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# Stay in Touch

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



## Stay safe this Bonfire Night

Cornwall Fire and Rescue Service is urging people not to hold their own firework displays at home as they can often result in accidents.

Anyone who does decide to have fireworks at home should always follow the firework safety code:

- Only buy fireworks with a CE mark
- Don't drink alcohol if setting off fireworks
- Keep fireworks in a closed box
- Follow the instructions on each firework
- Light at arm's length, using a taper
- Stand well back
- Never go near a firework that has been lit. Even if it hasn't gone off, it could still explode
- Ensure you soak used fireworks and sparklers for 24 hours before binning them
- Never put fireworks in your pocket or throw them
- Always supervise children around fireworks
- Light sparklers one at a time and wear gloves
- Never give sparklers to a child under five
- Keep pets indoors

Have fun and stay safe.

[Find out more](#)



Henry tells his story about the importance of children having the free flu vaccination.

## Has your child had their free flu vaccination?

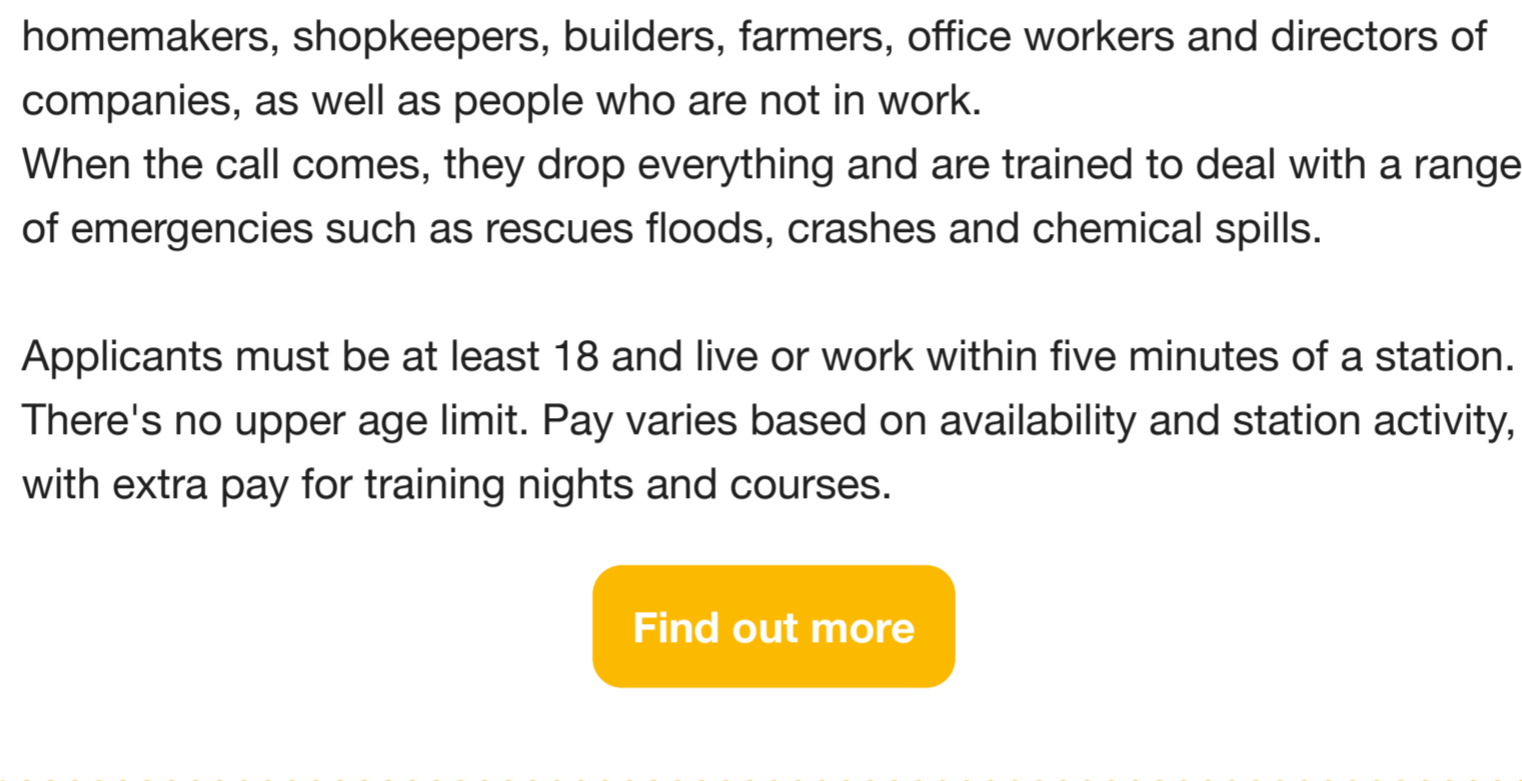
Henry tells his story about why it is more important than ever for children to have the free flu vaccination.

Flu can be very unpleasant for children and can sometimes cause serious problems, such as pneumonia. Each winter in the UK, thousands of children who do not have a health condition need hospital care because of flu. Children can catch and spread flu easily. Vaccinating them also helps protect others who are at higher risk of getting seriously ill from flu, such as babies, anyone who's pregnant and older people.

The children's flu is offered to children aged 2 to 3 years, school-aged children (Reception to Year 11) and children with certain long-term health conditions. It's painless as it's usually delivered as a nasal spray vaccination.

If you have a 2 or 3 year old child please contact their GP surgery to arrange the vaccination. Parents and guardians of school-aged children will receive a consent form from their school's immunisation team. Please provide consent promptly so they can be vaccinated.

[Find out more](#)



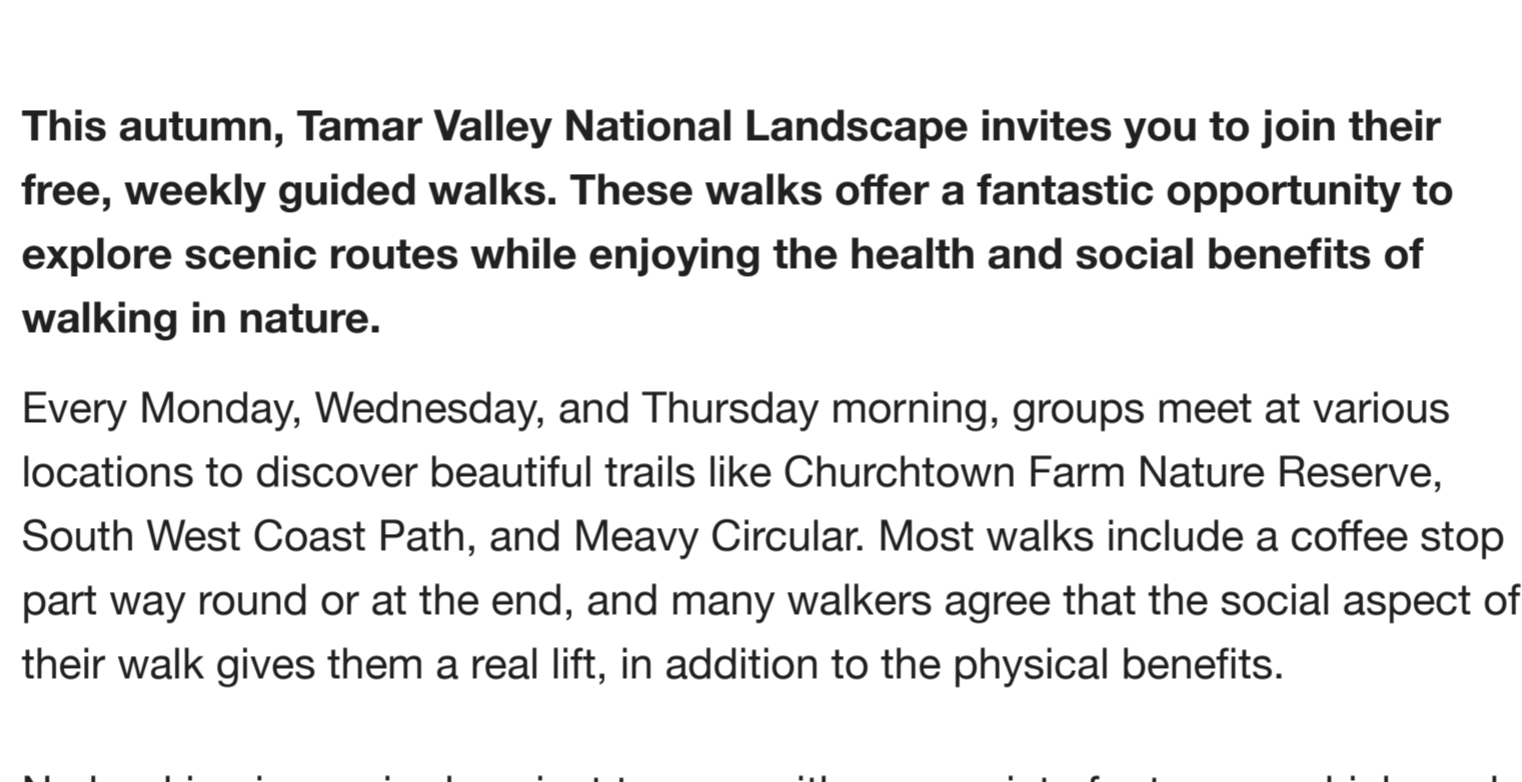
## Cornwall Fire and Rescue Service is recruiting on-call firefighters

Cornwall Fire and Rescue Service is recruiting on-call firefighters at 26 stations across the Duchy.

Cornwall's on-call firefighters come from all walks of life. They include homemakers, shopkeepers, builders, farmers, office workers and directors of companies, as well as people who are not in work. When the call comes, they drop everything and are trained to deal with a range of emergencies such as rescues floods, crashes and chemical spills.

Applicants must be at least 18 and live or work within five minutes of a station. There's no upper age limit. Pay varies based on availability and station activity, with extra pay for training nights and courses.

[Find out more](#)



## Explore Tamar Valley with Free Guided Walks

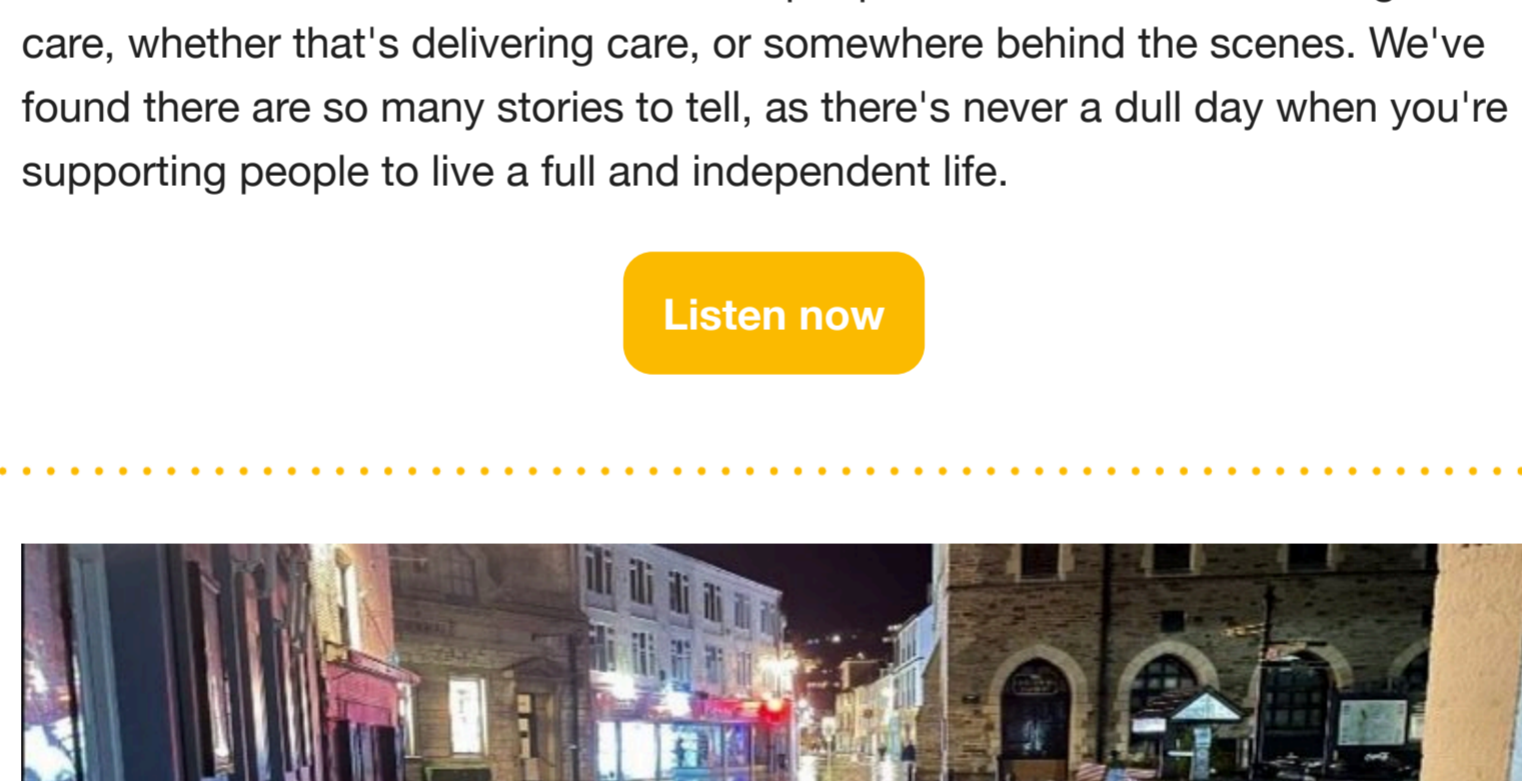
This autumn, Tamar Valley National Landscape invites you to join their free, weekly guided walks. These walks offer a fantastic opportunity to explore scenic routes while enjoying the health and social benefits of walking in nature.

Every Monday, Wednesday, and Thursday morning, groups meet at various locations to discover beautiful trails like Churchtown Farm Nature Reserve, South West Coast Path, and Meavy Circular. Most walks include a coffee stop part way round or at the end, and many walkers agree that the social aspect of their walk gives them a real lift, in addition to the physical benefits.

No booking is required, so just turn up with appropriate footwear, a drink, and a snack. Well-behaved dogs on leads are welcome, and all walkers participate at their own risk.

Don't miss out on this chance to connect with nature and your community.

[Find out more](#)



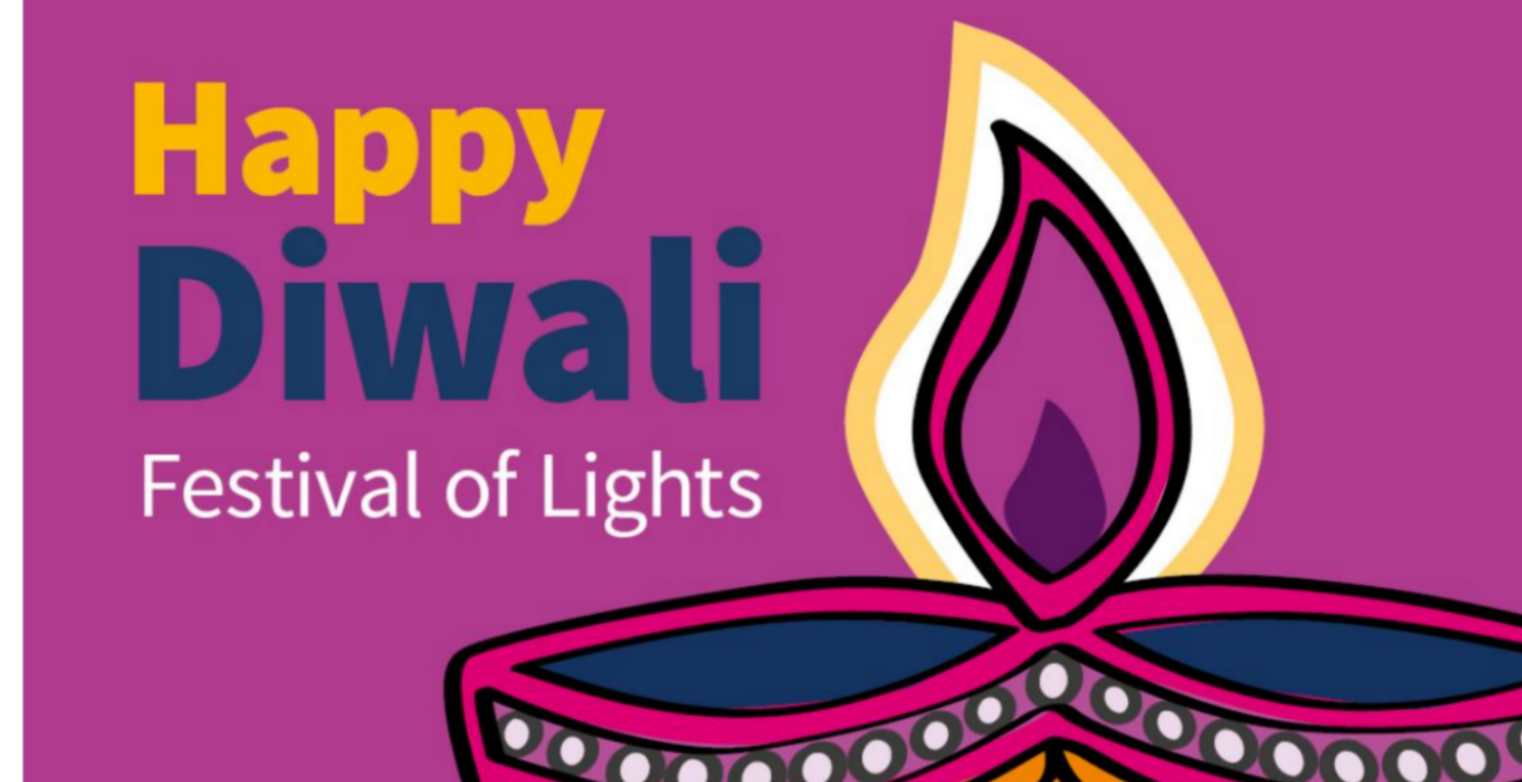
## Listen to Steve's story in the Proud to Care podcast

In this week's episode of the Proud to Care Cornwall podcast, we're talking to Steve Dowley about his recent Proud to Care Cornwall award.

Steve won an award for Learning Disability Worker of the Year for his work transforming someone's life through the care and support he helped to provide.

In the Proud to Care Podcast we talk to people across Cornwall working in care, whether that's delivering care, or somewhere behind the scenes. We've found there are so many stories to tell, as there's never a dull day when you're supporting people to live a full and independent life.

[Listen now](#)



## Cornwall Community Flood Forum 2024 Conference

The Cornwall Community Flood Forum is holding an event on 8 November which is open to everyone with an interest in flood risk and how to prepare and recover from extreme flood events.

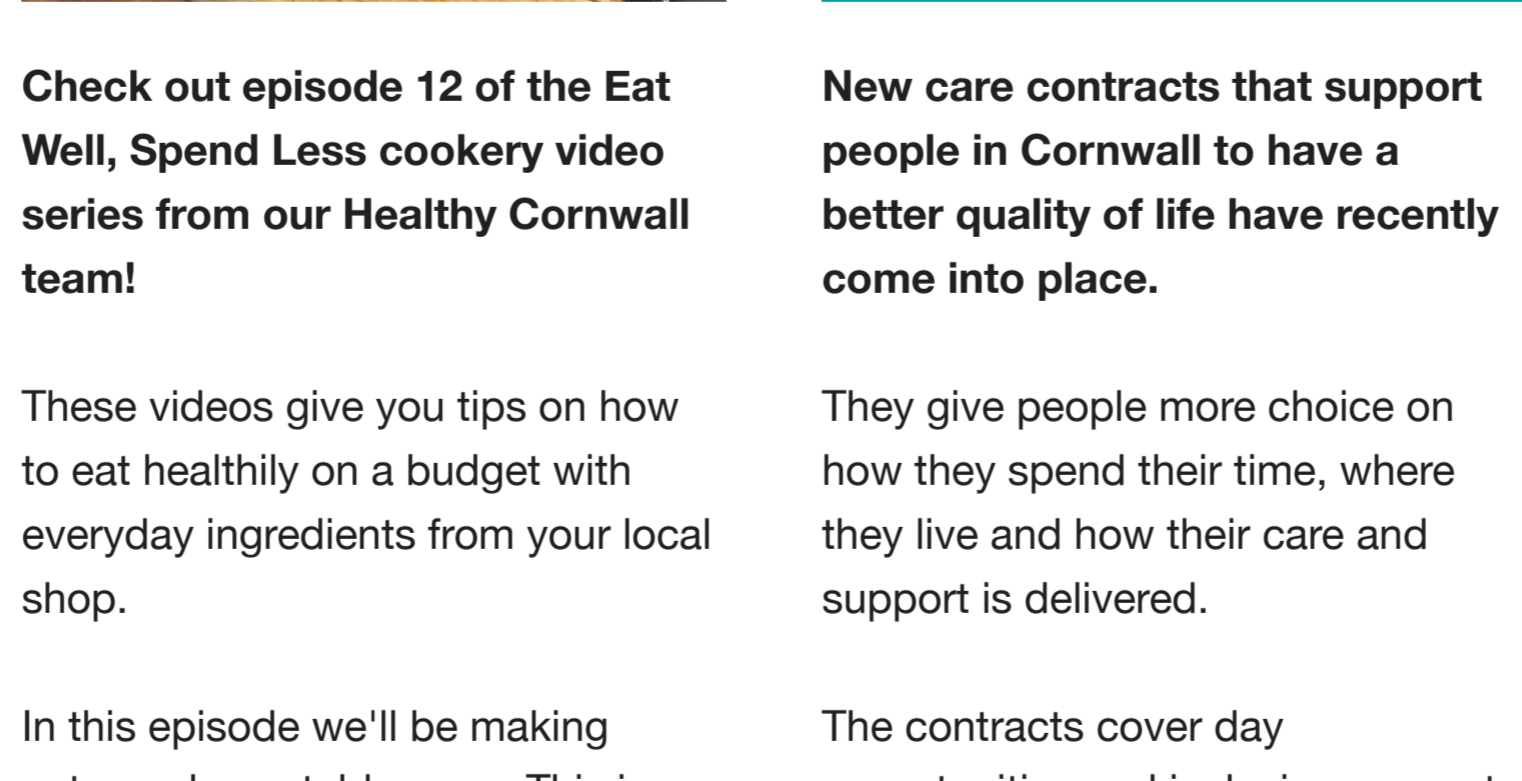
The theme for this year's conference, to be held at the Royal Cornwall Showground, is "How communities can help themselves by building resilience to flooding and coastal change". The event is free of charge and will include refreshments.

The Flood Forum are a charity whose aim is to prepare communities for extreme flood events, helping them to develop action and adaptation plans. They are working with the Making Space for Sand project to also look at the effect that climate change is having on rising seas, coastal erosion, increased storm events and coastal flooding and how to adapt to these changes and prepare for the future.

Friday 8th November 9:00 - 15:45 Royal Cornwall Showground

Spaces are limited but the event will also be streamed on-line.

[Book your place](#)



Wishing a very happy Diwali to everyone celebrating the Festival of Lights in Cornwall and around the world.

**let's talk Kernewek**

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

**Want to learn some Kernewek?**  
Listen to the video and have a go at saying these Cornish words at phrases out loud.  
The theme for this week's video is weather.  
If you'd like to learn more go to the [Speak Cornish website](#).

**Tell us about your childcare needs and experiences**

Childcare provision survey 2024

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

**Are you a parent or carer with a young child? Our children and families service want to hear about your childcare needs, what choices you have and what provision you are choosing.**  
You can find the survey on the [Let's Talk Cornwall website](#). It should take no more than 15 minutes to complete.

**Check out episode 12 of the Eat Well, Spend Less cookery video series from our Healthy Cornwall team!**

[Watch the video](#)

These videos give you tips on how to eat healthily on a budget with everyday ingredients from your local shop.  
In this episode we'll be making autumnal vegetable soup. This is a really budget friendly recipe, coming out at only 68p per serving. It can be frozen too, so you can have a meal on standby and just defrost it and heat up when you're ready to eat it.

**New care contracts that support people in Cornwall to have a better quality of life have recently come into place.**

[Find out more](#)

They give people more choice on how they spend their time, where they live and how their care and support is delivered.  
The contracts cover day opportunities and inclusion support, home care and housing and support solutions. They form part of the our Delivering Better Care programme which looks at how people can be supported to stay happy, healthy and independent for as long as possible.

**News in brief**

More than 8,400 children in Cornwall took part in 2024 Summer Reading Challenge. Libraries across Cornwall played a key role in supporting young readers throughout the summer, offering a welcoming space for families and providing a range of resources to help inspire a love of reading. [Read the full story...](#)

Our public health team has collaborated with Natural England to install new signage in St Dennis, guiding people to Goss Moor National Nature Reserve. Funded by the [Active Travel Social Prescribing Pilot](#), these signs make it easier to explore Cornwall's stunning landscapes and diverse wildlife. [Find out more about the trail...](#)

**OUR PRIORITIES FOR CORNWALL**

A brilliant place to be a child and grow up

A thriving, sustainable Cornwall

Vibrant, safe support communities

An empowering and enterprising Council

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