

From: Cornwall Council enewsletter@cornwall.gov.uk
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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

The Electoral Commission

YOUR VOTE MATTERS
DON'T LOSE IT

I'M REGISTERED TO VOTE

Register to vote by 11 April.
It's quick and easy.

Register to vote by 11 April

With just five weeks to go until the voter registration deadline for the local elections on 1 May, make sure you're registered to have your say.

If you've recently moved house, you'll need to reregister.

Once registered, you have a range of options – you can vote in person, by post or by appointing someone you trust to vote in your place, known as a proxy vote.

If you're going to a polling station you'll will need to show photo ID, such as a passport or driving licence. To find out which ID you can use in the polling station, visit the [Electoral Commission website](#).

If you do not have one of the accepted types of ID, you can apply for free ID at www.gov.uk/apply-for-photo-id-voter-authority-certificate or by completing and submitting a paper form to Cornwall Council.

Register to vote





**With you every
stop of the way**

Download
your **FREE**
App today!



 **Transport
for Cornwall**
Karyans rag Kernow

Transport for Cornwall App offers Young Person's Discount on bus travel

Did you know people aged 19-25 can get unlimited one day travel on Cornwall's bus network for just £5? Or unlimited travel for a whole week for just £20?

Young Person's tickets are available exclusively through the [Transport for Cornwall App](#), where bus users can buy their ticket and verify their age all in one place.

People aged 19-25 can verify their age through the app by going onto the buy bus tickets section, where they will be asked to provide ID to confirm they're eligible. Access to these types of tickets will be automatically removed the day of their 26th birthday.

As well as access to the Young Person's Discount, the Transport for Cornwall App also makes it easier than ever to plan journeys, buy tickets and track the bus services - across different routes, across different operators, across Cornwall.

So whether you're getting the bus to work, popping to the shops, or meeting up with friends, our app has got you covered – whatever your age!

[Find out more](#)



**First
collections from
10 March**



Mid West Cornwall

**Start recycling your
food waste now**



www.cornwall.gov.uk/wastechanges

 **Cornwall recycles**
Kernow a wra eylgylyghya

Mid West Cornwall residents - start recycling your food waste now

Mid West Cornwall residents, are you ready for your first food waste collection next week?

If you live in Camborne, Redruth, Falmouth, Penryn, St Mawes, Truro, Probus, Trispen, Mitchell, Perranporth, St Agnes, Portreath and surrounding areas:

- [Tell us online](#) if your new bins have haven't arrived yet
- Start using your silver kitchen caddy to collect tea bags, eggshells, veg peelings and more
- Empty it into your green outdoor caddy as often as you need to
- [Check your new collection day](#) if you're not sure

- [Check if your first collection](#) will be recycling and food waste, or rubbish and food waste
- [Get tips on using your new food waste caddies](#)
- [Sign up by midnight on 12 March](#) and we'll collect your old bin for recycling if you'd like us to

If you've already logged an issue with us in the past 2 weeks, please don't log it again. Thank you for your patience as we work through requests for new recycling containers and missing bins or caddies.

[Find out more](#)

Ah, a not-so-fine vintage.

Return your unused meds
to your local pharmacy



Pharmacy
Cornwall

Return your unused meds to your local

Return your unused meds to your local pharmacy

Do you have old, unused, unwanted or expired medicines at home?

Help keep your home safe and dispose of them properly by returning them to your local pharmacy - no questions asked!

Keep Everyone Safe

- Unused medicines at home can be dangerous, especially if accidentally taken by children, pets, or vulnerable family members.
- Keeping old prescriptions just in case increases the risk of taking the wrong medication.
- For safety, medicines are prescribed for you-never share them with anyone else.

Protect The Environment

- Throwing medicines in the bin or flushing them can pollute water systems, harming wildlife and ecosystems.
- Returning them to your local pharmacy ensures they are disposed of safely, reducing environmental impact.

Support Antimicrobial Stewardship

- Returning unused antibiotics helps combat antimicrobial resistance, preserving their effectiveness so they work when you really need them. Improper use or disposal can make bacteria resistant, making infections harder to treat.

Reduce Medicine Waste

- Unused medications contribute to significant waste and financial costs within the healthcare system.
- Only order what you need, once medicines have left the pharmacy, they can't be reused or recycled.

[Find out more](#)



Garden waste subscription service



Get your garden waste sorted for the year in a few clicks

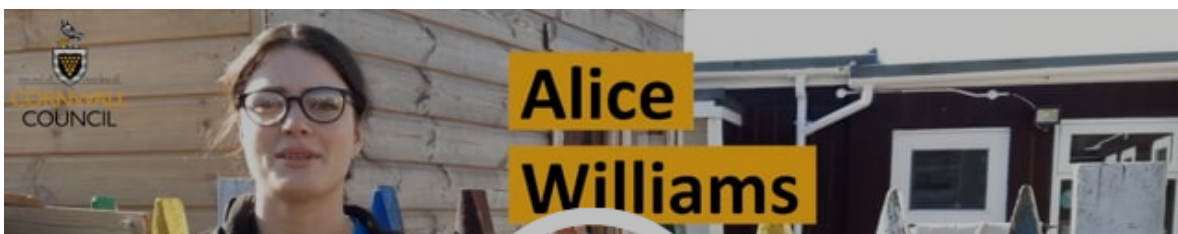
If you subscribe to our garden waste collection service, look out for your renewal email in your inbox.

You'll need to make your annual subscription payment by 31 March to ensure your service continues uninterrupted

Not a subscriber? Don't put garden waste in your rubbish bin. Home composting is a great way to make good use of it.

Or sign up to our **garden waste collection service** and we'll turn it into farm compost. [It's quick and easy to subscribe online](#). You can also take it to your Household Waste and Recycling Centre.

Sort your garden waste





Free Safer Sleep training

Next week is [Safer Sleep Week](#) (10-16 March), which is The Lullaby Trust's national campaign to raise awareness of sudden infant death syndrome (SIDS) and the simple advice that reduces the risk of it occurring.

Cornwall Council Public Health and Our Safeguarding Children Partnership (OSCP) are offering free Lullaby Trust safer sleep training for anyone working with families with babies in Cornwall and the Isles of Scilly.

Safer sleep advice is crucial in reducing the risk of sudden infant death syndrome (SIDS), which still claims over 200 babies' lives in the UK each year. By promoting safer sleep practices, we can help save lives. This training is open to anyone working with families with babies. This includes anyone working in health, early years education, social care, voluntary and community organizations, emergency services, and housing officers. We spoke to some of those who have already completed the training and you can hear what they thought of it in this video.

To sign up, visit the [OSCP website](#) and complete a pre-training survey. Spaces are limited, so register as soon as possible.

To find out more about reducing the risk of Sudden Infant Death Syndrome visit www.cornwall.gov.uk/safersleep

[Find out more](#)



Quit for good on No Smoking Day

No Smoking Day is taking place this Wednesday, 12 March 2025.

Stopping smoking is the best thing you can do for your health and the health of your loved ones. There are almost immediate improvements to your health when you stop smoking, and on average, someone who smokes could save around £2500 per year by quitting.

It's never too late to quit smoking, so whether it's your first time or you've tried before, the Healthy Cornwall team are here to offer FREE support to help you to finally go smokefree for good.

The team will be out and about throughout Cornwall next week running a variety of drop-in sessions, providing advice and support for those ready to quit for good. If you can't make it to a drop-in session, there's no need to worry, as the team also offer a variety of digital and phone-based support options too, including video calling, text support and more.

Find out more about No Smoking Day and the support on offer from the Healthy Cornwall Team below.

[Find out more](#)



Do you run a business? Are you ready for the Government's **Simpler Recycling regulations that come into force from **31 March 2025**?**

The new regulations will require certain businesses to sort their waste for recycling into separate streams for food waste, glass, metal and plastic, cardboard and paper, and food and drink cartons.

Our commercial waste collection team offers a simple-to-use service from just £13 a week collecting food waste weekly and recycling and rubbish fortnightly. [Find more information on our website.](#)



A new healthier weight strategy for Cornwall and Isles of Scilly has been published that recognises the wide range of factors that affect people's weight.

Our public health team have published the [Healthier Weight Strategy for Cornwall and Isles of Scilly](#).

It takes a 10-year approach to address the factors which can influence our health in the places that we live, such as the food environment and having local places to be active.

The aims of the strategy are to support people to maintain a healthier weight and to reduce the inequalities associated with healthy weight.



Our award winning Business Regulatory Support Service have a number of free webinars coming up next week:

- Fire Safety & Automatic Fire Alarm Changes for Businesses on Monday 10 March
- The Renters Rights Bill 2025 on Tuesday 11 March
- Private Water Supply Essentials for Businesses on Wednesday 12 March

All these webinars include a live Q&A where you can ask questions and get free advice from our team.

[Click here to find out more](#)

Have you received a cancer diagnosis within the last 3 years that has impacted your emotional wellbeing?

The Peninsula Cancer Alliance in collaboration with The Cove Cancer Support Centre (Cornwall) is offering a free health and wellbeing workshop aimed at providing top tips and strategies to improve the wellbeing of cancer patients throughout their treatment and beyond.

There will also be an opportunity to share your experience which will be invaluable in shaping future services in Cornwall and Devon.

[Register here to attend](#)

News in brief

Cornwall's involvement in the British-Irish Council will be strengthened following the signing of an agreement between the council and the government. [Find out more](#)

If you spot something that could be harming the environment - like illegal tree felling, wildlife disturbance, or marine pollution - report it. The [Cornwall and Isles of Scilly Local Nature Partnership](#) is making it easier for residents to report environmental offences. [Find out more](#)

More than 40 people with experience of adult social care met council staff last week to discuss how a new approach is improving services and support for Cornwall residents. [Find out more](#)



Forward to a friend



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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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