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CORNWALL COUNCIL
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Stay in Touch

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

Over 75s offered RSV vaccine

Respiratory syncytial virus (RSV) is a major respiratory virus that is most common over the winter period, typically October to February. While the symptoms are mild for many, for some it can have more serious consequences. The new RSV vaccination programme, launching this September, will help prevent thousands of cases of RSV, GP visits and hospital admissions.

You'll be offered the RSV vaccine once you turn 75. RSV can cause pneumonia and other life-threatening conditions in older adults, with thousands needing hospital care each year.

From September 2024 the vaccine will be offered to adults when they turn 75. There will be a one-off catch-up programme for those already aged 75-79.

Find out more

Video featuring Emergency Department Consultant, Anna

The emergency department at the Royal Cornwall Hospital is really busy and experiencing long waits. Unless it's a life or limb emergency, please use a different service. This will help the emergency department team

care for the people who need them the most.

There are shorter wait times at minor injury units and the urgent treatment centre at West Cornwall Hospital.

You can also access Pharmacy First service at local pharmacies.

Check minor injury locations, opening and wait times online before you go – your nearest may not be your quickest.

Thank you for your understanding and support.

Find out where is best

New online tool for finding out care costs

Unlike health care, adult social care services are not free. We can work out a personal budget for the support you need.

If you have less than £23,250 in capital, you may be eligible for some help with the cost of your care. The amount you pay will depend on your:

- capital
- assets
- income
- savings
- benefits

You may have to pay for all of the costs, or you may be able to apply for financial help.

There's a new online eligibility checker to find out if you may be able to receive financial help.

Find out more

Share Your Experiences of HeadStart Kernow!

HeadStart Kernow has delivered a broad range of projects focused on promoting the social, emotional, mental health, and wellbeing of children and young people.

Our Public Health team want to hear about your experiences with HeadStart Kernow to help us understand what works well and how we can make things better. No matter if you've been deeply involved or just had a bit of contact with HeadStart Kernow, your thoughts are really valuable to us.

Your feedback is crucial in helping us understand the reach, impact, and future potential of HeadStart Kernow's work.

We've set up three different surveys to gather feedback from:

- professionals
- parents and carers
- children and young people

Pick the one that applies to you and share what you think. The survey should take no longer than 10 minutes to complete and your responses will be kept confidential and will only be used for the purposes of this evaluation.

The surveys will be open until Monday, 7 October.

Have your say

Final Summer of Wellbeing Festival is this weekend!

Newquay Orchard is the host for the finale of the NHS' summer wellbeing festivals on Saturday 21 September as part of its annual fayre.

The free family friendly event runs between 10am and 3pm featuring workshops, games, crafts, activities, entertainment and incredible food, plus market stalls, bio-blitzing, as well as a real-life mermaid!

Entertainment at the festival is from 4Motion Cornwall, SproutSpoken, St Agnes Kazookulule Club, CHAOS Radio, Imagine Outdoors Together CIC providing outside nature based children activities, Healthy Cornwall providing sport taster sessions and Better Leisure Newquay bringing along their rowers and other games.

Organisations attending to promote their services or health and wellbeing advice include Eden Project Communities, Cornwall Wildlife Trust, YEP!, Newquay Male Voice Choir, Friends of Newquay Hospital, Emmaus Community Trees, AgeUK, Smarter Smiles, Cornwall Council, Together for Families, ArtsWell, Dance Centred, Young People Cornwall and Healthwatch Cornwall. Food and drink stalls are also available on the day.

The festivals are part of our Healthier Together campaign with Healthy Cornwall, working together with a number of local voluntary and community partners to deliver the summer series of festivals.

Find out more

Booking system for waste now includes St Erth

A new booking system is being trialled at some of Cornwall's busiest Household Waste and Recycling Centres (HWRCs).

The system is now rolling out to St. Erth, and from Monday 23 September you can use the online system to book a slot in advance. You should also book in advance to use Newquay and Saltash HWRCs.

You can book a 30-minute slot on the Cornwall Council website at www.cornwall.gov.uk/tipbooking or by calling **0300 1234 141**.

You can book for the same day, if there are spaces available - or up to a week in advance. Once you've booked your slot, you'll receive an email confirming your booking.

Find out more

Have your say on 10-year plan for leisure facilities

You're invited to have your say on the Duchy's leisure facilities plan.

'On the Move: A Framework for Leisure Activity in Cornwall' sets out the Council's vision for leisure services. It looks at developing accessible and sustainable leisure facilities. addressing health inequalities and fostering inclusivity.

With no statutory funding for leisure provision, it's a challenging time for leisure centres across the country, but working with partners and leisure operators, we hope to explore different funding opportunities to maintain a sustainable network of leisure facilities across Cornwall.

Have your say

Cornwall's hospitals are very busy - can you help by supporting a friend or family member to come home from hospital?
The NHS can help you plan and get everything ready to get your loved one's home, where they can then recover better in the comfort of their own home.

Here's the support available:

- Virtual wards provide NHS hospital care at home - ask on the hospital ward about if you or a family member can be discharged into one.
- Discharge one -off payments can be used to pay for additional care, home adaptations. cleaning or decluttering to enable someone to safely remain at home. If you need financial support to help get a loved one home ask on the hospital ward for details.
- The **Community Gateway helpline** can also advise on what support is available to support someone leaving hospital, including personalised care plans which set out the help needed and available. Call between 8am-8pm, 7 days a week, 365 days a year on **01872 266383**.

Remember, it's ok to ask – 'when am I or my loved on going home?'

Read more here.

Remember, if you're a parent, carer or young person aged 11-19 you can access quick and easy health advice through the new ChatHealth messaging service. It provides a direct link with our health visitors and school nurses.

There are three dedicated text numbers:

- **Young people aged 11-19 can text 07312 263 096**
- **Parents or carers of children aged 0-5 can text 07312 263 423**
- **Parents or carers of children & young people aged 5-19 can text 07312 263 499**

When a text message is sent, an automated reply confirms it has been received. A nurse from the health visiting or school nursing teams will then reply within 48 hours.

Confidential help and advice are available for a range of health concerns including sleep, childhood illnesses and potty training to mental health concerns, relationship support and help with drugs and alcohol.

Find out more.

A suite of free online training courses and free face-to-face workshops are now available to parents:

Have you ever visited The Fal and Helford for recreation, even just for the afternoon? If so, we want to hear your views in the Fal and

Me, you and baby too - for help with the changes in relationships when a baby arrives.

Arguing better - for anyone looking to learn how to cope better with stress and deal with arguments in a healthy way.

Getting it right for children - for separated or separating parents. Learn to manage conflict and minimise the impact on your children.

Understanding your child aged 1 to 11 - Using the Solihull Approach, this 10-week workshop looks at your child's development, their behaviour and how they communicate.

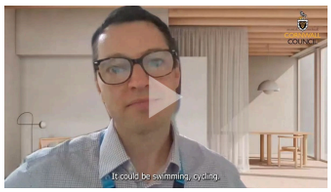
Find out more.

Helford Recreational Survey - which closes at the end of September!

The survey is being used to gather information on how you recreationally use the area, be it as a tourist, or as a local visiting on a daily basis, from those swimming and sitting on the beach, to those sailing, hiking and dog walking, we want to hear from everyone.

The survey has six chances to win a wildlife cruise on the Marine Discovery in Penzance. The results of the survey will be used to implement better protection and conservation measures across the Special Area of Conservation.

Take the survey.



September is World Alzheimer's Month, so throughout the month we'll be sharing some top tips for reducing your risk.

There are a whole range of things you can do to lower your chances of getting Alzheimer's disease and alltypes of dementia in later life.

In this video Dr Simon Vann Jones, talks about the benefits of being active and moving more.

Find out more.

Try out an e-bike for free to celebrate World Car Free day!

Sunday 22 September is World Car Free Day, when all around the world, towns and cities encourage motorists to choose alternative travel, instead of using their cars for the day.

Car Free Day provides a great chance for us to reimagine our streets and champion two wheels.

To help everyone take part, Beryl is offering **15 minutes of FREE riding with the code CFD24.**

You can download the Beryl App here.

Find out more.

How much do you know about the range of health and care support available to you in Cornwall and the Isles of Scilly?

More Listening to You events are being held in September and October. Cornwall Council Leader cllr Linda Taylor will be in Penwithick and Redruth on the following dates:

Complete this quick survey to help the NHS review the effectiveness of their spring and summer communications campaign and understand your knowledge of local health services.

Filled it in before? The NHS would still like to hear from you, to understand whether you have seen or heard NHS messaging this spring and summer.

Complete the survey.

26 September: Penwithick Community Hall, 57 Penwithick Road, PL26 8UH.

3 October: Redruth Community Centre, Foundry Row, Redruth, TR15 1AN

Everyone is welcome.

Click here for more information

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