Stay in Touch Pesyewgh Kestava Together for a carbon neutral Cornwall where everyone can start well, live well and age well RSS 3

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Get a warm welcome at Cornwall's **Family Hubs** www.cornwall.gov.uk A warm welcome awaits If you fancy getting out after the Christmas break, meeting other parents and finding friendly support on all aspects of parenting, why not visit one of our Family Hubs? <u>Family hubs</u> are warm, inviting spaces where parents and caregivers can share stories, get advice and meet other families - supporting each other on the journey of parenthood. From expecting a newborn, to nurturing toddlers, to helping teens through

Come to the

child the best start to life.

We can't wait to meet you!

so pop along to meet them!

Penzance Leisure Centre

13 January 2025

What's waiting for you?

We can't wait to welcome you!

CORNWALL YOUTH

🧭 10am - 4pm

Proud to Care hiring event 13 January 2025 • 10am - 4pm Penzance Leisure Centre **Meet local** employers

Proud to Care

adolescence, you'll find the services and the support you need to give your

Find out more

www.proudtocarecornwall.org.uk/events

Proud to Care in Penzance Our Proud to Care recruitment team are heading to Penzance next week,

 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 with interactive, hands-on training. • Meet local employers offering a wide variety of roles to suit all skills and experiences. • Enjoy refreshments as you explore your next steps in a rewarding career. Can't make it to Penzance? Don't worry—we've got more hiring events coming up: • St Austell College – 5 February 2025 • Shire House Suite, Bodmin – 27 February 2025 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 and save the date <u>www.proudtocarecornwall.org.uk/events</u>

Find out more

Cornwall

communications team.

We've got a range of online courses to help navigate parenting challenges Parenting help If you're a parent there's lots of challenges from the first few weeks and

into adolescence (and beyond). We provide a range of helpful webinars,

One of these is our evidence-based workshop, using the Solihull Approach.

your child's development, their behaviour and how they are communicating.

You can also listen to our Empowered Parenting Podcasts, bringing you top

tips and guest speakers discussing a range of topics relating to your parenting

Positive Parenting Bitesize Sessions are interactive 2-hour sessions, delivered

by our Early Help parenting team to support on a wide range of topics. These

Friday 17 January - Solihull Approach workshop for parents (ages 0-11)

are the course dates for January - but check our webpage for more courses

Monday 13 January - Supporting Healthy Relationships

Monday 27 January - Introduction to the teenage brain

We've also got our **Empowered Parenting podcasts** that you can listen to

Find out more

Free webinar and information on damp

The presence of damp and mould can also affect mental health due to worries

You can come along to a FREE webinar on Tuesday 28 January at 10am and

find out more about the effects of mould and what you can do to prevent and

Cornwall Council's Private Sector Housing <u>advisory leaflet</u> offers simple tips to

try and prevent condensation, dampness and mould growth within the home.

The Winter Wellbeing guide is also available which offers useful advice from

organisations providing services and support to help residents. Page 32 of the

guide particularly focuses on damp and mould and includes some helpful tips.

about the health impacts, unpleasant living conditions, damage to the home,

Damp and mould growth has adverse health impacts, including

respiratory effects such as asthma, and serious illness.

WINTER Wellbeing

Friday 31 January- Supporting education and school

Monday 20 January - Technology and safety

Friday 24 January - Remaining calm

This transformative 10-week workshop offers a reflective space to think about

seminars and other information to help you.

journey.

and dates in 2025.

whenever suits you!

Free webinar

Damp and Mould Jan Causes, health impacts, solutions 2025 and support for private landlords

and mould in the home

and it has an impact on fuel costs.

treat it.

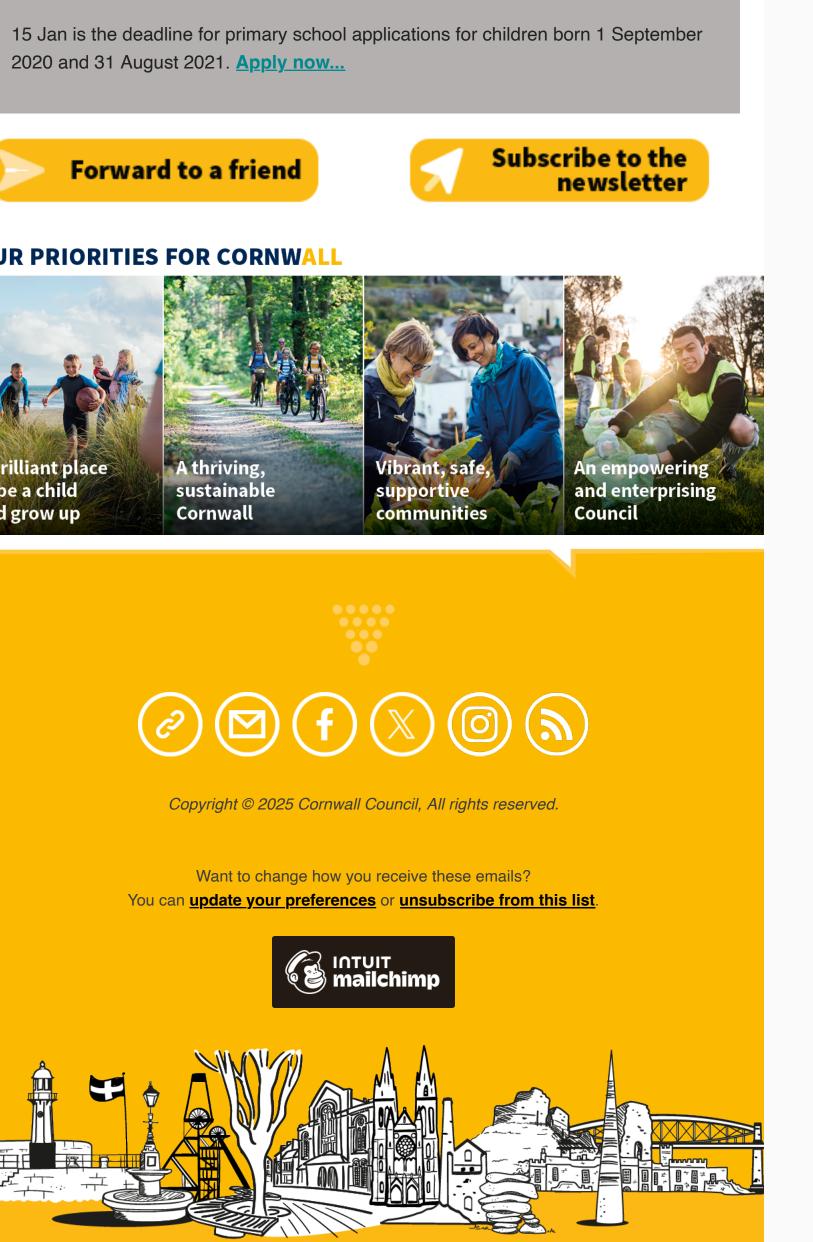
Want to eat healthily?

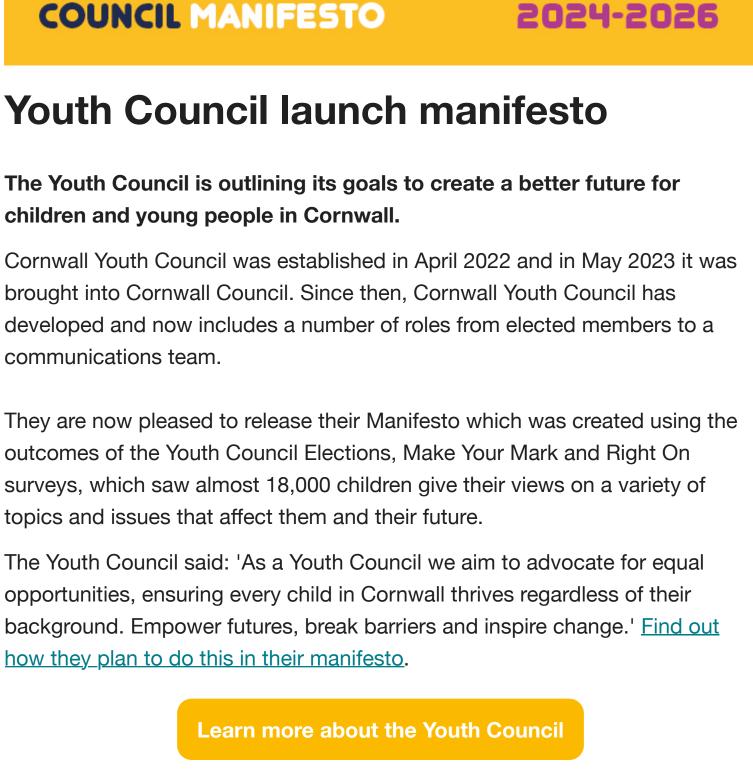
It's time to get Healthy Cornwall

We can help you make changes to

lead a happier, healthier lifestyle.

BMI Healthy weight loss advice and support Answers to nutrition queries Having food diaries checked over Recipe ideas Physical activity ideas Stop smoking support, tools and resources Signposting to other services ...and much more Find out where to drop in **Know your** CORNWALL **Listening to you** care costs **Event for d/Deaf people** With BSL interpreters and live captions well, live well www.cornwall.gov.uk/ and age well? payingforcare **O 23 January**, 2pm Camborne Deaf Community Centre 5a East Charles Street, Camborne, TR14 8JF letstalk.cornwall.gov.uk/listening-to-you





28 and residents

Book a place

www.healthycornwall.org.uk Is your New Year resolution to lose weight in 2025? Get FREE support from our friendly team at Healthy Cornwall to lose weight and improve your overall health and wellbeing.

Our FREE Digital Healthy Weight Programme runs for 4 weeks and is designed

to help adults across Cornwall to begin their weight loss journey and

support longer term weight and healthy lifestyle goals.

website now.

Each session is just 30 minutes long and delivered online.

involved in improving your health and wellbeing, including:

understand how to use the free tools and links provided by our team to

We have a new programme running each month, book your space on our

Or if you'd prefer to speak to someone in person pop along to our Healthy

Lifestyles Support Drop-in Sessions happening in locations across Cornwall.

These FREE sessions are a chance for you to catch up with your local Health

Getting an up-to-date weekly weight measurement inc. muscle mass and

Improvement Practitioners for advice and support about a range of topics

benefits You may have to pay for all of the for financial help. There's a <u>new online eligibility</u> checker to find out if you may be able to receive financial help. Be a Councillor. Help shape your community and Cornwall's future. **#BeaCouncillor** www.cornwall.gov.uk A driver has been issued a £150 their passengers dropped litter out of the car. The offence took place in Bugle, passion and dedication to making CCTV. your community better.

 capital assets income savings costs, or you may be able to apply Be a councillor! Want to make a difference in your community and, **Fixed Penalty Notice after one of** thinking of standing as a councillor? You don't need political experience to become a councillor - just near St Austell, and was captured on

The footage showed a car pulling in and a passenger getting out of the

These sessions are free for anyone to drop in, just turn up and speak to one of our members of staff. **Cllr Linda Taylor, Leader of** Unlike health care, adult social Cornwall Council, will be visiting care services are not free. We more towns during January and can work out a personal budget February to meet informally with for the support you need. you. If you have less than £23,250 in capital, you may be eligible for some Linda has really enjoyed meeting help with the cost of your care. The people at her other events and is amount you pay will depend on looking forward to meeting more your: people in the coming weeks. Come along to any of the following venues to chat with Linda about local issues, Cornwall Council services and priorities, or anything else that's on your mind: 23 January, 2pm - 4pm Camborne Deaf Community Centre, 5a East Charles Street, Camborne, TR14 8JF. This event is for d/Deaf people and will have BSL interpreters and live captions on a screen for attendees with hearing loss. Find out other upcoming Listening to You events

You'll receive training, access to IT resources, and a Members' vehicle. A McDonald's takeaway bag Handbook to help support you in and McFlurry cup were dropped out your role. Everything you need to of the car while the door was open. succeed! The passenger was later seen Learn more about becoming a kicking the litter before getting back councillor and head along to our into the car. Read the full story... event on 18 January at County Hall in Truro from 9am. Cornwall and Isles of Scilly **Eat well** Find tips to k healthy during winter mont Ruth **Public Health** Vote now for the Cornwall Stay Well this winter. In partnership Heritage Awards' Object of the with local health and wellbeing Year 2025! partners, NHS Cornwall and Isles of Scilly is sharing tips, information and Cornwall Heritage Awards have resources to help improve your celebrated Cornwall's 80 plus wellbeing in the colder winter museums, art galleries, historic months. properties, industrial heritage sites, This week's Stay Well champion, and archives since 2018. Every year, Ruth, shares eating well tips to keep the coveted Object of the Year healthy during the winter months. category is decided by public vote. Read about the six objects inspired Watch Ruth's video to find out more. by Cornwall's creativity here and Visit the Stay Well this winter in vote for your favourite. **Cornwall** webpage for weekly advice from the community champions. **News in brief** Plans for Langarth Garden Village have reached another major milestone following approval of a Compulsory Purchase Order for the remaining land required for the development.. Read the full story... If you live in, or near Padstow, pick up a free tree sapling on 11 January as part of the Forest for Cornwall back garden project. Head to Padstow church rooms 10:30-12:30 to get yours. OUR PRIORITIES FOR CORNWALL A brilliant place to be a child and grow up