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



### Help beat exam stress

Are you a parent or carer of a young person taking exams this year?

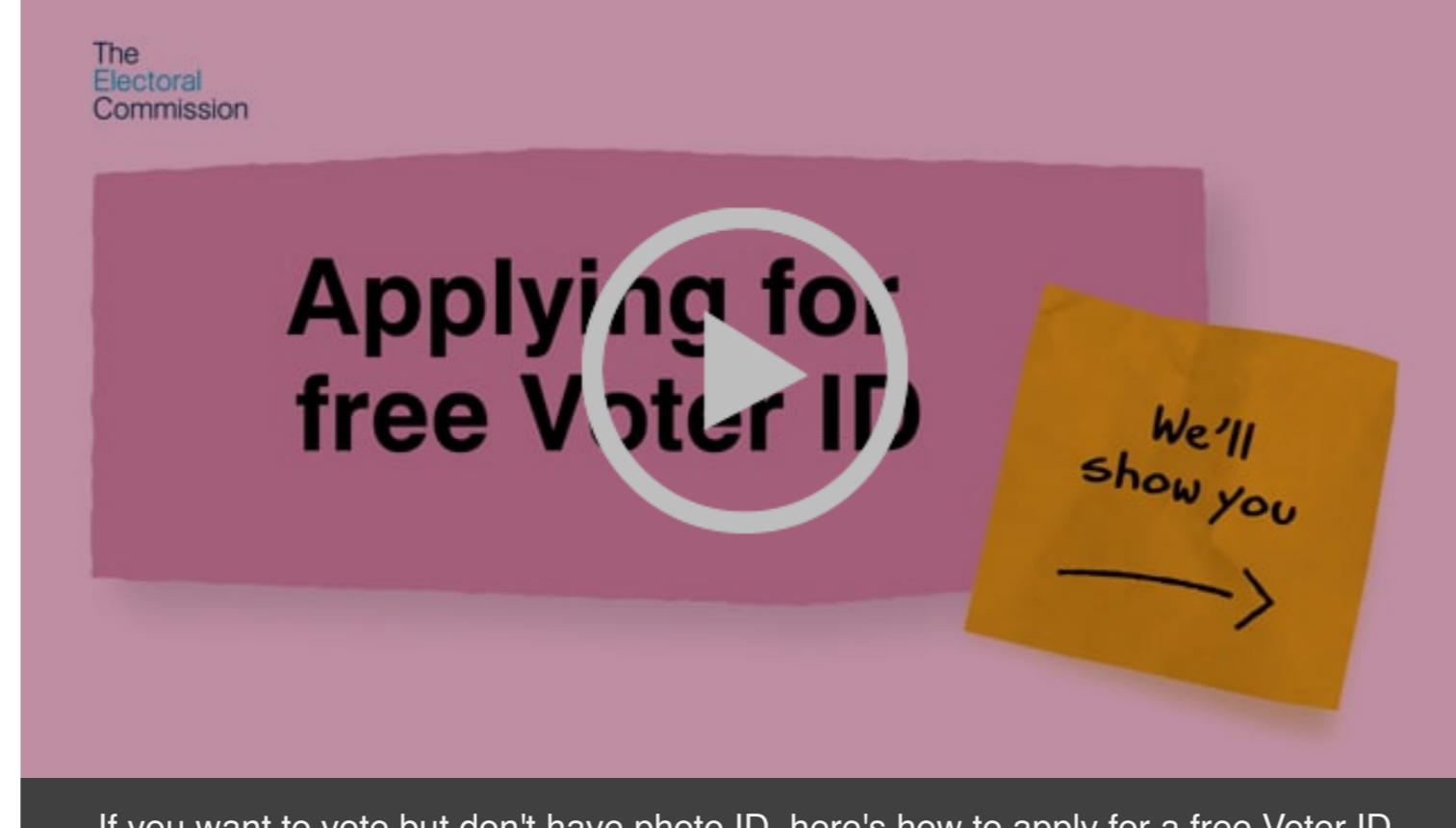
Exams can be very stressful for students of any age, but there is help and guidance available.

Parents, carers and young people in Cornwall can find a wealth of mental health support on the Start Now website. The resources from Headstart Kernow, part of Together for Families at Cornwall Council, have been created with young people themselves.

The stress can sometimes seem overwhelming, but there are ways to keep stress levels in check, stay focused and fresh and even have time for friends. Check out Start Now's tips and tools and find the ones that work for you.

There's even a [support area for parents](#), too!

Get support



If you want to vote but don't have photo ID, here's how to apply for a free Voter ID

### Apply now for free Voter ID

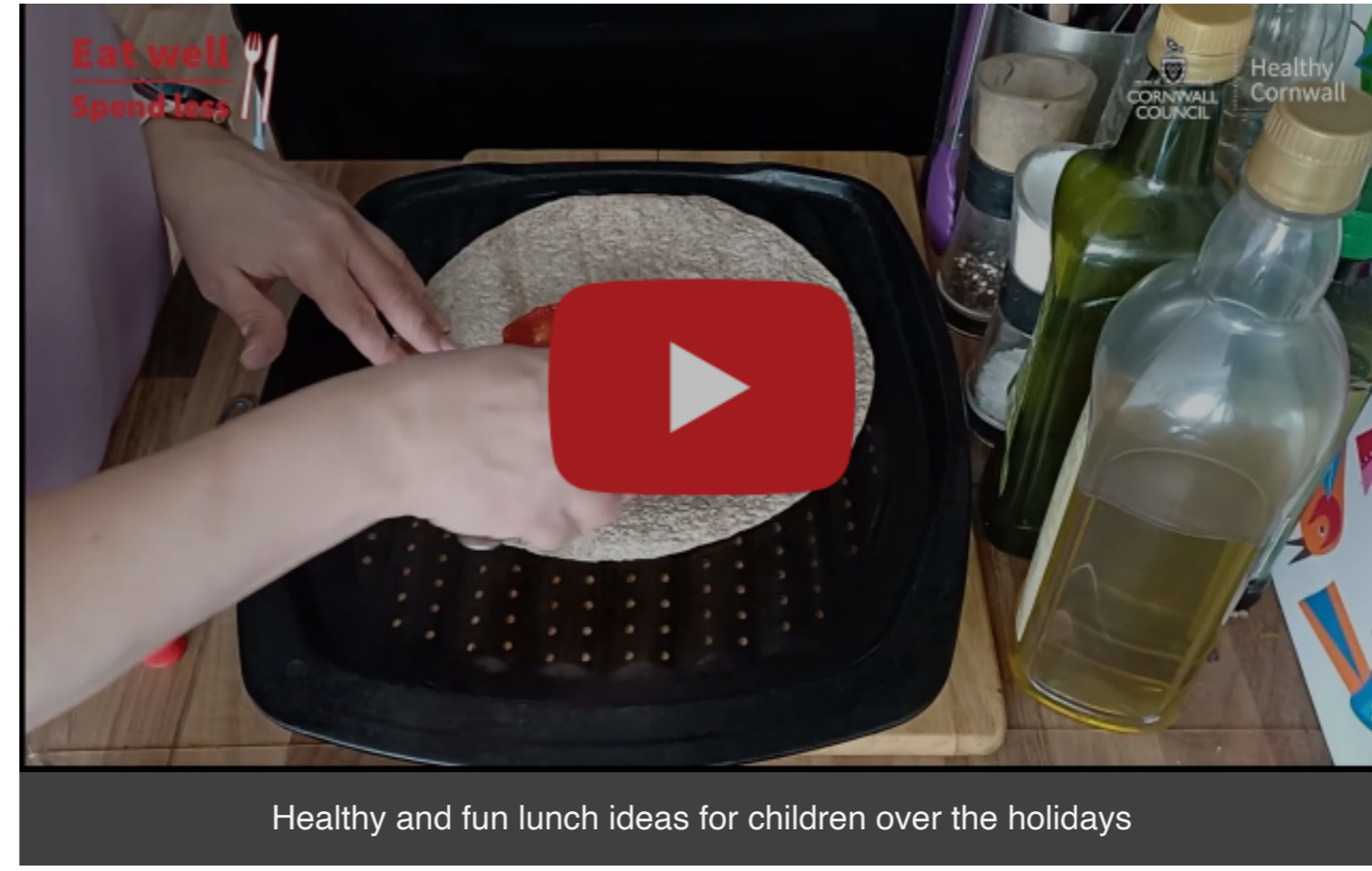
If you want to vote in person in the local elections on 1 May, you'll need photo ID.

But, if you don't have an accepted form of photo ID there are still other ways to take part and vote. You can apply for a Voter Authority Certificate by 23 April.

You can also vote without ID by:

- applying for a postal vote - **deadline 14 April**
- applying for a proxy vote (someone else votes in person on your behalf) - **deadline 23 April**

Find out more



Healthy and fun lunch ideas for children over the holidays

### Eat well Spend less

Welcome to episode 20 of our Eat Well, Spend Less cookery video series from our Healthy Cornwall team!

These videos give you tips on how to eat healthily on a budget with everyday ingredients from your local shop.

In this episode we're making a tortilla wrap pizza, a really easy recipe that you could get the children involved in as part of your school holiday activities.

This is a recipe that you can make using whatever is left over in your fridge, vegetables, cooked meats and a bit of cheese to make a quick and easy lunch.

We hope you enjoy creating your own pizza masterpieces!

Watch the video



Find out why it's important to use antibiotics wisely.

### Please use antibiotics wisely

Take control of your health and your community's - use antibiotics wisely. Bacteria are becoming more and more resistant to medicines, turning once-treatable infections into potentially life-threatening conditions.

This growing crisis - known as antimicrobial resistance - is deepening health inequalities across our society, particularly for our poorest communities already facing barriers to accessing healthcare.

Take action to protect you and your community:

- Remember antibiotics don't work for colds and flu - your body can fight these infections on their own
- Only use antibiotics when prescribed by a healthcare professional
- Always complete the full course as directed by your healthcare professional

Find out more



Be scam aware

### Be aware of rogue traders

We're reminding residents to be aware of bogus tradespeople after a recent prosecution.

A pair of rogue traders who bullied vulnerable customers have been jailed following a successful prosecution by Cornwall Councils' Trading Standards team.

Tommy Aaron Chislett and Shane Lee took a pensioner with dementia to buy a £3,500 gold bracelet from a jeweller as upfront payment for roof repairs, after banks refused cash withdrawals.

The pair also demanded an additional £1,000 from a couple who had already paid them £300 for gardening work.

Read the full story



Did you know people aged 19-25 can get unlimited one day travel on Cornwall's bus network for just £5? Or unlimited travel for a whole week for just £20?

Young Person's tickets are available exclusively through the Transport for Cornwall App, where bus users can buy their ticket and verify their age all in one place

For more information visit the [Transport for Cornwall website](#).



If it's not an emergency, your own GP can help during the Easter holidays.

People should use their own GP back home for anything non-urgent - GP surgeries are used to helping by phone, video and email. Did you know?... they can send a prescription to any pharmacy you choose, to be picked up close to where the person is staying.

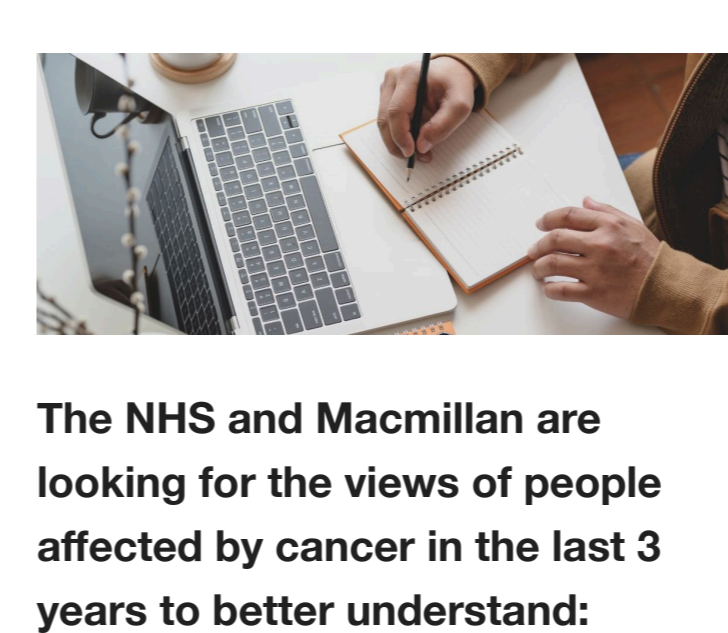
Follow [NHS Cornwall and Isles of Scilly on Facebook](#) and visit their website for lots more helpful advice. There is also [Isles of Scilly health information](#) that is tailored to people living on or visiting the islands.



Head to Kresen Kernow during the Easter holidays for some free family crafts!

On Tuesday 15 April, 10am-12pm, learn how to do wet felting and make a flower.

Then join storytelling and crafts with author and storyteller Alasdair Hoswell, and his Legends of the Cornish Dragons, on Thursday 17 and Saturday 19 April, 10am-12pm.



The NHS and Macmillan are looking for the views of people affected by cancer in the last 3 years to better understand:

- How cancer affects your feelings and emotions
- The support services available and where there are gaps

They would love you to [take part in their survey](#) if you have been diagnosed or treated for cancer in the last 3 years, or you're a family member, friend or carer who has supported a person affected by cancer in the last 3 years.

[The survey closes](#) on 31 May.

**News in brief**

Looking for something fun to do over the Easter holidays? Your local library has plenty going on - from crafts to trails and more! [Find your local library](#) to see what's happening near you.

Not sure which week to put out your recycling and which week to put out your rubbish? If you've recently switched over to the new waste service and need to check your collection day or week, just put your postcode [into our website](#) or check the waste collection calendar posted to you.

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**OUR PRIORITIES FOR CORNWALL**

A brilliant place to be a child and grow up

A thriving, sustainable Cornwall

Vibrant, safe, supportive communities

An empowering and enterprising council

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