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Stay in Touch Pesyewgh Kestava Together for a carbon neutral Cornwall where everyone can start well, live well and age well Christmas\* collections for, recycling, rubbish, food and garden waste If your collection is due on: We'll collect on: Monday 23 December **Normal Collection** Tuesday 24 December **Normal Collection** Wednesday 25 December Friday 27 December Thursday 26 December Saturday 28 December **Monday 30 December** Friday 27 December Monday 30 December **Tuesday 31 December** Tuesday 31 December Wednesday 1 January Wednesday 1 January **Thursday 2 January** Thursday 2 January **Friday 3 January** Friday 3 January Saturday 4 January All other collections will take place as normal. To download a collection calendar visit www.cornwall.gov.uk/myarea or

<sub>(</sub> call **0300 1234 141**. www.cornwall.gov.uk/recycle Everyone's waste collections change this Christmas As Christmas approaches, here's a quick reminder - your recycling, rubbish, food waste and garden waste collections will run on different days over the festive season! If your usual collection falls between 25 Dec and 3 Jan, it will be moved one or two days later for everyone in Cornwall. Find your full Christmas collection schedule on the My Area of our website, or check the annual calendar we sent out. **Check your collection day** UK Government **Over State** 

RSS 🔊

Translate ▼

Pension age?

You could be entitled to **Pension Credit** and get the Winter Fuel Payment.\* Check your eligibility for Pension Credit online.

Credit where credit's due Around a third of those eligible for Pension Credit are not claiming it and could be missing out on extra money each week. The average weekly amount of Pension Credit is over £75. A change in circumstances can make someone newly eligible for Pension Credit (for example, bereavement, a change in health or disability). So even if you've applied before and did not get it, it may be worth another look.

And if you get the Guaranteed element of Pension Credit, you'll also be

entitled to The Warm Home Discount Scheme, which is a one-off £150

Check if you're eligible

But you need to apply for your pension credit by 21 December.

\*or the Pension Age Winter Heating Payment in Scotland

Eligibility criteria apply

discount off your electricity bill.

## Proud to Care Come to the Proud to Care hiring event

www.proudtocarecornwall.org.uk/events

Could you be Proud to Care?

with interactive, hands-on training.

• St Austell College – 5 February 2025

• Shire House Suite, Bodmin – 27 February 2025

We all feel the cold in winter, but for

some people, cold weather and damp

cause really serious health problems.

www.cornwall.gov.uk/winterwellbeing

For information and advice see our

Winter Wellbeing guide.

Stay well this winter

experiences.

career.

coming up:

13 January 2025 • 10am - 4pm Penzance Leisure Centre

**Meet local** 

employers

Join us for the first Proud to Care Cornwall Hiring Event of 2025 in **Penzance** and explore a world of opportunities in care! **Penzance Leisure Centre 13 January 2025** 7 10am - 4pm What's waiting for you? • Experience the role of a care worker like never before! Try our VR

headsets and immerse yourself in a "day in the life" of a care worker

• Meet local employers offering a wide variety of roles to suit all skills and

• Enjoy refreshments as you explore your next steps in a rewarding

Can't make it to Penzance? Don't worry—we've got more hiring events

Whether you're starting a new career, returning to work, or looking for a fresh challenge, this event is your chance to take the first step in a fulfilling and meaningful role. Find out more

COVID-19, flu and other infections and diseases can cause serious illness. But there's plenty you can do to reduce your risk of catching or passing them on to others. **Good hygiene:** 

cover sneezes and coughs with a tissue or the crook of your elbow

• clean your surroundings often, particularly areas lots of people touch like

• If you have symptoms of a respiratory infection such as cough, cold, flu

or COVID-19, and you have a high temperature or feel unwell, stay at

• open doors or windows, even for a few minutes, when meeting others

WINTER Wellbeing

## home and avoid contact with others until you no longer have a high temperature and no longer feel unwell • stay at home for 48 hours after your last episode of vomiting and diarrhoea

• don't visit care homes and hospitals

indoors, to reduce the risk of spreading infections

wash your hands thoroughly and regularly

door handles and light switches

Stay home when you're sick:

**Get vaccinated:** 

winners

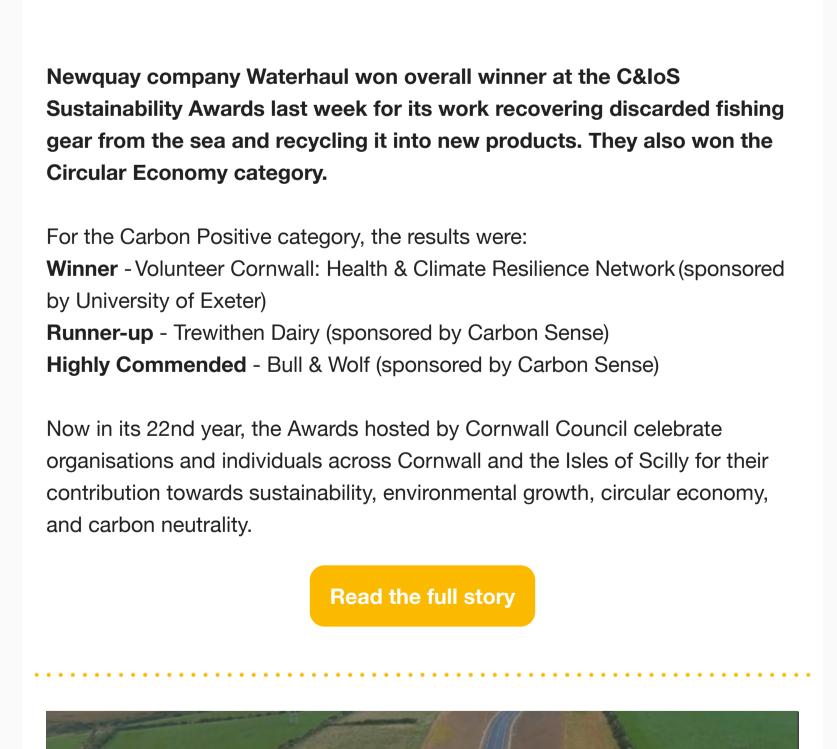
until 19 December.

• take up invitations to be vaccinated against flu and COVID-19, as well as other infections and diseases. You can book your flu and COVID-19 vaccinations on the NHS App, or book online at www.nhs.uk/bookflu and www.nhs.uk/bookcovid. Can't get online? Call 119. The flu and COVID-19 national booking systems and the 119 booking service will be open

For more advice on staying well this winter pick up a copy of the Winter

Wellbeing guide. Find out more

Meet this year's sustainability award



Volunteers plant new wildflower

corridor along 430 to St Austell

link road

New wildflower corridor planted

Over the last four years volunteers working with the National Wildflower Centre

at Eden Project have been collecting seeds by hand to line the new A30 to St

The wildflower corridor will improve biodiversity by creating habitats for local

wildlife. We joined the volunteers as they scattered seeds along a roadside

New wildflower corridor created

Museur

Austell link road.

## verge. Find out more about the course NHS let's talk **Kernewek Help build** Tas Nadelik a health service **Father** fit for the future Christmas

🕜 www.cornwall.gov.uk

**Fancy adding some Cornish to** 

Nadelik) or conversation this

year?

situation:

nowydh da!

Nadelik - Christmas

Yeghes da! – Cheers!

your Christmas cards (kartennow

Here are a few festive phrases and

Nadelik Lowen! – Merry Christmas!

Happy New Year! - Bledhen

Tas Nadelik – Father Christmas

Santa Clause is coming to town

Check out our short Let's Talk

and phrases being spoken.

Tas Nadelik dos a wra dhe'n dre -

Kernewek film to hear these words

Was your child born between

1 September 2020 and

31 August 2021?

It's time to apply

for a school place.

words perfect for any Christmas

Whether you have a little to say or a lot, your views, experiences and ideas will shape immediate steps and long-term changes: a new 10-Year Health Plan for the NHS. This is a once in a generation opportunity to make the NHS fit for the future. Together we can fix it. We need your voice. Go to change.nhs.uk to find out how you can take part.

**SAY...** 

If you've recently been in touch

with us, we'd like to hear your

views on how it was for you.

Our survey is about customer

customers.

service, how you can contact us,

accessibility, our culture and values,

and how we use technology with our

Please head over to the Let's Talk

Cornwall website to have your say.

www.cornwall.gov.uk

NHS staff are working harder than

ever to get services back on

Change is needed, but we also

need are already here, working

somewhere in the NHS today.

care.

track, to get waiting lists down

and consistently deliver the best

know that many of the solutions we

f people are now thinking about he ght make some changes in January

Are you thinking about starting your

stop smoking journey in the New

If your child was born between 1 September 2020 and 31 August 2021 then it's time to apply for a school place in reception class so your child can start in September 2025. You need to apply even if your child attends a nursery or pre-school. The deadline for applications is 15 January 2025. Apply now...

**Tell us about your childcare** 

needs and experiences

Childcare provision survey 2024

Planning ahead is key! Olivia from our **Healthy Cornwall** team shares some top tips to help you get resolution ready, Watch our short video to help yourself make a plan.

**Get resolution ready!** 

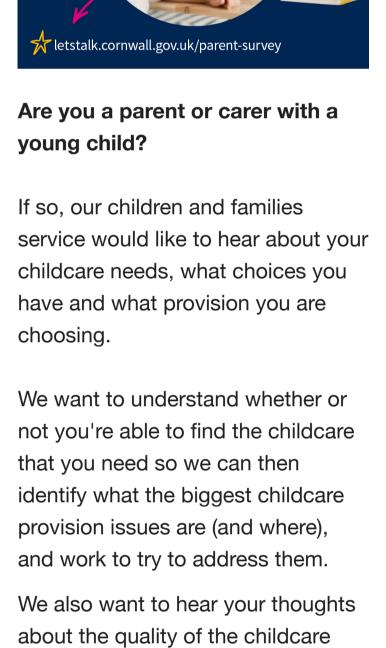
Year?

**News in brief** Did you miss our Facebook live Q&A session this week about nature

attractions, to vital support services.

**OUR PRIORITIES FOR CORNWALL** 

Forward to a friend



You can find our survey on the Let's

Talk Cornwall website until

you're choosing.

20 December.

recovery? If so you can catch up and watch the event via Facebook or YouTube. Village halls, youth centres, and community spaces are among 23 projects across Cornwall receiving a share of nearly £1.9 million in grants from **Cornwall Council**. The Council launched the fourth round of the Community Infrastructure Levy (CIL) Fund last spring, to fund community infrastructure projects. Our Family Information Service has won a national award for its brand new website. The new and improved Service Directory is a one-stop shop for children and families, offering information about everything from family activities and Subscribe to the newsletter

A thriving, A brilliant place An empowering and enterprising to be a child sustainable supportive and grow up communities Council Cornwall 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. intuit **mailchimp**