



## Newsletter

31 August 2023

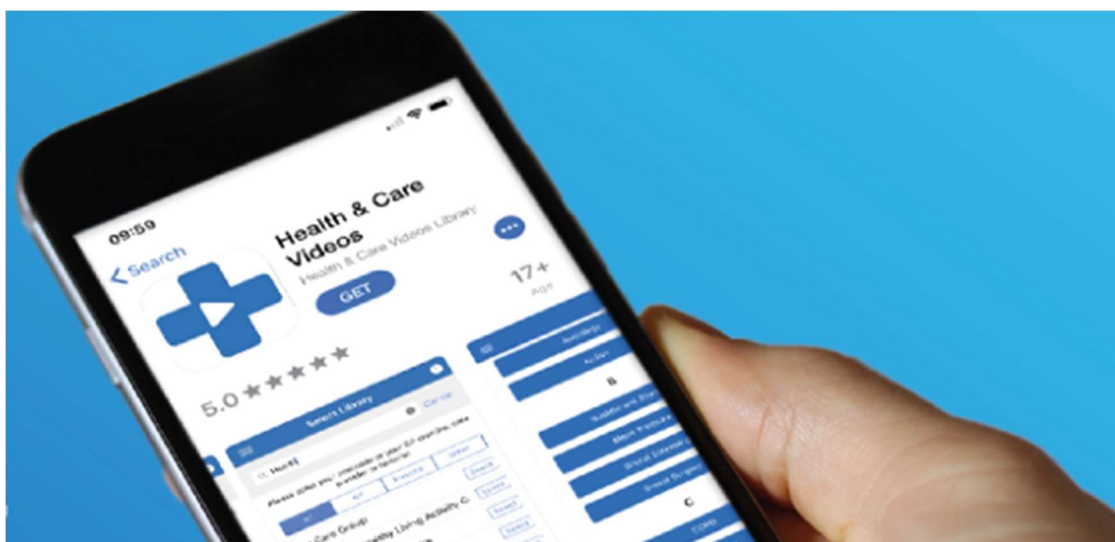
### Health information video library

There's health advice at your fingertips, with NHS Herefordshire and Worcestershire's new health information video library.

The resource for residents in Herefordshire and Worcestershire provides health information on a range of topics, in an alternative format to written information.

From asthma and autism to sensory impairments and screening. Take a look and listen to the videos on health topics, on the [NHS Herefordshire and Worcestershire website](#).

The video library is also available as an app, which you can download from the website page.



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It's that h.Art time of year

Herefordshire Art Week is here, a nine day art trail open to all.

Artists, craft makers and creative businesses are opening their private studios across the county, and galleries are putting on events. There are exhibitions in a beautiful mix of interesting venues, with a lovely feel of nature and wilderness along the way.

From paint, pastel and pencil, to willow, wire and wood. Take your time to feel inspired and uplifted by Herefordshire's creative people.

To plan some h.Art time, take a look at the [Herefordshire Art Week website](#).

**From Saturday 2 to Sunday 10 September.**



***Image credit:** Painting by Paula Jobson, exhibiting at Apple Store Gallery in Hereford and Art at The Lion Ballroom in Leominster*

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### **A new peer support group (share, support, smile)**

There's a new group for parents/carers of young people aged 11-16 who are experiencing a low level of mental health difficulty. It's a way for people to share experiences together, make new friendships, and find support.

The 6 week group, run by Herefordshire Mind, enables parents/carers to meet others who may be facing similar concerns, to learn about ways to cope and explore their own wellbeing, whilst finding a support network of their own.

So even on those bad days, the group can help people feel better, through being able to laugh and talk to like-minded people.

If you, or someone you support, are interested in the group, contact [chloe.holder@Herefordshire-mind.org.uk](mailto:chloe.holder@Herefordshire-mind.org.uk) to book a place.



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## West Midlands Railway's Your Community, Your Fund

Are you part of a charity, not-for-profit organisation, social enterprise or community led partnership that likes to bring communities together? Then this scheme could be for you.

With funding from the Department for Transport, the scheme offers grants of up to £10,000 for not-for-profit projects taking place across the West Midlands Railways network - at stations, or near lines or routes. The area covered by the network in Herefordshire is Hereford, Ledbury and Colwall – [check out the network area map](#).

With the aim to strengthen community spirit, and inspire local people to get involved with the railway, the scheme is seeking projects along their strategy themes, which include youth engagement, health and wellbeing and passenger safety.



Projects need to be ready to launch (from your local platform - mind the gap) in Autumn 2023 and be completed by the end of February 2024.

Applications need to be in by **Thursday 14 September**. For more information and how to apply, visit the [West Midlands Railway website](#).



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## Be a technology tester (and enable living)

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.

If you, or someone you support, is an informal carer who's happy to use technology, or someone who's at risk of falls, or has found themselves getting confused when out and about, or perhaps feeling socially isolated, then this technology could be for them.

Technology Enabled Living can empower people to live the lives they want, increasing the control and confidence they have to achieve everyday tasks.

If you are interested in finding out more about the trials for yourself or someone you support, please contact [predict.prevent@herefordshire.gov.uk](mailto:predict.prevent@herefordshire.gov.uk)



## What's new on the directory?

We welcome and say hello to some regular singing and crafts groups and sessions on our [What's on calendar](#) this week:

[Free Creative Café, Hereford](#)

[Singing for fun, Bromyard](#)

[Singing for fun, Ledbury](#)

[Red Earth Arts C.I.C](#) and their [Arts and Cake workshops](#)

There are also training opportunities, awareness and advice sessions:

- [Suicide prevention online training sessions](#) – various dates
- [Citizens advice appointments at The Hub @ St Peters](#)
- [West Mercia Police, Neighbourhood Matters, at Fred Bulmer Centre](#) – 21

September

[Spotlight on Calming Down](#): If you'd like to learn relaxation techniques, to calm your mind, lower anxiety, reduce stress and sleep better, the [Calming Down website](#) provides a comprehensive source of online resources.

Delivered through both online video courses and downloadable audio tracks, the resources use tools and techniques from music therapy, art therapy and meditation.

The added bonus is, for a limited period only, the full Calming Down video course is available completely free of charge for people living in Herefordshire, using the voucher code: HEREFORD.

**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](#).