Vital Signs® is a community philanthropy guide from Cornwall Community Foundation, measuring the vitality of our communities and identifying significant trends in a range of areas critical to quality of life. Vital Signs® is supported by UK Community Foundations. We used a combination of existing research, surveys, community consultations with local residents and stakeholder meetings with representatives of the public, private and VCSE (Voluntary, Community and Social Enterprise) sectors.

We covered 10 national themes similar to other Community Foundations and for each theme a ‘core’ indicator has been chosen to best represent how Cornwall compares to other authorities. Grades are used within this report to indicate how urgently we think action needs to be taken in relation to a specific aspect of community life. The grades are awarded on the basis of how the area is doing relative to the rest of the UK. Grades are presented on a scale of A to E.

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Acknowledgements
Cornwall’s Vital Signs® 2017 research was carried out by Linda Whittaker for Cornwall Community Foundation. We are very grateful to James Williams DL, Trustee of the Cornwall Community Foundation, for his generous donation to support our Vital Signs. Thank you to UK Community Foundations and The Goldsmiths’ Company for their grant that enabled us to participate in the research.

Methodology
Our research for Vital Signs® consisted of several strands. We reviewed statistical data and reports from national charities, local authorities and national government, and supplemented this research with results from our online residents survey and community consultations (Callington, Falmouth and Redruth, the latter hosting our Stakeholder Consultation). Taken together our research revealed the community priorities which we feel would benefit from local giving. The sources of statistical data used in this report are listed in the detailed Vital Issues report that is available on our website at www.cornwallfoundation.com
Welcome to Cornwall’s Vital Signs
Cornwall’s first concise analysis of social need

Cornwall and the Isles of Scilly is one of the most popular holiday destinations in the UK. Its miles of beautiful sandy beaches, dramatic cliffs, peaceful countryside and rugged, tantalising moorland entice visitors from far and wide. Here visitors find a unique destination that offers something for everyone - heritage, culture, wildlife, adventure, peace and security. The residents of Cornwall and the Isles of Scilly themselves are well renowned for their warmth and the passion that they hold for this special place. Many visitors, on the last day of their summer holiday, wistfully gaze at the sea and say, “If only we could live somewhere as beautiful as this.”

But there are two Cornwalls. The one we all love and that enriches our lives, and another that lies behind, where large numbers of people live on the edge of poverty, or in ill health, or in isolation, with fragmented or dysfunctional families and widespread indebtedness and disadvantage. How many of our visitors would be shocked to know that one of Cornwall’s top destinations, Newquay Central, is a place where 44% of children live in poverty after housing costs? How many of them are aware that 42% of employees in North Cornwall earned below the living wage in 2016? Many residents of our local communities cannot enjoy what Cornwall and the Isles of Scilly has to offer because it is simply beyond their reach. Rural isolation, lack of transport, low wages and rocketing housing costs make a simple day at the beach something that many locals cannot afford.

However it is not all bad news. Our communities are resilient and creative. In Cornwall and the Isles of Scilly we have approximately 4,500 voluntary, community and social enterprise (VCSE) organisations working hard to make a difference. The role of Cornwall Community Foundation is to identify where the greatest need is and inspire local giving to meet local needs. Our first Vital Signs research shines a light on Cornwall and the Isles of Scilly, providing the first detailed guide to how and where local philanthropy can make a huge difference in addressing the urgent and often overlooked areas of need. This report pulls together the voices of community members with hard facts and statistics, offering a clear and concise wealth of information.

We hope that you find this Vital Signs report informative, enlightening and useful. Our consultations with residents from local communities passionately demonstrated that despite the challenges that Cornwall and the Isles of Scilly are facing, communities are determined that the place in which they live will truly be a place ‘for one and all’.

As always, we look forward to hearing from you.

Yours faithfully

Tamas Haydu - Chief Executive

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Cornwall is one of the poorest counties in England with lower than average earnings. In part the low wages could be attributed to the ‘gig’ economy. Many jobs are on a zero hours or short term contract basis, or time limited such as seasonal or grant funded roles. There is often a good volume and variety of work available during the tourist seasons but pay is low compared to England. Cornwall is under-represented in some ‘higher earning’ industries such as professional and scientific services, and employs a higher proportion of people in the primary and service industries such as accommodation, agriculture and food.

20.7%* of the workforce is self-employed (an increase on the last census figure) which could suggest difficulty securing a permanent job rather than entrepreneurship. 74.1% of businesses employ 4 people or less; 14.2% employ 5–9 people.

As we are a very rural county we face greater challenges when commuting to work, in particular how long a journey can take, the cost of transport and its availability. The cost of childcare and caring responsibilities diminish the net income a household has each month, reasons why Foodbanks for example have seen a rise of ‘in work’ poverty.

*The sources of statistical data used in this report are listed in the detailed Vital Issues report that is available on our website at www.cornwallfoundation.com
Work Skills South West received £3,000 from the Cornwall 100 Club to help individuals prepare for employment, developing social skills, self confidence and self-esteem along with practical skills such as CV writing and interview skills. WSSW specialises in offering a range of activity based therapies to vulnerable young people and adults with learning difficulties, disabilities or mental health issues. In the last academic year 2015/2016 91.5% of the 284 learners they taught successfully achieved their qualifications.

One of the students who lost his mother at 11, disengaged from school and has a variety of mental health problems commented,

“I don’t really know why I joined the project. I thought it would be a waste of time. Once I started though, Mark (the instructor) made me realise it didn’t matter that I didn’t finish school - I could learn skills on this project that would help me get a job. I want to learn more now”
Cornwall performs worst for the share of GVA (our share of GB’s gross value added, a measure of productivity). With a higher than average number of micro and small businesses employing low numbers of people, productivity is well below average in Cornwall. The Local Enterprise Partnership has produced a strategy for 2017-2030 that includes targets such as improving educational attainment levels and increasing wage levels to improve productivity. We have an impressive digital economy with excellent high speed broadband in areas of the county leading to the development of specialist employment opportunities. However, our geographic isolation, rurality and unique business profile means we have specific challenges in Cornwall, such as the majority of micro enterprises with low numbers of employees and limited opportunities. Our rural landscape is logistically a challenge for deliveries, transportation and access to work. Low disposable income for much of the population is coupled with high cost of living. Outstanding personal debt in Cornwall amounted to £14 billion in 2014, almost 50% higher than Cornwall’s annual economic output figure (£9,462m as measured by nominal GVA). Low wages together with rises in utility bills and rents have gradually eroded household savings and pushed many people into living with debt problems.
ReachOut Creative Futures supports young people who are not in education, employment or training to improve their life chances by taking part in informal education programmes to gain confidence, self-esteem and team work. They received an award of £3,000 from the Manor Solar Farm Community Fund. This award enabled the young people to learn a variety of communication, problem solving and instructional skills by going on canoe expeditions. They were able to see how the River Fowey contributes to the local Cornish economy through the transportation of clay, as well as learning about the leisure and tourism industry in Cornwall from the perspective of the water.

Patricia Hoskin, Project Coordinator commented,

“The young people had a better understanding of the area they live in from a different perspective. They are far better at working as part of a team and can communicate a lot better.”

“Post offices and banks are closing”
Community consultation participant

It is difficult to run a business in Cornwall compared to other places like London with much higher disposable income”
Kim Conchie, Cornwall Chamber of Commerce

Vital Initiatives - ReachOut Creative Futures

- Support organisations who offer training and help to improve educational attainment, especially for those with no or low levels of qualifications
- Apprenticeships and skills development to help current and potential employees achieve their goals
- Work with volunteer organisations to 'place' individuals, giving them work experience and getting them on the employment ladder
- Inspire people to learn new life enhancing skills, both academic and vocational
- Support organisations who encourage people currently on benefits, particularly incapacity and disability, to move closer towards the workplace and ultimately into work
- Support peer mentoring projects to encourage the development of new skills whilst increasing confidence and independence
- Continue to work with the business sector and grow our Cornwall 100 Club

Vital Steps
Cornwall is one of the poorest counties in England. Cornwall’s IMD (indices of multiple deprivation) overall score is poor. We are a county with areas of high deprivation and poverty that is related to poor health, housing and lower levels of attainment in education, exacerbated by rurality and lack of transport. Deprivation sits alongside areas of considerable wealth and affluence and highlights the divide between those who struggle and those who do not. Steps are being taken to improve areas such as health (e.g. educating – cooking and budgeting skills) and education (apprenticeships and ‘back to work’ programmes for those who are most disadvantaged, isolated and distant from the work place). More needs to be done to reduce inequality, especially given the increase in Cornish neighbourhoods that are rated as being amongst the most deprived areas of England. 44% of children are in poverty in some areas, houses are frequently cold and inefficient to heat, and being able to afford to buy a home is an unattainable goal for many people in Cornwall.

44% of children live in poverty
44% of children in Newquay Central, 43% of children in Falmouth Penwerris and 40% of Children in Liskeard North live in poverty (after housing costs)

26.6% of children lived in poverty in Cornwall in 2016 (after housing costs)

17 of Cornwall’s neighbourhoods are in the 10% most deprived in England, an increase of 9 neighbourhoods in 5 years

34,000 households in Cornwall are thought to be in fuel poverty (14.2%). The highest proportion is in St Dennis South where 29.1% of households are struggling with energy bills

10,500 school pupils were entitled to Free School Meals (16% of students at the time of the last census)

68% of cars in Cornwall are over 6 years old (310,474 cars and vans in Cornwall)

79% of respondents to our questionnaire agreed there is a wide gap between people in Cornwall who can afford the basics (food, heat, home) and those who cannot

85% of respondents agreed access and transport is poor for those with limited mobility
Pengarth Day Centre received £4,800 from the Emily Bolitho Trust Fund to help clients with mobility problems, rural isolation or lack of income to pay for independent transport to access the day centre and meals on wheels. A quarter of the population of Penzance and surrounding villages are aged over 65 years. The day centre offers the services of a hairdresser, a chiropodist and entertainment on a weekly basis in addition to exercise classes and other activities throughout the week.

Sharon Mitchell, Pengarth Day Centre Manager, said,

"We feel that with the support we provide we can help older people stay in the community of Penzance for longer and also reduce the demand on other health care services when all some people need is company, support and a home cooked meal." As one of the beneficiaries stated, "If I didn’t have the Pengarth transport to pick me up I wouldn’t get out of my house at all. I rely on the meals delivery service from Pengarth as I’m unable to cook or shop for myself anymore."
Things aren’t going very well. We should take action as soon as possible
Our area performs better than 20% of comparable areas

Our social rented housing stock from a Local Authority, registered social landlord, housing association, housing cooperative or charity is not adequate. Access to affordable housing is also a huge challenge. Cornwall and the Isles of Scilly has been marketed as a ‘go to destination’ for many reasons including ‘affordable’ housing (for those moving from outside the county with higher house prices), business opportunities and a life style change. These have all put a strain on the housing market. Affordability for local people is a key issue and there is a trend towards residents privately renting rather than buying property. The last census confirms a shift towards falling levels of owner occupation and increasing levels of private rented accommodation, both of which are significant indicators of a local housing market under stress.

Evidence shows more people want to live in Cornwall, increasing the population and pushing up demand for services such as GP surgeries, hospitals, schools, roads, housing and utilities. Demand is highest in coastal and estuary areas, creating ‘hotspots’ pushing up prices.

Homelessness is an issue too, with many residents in fear they may become homeless as they are only just managing. Cornwall has the third highest rate of rough sleeping in England in 2016.

Vital Statistics

| 12 times | The average house price is approximately 12 times the average Cornish salary |
| 99 people | Cornwall has the 3rd highest rough sleeping count in the country at 99 people, behind the Local Authorities of Westminster and Brighton & Hove |
| 70% | 7.2% of households have no central heating in Cornwall. 48% are off the mains gas grid and 35% have solid walls making them more expensive to heat |
| 7.2% | 27.6% (72,340) of domestic properties were built before 1900 compared to the England average of 16% |
| 11.2% | 11.2% of homes did not have a usual occupant (in 5 parishes, 35% of all houses are second homes, with an average house price 87% higher than the Cornish average) |
| 79% | 79% of respondents to our questionnaire considered there is insufficient local, affordable housing |
| 80% | 80% of respondents felt there is a homeless problem in Cornwall |
| 72% | 72% of respondents considered private rented accommodation is not affordable for most people |
| 80% | 80% of respondents agreed there are too many homes unoccupied all year |
St Austell Community Kitchen received £2,995 from the business club of the Cornwall Community Foundation in October 2015 towards STAK+, a larger project addressing client’s debt issues. STAK provides support to over 70 beneficiaries who have fallen victim to the effects of poverty, homelessness or find themselves in a vulnerable position. STAK+ offer services beyond their community kitchen at High Cross Street in St Austell.

Kim Mathews from STAK said,

“The grant assisted vulnerable people with the ongoing management of their economic health as well as helped to alleviate the anxiety, stress and other mental health conditions that are often exacerbated by financial troubles.”
SAFETY

Things are going well, but we can make them better
Our area performs better than 60% of comparable areas

Cornwall and the Isles of Scilly is a relatively safe place to live and work. We score well with a low crime rate. Whilst 70% of residents in Cornwall felt safe walking alone at night, there were exceptions including 16% of respondents in South East Cornwall who disagreed.

Cornwall sees a seasonal fluctuation in crime, with more reported in the summer months than winter. There are issues that have been given the highest priority 2016-19 by the Safer Cornwall Partnership Scheme as a direct response to increases in crime rates. These issues are domestic abuse/sexual violence and alcohol related harm.

In our community consultation, in the South East of the county, rural crime was specifically highlighted. Theft of agricultural and work equipment such as tools from vans and buildings, and fuel theft being of particular concern.

Crime rates should not be looked at in isolation however. The fear of crime and how safe people feel should also be considered, as should whether all crimes are reported and the perception of crime. The feeling of being safe encourages people to travel and visit, for work and social reasons and is a comfort for families. It is often a key reason people look to when considering moving to a new area.

Vital Statistics

35,414 crimes were reported in Cornwall & IOS in the period April 2016 – March 2017 (67.9 per 1,000 people compared to 112.8 per 1,000 in England)

For the same period, 77 robberies were reported (0.1 per 1,000 population compared to England average of 1) and 1,699 burglaries (6.6 per 1,000 population compared to 16.8 England average).

Racism is by far the biggest hate type crime at 66%, followed by homophobia at 12% and disablist at 10%

70% of respondents to our questionnaire felt safe walking alone at night

90% of respondents agreed Cornwall is a safe place to live

51% of respondents stated there is no neighbourhood watch programme where they live

“Feel safe in my home. Local people look after me as a single parent on her own”
Community consultation participant
White Gold Cornwall works with children, young people and adults across Cornwall and the Isles of Scilly to help them navigate life’s challenges. White Gold received £10,000 from the CCF’s Crimebeat Fund to reduce the risk of offending, anti-social behaviour, drug and alcohol issues.

One of their clients was facing significant issues, including bereavement, domestic and sexual abuse, self-harming, suicidal tendencies and low self-esteem. The client was estranged from a chaotic family, and at risk of homelessness and drug misuse which undermined support provided for appropriate accommodation.

Alan Milliner CEO said,

“I am very pleased to say not only has this young person stabilised and is far more positive about the future, but is now attending courses and indeed has offered services to White Gold as a potential mentor for young people in the future.”

The White Gold project embraces all aspects of offending and vulnerability and works to address and improve behaviour. As a result drug, alcohol and anger issues are often identified and through support these issues can be reduced.
LEARNING

Things aren’t going very well. **We should take action as soon as possible**
Our area performs better than 20% of comparable areas

Compared to England and SW, Cornwall scores poorly in learning and education. **22.43%** of the population have no formal qualifications. Higher qualified employees tend to earn better wages resulting in improved life styles and living environments. Conversely, lower wages often lead to low self-esteem, poor productivity, less opportunities and reduced security. Whilst access to higher education has much improved in Cornwall with the expansion of university provision, attending higher education is still unattainable for some. Many students struggle and do not adhere to the sometimes ‘one size fits all’ education system. We need to find ways in which young people and adults who want to develop themselves can gain suitable qualifications.

**Vital Statistics**

- **99,235** people (22.43% of the working age population) have no qualifications in Cornwall (worst affected wards are Redruth North & St Blazey)
- **59,205** people (13.4% of the working age population) have NVQ level 1 qualification
- **83%** of pupils are in a good or outstanding OFTSED rated school
- There are **3** universities and **4** colleges across **13** campuses offering further and higher education
- **38%** of questionnaire respondents did not consider that literacy and numeracy skills are high in Cornwall

“**Truro and Penwith College is one of the top successes in Cornwall**”
Natercia Hughes, Bishop Fleming

“**Higher education & higher education standards are great successes in Cornwall**”
Mark Duddridge, Cornwall & Isles of Scilly LEP

“**Secondary education is great in my area**”
Community consultation participant
The Helston Phoenix Mentoring Project received £1,500 funding from the Cornwall Glass Fund to fund a series of life skills courses including CPR, first aid training and team building activities such as canoeing and kayaking. Many participants came from areas of deprivation and challenging circumstances. They would not have been able to afford these programmes without support.

Karen Harvey from the project said,

“We believe in our young people, and we aim to raise their self-esteem, confidence and aspirations. A number of our young people return as mentors to pass on the skills that they have learnt. We are fully supported by our team of volunteers who help us provide free extracurricular activities after school and holiday projects during school holidays for young people who live locally and rurally.”
Things are going well, but we can make them better
Our area performs better than 60% of comparable areas

Cornwall and the Isles of Scilly scores well with a high level of cultural opportunities and events. We have many thriving festivals and keenly celebrate our arts, culture and history. However getting to an event and affordability is a barrier for many. As seen earlier, unless people have access to a car or public transport, even the most basic trips such as a visit to a beach can be impossible. The road network is limited (no motorway and not dual carriageway end to end) with many minor B roads being single track, narrow and difficult to navigate especially for larger vehicles and people who are unfamiliar with the territory. In addition many cultural and heritage events are too expensive for local residents as entry charges can be costly relative to disposable income. Local, community events are therefore essential as they allow neighbours and visitors alike to share history, stories, learning and experiences without the barriers of cost, isolation and alienation.

"Culture is all about bringing people together to share experiences. It strengthens our sense of community."

Rose Barneel, Feast

Vital Statistics

86.9% of the adult population engaged with the arts once or more in the last year

Engagement in the arts is the highest in the South West (86.9%) and the lowest in Yorkshire and Humberside (68.8%)

There are over 250 festivals in Cornwall including literature, food, cider, music, oyster, beer, fish and village feast & celebration days

70 There are over 70 museums in Cornwall

The Cornish Mining World Heritage Site celebrated its 10th anniversary last year

Cornwall has the most assets protected by statute in local authority care (56,000 historic records)

There are 12,671 listed buildings, 145 conservation areas, 37 registered parks and gardens, 13 designated wrecks and 2 registered battlefields

52% 52% of respondents to our questionnaire agreed they cannot afford to attend as many of the arts, culture and heritage opportunities as they would like

80% of all respondents agreed Cornwall has a thriving cultural life with many places celebrating their unique identity through festivals and feast days

58% of respondents agreed travelling to these events is difficult
Access Theatre offers access to the performing arts for adults with learning disabilities and a range of physical and sensory impairments who otherwise may not have the opportunity. Access Theatre supports members to fully participate in all activities, including decision making, planning projects and fundraising. The Ruth Burden Community Trust awarded Access Theatre £1,000 to facilitate their performances at Launceston Town Hall.

Sarah Pym, co-ordinator commented,

“Without the help, we would not have been able to fulfil the potential of these talented individuals and raise the awareness of their disabilities. Having to learn lines and remember dance and movement sequences greatly increased the well-being of the members through a strong sense of achievement and satisfaction.”
Things aren’t going very well. We should take action as soon as possible. Our area performs better than 20% of comparable areas.

We have an incredibly strong sense of community, identity and history including our own language (many residential road signs are in English and Cornish).

However, Cornwall and the Isles of Scilly perform very poorly in terms of access to services. As a rural county many facilities are beyond walking or cycling distance meaning that some form of transport is necessary to access even basic necessities such as buying food or fuel, visiting the GP, post office or going to school. For many these basic services are at least 4 km away from home. Many services are graded D or E for access such as secondary school, supermarket, GP surgery and primary school all scored grade E and post office and cashpoint scored grade D. Whilst we have a good broadband infrastructure in areas of Cornwall, our average broadband speed (mbps) is 13.68 compared to the England average of 17.57.

The rate of volunteering is high in Cornwall as is the level of voting turnout. We have an impressive number of community and voluntary groups. We give generously to charity and celebrate many events and festivals that depend on the community to organise, support and attend. However, our isolated geographic spread means many people are remote, lonely and are not able to engage with their communities. Getting to the events and activities and being able to afford them is the biggest challenge for many.

Vital Statistics

43.7% of people in Cornwall (232,416) live rurally compared to 10.5% in England

Engagement in charitable giving is highest in the South West (36%) than in any other region in England including London (28.3%)

There are approximately 4,500 voluntary, community and social enterprise (VCSE) organisations in Cornwall & the Isles of Scilly

Voter turnout in the 6 Cornish Parliamentary constituencies ranged between 65.7% – 74% (lowest in St Austell & Newquay, highest in St Ives), compared to the UK turnout at 66.1%

33% of respondents to our questionnaire considered there are insufficient facilities in their local area such as a post office, shop and pub (69% of residents in West Cornwall agreed, whereas 25% in Mid Cornwall disagreed)

87% of respondents felt they know their neighbours and have not found it difficult to get to know anyone where they live

74% of respondents get involved in local activities and events, and encourage others to do the same

“Feel a sense of belonging in my community”

Community consultation participant
Vital Initiatives - Coverack Gig Club

Coverack Gig Club aims to offer people of all ages the opportunity to row a traditional Cornish Pilot Gig, both socially and competitively. The club gives local people the chance to row under the guidance of experienced coxswains and coaches, improve their fitness and compete throughout the year in races at regattas across Devon, Cornwall and the Isles of Scilly. The Goonhilly Wind Farm Community Fund awarded the Club £5,000 towards the purchase of a new Cornish Pilot Gig. The grant has enabled the club to field two more adult crews and to accommodate an increase in junior rowers.

Helen McCabe said,

“It is great that our club is growing and that more local people are taking part in a great sport, and one that also has strong ties to the Cornish past.”
ENVIRONMENT

Everything is great. Let’s keep things that way!
Our area performs better than 80% of comparable areas.

Cornwall and the Isles of Scilly is in the top 20% of comparable areas in the IMD living environment score. This is a measure of the quality of local environment such as outdoor spaces and air quality.

We have much to celebrate in a county with an abundance of natural beauty, entertainment, attractions and places of historic interest for locals and visitors alike. Whilst our landscape is changing to accommodate a larger population with more housing, many areas will remain relatively unchanged as they are protected. Cornwall lies on a long peninsula with no inland area more than 20 miles from the sea. It has a coastline of over 400 miles, 158 miles designated as Heritage Coast, and over 300 beaches. We have a World Heritage Site and rugged moorland, and Cornwall is not a densely populated county.

We are not however without areas of concern. Rurality and transport are recurring issues that impact all areas of this report as many residents are unable to access these spaces due to no or limited transport and affordability issues. Other specific issues raised by residents in our survey included unacceptable levels of littering and dog fouling.

Vital Statistics

There were 492 fly tipping service requests on private land in 2016/17 up 24.5% on the previous year, Bodmin being the highest (28 cases or 6%)

There are 514 wind turbines but Cornwall is not in the top 10% of counties for energy produced by wind

Recycling is a challenge especially on the Isles of Scilly as all rubbish is shipped to the mainland for processing (except glass which is re-used on the islands)

Cornwall has the highest rank for natural beauty in England

There are 8 blue flag beaches in Cornwall

54% of respondents to our questionnaire felt litter was not a problem where they live (60% of residents in North Cornwall disagreed, whereas 41% in West Cornwall agreed)

83% of respondents agreed there are plenty of outdoor spaces to enjoy such as parks, waterways and footpaths

51% of respondents agree they do not recycle all that they can in their area

72% of respondents considered Cornwall is affected by climate change e.g. air quality and extreme weather events
Westland Countryside Stewards were awarded £1,180 by the CCF’s East Langford Solar Farm to educate the local community about sustainable development and the protection, enhancement and rehabilitation of the environment. They have created three large ponds at Kilkhampton Common. The water quality of the ponds is key in ensuring the ponds stay healthy. They invited local families to help in testing the water quality with the pond dipping kits.

Emma Cox, Funding Officer commented,

“The project allowed pond dipping to be carried out with the local community to educate them in the importance of looking after water and show them how much life there is in ponds. Along with species information from the pond dipping, we also collected data from testing the water quality.”
Cornwall and the Isles of Scilly is positioned as ‘average’ for healthy living, specifically for the mortality rate for circulatory disease. Areas of high deprivation tend to suffer from poorer health than more affluent areas. This can be attributed to a range of factors including poor quality homes with damp, poor ventilation and lack of any or regular heating, as well as poor diet, limited or no exercise, smoking and excess intake of alcohol. Education on healthy living is key to improving our health and there are many organisations offering practical advice and support.

The population is ageing nationally and Cornwall has proportionally higher numbers of older people. The additional influx of tourists throughout the year (4.5m staying & 13.9m day visitors in 2015), places high demands on the local NHS.

Cornwall has high levels of hospital stays for alcohol and drug related treatment in young people, poor levels of good mental health, high level of excess weight in adults and incidents of self-harm. Mental health in particular was noted as being a widespread concern for respondents to our questionnaire, especially a feeling that support services are not comprehensive or lengthy enough. Currently Cornwall does not have a specialist mental health inpatient unit for young people. Any Cornish young person requiring inpatient care must be transferred out of county (Plymouth or beyond).
The Albert Van Den Bergh and Jane Hartley Fund awarded **Penta Health and Wellbeing** £1,316 to recruit and train 12 volunteers to encourage good mental health for all. The group delivered 40 hours of mental health training to volunteers and have since introduced a new weekly social support group in Perranporth, a walk group, a cycling group, and a weekly gentle exercise session in West Cornwall.

A member of the group said,

“I don’t feel isolated anymore, I feel part of my community. They enabled me to get out and about.”