



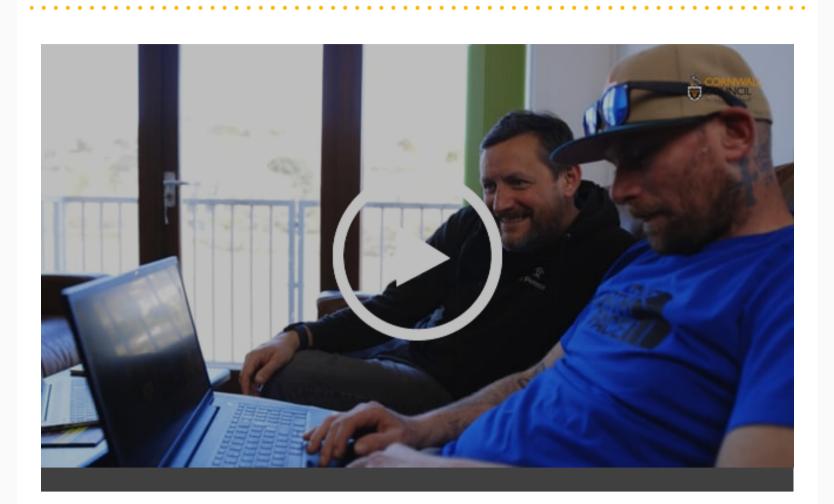
New leader of Cornwall Council elected

Cllr Leigh Frost has been elected as the new leader of Cornwall Council.

The Liberal Democrat group leader, who has represented Bodmin St Petrocs since 2017, was elected at the first full meeting of the council since local elections on 1 May.

In his first major decision, Cllr Frost has nominated Cllr Adam Paynter as his deputy leader, alongside his other eight supporting Cabinet members, with their portfolios yet to be confirmed.

Find out more



Could your organisation help more people in Cornwall get online?

We're looking to work with more organisations across Cornwall to train Community Digital Champions who can work with people in our communities – helping them access the digital world.

Digital access empowers residents with better education, economic opportunities, and social connections.

There's free training from Digital Unite and, once they are trained, Champions can also access the Community Tech Loan Scheme which offers free loans of laptops, tablets, and mobile Wi-Fi.

All this helps people across Cornwall to get online and access services, improve health, combat loneliness, find work, build skills and stay independent.

If you work for a charity, community organisation or business that is interested, click below to find out more.







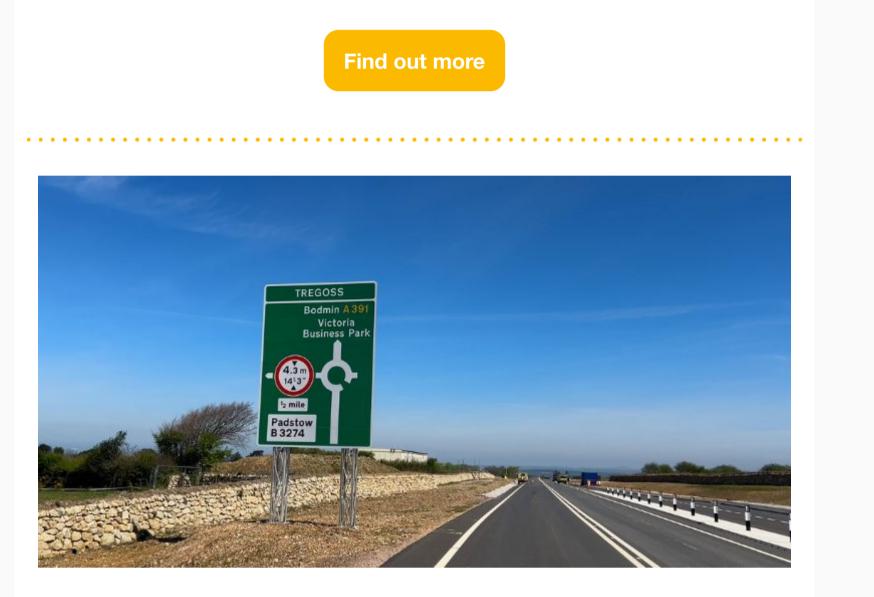
"You make a difference in their world, by fostering"

It's now the second week of Foster Care Fortnight and we're sharing videos by our foster carers talking about their experience of fostering.

Marie was looking for something meaningful to do in her retirement and decided to foster.

As Marie says, "You make a difference in their world by fostering. They come from being so scared, to little people that can smile... There are tough moments, but there are always people around you to help."

If you're interesting in finding out more about fostering you can call 0300 456 0120, or attend one of our face to face events.



Long awaited A30 to St Austell link road opens

A new road linking St Austell to the A30, taking heavy traffic away from clay country communities and supporting employment, housing and regeneration in the area, is now open.

The 3.9 mile single carriageway road, connects the A391 at Singlerose Roundabout in Stenalees with the A30 at Victoria.

A green corridor of wildflowers, heathland, trees and shrubs to support wildlife habitats has been planted along the route and will begin to bloom next spring.

The project will also bring five and a half miles of new off-road paths and routes for walking, cycling and horse riding.

Work will continue over the next few months to complete the project, including the off-road paths and landscaping. A temporary speed limit of 30mph will be in place in sections along the route while this work is done.

Find out more



Nominate a care worker for an award!

Nominations are open for the Proud to Care Cornwall Awards 2025! Whether you're a colleague, family member, or someone who's received care – we want to hear your story.

If you know of a care worker who deserves to be recognised, don't delay nominate them today. There are lots of categories and you can nominate them in more than one.

They're the quiet heroes – supporting others, lifting spirits, and going the extra mile every single day. Now's your chance to say thank you.

You can even send us a video nomination to help us share just how much they mean to you!

Let's celebrate the people who make Cornwall proud.





Free assist suicide prevention course available

A simple conversation with someone can be enough to be the difference between life or death for them. Once someone starts talking about how they feel they've got a better chance of finding support and alternative options to suicide.

Healthy Cornwall's popular ASIST (Applied Suicide Intervention Skills Training) course teaches verbal First Aid skills and develops the confidence to help someone at risk of suicide stay safe from their thoughts and stay alive.

They still have spaces available on their June course. Book today to avoid disappointment.

Find out more and book



NHS Cornwall are continuing to share support and information for Mental Health Awareness Month throughout May, and this week move the focus to men's mental health - and the help available in Cornwall.

Throughout the week they're signposting groups and organisations offering specific help to men, including those who identify as male.



Never put a hot BBQ in a plastic bin

Help Keep Cornwall Clean and bin your BBQ safely.

Never put a hot BBQ in a plastic bin or bury it in the sand.

Soak it until it's cool before you bin it, or take it home with you.

Find out more BBQ safety advice.

OUNCIL

Head to the Your Mental Health website for a round-up of support and general mental health services.



Pharmacies are a great option for a wide range of minor illnesses.

Find your nearest open pharmacy this bank holiday for over the

counter medication and treatment for 7 common conditions, without the need for a GP appointment 👀 IJ

• Earache (age 1 to 17)

• Sinusitis (age 12 and over) • Sore throat (age 5 and over) • Infected insect bite (age 1 and over) • Impetigo, a skin infection (age 1 and over) • Shingles (age 18 and over) Uncomplicated urinary tract infections in women (age 16 to 64) Join our mission to help people stay independent at home.

Are you a skilled technician with a passion for helping others?

We're seeking stairlift installers to join us via the Dynamic Purchasing System (DPS) and bring mobility solutions into homes across Cornwall.

Click here for more information or call **0300 365 4050**.

News in brief

Everyone deserves to get home safely after a night out. That's why we're supporting the summer Night Bus in Newquay. Running every Saturday night from 24 May to 6 September, the Night Bus will run into the early hours with a maximum fare of just £3. View the timetable here.

Time to put the kettle on - the latest episode of the Empowered Parenting podcast is here! This week, we're joined by a parent who asks 'What can we do when our usual parenting strategies just aren't working?'<u>A parenting worker</u> shares some helpful ideas and practical tips.





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