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



Advanced Public Health Practitioner Emma McMaster gives some top tips on how to look after more vulnerable people in the hot weather.

### Amber heat health alert for the South West

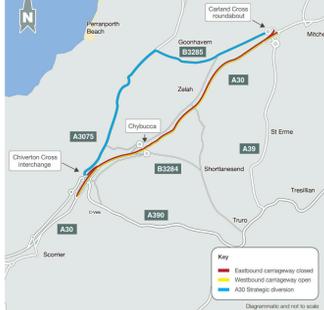
An amber heat health alert has been issued for the South West until 9am on Monday 23 June.

That's why we're urging everyone to keep an eye on those who may be at risk, especially older people, children, babies, and those with underlying health conditions. If you can, please ask if your friends, family or neighbours need any support.

Here are some top tips for staying safe this summer:

- Try to keep out of the sun between 11am to 3pm when the UV rays are strongest
- If you have to go outside in the heat, walk in the shade, apply sunscreen (SPF 30-50) and wear a wide-brimmed hat
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- Drink plenty of fluids, avoid excess alcohol, take water with you if you're travelling
- Never leave anyone in a closed, parked vehicle, especially infants, young children, vulnerable adults, or animals
- Avoid physical exertion during the hottest parts of the day
- During warm weather, going for a swim can provide much welcomed relief but if you go into open water to cool-down, take care and follow local safety advice
- Know the symptoms of [heat exhaustion](#) and [heatstroke](#) and what to do if you or someone else has them

[Find out more](#)



### A30 Eastbound overnight closures

National Highways: South-West will be closing the A30 Eastbound, between Chiverton Cross and Carland Cross, overnight for two weekends to carry out work on the Tolroggan Overbridge.

- Saturday, 21 June to Monday, 23 June
- Saturday, 28 June to Monday, 30 June
- Closed each night from 8pm-6am

A signed diversion route will be in place. Please plan ahead and allow extra time for your journey.

[Find out more](#)



### Could you represent patients, families and carers?

Are you passionate about improving healthcare? Have you recently experienced care at either Royal Cornwall Hospital, West Cornwall Hospital or St Michael's Hospital? Your insights could shape services for everyone.

Royal Cornwall Hospitals NHS Trust is recruiting Patient Leaders to represent patients, families and carers at meetings, committees and focus groups. Your lived experience is invaluable in helping to create meaningful change.

The role lasts 12 months (with possible extension) and puts patient voices at the heart of everything we do.

To apply, please email [rch.patientleader@nhs.net](mailto:rch.patientleader@nhs.net) for an application pack before 1 July 2025.

[Find out more](#)



### Open Garden Event at Penmount Crematorium

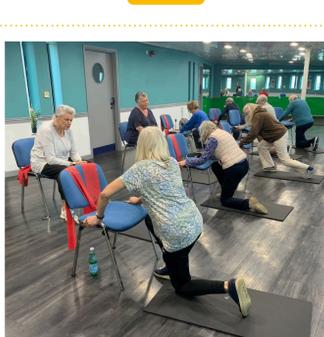
Penmount Crematorium is hosting an Open Garden Event and Remembrance Service on Sunday 29 June from 1-4pm.

The formal gardens at Penmount include extensive rose beds containing over 6,000 roses. The gardens are surrounded by natural woodland and shrubberies displaying a wide variety of plants.

The event is a chance to explore the gardens at your leisure or join a guided tour with our Head Gardener at 1.30pm. There will also be an opportunity to join behind the scenes tours and view the newly refurbished chapels. Cream teas and drinks will be available on the lawn with live music provided by local musician Jamie Bridger.

The Remembrance Service in Trelawny Chapel starts at 2:30pm (for those who wish to attend).

[Find out more](#)



### Free falls prevention courses

iCareMove is launching another set of free falls prevention courses, aimed at fostering healthy ageing and enhancing social inclusion.

Commissioned by Cornwall Council, iCareMove is running a new set of supportive courses designed for individuals aged 65 and over who are at risk of falling, fear falling, or have experienced a fall. The sessions focus on improving knowledge of falls prevention techniques, strengthening balance, and boosting confidence. Participants must be able to walk into the venue unaided, though walking aids are welcome.

Starting the week of 30 June, the programme offers weekly one-hour sessions for 25 weeks. The programme will be held at three locations in Cornwall:

- Helston Leisure Centre on Tuesdays at 12:30pm
- Bodmin Leisure Centre on Wednesdays at 11:00am
- Camborne Community Centre on Thursdays at 10:30am

To find out more or refer someone you know, please email us with a contact number at [info@icaremove.com](mailto:info@icaremove.com), call 0800 0541 118.

[Find out more](#)



### See the new Cornwall's Communities exhibition

Join the team at [Kresen Kernow](#) for the launch of their new exhibition, Cornwall's Communities: Archives of Lived Experiences.

On Thursday 26 June from 6-8pm, be among the first to see this powerful new exhibition, co-curated with voices from across Cornwall.

The exhibition is the result of a collaboration between the Cornwall Lived Experience Partnership (CLEP), Kresen Kernow and community members. Through creative workshops and personal storytelling, participants explored themes of identity, belonging, fairness and representation – bringing fresh perspectives to Cornwall's rich archival history.

Expect a fascinating mix of photographs, narratives, documents and creative responses that challenge some traditional narratives and celebrate the diversity of lived experience in Cornwall.

This project is proudly supported by an Engagement Grant from The National Archives.

[Book your free space](#)



### Our new cabinet has decided to scrap the planned sale of Cornwall Airport Newquay and the transfer of 19 Council-owned car parks to Conserv Solutions Ltd.

The Cabinet has reviewed both proposals, put forward by the previous administration, and decided to cancel them in order to protect vital services and key assets that will play an important role in Cornwall's future.

[Find out more.](#)



### This week (14-21 June) was the Royal Life Saving Society's Drowning Prevention Week.

No child should drown, and with the right water safety education – such as knowledge of the Water Safety Code – accidental drownings are preventable.

Keep your family safe in, on and around water this summer. [Visit the Royal Life Saving Society website](#) to download lots of free resources and start talking about water safety.



### Join Sustrans on a wildlife and well-being walk around Halbullock Moor, Truro.

Funded by Cornwall's Bus Service Improvement Plan and led by Sustrans, these monthly guided walks and bus journeys give you a chance to discover the beauty of this historic landscape and learn about its unique flora and fauna.

[Click here to book your place on Tuesday 24 June](#) and [click here to book your place on Wednesday 30 July, 26 Aug and 24 Sept.](#)



### Measles can have serious and sometimes fatal consequences, and is still common in many countries worldwide.

If you're planning to travel abroad with your family this year, make sure you and your loved ones are up to date with your vaccinations, including the MMR vaccine. Contact your GP practice to book any catch up jabs before you travel.

[Find out more.](#)

### News in brief

A new support network for foster families – called a 'constellation' – has been launched in east Cornwall. It is the second of its kind, following the creation of Cornwall's first constellation in the St Austell area in November last year. [Find out more.](#)

A new digital scheme is helping change lives by teaching people valuable IT skills. The scheme was set up by our Digital Inclusion team who are working with other organisations across Cornwall to support people they work with to learn new skills, as well as providing them with repurposed technology. [Find out more.](#)

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