Cornwall have risen by 40% over the past four years with 1,700 reported to police in the year up to May 2024. This equates to more than 30 a week. Read the full story

Listen here

Take part

Over to you

and then you add your spices 🔤

Try our fast and budget friendly dahl recipe

Follow Healthy Cornwall on Facebook

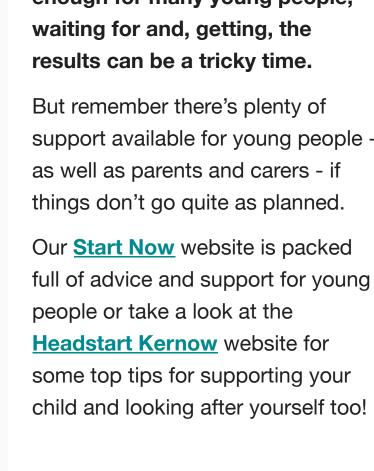
UK Health Security Agency

Vaccines

for life

your family are up to date with your routine vaccinations. Parents and carers can check their children's Red Book, or you can visit nhs.uk/conditions/vaccinations/nhsvaccinations-and-when-to-have-them/ **i** mmunisation Helping to protect everyone at every age Make sure your children's vaccinations are up to date before starting school Before your child starts school, it's important to make sure their vaccinations are up to date. By the time they reach reception class, they should have received their 4-in-1 pre-school booster, which provides continued protection against diphtheria, tetanus, pertussis (whooping cough), and polio. They should also have had their second MMR vaccination, which provides protection from measles, mumps, and rubella. If you're not sure whether your child has had any, one, or two doses of the MMR vaccine, you can check their personal child health record (the Red

You can now take pre-loved wetsuits, even if they're ripped or



recycled into new items such as All proceeds support The Wave Project's Surf Therapy initiatives, helping young people improve their mental health and wellbeing through the power of surfing. Find out more on The Wave Project's website

improved. this year's survey, with a staggering It's great to be here in Cornwall, 98% of respondents saying they whether you live here or you're were 'satisfied' or 'very satisfied' visiting, please follow our 'where with the service. is best advice' so you can access the best service for you this

anything that is not immediately urgent. • If you have an injury or ailment our network of minor injury units and urgent treatment centre could help. Check opening hours and waiting times online first. Your

nearest may not be the

• If you're worried about your or

someone else's mental health

quickest.

• Our local pharmacists can

• If you're visiting, please call

your own GP at home for

advice on prescriptions or

help you with cuts, sprains and

if you run out of medication.

summer.

please call our 24/7 telephone line 0800 038 5300 • For other urgent health care, or your unsure where is best you can get help through • NHS 111 online or by phone. • If you're unsure of where is best, Please don't come to the

emergency department unless

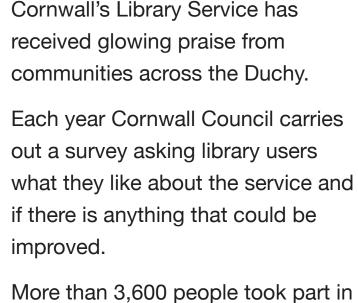
you've been told to do so or

you believe you have a life threatening condition. This is so that we can focus our care on those who need it most. **News in brief**

Forward to a friend

A thriving,

A brilliant place



• As well as books, library users love the free digital resources. eBooks, eaudiobooks, and enewspapers and magazines are hugely popular. More than 1 million of these were

Libraries last year.

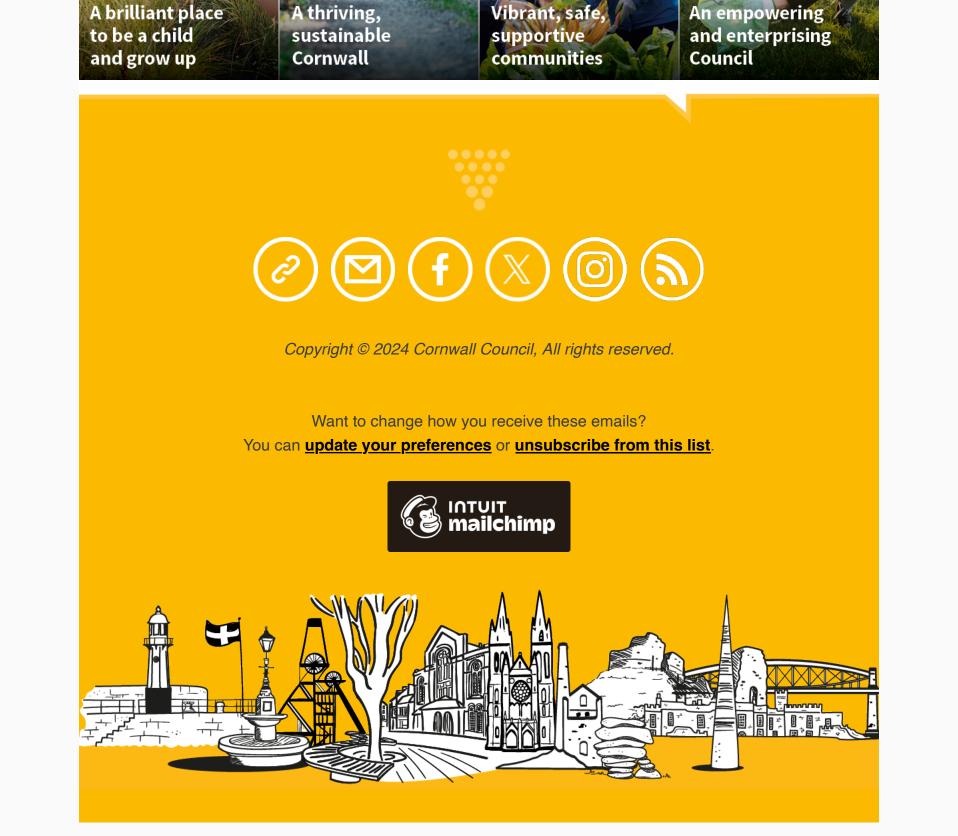
• Libraries are highly valued

community spaces. Groups of

- all ages are creating friendships in libraries across Cornwall every day. Cornwall borrowers love not having to worry about overdue charges. Cornwall was among the first English
- Read the full story...

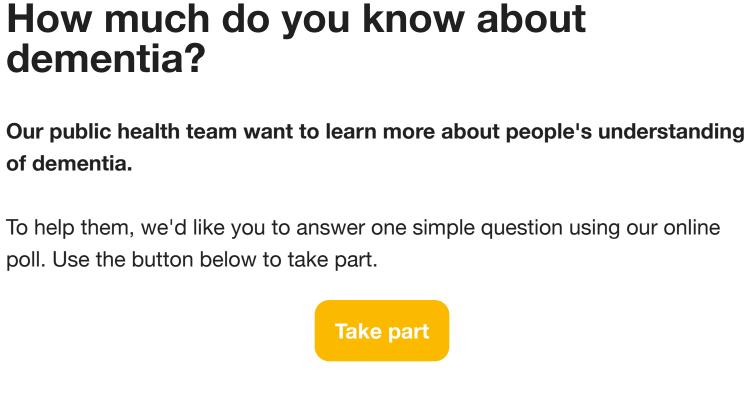
OUR PRIORITIES FOR CORNWALL

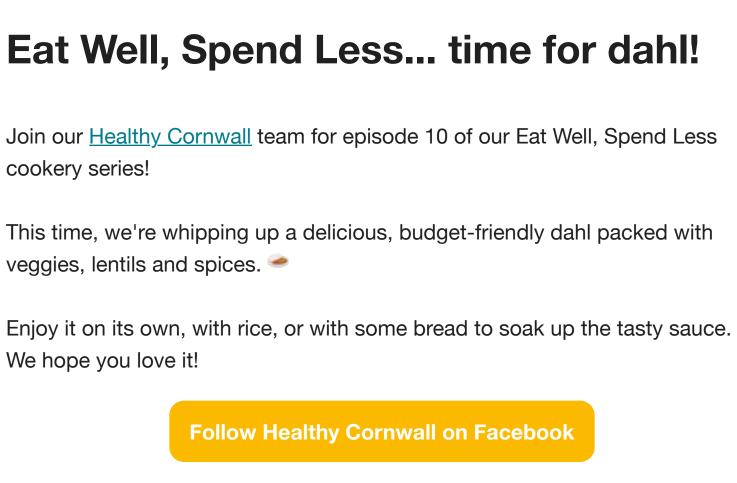
Vibrant, safe,









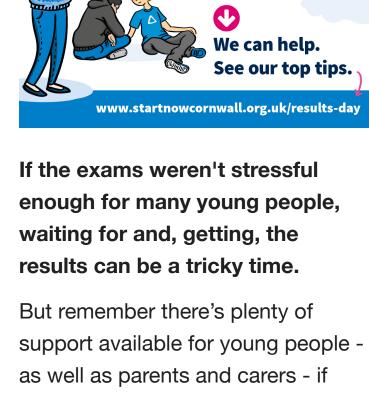


Make sure you and

Remember, it's important that vaccinations are given on time for the best protection. So make sure your child is up to date before they start school. Find out more

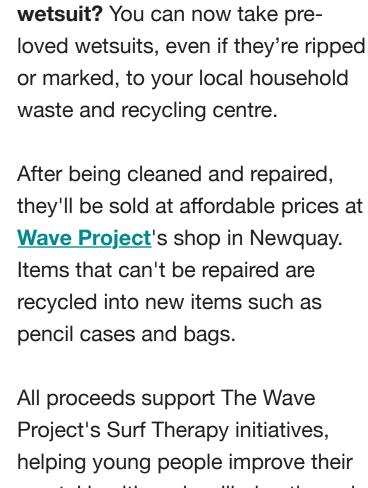
the MMR vaccine now rather than risk leaving your child unprotected.

Book). If you're still unsure, speak to your GP. It's better to have two doses of



Feeling worried about your

exam results?



Time to wave goodbye

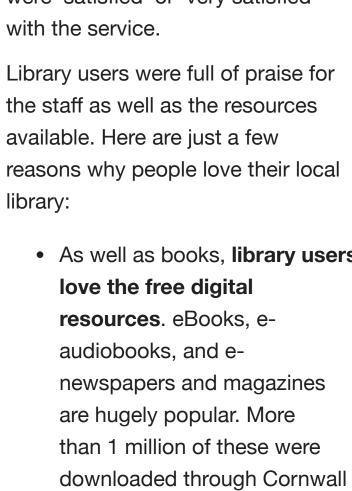
marked, to your local Household Waste and Recycling Centre

Time to wave goodbye to your old

www.cornwall.gov.uk/hwrc

to your old wetsuit?





- library authorities to get rid of late fees in 2022. • Library staff are great! Many described staff in their local library as being like honorary family members.
- Don't forget the free, family summer wellbeing festivals happening in St Austell and Launceston this Saturday (17 August). More than 800 people have attended so far with feedback saying the events are well organised, positive and friendly, they learned loads and loved it! Find out more..

Subscribe to the newsletter