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CORNWALL COUNCIL
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Stay in Touch Pesyewgh Kestava

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

Get in touch with us now if you're at risk of becoming homeless

www.cornwall.gov.uk/housing

Act early if you, or someone you know, is at risk of homelessness

If you, or someone you know, may be of risk of homelessness, don't wait until it's too late, please urge them to get in touch with us now.

Our Housing Options team can

- ✓ Help you stay where you are
- ✓ Negotiate with your landlord
- ✓ Support you in finding alternative housing

Call us today on **0300 1234 161** or visit www.cornwall.gov.uk/housing

[Find out more](#)

Come to the Proud to Care hiring event

5 February 2025 • 10am - 4pm
St Austell College

Meet local employers

www.proudtocarecornwall.org.uk/events

Are you looking for a new job?

Our Proud to Care recruitment team are heading to St Austell in a few weeks, so if you're looking for a new role why not pop along to meet employers and advisers?

St Austell College
5 February 2025
10am - 4pm

What's waiting for you?

- Experience the role of a care worker like never before! Try our VR headsets and immerse yourself in a "day in the life" of a care worker with interactive, hands-on training.
- Meet local employers offering a wide variety of roles to suit all skills and experiences.
- Enjoy refreshments as you explore your next steps in a rewarding career.

Can't make it to St Austell? Don't worry we always have jobs online – and we've another hiring event coming up:

- Shire House Suite, Bodmin – 27 February 2025

Whether you're starting a new career, returning to work, or looking for a fresh challenge, this event is your chance to take the first step in a fulfilling and meaningful role.

Find out more and save the date www.proudtocarecornwall.org.uk/events

We can't wait to welcome you!

[Find out more](#)

If you're blue this Monday or any time, remember there is support available

www.cornwall.gov.uk/mentalhealth

Mental health support for Blue Monday – and for every day

You may have heard this coming Monday, the third in January, is referred to by some as 'Blue Monday'. But the truth is, mental health problems can affect you any day of the year, not just a random day in January!

That's why it's so important for everyone in Cornwall to know there's help available if you or anyone you know is experiencing mental health difficulties

We want everyone in Cornwall to know there's help available if they're experiencing mental health difficulties - on Blue Monday and on every day of the year.

It's okay not to be okay and no one should have to suffer mental distress alone and in silence.

Cornwall Council and its partners across the health and social care system offer a range of services, schemes and materials that can help.

These include:

- [5 Ways to Wellbeing](#) and other coping skills
- Mental health support for [children, young people and their parents](#)
- The [Orange Button suicide prevention scheme](#)
- A [safety planning tool](#) to help people thinking about self-harm or suicide to stay safe for now
- Mental health training from [Healthy Cornwall](#)
- If you are worried about your own or someone else's mental health, call 111 and select the mental health option (option 2). This call is free and will enable you to speak to a mental health professional in Cornwall. Anyone, any age, any time.

[Find out more](#)

Forest for Cornwall

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Collect a free tree

18 January 2025 | 10:30am - 12:30pm
Bude Library

1 February 2025 | 9:30am - 12:30pm
The Old Cattle Market, Helston

12 February 2025 | 2:00pm - 4:00pm
Torpoint Library

15 February 2025 | 10:30am - 12:30pm
Market Way, Redruth

18 February 2025 | 10:30am - 12:30pm
Launceston Library

22 February 2025 | 10:30am - 12:30pm
The Workshed, Liskeard

www.cornwall.gov.uk/forestforcornwall

Get a free tree!

Join us at upcoming events in Bude, Helston, Torpoint, Redruth, Launceston, and Liskeard to collect a free tree sapling from the Forest for Cornwall team.

Event dates and locations:

Saturday 18 January: Bude Library, 10.30am - 12.30pm
 Saturday 1 February: The Old Cattle Market, Helston, 9.30am - 12.30pm
 Wednesday 12 February: Torpoint Library and Community Hub, 2pm - 4pm
 Saturday 15 February: Market Way, Redruth, 10.30am - 12.30pm
 Tuesday 18 February: Launceston Library, 10.30am - 12.30pm
 Saturday 22 February: The Workshed, Liskeard, 10.30am - 12.30pm

Sign up to receive the [Forest for Cornwall newsletter](#) to stay up to date with news, information and updates.

[Find out more](#)

STAY WELL this winter

Brush up on the 5 ways to wellbeing

1. Connect 2. Learn 3. Be active 4. Take Notice 5. Give

Sarah
Social Prescriber, West Cornwall

www.icb.nhs.uk/staywellcornwall

5 ways to wellbeing...

Stay Well champion Sarah tells us about the 5 ways to wellbeing and how they can keep you well this winter.

The [5 ways to wellbeing](#) are: Connect, Learn, Be active, Take notice, Give.

If you can try and incorporate these 5 ways to wellbeing into your daily life it should really promote a good sense of mental health and physical health for you.

[Watch the video](#)

Want to get active?

It's time to get Healthy Cornwall

www.healthycornwall.org.uk

Are you looking to get more active and improve your health and wellbeing this year? Then it's time to get Healthy Cornwall.

Being active isn't just good for your physical health, it's great for your mental health too and Healthy Cornwall has lots of ideas to help you build more activity into your day.

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.](#)

Why not join others in the [Cornwall's Getting Active Community group on Facebook?](#)

Or you can get regular top tips direct to your inbox, by [signing up to Healthy Cornwall's regular emails.](#)

Have your say on school admissions

We would like to hear your views on our admission arrangements for community and voluntary-controlled schools for 2026/27.

Deadline for responses: 31 January 2025

We'd like to hear your views on admission arrangements for community and voluntary controlled schools for 2026/27.

Affected schools are:

- Richard Lander School (Secondary)
- Bosvigo School
- Burraton CP School
- Calstock CP School
- Carbeile Junior School
- Devoran School
- Flushing CE Primary School
- Fourlanesend CP School
- Gorran School
- Kea CP School
- Marlborough School
- Mylor Bridge School
- Penpol School
- Pensilva School
- Perran-ar-Worthing CP School
- St Erme with Trispen School
- St Ives Junior School
- St Neot Primary School
- St Stephens (Saltash) Community Primary School
- Stithians CP School
- Stoke Climsland School
- Torpoint Nursery and Infant School

Deadline for responses: 31 January 2025. [Click here to have your say.](#)

How safe do you feel on Cornwall's roads?

Whether you drive, walk or cycle, it's likely you have a view on how safe you feel on Cornwall's roads and how we could improve road safety.

We'd like to hear what you think, so please take part in our survey. There's not long left, the survey closes **31 January**.

Your feedback will help us shape our road safety strategy. [Take part in the survey.](#)

THE NET ZERO METHANE HUB SHOWCASE

MONITORING METHANE FROM MANURE

Thursday 13 February for an event about state-of-the-art technologies producing energy from manure.

Key Topics Include:

- The latest advancements in technologies that convert manure into clean energy.
- The growing market for biomethane.
- The significant environmental and economic benefits for Cornwall.

The event is for anyone interested in green energy. [Find out more.](#)

Film Project Call Out

We are Cornwall's Communities

Share your story with us

We are looking for videos, audio recordings and photographs about your experience living in Cornwall to celebrate the diversity and vibrancy of our communities in Cornwall and the Isles of Scilly

Send us your story at: hello@clep.org.uk

Got ideas for a pop-up business?

12 sites available

www.cornwall.gov.uk

The Cornwall Lived Experience Partnership and Screen Cornwall are looking for videos, audio recordings and photographs about your experience living in Cornwall and the Isles of Scilly for their new film project.

The film will celebrate the diversity and vibrancy of our communities in Cornwall and the Isles of Scilly.

The film will centre around these three questions. To have your voice heard, pick one or more questions that you connect with and send your videos, audio recordings or photographs that you feel answer the question from your experiences:

- What is living in Cornwall like for you?
- What do you wish people knew about your community?
- What does it mean to be heard?

Send your story to: hello@clep.org.uk

The closing date for applications is 22 January. [Find out more.](#)

[Forward to a friend](#) [Subscribe to the newsletter](#)

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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