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CORNWALL COUNCIL
www.cornwall.gov.uk

Stay in Touch
Pesyewgh Kestava

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

It's time to get Healthy Cornwall

We can help you make changes to lead a happier, healthier lifestyle.
www.healthycornwall.org.uk

This New Year it's time to get Healthy Cornwall

Whether your New Year's resolution is to get active, lose weight, or quit smoking, Healthy Cornwall can help you make changes for a happier, healthier lifestyle.

From walking groups to kids' activity clubs, not to mention our hugely successful weight loss football league, Healthy Cornwall has a whole host of free support sessions available across Cornwall, throughout January and beyond. Find a group that's right for you by visiting the website at www.healthycornwall.org.uk/whatson

If meeting in person isn't your thing, Healthy Cornwall still has plenty to offer, including online weight loss support programmes and their Smokefree text message service. Just text SMOKEFREE to 82228 to receive regular support before, during and after your quit attempt.

Why not join others in one of Healthy Cornwall's Facebook groups, offering advice on [healthy eating](#), [getting active](#) and [quitting smoking](#). Or you can get top tips direct to your inbox, by [signing up to Healthy Cornwall's regular emails](#).

[Find out more](#)

Recycling, rubbish, food and garden waste Christmas collections

If your collection is due on:	We'll collect on:
Monday 23 December	Normal Collection
Tuesday 24 December	Normal Collection
Wednesday 25 December	Friday 27 December
Thursday 26 December	Saturday 28 December
Friday 27 December	Tuesday 30 December
Monday 30 December	Wednesday 31 December
Tuesday 31 December	Thursday 2 January
Wednesday 1 January	Friday 3 January
Thursday 2 January	Saturday 4 January
Friday 3 January	

All other collections will take place as normal. To download a collection calendar visit www.cornwall.gov.uk/myarea or call 0300 1234 141.

www.cornwall.gov.uk/recycle

Waste collections over Christmas

Don't forget your recycling, rubbish, food waste and garden waste collections will run on different days over Christmas and New Year!

If your usual collection falls between 25 December and 3 January, it will be moved one or two days later for everyone in Cornwall.

Find your full Christmas collection schedule at www.cornwall.gov.uk/myarea or check the annual calendar we sent out!

[Check your dates](#)

Could you be a Cornwall Councillor?
Help shape your community's future.

www.cornwall.gov.uk #BeaCouncillor

Be a Councillor

Councillors make a real difference to local areas!

From planning local services to shaping community policies, councillors play a vital role in Cornwall's future. You don't need political experience to become a councillor - just passion and dedication to making your community better.

You'll receive training, access to IT resources, and a Members' Handbook to help support you in your role. Everything you need to succeed!

Give your community a voice by standing for election in May.

[Find out more](#)

My Cornwall Wedding
OFFICIALLY YOURS
www.cornwall.gov.uk/weddings

Plan your big day with My Cornwall Wedding

Just got engaged? Congratulations!

If you're thinking about where to tie the knot, My Cornwall Wedding is here to help every step of the way!

Our registration service can help you plan a ceremony that's legal and bespoke...fancy having owls as ring bearers, or your pooch by your side...we can do that!

Head over to the [My Cornwall Wedding webpage](#) to try our interactive wedding venue map to help you find the location of your dreams. Or give us a call on 0300 1234 181 to find out more about our range of ceremonies.

[Find out more](#)

#staywellcornwall
STAY WELL this winter
Protect your mental health
Find out ways of coping with stress, worries and anxiety
Peta Kooth & Qwell

NHS Cornwall and Isles of Scilly

Stay well this winter

In partnership with Cornwall Council Public Health and other local health and wellbeing partners, NHS Cornwall and Isles of Scilly is sharing tips, information and resources to help improve your wellbeing in the colder winter months.

This week's Stay Well champion, Peta, shares some ideas on how to protect your mental health, including a little checklist of things that you can do to take care of yourself this winter.

Watch Peta's video to find out more.

Visit the [Stay Well this winter in Cornwall](#) webpage for weekly advice from the community champions.

Or for more top tips to stay warm, well, safe and happy this winter pick up a copy of the [Winter Wellbeing guide](#), produced by Inclusion Cornwall on behalf of the Winter Wellbeing Partnership and funded by our Cornwall Council's Public Health team.

[Find out more](#)

Eat well, spend less at Christmas.
Budget friendly, healthy and a way to use up leftovers, this recipe has it all!
This is a great recipe to try from Healthy Cornwall in their latest [episode of the Eat Well Spend Less series](#).

Domestic abuse can affect anyone - many forms
Domestic abuse doesn't stop during the festive season
YOU ARE NOT ALONE
Reach out for support when you can, visit saferfutures.org.uk

Can you offer a child a loving FOSTER HOME?
Do you hesitate because you're not sure what's involved?
Collect us now for an informal chat
Fostering support

If you're thinking about fostering, why not drop into Saltash Library on Thursday 11 January for a chat with one of our experienced foster carers?

The informal drop-in information session from 11am to 1pm, provides a 'no-pressure' chance to ask questions.

Call 0300 456 0120, text FOSTER to 82228 or [find out more about fostering](#) on our website.

Deadline to apply for primary school places is 15 January 2025.
Click here to apply.

If your child was born between 1 September 2020 and 31 August 2021, it's time to apply for a school place in reception class so your child can start in September 2025.

You need to apply even if your child attends a nursery or pre-school.

The deadline for applications is 15 January 2025. [Apply now.](#)

Garden waste service subscriber? We can collect your Christmas tree for composting
www.cornwall.gov.uk/recycle

If you have a garden waste subscription, we can collect your Christmas tree for recycling after the festive season. Just put it next to your bin or bag on your garden waste collection day.

You can also take real trees to a household waste and recycling centre.

Remember to book in advance if you're planning to visit Newquay, Saltash, St Erth, Bude, Launceston, St Austell or Bodmin (Lanivet) household waste and recycling centres.

[Click here](#) if you'd like to subscribe to our garden waste collection service.

Have your say... Cornwall Draft budget 2025/26
<https://budget.cornwall.gov.uk>

Tell us what you think of the Cornwall 2025/26 draft budget.

There's still time for you to have your say on our draft budget proposals for 2025-2026.

The plans seek to address the challenging financial climate while protecting vital public services in Cornwall. Measures in the draft proposals include:

- Increases in fees and charges
- Some reduction in workforce costs
- Reducing levels of some services

Find out more about the proposals and have your say on the [Let's Talk Cornwall website](#) by 15 January.

News in brief

Work will begin at Narowcliff in Newquay in January to improve public spaces in the area as part of the Mid Cornwall Metro project. [Find out more](#)

A St Austell man has been ordered to pay £10,000 in fines and costs after allowing his dogs to stray and cause nuisance in his community on multiple occasions. [Find out more](#)

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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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