Subscribe **Past Issues** View this email in your browser **Stay in Touch** Pesyewgh Kestava Together for a carbon neutral Cornwall where everyone can start well, live well and age well **Have** your **Draft budget** say... 2025/26 https://letstalk.cornwall.gov.uk Have your say on our draft budget proposals A public consultation has launched for our draft budget proposals for 2025/26. The draft proposals were approved by the Cabinet when it met in Truro on Wednesday this week. The meeting heard how, despite some increased funding announced in the Autumn Statement in Westminster last month, the financial challenges facing local authorities across the UK means difficult choices must be made in order to balance our books. To address those challenges, measures in the draft proposals include: Increases in fees and charges Some reduction in workforce costs Reducing levels of some services The proposed budget would see Council Tax rise by 4.99%, which includes a 2% adult social care precept. Find out more about the proposals and have your say on the Let's Talk Cornwall website using the button below. Have your say Our 25 salt spreading superheroes are once again ready to take to our roads. Our salt spreading superheroes are ready for action As winter's chill sets in, Cornwall's gritters are already hard at work, ensuring our roads remain safe and navigable. Operated by Cormac, these dedicated crews treated around 64,500 miles of Cornish roads last year, a distance equivalent to circling the Earth two and a half times. By salting the roads, they lower the freezing point of water, preventing ice formation and reducing the risk of accidents. The Cormac teams are on standby 24/7, even on Christmas Day, ready to respond based on real-time data from 22 road sensors and expert weather forecasts. This proactive approach ensures that our roads are treated before ice can form. This year, our 25 salt-spreading superheroes are back, and they have names chosen by you! Whether you suggested a name or voted for your favorite, these gritters are prepared to keep our roads safe throughout the winter season. Find out more Forest for Cornwall Koos rag Kernow Collect a free tree **23 November** | 10.30am - 12.30pm Newquay Library, Marcus Hill, TR7 1BD 26 November | 10am - 12 noon Falmouth Library, The Moor, TR11 3QA **26 November** | 2pm - 4pm St Austell Library, Carlyon Road, PL25 4LD **27 November** | 2pm - 4pm Wadebridge Library, Southern Way, PL27 7BX **30 November** | 10am - 12 noon **St Ives Library**, Gabriel Street TR26 2LX **30 November** | 10.30am - 12.30pm Camborne, Kehelland Trust Shop, TR14 8AT **30 November** | 6pm - 8pm Plant a tree for **National** Camelford Library, Market Place PL32 9PD Tree Week **MEDPOUIP** MORGAN SINDALL Cornwall Libraries www.cornwall.gov.uk/forestforcornwall Collect a tree for free Forest for Cornwall is celebrating National Tree Week (23 November -1 December) with a series of free tree giveaways. Each tree will come with an information leaflet on how to plant and grow your tree. This is in partnership with Cornwall Libraries, who will also be putting on displays on the fantastic benefits of trees for everyone. Many local Women's Institutes will also be planting trees in their local area. Over the winter season over 400 hectares of trees are also being planted by farmers and landholders, as well as 20km of new hedgerows. Find out more There are many different places that can help you across Cornwall and the Isles of Scilly including: 10 Minor Injury Units Most are open every day, including evenings and weekends. Check times before you go. **Urgent Treatment Centre at West Cornwall Hospital** Open every day 8am until midnight. Pharmacies and **Community Hubs** See information below. Where to get health help Help keep emergency departments for the people who need it the most. Choose to use one of the ten minor injury units and urgent treatment centres in Cornwall for faster care. Most are open 7 days a week and evenings. No appointments needed either! You can check locations, opening and wait times before you go on the Royal Cornwall Hospital website There are also nearly 100 pharmacies that can offer medical advice and help with: • Earache (age 1 to 17) • Sinusitis (age 12 and over) • Sore throat (age 5 and over) Infected insect bite • Impetigo, a skin infection • Shingles (age 18 and over) • Uncomplicated urinary tract infections in women (age 16 to 64) To find local pharmacy locations and opening times visit the NHS website. Unsure? Check advice NHS 111 online: 111.nhs.uk/ Find out more StepAhead: Internships, **Apprenticeships and Beyond** Join us for an Exciting, Interactive Career Event at The Eden Project! Head to the first-ever **StepAhead** event on **4 December** at the Eden Project from **10.00 am – 3.00 pm.** The event will be attended by some amazing education and support providers for young people, as well as local employers. If you want to participate in a fully interactive event that allows you to connect with companies and employers to plan your career next steps, or if you have no clue as to what is next for you, then this is the place to be! To attend simply be a learner aged 16-18 years old or aged 16-24 years old with an EHCP, a parent/carer or a professional wanting to find out more. Book a space now Nick explains the importance of vaccinations for people with immunosuppression Get vaccinated against COVID and the flu If you have a weakened immune system due to a health condition or medical treatment you are eligible for the flu and COVID-19 vaccinations. We encourage all residents aged 6 months and over who are immunosuppressed (meaning they have a weakened immune system due to a particular health condition or because they are on medication or treatment that suppresses their immune system) to get protected against the flu and COVID-19 ahead of winter. People who are immunosuppressed, or who have specific other medical conditions, may have a reduced ability to fight infections and other diseases, and 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. **Book a vaccination** LOCAL OFFER SEND CORNWALL de on 7, 14 and 23 There are many changes December 2024 happening to help children and young people with Special **Educational Needs and** It will be free to park in all Disabilities (SEND) and their **Cornwall Council car parks** families. and travel on the Truro Park & Ride for three dates in December, To learn more, visit the Cornwall including Small Business Saturday Council's **SEND Updates page on** on 7 December. our website. Council pay and display, and pay on There you can sign up for the SEND exit car parks, and the park and ride, Update newsletter. It shares news will be free Saturday 7, Saturday 14 and information for children and and Monday 23 December. families with SEND. **Find out more Feeling Ionely** and isolated? Get help with Community **Gateway** 01872 266383 It's Road Safety Week from 17-23 Find support from the Community **Gateway this winter.** November. Did you know Beryl bikes can help Call the the free Community you stay bright with strong front and Gateway helpline on 01872 266383, rear lights? And wearing high-vis 8am - 8pm, 7 days a week, clothes, accessories and a cycling to connect to a range of support helmet can help you stay even safer. services in your local community. **Find out more Find out more** Has their face fallen on Can they raise both arms and keep them there? How can we waste less and To call 999 if you see any single one of these signs recycle more letstalk.cornwall.gov.uk/recycling WHEN STROKE STRIKES, ACT F.A.S.T. There is still time to share your The first sign of a stroke might not views on how Cornwall can seem like much. Like not being reduce waste and recycle more able to raise your arm, or over the next ten years, to comply struggling to smile, or slurring with new legislation and meet when you speak. national targets set by the Government. Even if it doesn't seem like it, any sign of a stroke is always an emergency. Call 999 immediately You have until 24 November to give your feedback on the Council's when you notice any sign of a stroke existing waste services and what Act FAST. Face or Arm or Speech, at more we can do to encourage waste the first sign, it's Time to call 999 reduction, reuse and recycling in future. Visit www.nhs.uk/ActFAST for more **Share your views** information. **News in brief** Eligible working parent? You can now apply for your code to access funded childcare from 1 January for: 15 hours' childcare for your child aged nine months up to three years 30 hours' childcare for your child aged three or four **Find out more** Have you struggled to access mental health services in Cornwall? Healthwatch Cornwall wants to hear from you. Share your experience through their new survey to help shape the future of mental health support across Cornwall. Take the survey Subscribe to the Forward to a friend newsletter **OUR PRIORITIES FOR CORNWALL** A thriving, An empowering A brilliant place to be a child sustainable and enterprising Cornwall and grow up communities Council Copyright © 2024 Cornwall Council, All rights reserved. Want to change how you receive these emails? You can update your preferences or unsubscribe from this list.

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