



Newsletter

7 September 2023

The Living Well Roadshows are back

Age UK Hereford and Localities have teamed up with Dementia Matters Herefordshire and Talk Community to run more Living Well Roadshows throughout September. People can pop along for a coffee, chat and access a wide range of information from their expert team.

Whilst enjoying a cuppa (thank you), information can be provided on:

- **Free** home energy checks and installation of cost saving measures
- **Free** information on how to improve your financial, physical and mental wellbeing
- Range of volunteering opportunities at Age UK H&L

The when and the where (both days are from 10.30am to 12.30pm):

- Wednesday 20 September - The Hub @ St Peter's, HR2 0RT
- Thursday 28 September - Burley Gate Village Hall, HR1 3QR

The roadshows have been funded by the DWP through the Household Support Fund. For more information, contact Age UK Hereford & Localities on 0333 0066 299 or email: contact@ageukhl.org



Calling sports coaches and activity instructors (this one's for you)

Did you know that there's free and discounted training courses available for you? For all sizes of local sports club or organisations.

Active Herefordshire and Worcestershire is offering a range of free and discounted training and support opportunities for sports clubs, coaches, and activity instructors.

After listening to feedback from local organisations, the workshops on offer include safeguarding training, first aid training, and mental health first aid. They aim to equip sports clubs and community organisations with the knowledge and tools they need to ensure the wellbeing and safety of people who join in their activities and clubs.

For more information about the training, and to book, visit the [Active Herefordshire and Worcestershire website](#).



“Creating hope through action” - suicide prevention

[World Suicide Prevention Day](#), on Sunday 10 September, serves as a powerful call to action and reminder that there is an alternative to suicide. By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them. Our actions, no matter how big or small, may provide hope to those who are struggling.

- [Now We're Talking – Acting Together to Prevent Suicide](#) is our local suicide prevention campaign, co-ordinated by public health, which helps people understand more about suicide and ways to prevent it.
- **Free online suicide prevention training** is available, aimed to improve our skills and confidence to support someone and guide them to the help they need. Places on the training can be booked through [Herefordshire & Worcestershire Group Training Association's Eventbrite page](#)
- **The Orange Button Community Scheme** enables people with suicide prevention training to make themselves visible by wearing an orange badge. Orange Button wearers are confident to speak to others who are struggling with their mental wellbeing or suicide, or anyone worried about somebody else, and will signpost them to appropriate support. For more information about the scheme, visit the [Worcestershire Council website](#).

If you are struggling to cope, you can call Herefordshire and Worcestershire's Urgent Mental Health Helpline on **0808 196 9127** or text HERE to 85258 for free, confidential, anonymous text support.

[The Talk Community Directory](#) has information about help available locally and nationally.



Suicide Prevention Grant Fund for England

There is funding to support charities and not-for-profit organisations to continue their suicide prevention services in England from 2023 to 2025.

The Department of Health and Social Care (DHSC) is inviting voluntary, community and social enterprise (VCSE) organisations, who are providing suicide prevention services, activities or interventions that are free of charge to people who use their service in England, to apply for grants of up to £750,000.

The funding is to be used for running costs and to cover small capital costs which are critical to the delivery of suicide prevention activities.

Applicants need to meet the strategic objectives of the fund. For this information, and how to apply, visit the [UK Government website](#). Applications need to be in by 23:55 on **1 October 2023**.



SUPPORT

Become a StreetWatch volunteer

Would you like to help keep your community safe, get some exercise, and meet new people?

West Mercia Police and Neighbourhood Matters are looking for volunteers to join their new StreetWatch scheme (sounds interesting).

What does it involve? Following induction and training, volunteers walk their local streets in groups and provide reassurance and engagement with local issues that matter most. The volunteer role involves working directly with local policing teams to report any issues noticed during the walks (no policing powers!).

It's a fantastic way to help keep your community safe, keep fit and healthy and improve community engagement with the police.

If you're interested, visit the [West Mercia Police website](https://www.westmercia.police.uk) or e-mail: citizensinpolicing@westmercia.police.uk

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Self-care September (time to be kind to yourself)

As we move in to autumn (with a surprising flourish of summer sun), the Self-care September calendar from Action for Happiness has some lovely, simple ways for us to look after ourselves, and find ways to be kind to ourselves.

From making time to do something you enjoy, finding a new way to use one of your strengths or talents to having a no plans day (now that's a plan) – there's an idea for each day of September. An inspiration for fresh starts and new adventures.

For the Self-care September calendar, visit the [Action for Happiness website](#).



What's new on the directory?

Our “**Living well roadshows**” article has had a little update, with the new on-the-road September dates – take a look in the [Talk Community Directory newsroom](#).

There's a new addition to our “Services and groups” this week, with Sibs, a UK charity representing the needs of siblings of disabled people.

- [Sibs – for brothers and sisters of disabled children and adults](#)

[Spotlight on The Bereaved by Suicide Service](#): funded by Herefordshire Council and delivered by Victim Support. The service works across the Herefordshire area supporting adults and children bereaved or affected by suicide. The service provided is a bespoke service tailored to an individual's needs. Support is offered through face to face, telephone, video call or email. It is a free, independent and confidential service and it doesn't matter when the suicide happened - anyone bereaved by suicide at any point is able to access the service.

As well as supporting residents who have lost a loved one or someone they knew, the service is designed to support any resident impacted by or exposed to suicide.

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](#).