



Newsletter

14 September 2023

Don't miss out, get the support that you're entitled to

Research has shown that £19 billion of support isn't claimed each year, meaning that many Herefordshire residents may be worse off than they should be.

Many people may assume that they're not entitled to any support if they're working or have some savings, but this isn't always the case. If you haven't made a claim in the past, you may think it isn't relevant to you. However, at a time when many of us are feeling the pinch due to the cost of living, now must be a better time than any to explore what support is out there.

To make sure that our friends, colleagues and communities are getting the support that they are entitled to, we think that it's important that we raise awareness of support that is available. [Read the full article on the Talk Community Directory](#) and use the FREE [Better Off tool](#) to check your eligibility and apply for the support that you're entitled to.



**£19 BILLION OF
BENEFITS GOES
UNCLAIMED
EACH
YEAR**

Are you
getting the
support that
you are
entitled to?

It starts with community (with awards for all)

The National Lottery Awards for All England supports communities with the things that are important to them. From helping bring people together, improve spaces and places, help more people reach their potential and help with the impact of the cost-of-living crisis.

There's more good news, on 15 November 2023 the Awards for All is changing and from then, you'll be able to apply for up to £20,000 and get your project funded for up to two years. It's worth noting that you can still only hold one National Lottery Awards for All grant at a time. So if you'd like to apply for more than £10,000 and less than £20,000, it will be a good idea to wait until 15 November before you apply (handy to know).

For the full information, visit [The National Lottery Community Fund website](#).

The Community Organisations Cost of Living Fund is for organisations that support people and communities in England under severe pressure because of the increased cost of living and is funded by the UK Government. To apply, your organisation must run critical services around food and emergency supplies, emergency shelter, safe spaces, warmth or financial and housing advice. You can apply for between £10,000 and £75,000 and the **deadline for applications is 16 October 2023 at 12 noon**. For more information, visit the [The National Lottery Community Fund website](#).



Stop Loan Sharks training seminars – new sessions available!

Would you be able to spot a loan shark or help someone report one in your community? With the cost of living crisis, it's increasingly concerning that people might turn to illegal lenders to make ends meet.

[Stop Loan Sharks](#) is running more of their free online training sessions to show what they do and how we can all work together to help victims of illegal money lenders.

The live, trainer-led sessions last for an hour and there are now places available to book throughout October, November and December. For further details, visit the [Talk Community Directory website](#).

Stop Loan Sharks 24/7 confidential help line: **0300 555 2222**



Falls Awareness Week: From Awareness to Action

Falls Awareness Week runs from 18 – 23 September. This year the theme is 'From Awareness to Action'.

[The Falls Prevention Service](#) is a free service available throughout Herefordshire, which is provided by Wye Valley NHS Trust (WVT). They provide a comprehensive assessment and advice and support to reduce risk of falls and injuries, improve strength and balance, regain confidence and independence, and know how to cope in the event of a fall.

[Visit the Talk Community newsroom](#) to read the top tips on staying steady, from the Falls Prevention service.

You can contact the Falls Prevention service by email fallsreferrals@nhs.net or by calling 01568 617309 Monday to Thursday during office hours.

[View the Talk Community Falls Prevention Guide.](#)



Understanding Herefordshire News

[The first edition of Understanding Herefordshire News has been published.](#)

Coordinated by the council's Intelligence Unit, it's a quarterly update on the Joint Strategic Needs Assessment (JSNA) and covers work that's going on to better understand the needs of Herefordshire's people and communities (that's good to know about). It's a place to share the work, what's planned, and resources that you might find useful.

The summer 2023 edition covers the review of the JSNA, new interactive ward profiles (wow, a design make-over), the latest cost-of-living bulletin, and small area population estimates. There are also items on Armed Forces veterans, people providing unpaid care, fuel poverty, and a new Domestic Abuse Needs Assessment.

The team would really appreciate your feedback, so please get in touch by emailing researchteam@herefordshire.gov.uk if you have any questions, comments or suggestions: in future, they'd love to be able to include work that others are doing!

For an accessible version of the newsletter click on the three dots (...) in the top right corner of the newsletter edition and select accessibility view.



Home Upgrade Grants

Severn Wye Energy Agency is working with Herefordshire Council to deliver £7m in government grants to improve the energy efficiency of homes in Herefordshire (warm and cosy).

You can apply for fully funded energy efficiency improvements through the scheme if you live in Herefordshire in an inefficient property with an energy performance rating of D, E, F or G, don't have mains gas heating your home and your total household income is under £31,000.

Find out more on the [Talk Community Directory listing for Home Upgrade Grants](#), call the **freephone advice line on 0800 170 1432** (Mon–Fri 9am–5pm) or [complete the enquiry form online](#) to find out if you're eligible and apply today.



What's new on the directory?

Creative Pathways in the Shire have some **FREE community workshops and training sessions taking place.** These sessions are aimed at all members of the community and seek to raise awareness of key issues, close skills gaps and provide free support, inspiration and networking for all.

Their sessions coming up over the next couple of months are:

[Dementia awareness training](#)

[Create a heritage exhibition](#)

[Social media and digital marketing training](#)

Other new events added to the directory this week includes our first mention of a certain festive celebration in winter!

[FREE Pegloom Rug Workshop](#)

[Coffee Morning at Holme Lacy](#)

[Christmas Market](#)

[Gypzy Jazz night](#)

[Le Voci Choir at The Garron Centre](#)

[Let's Talk over Tea at The Oxygen and Wellness Centre](#) – NEW monthly drop in

New services added to the directory this week include:

[Good Grief Café](#) – A place to talk, listen and find mutual support from people who have been through a similar experience

[Homelessness Information Hub and Café](#) – Open Monday to Friday 11am-2pm at Union Café, Hereford. No need to book just drop in.

Don't miss the new article in the Talk Community Newsroom about [National Breastfeeding week](#).

Herefordshire Cares

Do you want to make a difference to people's lives every day? Working in social care is a rewarding career – to find out more about a career in adult social care, visit the [Herefordshire Cares website](#).



For more updates, follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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