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Time to check for gaps in your pension

There are just 2 months left to check for any gaps in your National Insurance contributions since 6 April 2006 and fill them with <u>National</u> <u>Insurance credits</u>.

From the 6 April 2025, people will only be able to make voluntary <u>National</u> <u>Insurance contributions</u> for the previous six tax years, in line with normal time limits.

The <u>Check your State Pension forecast service on GOV.UK</u> is the quickest and easiest way to check what your pension will be in retirement and take action if needed. You can also use the <u>HMRC app</u>.

Find out more



It's Children's Mental Health Week

This year's theme of 'Know Yourself, Grow Yourself' is about helping children and young people to understand their emotions, strengths and what makes them unique.

<u>Headstart Kernow</u> offers training, events, information, signposting, resources and more to help children and young people build their resilience and mental wellbeing and develop greater self-awareness, emotional literacy, coping skills and strategies.

Resources available for children and young people, schools, parents and carers include:

- the <u>My Brilliant Place to be ME!</u> activity book to help 8- to 11-year-olds explore and nurture their wellbeing
- the Resilience Hero online visual novel that explores the resilience
- framework; andthe <u>Resilient Moves Card Deck</u>

There's also the <u>Start Now website</u>, created for young people by young people to support them to look after their own emotional wellbeing and mental health.

Find out more



Feel good food for February

Looking for February feel-good food? Then try this winter-warming leek and lentil soup from our Healthy Cornwall team's Eat Well, Spend Less video recipe series.

These videos give you tips on how to eat healthily on a budget with everyday ingredients from your local shop.

Full of fibre and protein this recipe keeps you feeling full and satisfied. We hope you enjoy eating this delicious meal!





Looking to grow your business?

Businesses in Cornwall and the Isles of Scilly – applications are now open for Good Growth funding!

Apply for grants of £20,000 to £200,000 to help drive growth, boost productivity, and create high-quality, well-paid jobs.

Find out more



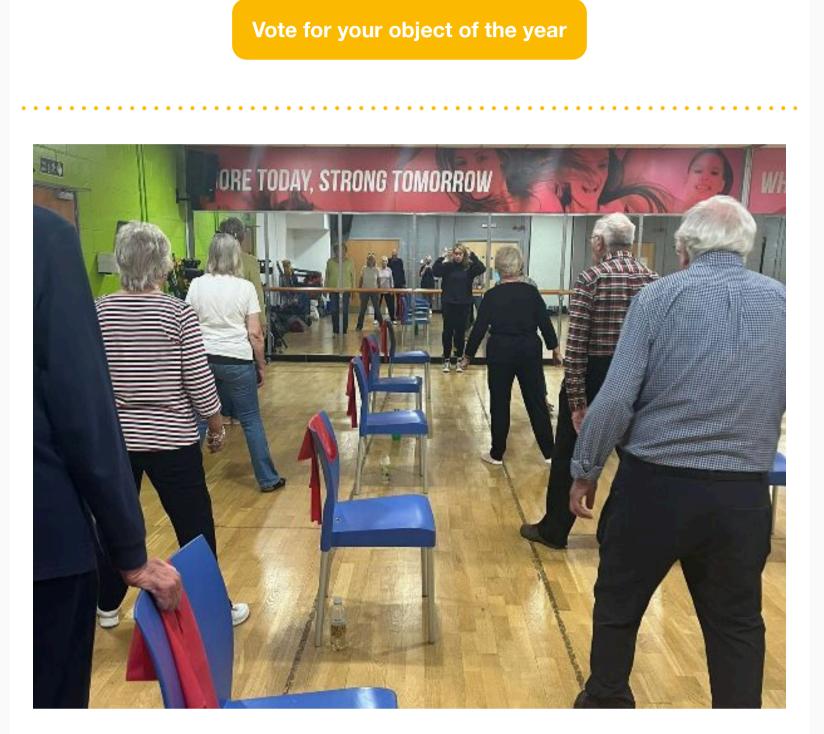
Vote for Cornwall's Object of the Year

Get your vote in fast for 1 of the 6 intriguing treasures shortlisted from museums, galleries and historic sites across Cornwall in the Object of the Year Award 2025.

Object of the Year is part of the Cornwall Heritage Awards and it's up to you - the public - to decide the winner.

Among the fascinating nominees are a 27-foot-long bus named Poppy, a 200year-old life-jacket made of cork, and a painting of a ship celebrating pioneering 19th century Cornish businesswoman Jane Slade.

Voting closes on Monday (10 February).



Attend a free session to prevent falls

Join <u>iCareiMove</u> at a free event to learn about staying independent and preventing falls across Cornwall.

Where: C4 Studios, Holmbush Industrial Estate, Stennack Road, St. Austell When: Tuesday 11 February, from 11am to 1.15pm

See first-hand what we do in our Move More Falls Management Programme for adults aged 65 and older - both in live classes and online.

Enjoy a free cup of tea while meeting Move More participants and chatting with physiotherapists, community pharmacists, social prescribers, and other service providers to learn about the support available in your area. Participants have reported great benefits from attending the free Move More programme:

- "I'm now walking further my balance when turning has also improved."
 "Heel pumps are great for stopping dizziness we're teaching our
- friends!""Band arm exercises have reduced the pain in my neck."
- "I've made friends, and I don't need my walking stick anymore!"

Free parking is available at the venue.





Sexual Abuse and Sexual Violence Awareness Week

We stand in solidarity with all survivors of child sexual abuse, exploitation, domestic abuse, and sexual violence in all its forms.

Our <u>Safer Cornwall</u> team will be sharing survivor stories, raising awareness of the impact of sexual violence and abuse, and highlighting the support available because <u>#ITSNOTOKAY</u>.

Support is available for everyone.

Find out more



Saltash Leisure Centre is being modernised this year and will stay open throughout the work.

The changing rooms will be refurbished and the centre will host a new local registrar service, as well as a safe and well hub.



Wondering how much time being a councillor takes?

The average commitment is 32.7 hours a week, but it's flexible and can vary based on your role, so why not stand for election and see how you can make it work for you.



Thinking about fostering? Then drop into St Agnes Library on Wednesday 26 February for a chat with one of our experienced foster carers.

The informal information drop-in session is a 'no-pressure' chance to ask questions and runs from 10:30am to 12:30pm.

Foster carers can help some of the most vulnerable children, providing them with guidance, stability and love. Find out about fostering and how to become a foster carer.

Call 0300 456 0120, text FOSTER to



Our annual Adult Social Care Survey asks people who are 18 or over using long-term support services about their experiences.

We're interested in how our services are helping and supporting people locally.

Surveys will be sent out by post to a randomly selected group of service users starting this week.

If you receive the survey, we encourage you to take part and share your experiences.

Your responses will help shape the way we support people locally. Take a look at <u>last year's survey results</u> to see how your feedback makes a difference.

> CORNWALL COUNCIL

 18 February, 2pm - 3.30pm
 Holman's Sports Club, 32 Pendarves Road, Camborne, TR14 7QG

Listening to you

How can everyone start well, live well and age well?

Live events 2025

82228 or find out more about fostering on our website. Find a full list of events are at Events – Fostering South West



If you're d/Deaf and want to know more about diabetes, there are diabetes education events being held in Camborne on 13 and 27 February with British Sign language interpretation.

The events offer essential support and guidance for people at risk of developing type 2 diabetes, those who are newly-diagnosed and those already living with the condition.

The sessions are open to all, with family members and caregivers welcome, and will cover:

- Diabetes symptoms
- What to do if you think you might have diabetes
- Food and exercise
- Diabetes complications
- Help and support availableLiving well with type 2
- diabetes

Diabetes Education Events with BSL Interpretation

13 and 27 February, 1pm to 4pmCornwall Deaf Community Centre5E Charles St, TR14 8JF

The events have been arranged by NHS Cornwall and Isles of Scilly, <u>Healthy Cornwall</u> and Diabetes UK, and are supported by Hearing Loss Cornwall and the Cornwall Deaf Community Centre.

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Council Leader Cllr Linda Taylor is holding in Camborne, Launceston, Newquay and St Agnes this month.

Camborne 18 February 2pm to 3.30pm Camborne Holman's Sports Club The Lounge 32 Pendarves Road TR14 7QG

Newquay

19 February 10am to 11.30am Newquay Town Council Offices Community Room Marcus Hill TR7 1AF

Launceston 19 February 1pm to 2.30pm Launceston Town Hall Guildhall Room Western Road PL15 7AR

St Agnes 20 February, 2pm to 3.30pm St Agnes Hotel (The Aggie) Churchtown TR5 0QP

News in brief

February is Heart Month - a great opportunity to think about how you can keep your heart healthy. We're teaming up with Cornwall Libraries to run <u>a series of wellbeing</u> <u>drop-in sessions across Cornwall</u> where you can check your blood pressure, weight and body composition, and get healthy lifestyle support.

Yesterday was Time To Talk Day. Having open conversations about mental health is one of the most important ways we can all support each other's wellbeing.Choosing to talk could change a life. **Find support**.





OUR PRIORITIES FOR CORNWALL





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