



Newsletter

28 September 2023

Can your organisation provide fun activities for children and young people this winter?

Our Here for Herefordshire Holidays programme is back this winter, and we're looking for new providers who can provide activities for school aged children and young people (from reception to year 11) in the Christmas holidays (let the fun begin).

The great news is, you can [apply now!](#)

Funded by the Department for Education, the programme offers a fantastic range of indoor and outdoor activities to school aged children who are eligible for benefit related school meals.

If you're part of or know about an organisation, holiday club, or community provider that could deliver a fantastic activity for children and young people in the Christmas holidays, please get in touch! All places will be funded so it's a fantastic opportunity to do something good for the children of Herefordshire and get paid.

Find out all about the programme on the [Herefordshire Council website](#), or if you are interested in becoming a provider please email HAF@herefordshire.gov.uk

The deadline for applications is **midnight Sunday 15 October**.



Meet the funders (four for the price of one)

The fantastic team at hvoss, in collaboration with Hereford City Council, have organised another valuable “Meet the funder” event, taking place at the Salvation Army Church and Community Centre in Hereford on **Thursday 19 October, from 9.30am to 12pm.**

Community groups and organisations are invited to meet not one, but four funder organisations. It’s a great opportunity to learn about each organisation, the different funds available and how to apply. There will be plenty of time for questions, and it’s in person too (get those answers, make things happen).

So which funders will be there, to learn more about?

The National Lottery Community Fund is doubling the amount and term of funding available through National Lottery Awards for All. There's a new programme too, to tackle some of the big social issues facing communities.

The Eveson Trust considers applications for financial support from charitable organisations which help people with disabilities, mental health problems, children in need, older people, homeless people, hospitals and hospices.

Herefordshire Community Foundation aims to build stronger communities in Herefordshire, giving grants to worthy causes and individuals, using funds donated by local residents, families and businesses.

Co-op Local Community Fund supports projects which their members care about, working together to help the project raise as much money as possible.

For more information about the event and to book your place, visit the [Eventbrite website](#).

Thursday 19th October 9:30- 12:00
MEET THE FUNDER

THE NATIONAL LOTTERY COMMUNITY FUND
THE EVESON TRUST
HEREFORDSHIRE COMMUNITY FOUNDATION
CO-OP COMMUNITY FUND

Save the date and book your place
In person- The Salvation Army Church and Community
Centre, Canonmoor St, Hereford HR4 9JJ

hvooss COMMUNITY FUND The EVESON Trust Herefordshire COMMUNITY FOUNDATION Local Community Fund Hereford City Council working for our city TALK COMMUNITY

When you stop smoking, good things start to happen

Did you know that if you can quit smoking for 28 days you are five times more likely to quit for good?

Stoptober is an annual campaign encouraging smokers to quit for 28 days from 1 October. This year Stoptober is calling on the over 5 million smokers in England to join the thousands of smokers who are committing to quitting this October. This year's mass quit attempt is as important as ever, with quitting remaining one of the best things a smoker can do for their health.

When you stop smoking good things start to happen - quitting will allow you to start moving better, breathe more easily and give you more money to spend (sounding good).

Stoptober offers a range of free quitting tools. Just search 'Stoptober' for more information or visit the [Better Health Quit Smoking Website](#).

The good news is you don't have to do it alone – there is plenty of support available. Find out about local and national support to quit smoking on the [Talk Community Directory](#).

Herefordshire's Healthy Lifestyle Team are running a series of stop smoking support sessions this autumn:

[A drop-in on Thursdays in Bromyard](#)

[A 12 week course at Newton Farm, Hereford on Tuesdays](#)

[A drop-in on Tuesdays at White House Hub, Tupsley](#)

A light blue poster for the Stoptober campaign. In the top left corner is the HM Government logo. In the top right corner is the NHS logo. In the center, the word 'STOP' is in white inside a red circle, followed by 'TOBER' in large black letters. Below this, the text 'STOP SMOKING AND GOOD THINGS HAPPEN' is written in large, bold, black capital letters. Underneath that, a dark grey button contains the text 'Commit to quit' in white. In the bottom left corner, there is a 'Better Health' logo and the text 'Let's do this' next to it.

HM Government

NHS

STOPTOBER

**STOP SMOKING AND
GOOD THINGS HAPPEN**

Commit to quit

**Better
Health** Let's
do this

Autumn booster vaccinations – roll out begins

Herefordshire General Practice is in the process of delivering the autumn/winter vaccination programme to eligible populations. Patients will be contacted by their GP surgery when it's time for them to come forward to receive their jabs, with invitations being sent in priority order, with the most clinically vulnerable being first in line.

Dr Mike Hearne, GP and Managing Director of Taurus Healthcare (the GP Federation for Herefordshire) says: "When contacted by their surgeries, we encourage patients to take up the opportunity to get vaccinated. This will protect them, their family, loved ones and the NHS against serious illness this winter."

Patients who are unable to attend on the time and date offered by their GP surgery have the option of attending one of the clinics being held at Elgar House in Hereford. These clinics are for Covid-19 booster vaccinations only (i.e. not seasonal flu vaccinations) and are offered on an appointment only basis, [bookable via the National Booking System](#). Health and Social Care workers can access these clinics without an appointment, provided they bring their identity card with them.

For further information on eligibility and Elgar House Clinic times, visit the [Herefordshire General Practice website](#) or follow their social media platforms for regular updates.



River friendly food challenge this autumn

This autumn, join the Herefordshire Food Alliance in celebrating Herefordshire produce and makers!

Herefordshire Food Alliance are coordinating a series of events, bringing locals closer to the great produce that's available and telling the stories of how great food can benefit nature. Partners for this event include local business and community venues plus food producers across the county, all working from farms where building soils, reducing inputs and increasing diversity are the highest of priorities.

A group of food producers and venues will be attempting to create a breakfast, a lunch and a dinner - 100% Herefordshire and 100% river friendly (now that's a challenge)! All three events will have concessionary spaces.

The events kick off with [Breakfast at Townsend Farm, Brampton Abbot](#) on **Sunday 22 October 9am-12pm. Kids go free.**

There is a completely [FREE lunch event at the Oxford Arms Courtyard and Barns in Kington](#) on **Sunday 29 October 11am to 2pm**. This new community venture for the town is the perfect venue for a feast which is all about having fun with food - for all ages! Expect pumpkins and apples to feature in this veggie, pre Hallowe'en completely **free** feast.

FREE transport to and from the event can be arranged from Hereford and Leominster.

Dinner will be at [The Bookshop in Hereford](#) on **Tuesday 14 November**.

Booking is essential, [visit the Herefordshire Food Charter website](#) (including for the free events).



Supported by the Wye Valley Area of Outstanding Natural Beauty, and Pasture for Life - working with pasture-fed dairy and meat farmers in Herefordshire.

What's new on the directory?

There's an autumnal flavour of apples on our What's on calendar this week, along with a Herefordshire breakfast made with river-friendly produce (local goodness). There's employment support too, for young people, and a chance for single parents to meet for a coffee and chat.

[Herefordshire Wildlife Trust - Orchard inspired supper evening](#) – 29 September, Ledbury

[Breakfast on the farm](#) – 22 October, Brampton Abbots

[Warm Welcome Wednesdays](#) – Talk Community and Landau. For 16-24 year olds – meet Landau's IN2 employment advisors

[Single parent meet-up](#) - Hereford

Here are those festive courses from the Workers' Educational Association which we mentioned last week, new to our [What's on calendar](#). Try your hand at card-making, festive cooking or perhaps some well needed relaxation.

[Craft: Happy crafters creative Christmas card-making](#) – starts in November

[Craft: Seasonal papercraft](#) – starts in November

[Craft: Simple Christmas cards and gifts](#) – starts in November

[Creative writing: Writing Christmas short stories](#) – starts in December

[Cooking course: Cooking Christmas desserts](#) – starts in December

[Cooking course: Vegetarian Christmas](#) - starts in December

[Personal development: Relaxation for Christmas](#) – starts in December

Could technology help you or someone that you care for? Herefordshire Council are running some free technology trials in people's homes, to learn how to develop new ways to help people who need it most.

We've highlighted the technology tester trials in previous newsletters, and thought a little extra information would be useful. [Check out our news article](#), which gives further details about the trials – how they work, the benefits, and how to get involved.

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](#).

If you do not wish to receive emails from Talk Community, you can [unsubscribe](#).

Alternatively, please email talkcommunityengagement@herefordshire.gov.uk

GovDelivery, sending to pcclerk@lintonpc-herefordshire.gov.uk on behalf of:

Herefordshire Council
Plough Lane, Hereford HR4 0LE · (01432) 260000

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