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Very cold weather is forecast

UKHSA has issued an amber cold-health alert for the South West until 12 noon on 8 January.

Here's a few simple things you can do to keep warm and make the best use of heating your home this winter:

- Keep your home warm - try to keep your main living areas between 18°C to 21°C... Keep active - Move around at least once an hour... Look out for older friends and neighbours... Visit your nearest Community Hub...

Or for more top tips to stay warm and well this winter pick up a copy of the Winter Wellbeing guide...

Find out more



Get Healthy Cornwall: Tom's success with Argyle FIT

Tom's journey with the Argyle FIT programme has been nothing short of inspiring.

Tom has had brilliant results from the Argyle FIT programme. He has lost over 12kg, improved his fitness, and experienced significant boosts in motivation and mental health.

Argyle FIT, run in partnership by our Healthy Cornwall service and Argyle Community Trust, is a unique Men's Weight Loss Football League. It allows teams to climb the table by winning games and losing weight.

New leagues are starting in various locations across Cornwall this January. Spaces are limited, so sign up today to avoid disappointment.

To see the full range of programmes currently on offer visit the Healthy Cornwall website.

Find out more



Need urgent care advice? 111.nhs.uk or call 111

dos.icb.nhs.uk/help-us/where-is-best-for-you-this-winter

Where is best this winter?

With winter illnesses on the rise, we need your help to reduce demand on the emergency department (A&E) by making sure you use the right services if you are ill or injured and helping stop the spread of illnesses like Norovirus, Flu and Covid.

Here are our top tips to stay well this winter:

- You can treat most winter illnesses at home, so take it easy and look after yourself... Pharmacies can help with things like medicine to relieve the symptoms of coughs and colds... Your GP is on hand to help with anything that isn't urgent... If you have a minor injury... Our Urgent Treatment Centres... If you need urgent care advice or mental health support... Only call 999 or visit the emergency department...

Please check online for locations, opening and wait times before you leave; as your nearest may not be quickest. Our urgent treatment centre at West Cornwall Hospital is open 8am until midnight as an alternative to the emergency department.

Find out more



Stand for your community!

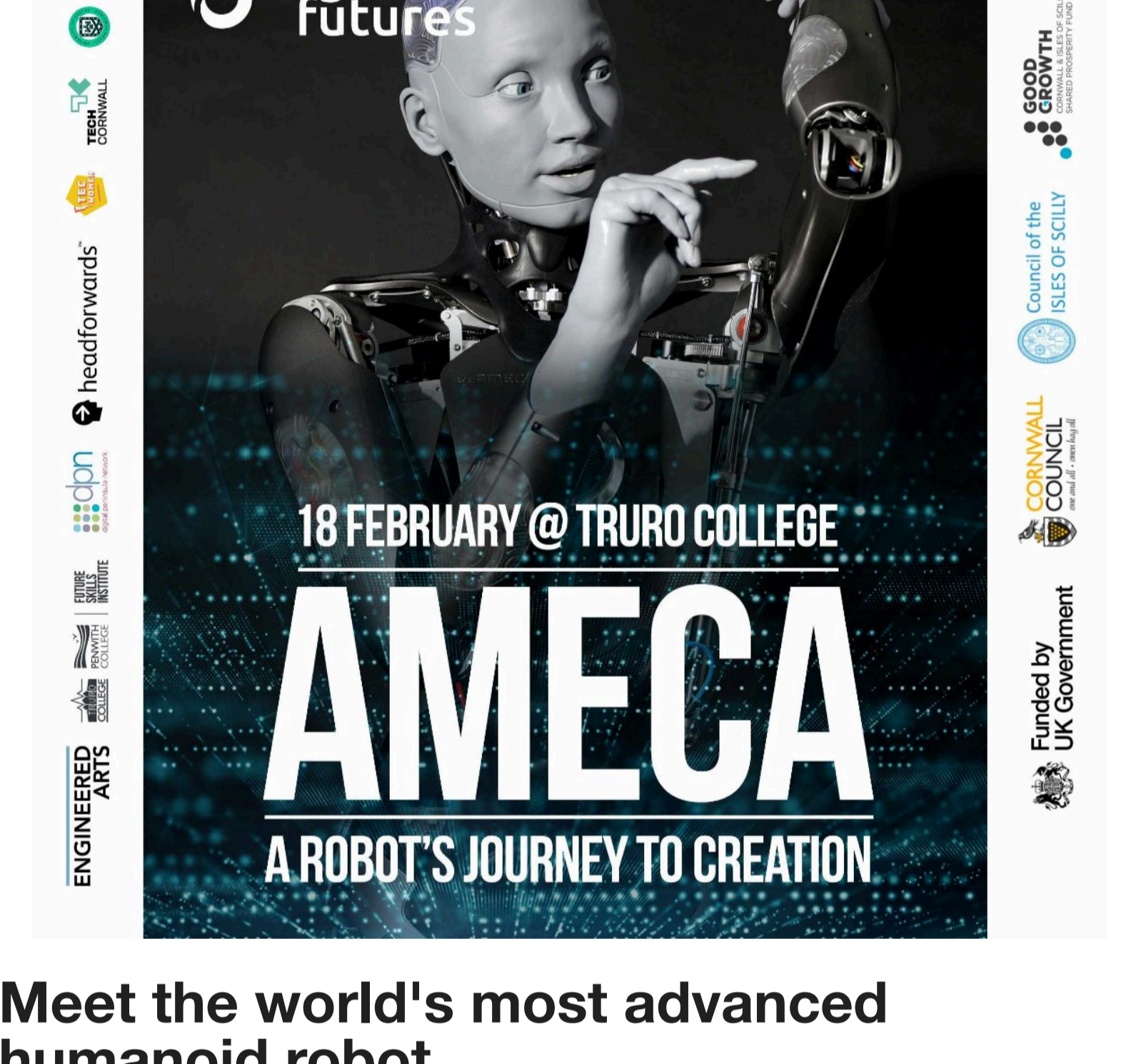
Cornwall Council and local council elections take place on 1 May, 2025.

If you care about your local area and want to be a part of its future, becoming a councillor in 2025 is a great way to make a lasting impact.

You don't need political experience to become a councillor - just passion and dedication to making your community better.

Head along to our information session in County Hall on Saturday 18 January to find out more.

Find out more



Meet the world's most advanced humanoid robot

On 18 February, Truro College will host an extraordinary event featuring Ameca, the world's most advanced humanoid robot.

The event will include a talk by Penryn-based Engineered Arts, who will share insights into the journey of creating this incredible robot.

This event is open to everyone and offers family-friendly activities designed to inspire the next generation of tech enthusiasts.

Tickets are just £5 and include lunch. They are selling fast, so be sure to secure yours now.

Book your tickets now



Replacing batteries in Christmas presents already?

Please don't put them out with your rubbish - they can start fires in our lorries.

Instead take them to a supermarket or waste and recycling centre for recycling.

Find your nearest battery recycling point here: www.recyclenow.com

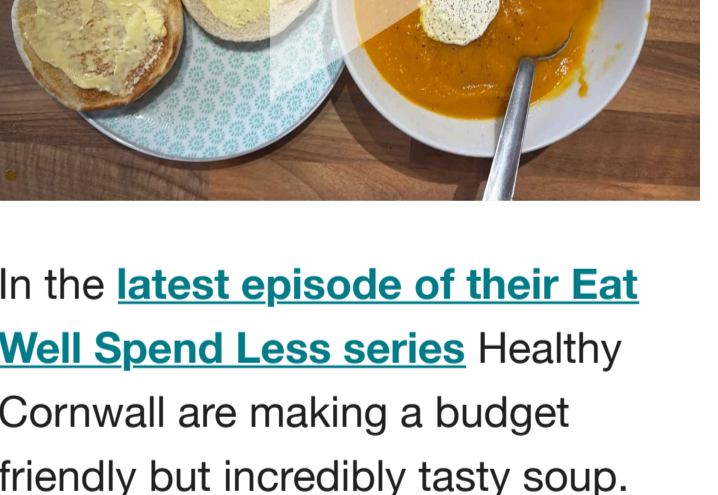


Stay Well this winter

This week's Stay Well champion, Jack, tells us that social prescribers have really good links with the community and may know about charitable and statutory services that you've never heard of.

Watch Jack's video to find out more.

Visit the Stay Well this winter in Cornwall webpage for weekly advice from the community champions.



In the latest episode of their Eat Well Spend Less series

Healthy Cornwall are making a budget friendly but incredibly tasty soup.

You can often find vegetables on offer around the Christmas season so you could make this recipe even cheaper than the price shown.

This would be a lovely lunch if you're having any visitors over or you can also freeze portions for a later date.



My Cornwall Wedding

Is 2025 the year you get married or take the first steps into planning the wedding of your dreams?

Then 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.

Visit www.cornwall.gov.uk/weddings or give us a call on 0300 1234 181 to find out more about our range of ceremonies.



Have your say... Handyperson Service

Make sure you have your say on the proposed closure of Cornwall's handy person service.

Due to increased demand and rising costs, we are looking at how many of our services can be provided in different ways to help balance the budget for the coming year.



Have your say... Draft budget 2025/26

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. Find out more about the proposals and have your say on the Let's Talk Cornwall website by 5 January.

News in brief

We are reminding businesses in Cornwall and the Isles of Scilly to apply for investment support through the Good Growth Programme, with applications closing on 27 January.

We've activated our Severe Weather Emergency Protocol to provide emergency accommodation for rough sleepers in the colder weather.

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