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



Register to vote by 11 April

If you want to take part in the local elections on 1 May and have your say, then make sure you're registered to vote by 11 April.

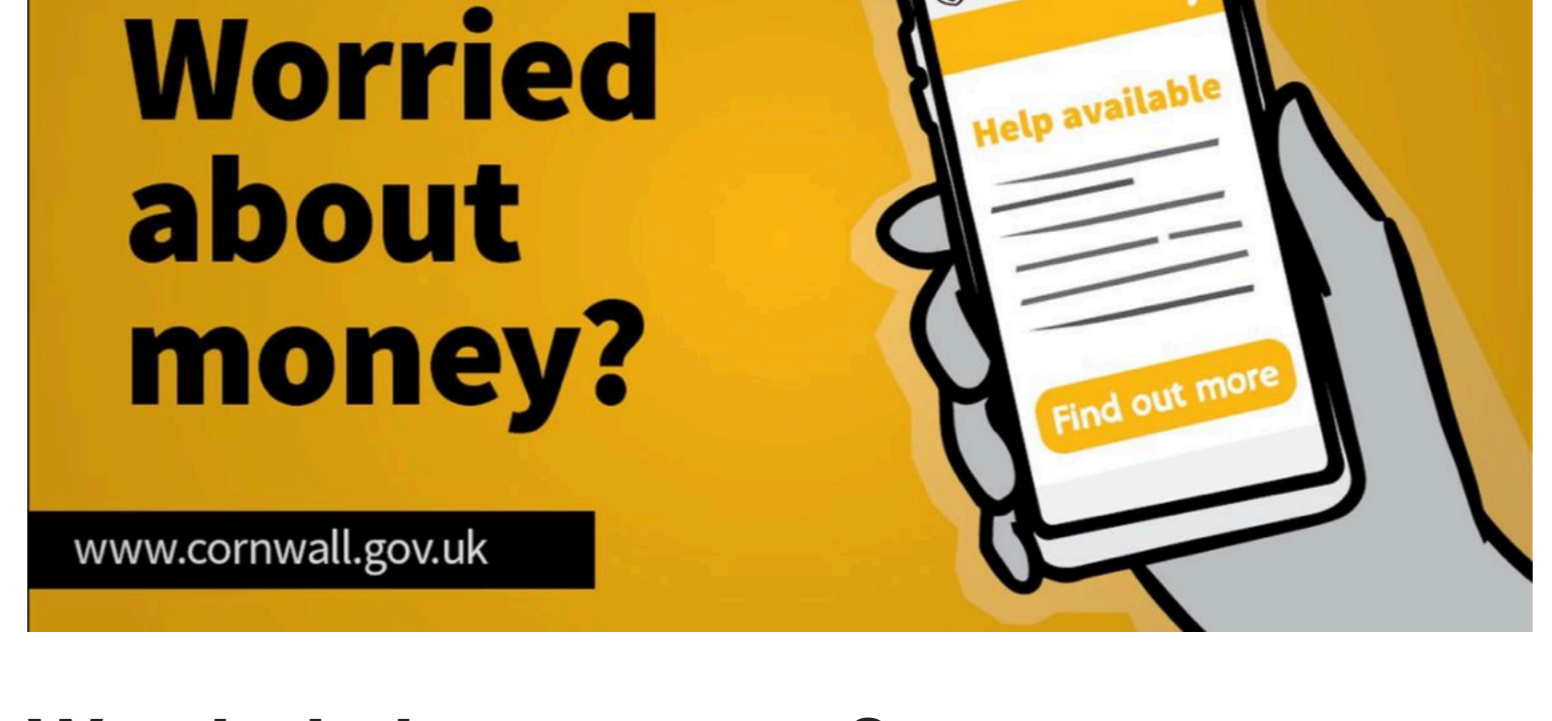
If you've recently moved house, or changed your name, you'll need to reregister.

Once you're 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 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 don't have one of the accepted types of ID, [you can apply for free ID online](#), or by completing and submitting a paper form to Cornwall Council.

[Register to vote](#)



Worried about money?

If you, or someone you know, are struggling to pay your bills at the moment, there is help available.

There are a range of different schemes to support people with the rising cost of living:

- People on a low income, out of work or unable to work, [could be eligible for Universal Credit](#) to help with living costs
- If you're over State Pension age and on a low income you can [apply for Pension Credit](#) for help with your living costs
- If you have no income, or you're on a low income, you might be able to apply for [support to pay your Council Tax bill](#)
- [Inclusion Cornwall](#) also have resource sheets covering a wide variety of cost of living issues

We also have lots of information on other financial support that might be available if you, or someone you know, is struggling on our [worried about money webpage](#).

[Council Tax Support](#)



TV presenter Lorraine Kelly explains how you can identify if you have a Radio Teleswitch (RTS) meter and what action you should take to upgrade your meter.

Switch to Smart Meters by June 2025

The technology supporting old style RTS electricity meters will be discontinued on 30 June 2025. Without this technology, RTS meters may fail to switch between peak and off-peak rates, potentially disrupting your heating and hot water supply.

To avoid this, your electricity supplier will contact you to upgrade to a smart meter before the deadline. Smart meters offer several benefits, including automatic electricity readings, access to exclusive tariffs, and accurate billing based on actual usage.

If you have an RTS meter, your supplier will arrange an upgrade appointment. It's crucial to upgrade to ensure your heating and hot water continue to function properly.

You might have an RTS meter if your home has a Radio Teleswitch label, uses electric heating, or lacks a gas supply. Contact your supplier if you're unsure.

For more information, visit your electricity supplier's website or contact [Citizens Advice](#) for support.

[Find out more](#)



Listen to CHAMPs Unplugged

The CHAMPs are a team of people with learning disabilities and autistic individuals who work at Healthy Cornwall and are passionate about making health and wellbeing accessible to everyone.

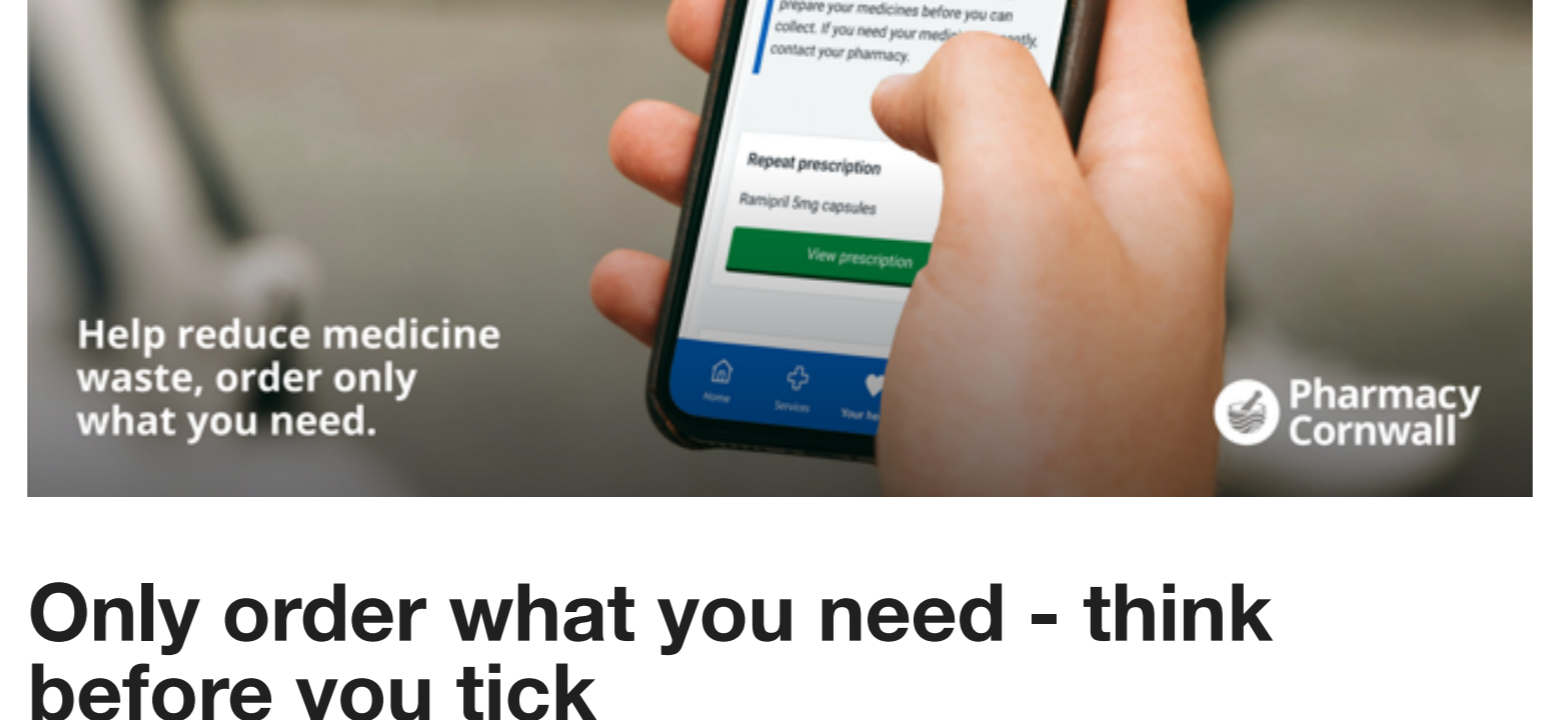
Today (Friday 4 April) sees the launch of a brand-new podcast made and run by the CHAMPs for people with a learning disability and autistic people.

In each episode of 'CHAMPs Unplugged', the team will share personal experiences, talk about important health topics, and chat with experts, advocates and people with lived experience.

The aim is to raise awareness, break down barriers and make sure everyone's voice is heard. Join them for real conversations, helpful advice and a community that cares. Together, we can make health and inclusion a reality for all.

Listen to the 'CHAMPs Unplugged' on Spotify and Amazon Music now.

[Listen now](#)



Only order what you need - think before you tick

Unused medicines lurking in cupboards and medicine cabinets may seem harmless enough, but they carry hidden risks – not just for you, but also for your community and the environment.

Pharmacy Cornwall is championing an important message: only order what you need and return unwanted medicines safely.

How You Can Help:

- Before ordering, check what medicines you already have at home.
- Only tick the items you genuinely need this time.
- If you don't need it now, you can still order it next time.
- Return any unused medicines to your local pharmacy for safe disposal.
- Use the NHS App to easily manage and order repeat prescriptions.

Why This Matters:

- Prevents unnecessary medication waste
- Helps save money for the NHS in Cornwall.
- Reduces the risk of harm from unused medicines at home
- Protects the environment-never bin or flush medicines
- Once medicines leave the pharmacy, they cannot be reused or recycled, even if unopened.

[Find out more](#)



Health advice for the Easter holidays

Whether you live here or you're visiting, please follow the 'where is best' advice from NHS Cornwall and Isles of Scilly so you can access the best service for you this summer.

Spring in the air puts a spring in our step and makes us feel better all round. But, if you do need help with something health-related, NHS Cornwall and Isles of Scilly has all the right advice on where is best, from self-care at home to when is appropriate to use the emergency department.

- Self-care at home - Treat headaches, coughs and colds, small cuts and grazes at home.
- Visit your local pharmacy - Get advice on minor illnesses and emergency supplies of most prescription medicines, including contraceptives.
- Contact your GP practice - Contact your own surgery for concerns about aches and pains, vomiting, asthma or persistent symptoms.
- Visit a minor injury unit - For minor illness or injuries within the last 14 days, such as sprains, broken bones, burns. No appointment needed, open late.
- Use NHS 111 - For urgent and out of hours, use 111 online or call NHS 111.
- Mental health support - For a mental health emergency, call NHS 111, select the mental health option
- 999 - Only call 999 if you have a serious and potentially life-threatening injury or illness.

NHS Cornwall and Isles of Scilly has also published information to help people know the [difference between an MIU, UTC and the emergency department](#). Knowing this will play a major part in keeping our emergency services available to help the people who need them the most over the holiday period.

[Where is best?](#)



With warmer weather and the Easter holidays on the way there are some key things for residents and visitors to be aware of to make the most of the outdoors.

Our Public Health team has some safety tips for when you're out in the countryside, visiting animal attractions or, if the weather is especially nice, getting out the barbecue.

From hand hygiene to sun safety [our website has top tips to help you stay safe this spring and summer](#).

[How to order in the App.](#)



Head to Kresen Kernow during the Easter holidays for some free family crafts!

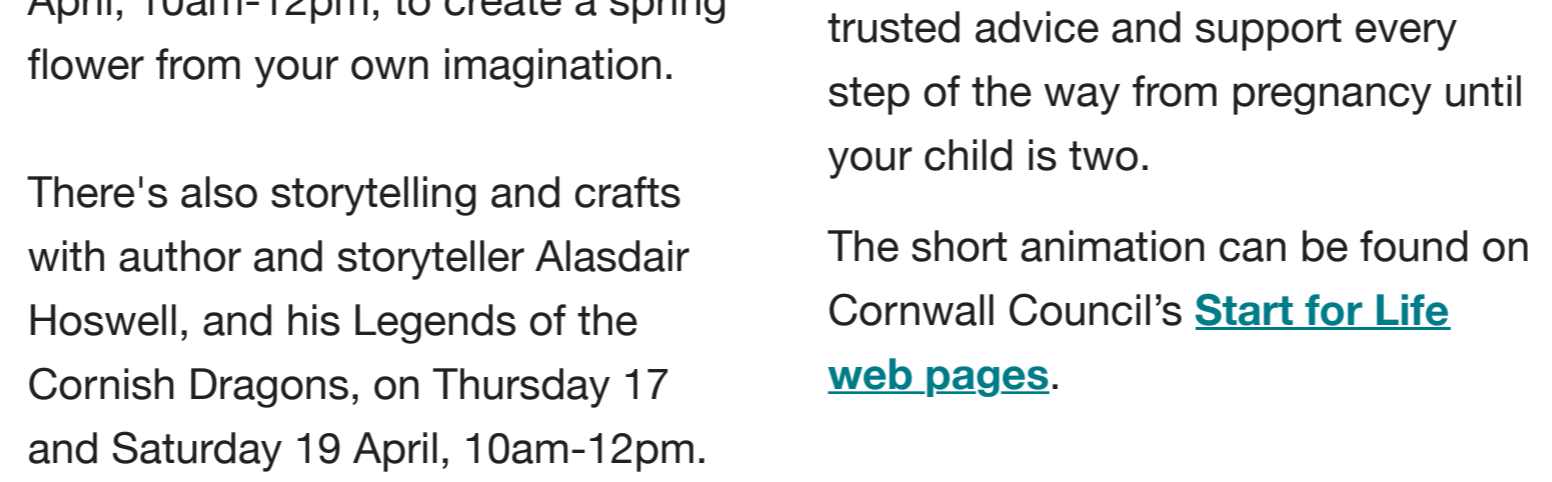
On Tuesday 8 and 15 April, 10am-12pm, learn how to do wet felting and make a flower. Then join artist Leona Campbell on Thursday 10 April, 10am-12pm, to create a spring flower from your own imagination.

There's also storytelling and crafts with author and storyteller Alasdair Hoswell, and his Legends of the Cornish Dragons, on Thursday 17 and Saturday 19 April, 10am-12pm.

A new video has been created to let new mums and dads know about all of the support available as they embark on their parenting journey.

At just over three minutes, it gives a useful overview of Cornwall's 'Start for Life' programme, which provides trusted advice and support every step of the way from pregnancy until your child is two.

The short animation can be found on Cornwall Council's [Start for Life web pages](#).

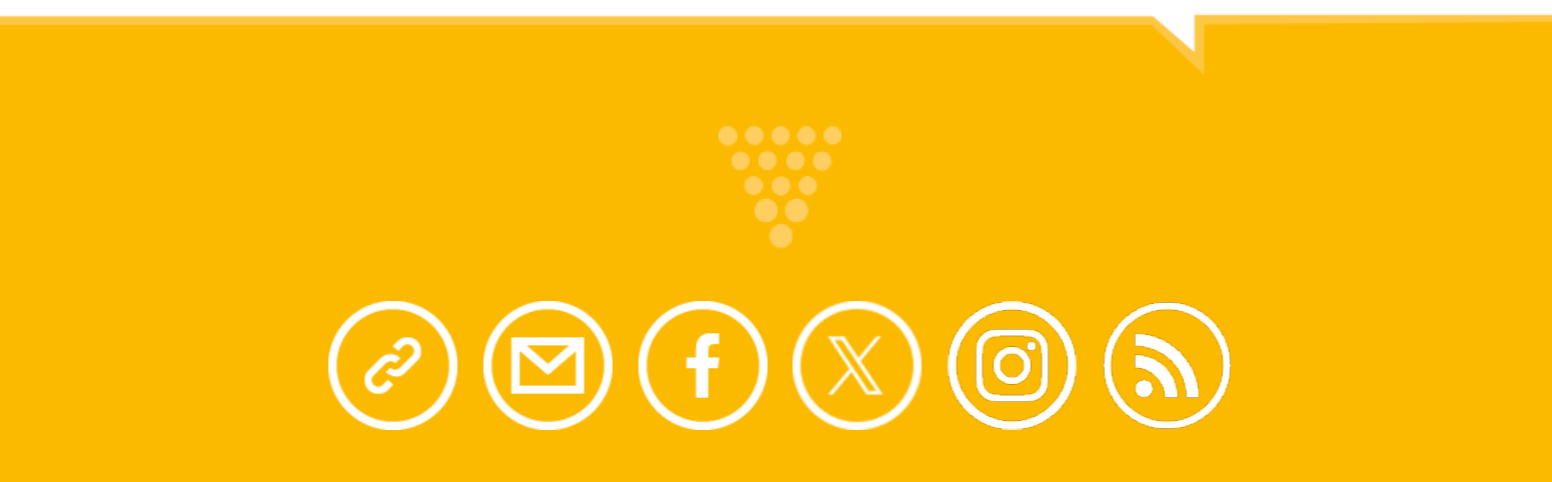


Major resurfacing work to improve road safety is taking place on the A391 in St Austell next month. Diversions will be set up while the North East Distributor road is shut from 6 to 30 May for the essential works to be carried out. [Find out more](#)

Owners of former petrol station ordered to pay £26,790 after failing to provide safety information. [Find out more](#)

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OUR PRIORITIES FOR CORNWALL



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