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



Is your child's school ready for Big Walk and Wheel?

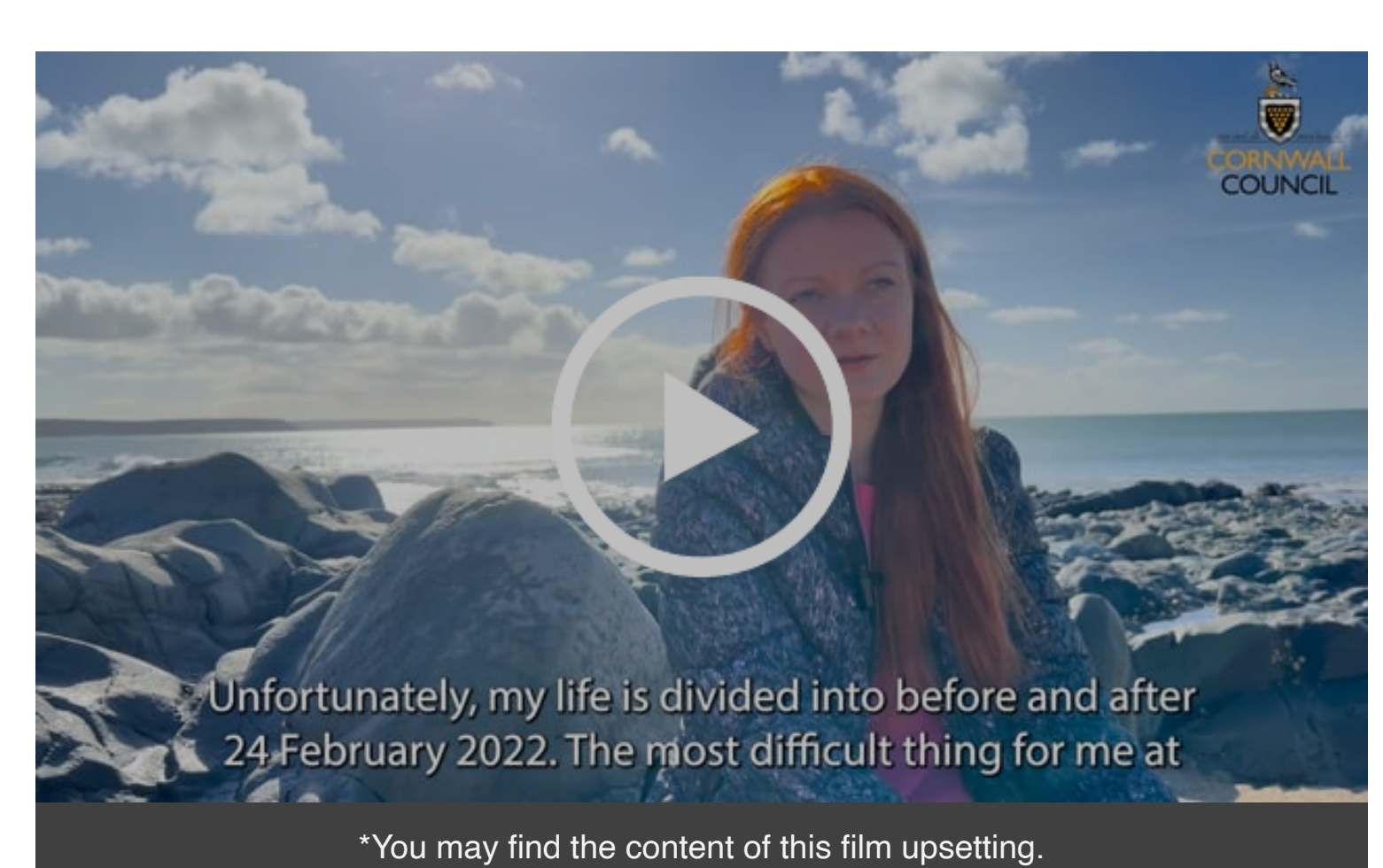
Sustrans Big Walk and Wheel 2025 is just around the corner!

On each day of the challenge, schools compete to see who can record the greatest number of pupils travelling actively to school. It runs for 10 days from 24 March to 4 April 2025 and is open to all primary and secondary schools in the UK.

It is quick to register, free to take part and there are daily prizes to be won.

Working in partnership with Cornwall Council, Sustrans is offering the top prize of an amazing world champion BMX stunt show coming to perform at your school!

[Register your school](#)



Unfortunately, my life is divided into before and after 24 February 2022. The most difficult thing for me at

*You may find the content of this film upsetting.

Olena's story...

Over the past three years since the war in Ukraine began our Resettlement team has helped 1100 Ukrainians in over 400 individual hosting arrangements across Cornwall.

Everyday they meet refugees who have had to leave their homes in search of a safer life for themselves and for their families.

People like Olena.

When Russia invaded Ukraine, mother-of-two Olena was forced to flee her hometown of Lviv. She was given sanctuary in Porthleven where she was welcomed with open arms.

This is her story.*

[watch the video](#)



Safer sleep week - free training available

Free training is now available to anyone in Cornwall and the Isles of Scilly who works with families with babies to help reduce the number of babies dying from SIDS (sudden infant death syndrome).

The online 'Safer Sleep' training packages are provided by the Lullaby Trust charity and funded by our Public Health team and the Our Safeguarding Children Partnership (OSCP).

More than 600 people have already taken up the offer, including midwives, health visitors, early years practitioners, GPs, housing officers, social care professionals, and voluntary sector practitioners.

As part of the Lullaby Trust's Safer Sleep Week (10-16 March), we are encouraging more people to sign up for the training.

[Find out more and sign up](#)



Quitting smoking - success story

No Smoking Day (12 March) saw our Healthy Cornwall team out and about showcasing the variety of support options on offer to those in Cornwall looking to go smokefree for good.

With over 2500 people setting a quit date with the team in the last year and starting their journey to a smokefree life, it's important to celebrate the successes.

Listen to how the support of the team has significantly changed one man's life this year. You'll hear how stopping smoking has had a positive effect on all areas of his life; from health benefits such as sleeping better, no longer coughing all the time and feeling more energized, to wider aspects of his life such as taking less time off work, saving an incredible amount of money and feeling more in control of his life.

Find out more about No Smoking Day and the support on offer for you and your loved ones to quit smoking.

[Find out more](#)



Architect and design work now available in Cornwall

[Click here for more info](#)

We're seeking talented architects and designers to support us in delivering a range of aids and adaptations projects for our elderly and disabled clients.

We're also on the look out for multiskilled stairlift installers, kitchen adaptation specialists, contractors for major extensions and conversions, door openers and entry system experts, as well as those skilled in associated building works.

If you're interested but want to know more before you apply, please call us on 0300 365 4050 or 07824 707 371.

You can also email us at support@incic.org.uk using the Subject: Cornwall Architect/ Major works.

[Find out more.](#)



The Safer Cornwall partnership has secured funding to install 25 new bleed control kits in key public places across Cornwall.

The kits provide members of the public with immediate access to lifesaving equipment if someone is experiencing a catastrophic bleed.

Using the kit does not require any training – it contains trauma dressings and simple step-by-step instructions on how to use them, once 999 has been called.

Find out where your nearest kit is located using [Bleed Kit Map](#) | [HeartSafe® AED Locator](#).



Changes to Cornwall's social housing allocations policy take effect from 1 April.

Cornwall Homechoice is a common housing register. Customers can apply for affordable homes owned and managed by the Council and its partner landlords.

New measures will ensure that residents most in need of a home are prioritised, while strengthening local connection criteria to help people stay in the communities where they live, work, or grew up.

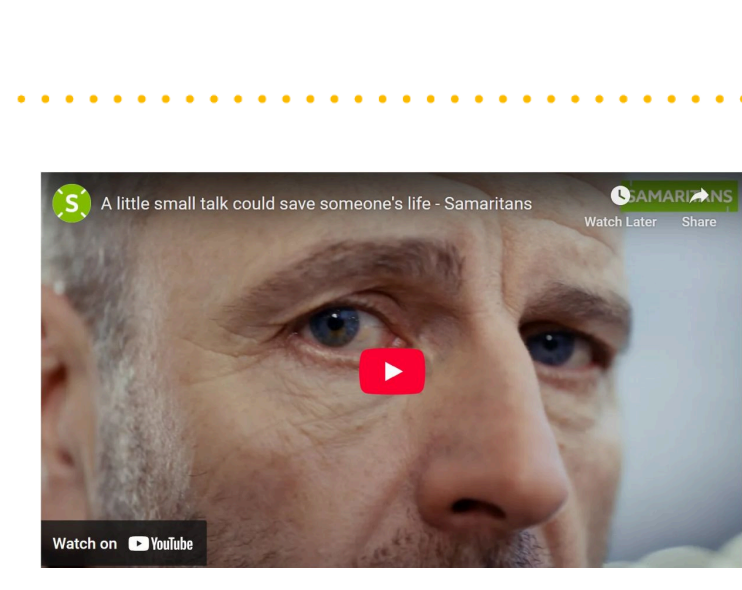
Find out more about the policy changes on the [Homechoice scheme webpages](#).



Our Business Regulatory Service offer a range of free webinars for businesses across Cornwall.

This week if you're involved in a Car Dealership or need to know about Building Control Regulations there are webinars on Wednesday, 18 March.

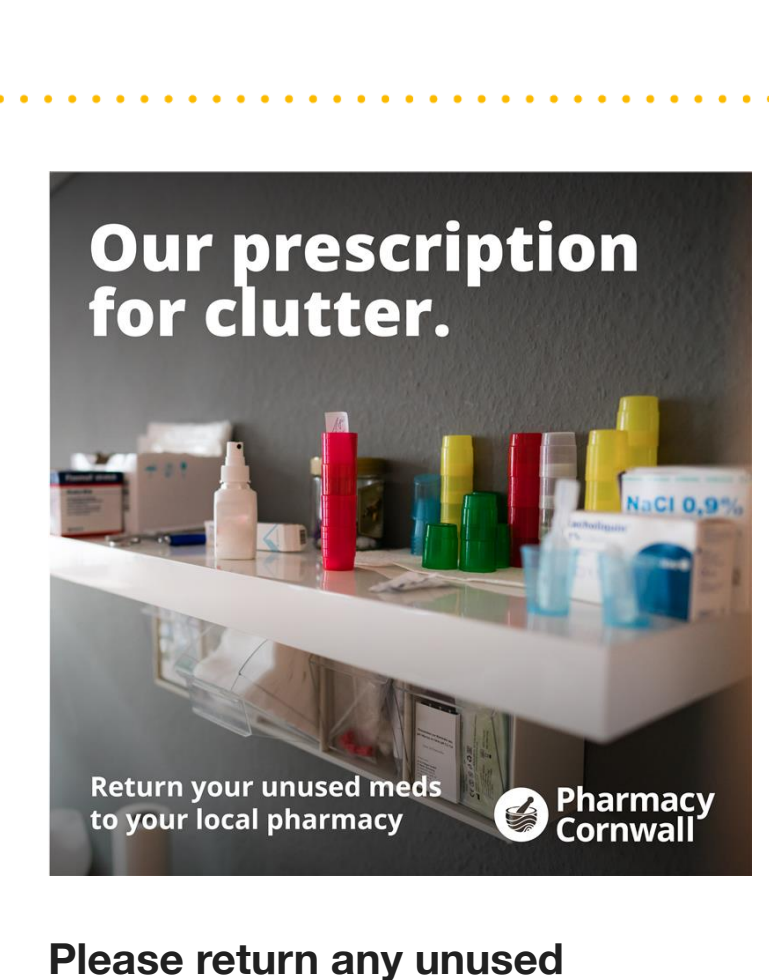
[Find out more and book your free place.](#)



We can all struggle. Any time. Any place. That's why it's important to pay attention to those around us.

If you see someone who doesn't look OK, a little small talk could save their life. You never know, it could make a big difference.

[Find out more.](#)



Please return any unused medicines to your local pharmacy.

If you have old, unused, unwanted or expired medicines at home, dispose of them safely at your local pharmacy - no questions asked!

News in brief

Oliver McGowan Tier 2 Training - Learning Disability & Autism Enables - is now open for bookings. The training helps health and care workers to better support people with a learning disability and autistic people. The training, delivered locally by Healthy Cornwall, is named after Oliver McGowan, whose death shone a light on the need for health and social care staff to have better training. [Find out more and book.](#)

Kresen Kernow are celebrating 30 years of National Lottery Funding by offering exclusive behind the scenes FREE hours of Kresen Kernow's strongroom! As part of the National Lottery Open Week – you can book a free guided tour on Saturday 22 March at 10am or 2pm. Tours last one hour. Spaces are limited. [Book now.](#)

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