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# Stay in Touch

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





our Cornwall guide to

## WINTER Wellbeing

OUT NOW

2024 - 2025

[www.cornwall.gov.uk/winterwellbeing](http://www.cornwall.gov.uk/winterwellbeing)

## Stay warm and well this winter

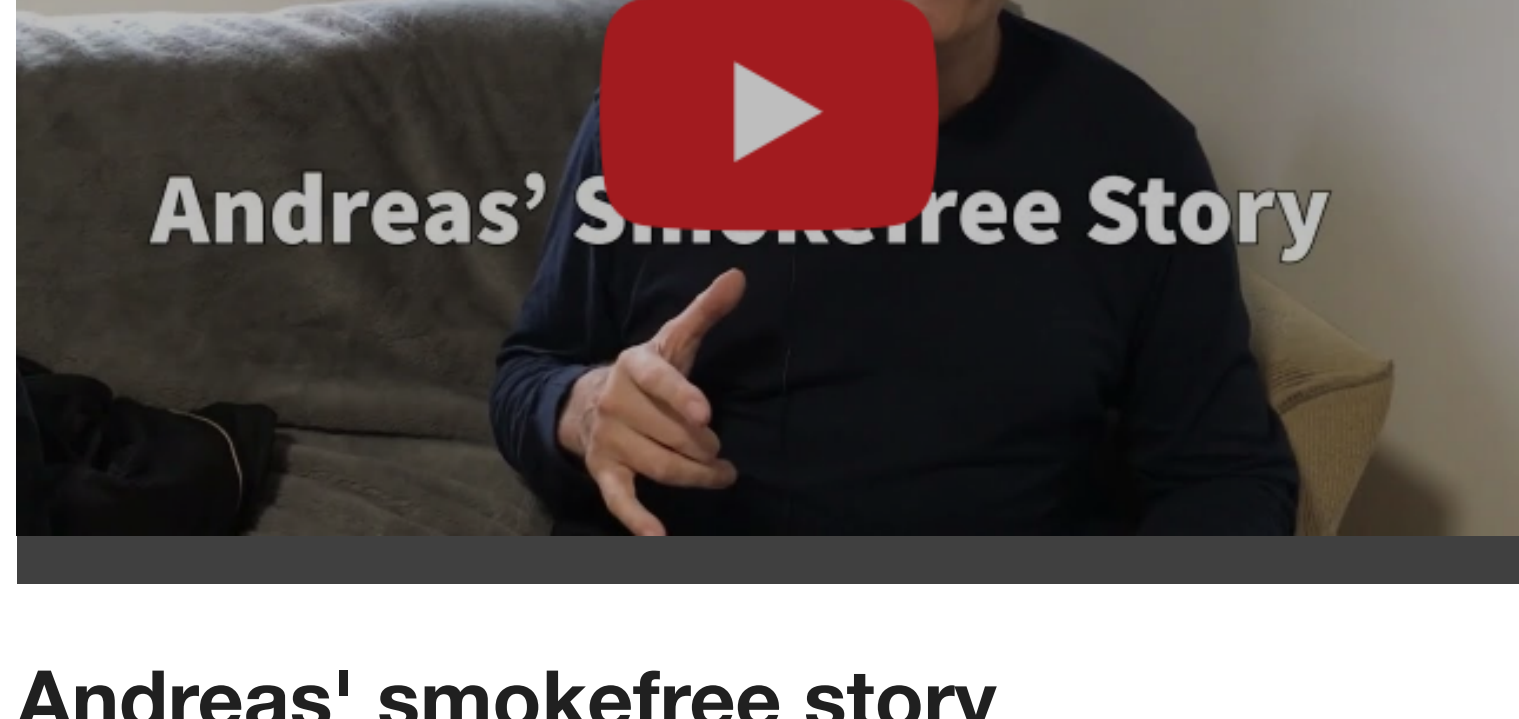
Now's the time to pick up this year's edition of our Winter Wellbeing Guide.

Produced by Inclusion Cornwall on behalf of the Winter Wellbeing Partnership and funded by our Public Health team, the guide features advice on preparing for cold and damp weather, as well as how to stay warm, well, safe and happy over the winter and beyond.

There's also information on where you can get extra support or find a warm and friendly place to meet others.

Hundreds of organisations all across Cornwall are ready to help. Their advice and contact information is available in the guide, which you can download from our website or pick up a printed copy in venues across Cornwall, including more than 50 community hubs, foodbanks, libraries, 96 pharmacies and 52 GP practices.

[Get your Winter Wellbeing Guide](#)



## Andreas' smokefree story

It's been fantastic to see so many stopping smoking success stories this Stoptober, congratulations to all those that have quit. However, just because Stoptober has ended that doesn't mean you can't start your journey to a smokefree life today. Our Healthy Cornwall team are always here and ready to support you to quit smoking.

Andreas has worked with the Healthy Cornwall team to finally go smokefree after 45 years. In this video he discusses his journey, the huge benefits he's had to his health since quitting and his motivations to quit for good; including his grandchildren, cats and rewards from his daughter.

If you'd like support to go smokefree, get in touch with our friendly team by phone: **01872 324200** or email: [healthy.cornwall@cornwall.gov.uk](mailto:healthy.cornwall@cornwall.gov.uk).

Visit the Healthy Cornwall website for more information.

[Visit Healthy Cornwall](#)



## Ever considered being a childminder?

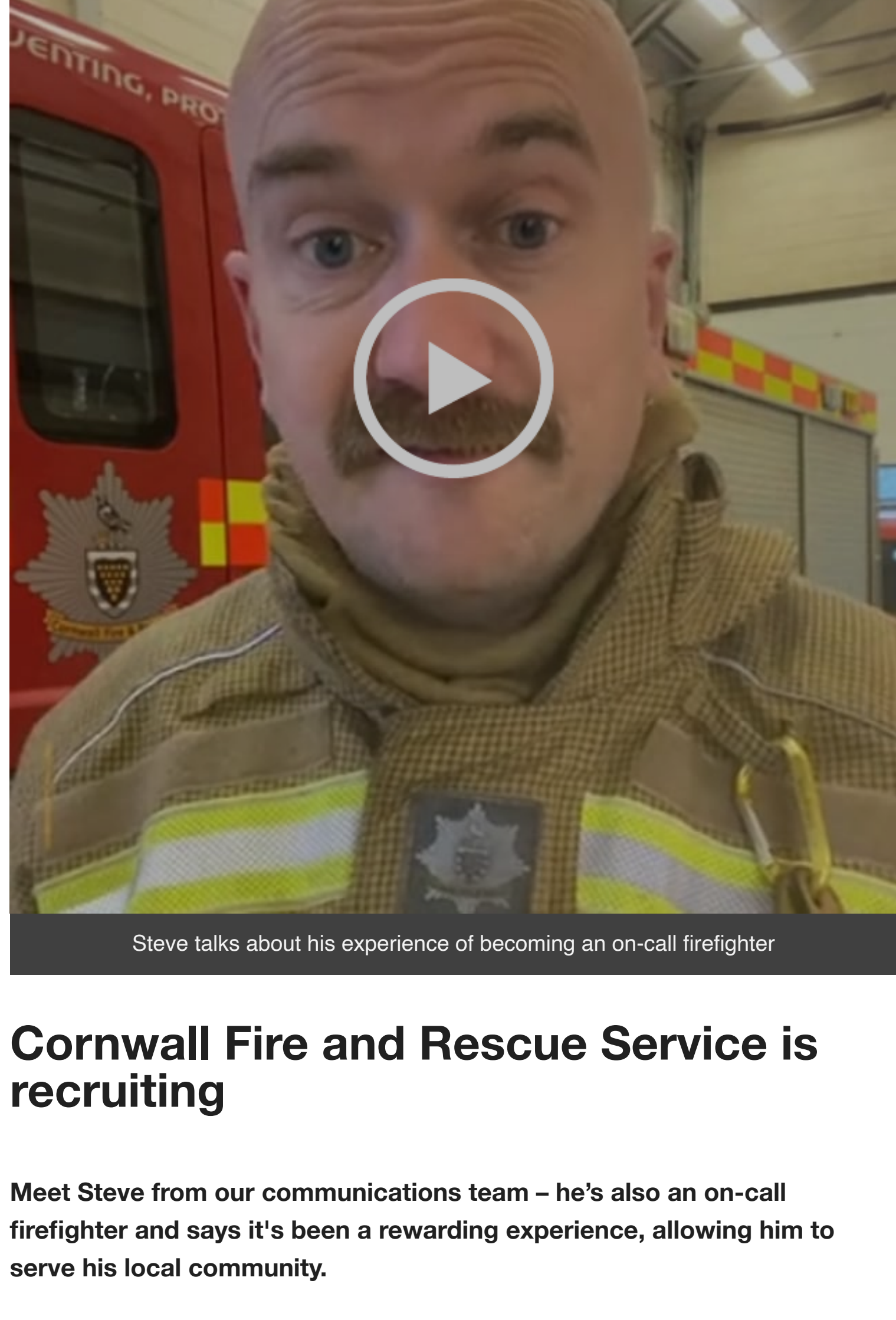
Work from home or in the great outdoors when the mood takes you, help positively shape a child's early years and earn money as a childminder.

If you love children and want to work in your own home at times that suit you, becoming a childminder could be the perfect career choice for you.

You can train on the job, follow your passions and share them with children in your care, and be there to nurture them. You can also choose how to do learning each day, whether it's going to the park, reading books, or doing crafts.

Being a childminder is a rewarding, fun, and flexible way to build your own business. What's more is you could receive a grant of up to £600 to help you get started.

[Find out more](#)



## Cornwall Fire and Rescue Service is recruiting

Meet Steve from our communications team – he's also an on-call firefighter and says it's been a rewarding experience, allowing him to serve his local community.

If you live or work within five minutes of a fire station, you could join the crew too. Click the button below to find out how.

[Find out more](#)



## Remembrance Sunday

They shall grow not old, as we that are left grow old:

Age shall not weary them, nor the years condemn.

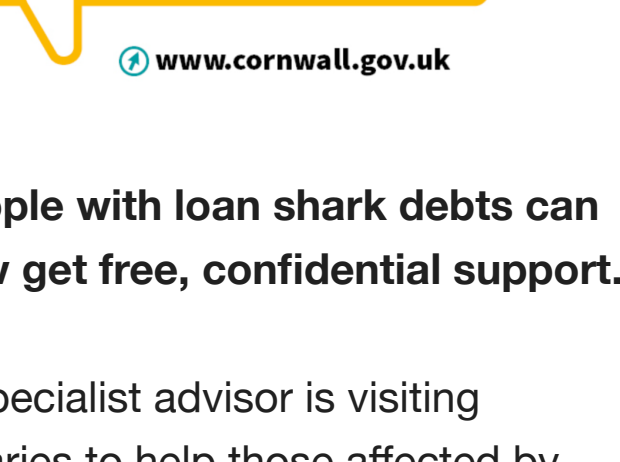
At the going down of the sun and in the morning

We will remember them.

Cornwall remembers.

If you are a veteran, or a member of the armed services community and you need support, click below to find out what support is available.

[Find support](#)



**Support for people with loan shark debts available at Cornwall's libraries**


[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

**People with loan shark debts can now get free, confidential support.**

A specialist advisor is visiting libraries to help those affected by illegal money lending.

Cornwall Council's Library Service has teamed up with the [England Illegal Money Lending Team](#) to offer a series of talks and events raising awareness about the dangers of loan sharks and the help available to people who have borrowed from them.

The libraries tour runs across Cornwall and the Isle of Scilly - [click here for dates and location and more information](#).



**Cornwall's Baby Show**

REGISTER FOR FREE ENTRY

SUNDAY 17TH NOVEMBER, 10AM - 4PM

HAPPY DAYS NURSERY, SUMMERCOURT

CORNWALL'S REVIND RADIO

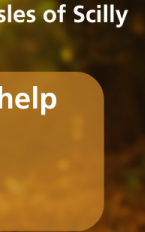
NHS Cornwall and Isles of Scilly

**On Sunday 17 November, Happy Days Nursery in SummERCOURT will play host to the Cornwall Baby Show.**

The event is backed by NHS Cornwall and Isles of Scilly and Revind Radio, and aims to offer a range of resources and support for new and expectant parents.

The show will be open to the public with free entry from 10am to 4pm.

[Find out more](#)



**Could your personal experience help shape the future of palliative and end of life care in Cornwall and Isles of Scilly?**


Find out how you could join our palliative and end of life care lived experience group - link in the post

**Could your personal experience help shape the future of palliative and end of life care in Cornwall and Isles of Scilly?**

The NHS are gathering experiences and feedback from local people, either personally or as a carer, to help improve the way palliative and end of life services are provided.

Your voice and experiences will help shape how the NHS develops and delivers palliative and end of life care, prioritising what matters most for people and their families, friends and carers at such an important and difficult time in their lives. [Find out more](#).

Register your interest by completing this [online form](#).



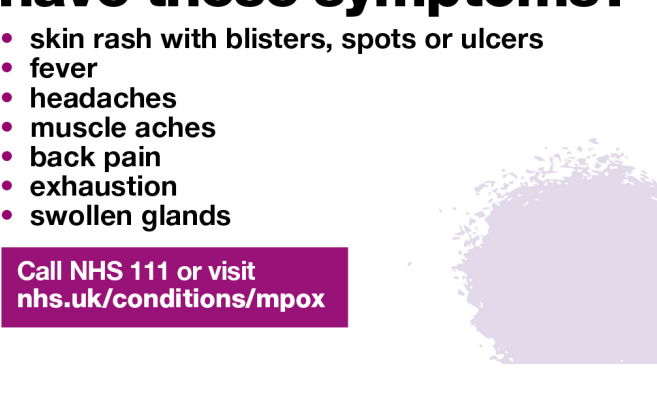
**Why is it important to you to get your Flu vaccination?**

**People who are clinically at risk should get their flu and COVID-19 vaccinations ahead of winter.**

We encourage all residents aged 6 months and over who are clinically at risk (those who have a serious long-term health condition) to get protected against the flu and to top up their immunity against COVID-19.

People who have underlying health conditions are at higher risk of complications, serious illness, hospitalisation and even death if they catch either or both of these viruses.

The vaccinations are safe and effective, and are offered free on the NHS. You can book your or your child's vaccinations via the [NHS website](#), with your GP surgery or with your local pharmacy.



**Mpxx**

**Travelled to an affected country and have these symptoms?**


- skin rash with blisters, spots or ulcers
- fever
- headaches
- muscle aches
- back pain
- exhaustion
- swollen glands

Call NHS 111 or visit [nhs.uk/conditions/mpox](https://nhs.uk/conditions/mpox)

**If you've visited a country affected by mpox look out for the symptoms below and click the link below to find out more.**

- skin rash with blisters, spots or ulcers
- fever
- headaches
- muscle aches
- back pain
- exhaustion
- swollen glands

[Find out more](#).



**The Green Home Improvement Loans Scheme for Landlords**

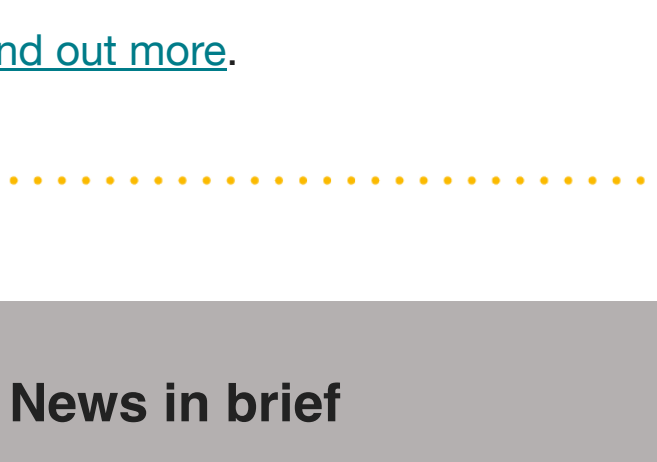
[Find out more](#)

**Are you a landlord? Want to boost the energy efficiency of your property at low cost?**

Join our free webinar on 25 November at 10am, to find out about new Council-backed low-cost loans that can help you fund energy saving home improvements such as solar panels, heat pumps and more.


The webinar will include a presentation from Lendology on what we can offer Landlords and talk through how to plan improvements and budget using our Homewise tool

[Book your place](#).




**News in brief**

Cornwall and the Isles of Scilly could be in line for up to £49 million of additional local growth funding under a one-year extension of the government's Shared Prosperity Fund (SPF) programme, announced in the Budget. [Find out more](#).




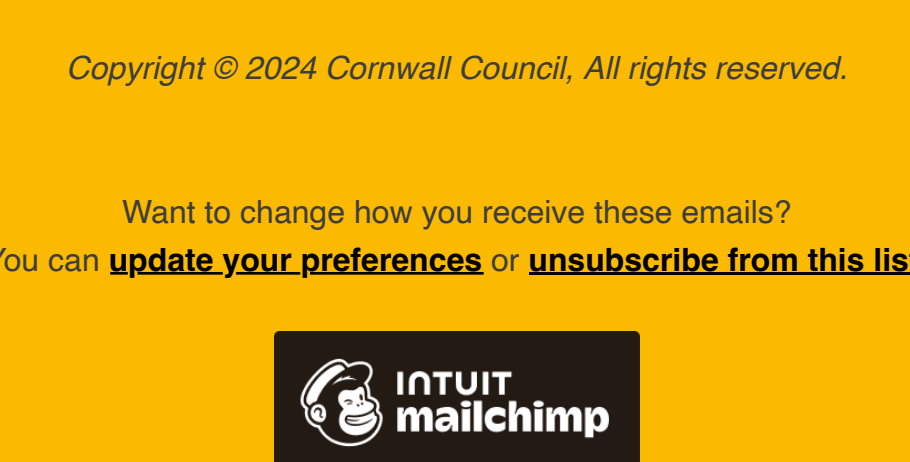
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