Subscribe **Past Issues** View this email in your browser Stay in Touch Together for a carbon neutral Cornwall where everyone can start well, live well and age well

You can borrow blood pressure monitors from Cornwall's libraries Borrow a blood pressure monitor with your next library book You can now borrow a blood pressure monitor free of charge from your local library, just like you borrow a book - all you need is a library card. Around a third of adults in the UK have high blood pressure, although many don't realise it. Known as the silent killer, high blood pressure rarely causes symptoms but, if left untreated, increases the risk of heart attacks and strokes. The borrow a blood pressure monitor scheme launched as part of this week's Know your Numbers Week - the national campaign encouraging people to check their blood pressure at home. Find out more

Translate ▼

RSS 🔊

We're starting our annual residents survey www.cornwall.gov.uk We might be giving you a call We started our annual residents' survey this week. You may get a phone call from a company running the survey on our behalf to ask you your views on public services. This is a legitimate call and not a scam - they will prove they're working for us. Find out more about the residents' survey

Yep!

Youth Engagement Project for Cornwall and the Isles of Scilly

Building confidence, resilience and competence of Young People

Council of the

ISLES OF SCILLY

Yep! #YouCan

struggling?

enterprise skills

mental health

and more

l Agency

Funded by

UK Government

CORNWALL COUNCIL

Know a young person who's

• job searching, CV and interview skills

motivation and confidence building

• budgeting, debt management, accessing benefits

passing the driving theory test

ICT and technology skills

Has fallen out of education and training, maybe? Is struggling to find a steady job? Or is vulnerable in some other way? If your answer is 'yep', then we hope that 'Yep!' will prove to be the solution, too. Yep! is a collaboration between some truly brilliant community partners and

Cornwall Council to give 16 to 24-year-olds having a tough time support with:

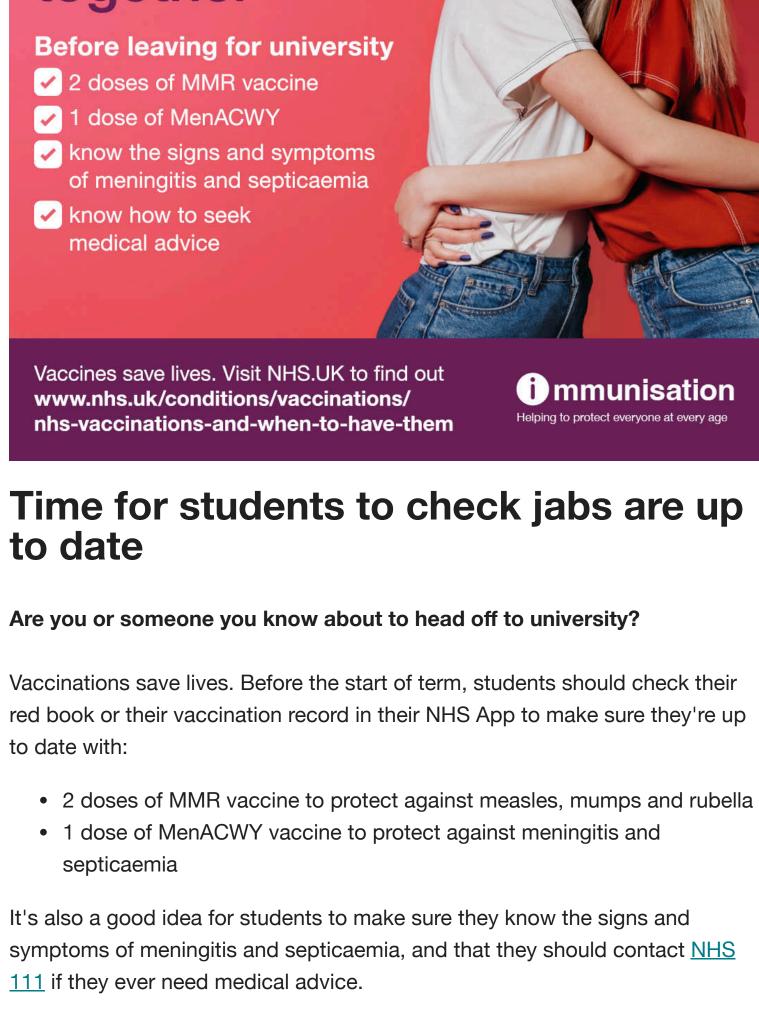
• work experience, apprenticeships and internship opportunities

Do you know a young person who's faced disadvantages in their life?

If you think you might know a young person who'd benefit from this support, hit the button below. To qualify, they need to be aged 16 to 24, living in Cornwall or the Isles of Scilly, be struggling in 16+ education, or not be in employment, education, or training at all.

Find more on how Yep! can help

Getting back together



Join a football league that makes you

Healthy Cornwall's hugely successful men's weight loss football leagues

In partnership with Plymouth Argyle Community Trust, Argyle FIT is a fun, light-

hearted league where both winning games and losing weight can help your

Argyle FIT:

Men's Weight Loss Football Leagues

feel like you win when you lose

return soon.

team climb the table.

• register with a GP as soon as they can, not wait until there's a problem

Check what jabs are due when

• arrange with their GP to catch up on any vaccines they've missed

Once they get to university, students should:

New league programmes restarting soon in: Penzance Camborne • Bodmin • St.Austell These sessions are a great way to get active, improve fitness and lose weight; all while having some decent banter and a laugh with a group of lads with similar goals. Get fit



some changes to Cornwall's bus

routes and timetables, which

come into effect next month

Most changes are designed to

to passenger feedback.

for Cornwall website here.

improve reliability or are in response

Find more details on the Transport

Don't forget the £2 single journey

bus fare offer is still available and

(September).

Let's get healthier together.

You're invited to one of our FREE

eating well advice, move more

mental health support and

volunteering opportunities.

Hayle Recreation

• Camborne, Basset

Centre: Saturday 14

September, 9.30am to

Ground: Saturday 14

September, 2pm to 5pm

wellbeing festivals for health checks,

activity sessions, and information on

Back to school and autumn health advice Back to school might mean proud

moments in first uniforms, hectic

times getting back to routines or

waving farewell to those going off

Or perhaps it's a sigh of relief at our

quieter beaches, roads and car

Often it seems to bring about the

beginning of the colder days and

With that in mind, Cornwall's

surviving the autumn term,

director of nursing Aisling Crombie

has put together some top tips for

keeping everyone in the family as

need medication and health care.

well as possible, and where to go for

to university.

parks.

winter bugs

Cornwall Council leader cllr Linda

Taylor is hosting more Listening to

The next one takes place in Truro on

10 September - in the Long Gallery

at County Hall and will be from 7pm

The sessions were due to take place

postponed because of the general

Find out more on our Let's Talk

earlier in the year but were

Cornwall website.

You events in September and

October.

to 8.30pm.

election.

there are good value fare deals to be had. **Download Cornwall's complete** bus timetable here.

Every year, we check the electoral

register is up to date so that

have their say.

everyone who has the right to

vote in upcoming elections can

We're sending emails and letters to

check your details. Please look out

for yours and follow the instructions.

every household, asking you to

YOUR VOTE MATTERS
DON'T LOSE IT

Remember, you can report lots of things to us online like:

✓ missed waste collections

✓ fly tipping

✓ graffiti

✓ potholes

✓ full litter bins

✓ broken street lights

✓ abandoned vehicles

News in brief using a special method called biochar to trap carbon in the soil and improve soil health. Find out more.

A new climate project has launched in Cornwall from Restord, a local startup You can also listen as Cllr Martyn Alvey discusses it on **Episode 5 of Restord's**

