



Newsletter

26 October 2023

Hidden books, apple bobbing and scavenger hunts

Our autumn half term activities list has had a little update, with those newly added ghostly goings on and fantastic fireworks. Find activities for you and your family on the [Talk Community Directory](#).

To give a flavour of what's happening in Herefordshire:

- There's a free Halloweenfest, roaming around the market towns, with pumpkin patches, apple bobbing, and a scarecrow trail (and oh so much more).
- A Halloween book hunt is afoot, where a team of magic makers (The Children's Bookshelf and lovely volunteers to you and me), have hidden children's books across the county, to be found. Possibly in a shop window, or by a post box.
- Spooky tales, pocket pets and Halloween picture books are appearing at some of our libraries across the county.

A colourful autumnal activity pack for the little ones has also appeared, with indoor and outdoor adventure ideas! From Halloween colouring, to making a leaf wreath and letting your imagination take you on a journey in your own indoor den (cushions and pillows at the ready). The scavenger hunt takes children in to nature, to see what they can find - red leaf, yellow leaf, conker and cat!

[Download your very own activity pack.](#)



Big Bike Revival Fund (time for some pedal power)

Are you a not-for-profit organisation that loves to get people cycling?

Cycling UK is offering grants of up to £2,500 for voluntary and community cycle groups to deliver cycling activities for people who do not cycle on a regular basis – from complete beginners, to those returning to the wheels or encouraging people to use pedal power more often.

Activities and events could be to help improve people's confidence, increase short cycling trips or improve the perception of cycling safety. The funding can be used for things such as venue and equipment hire, staff costs and volunteer expenses, promotion and transport (that's wheely good).

The Big Bike Revival Grants Programme will support events and activities that use the 'fix-learn-ride' model, giving solutions to potential barriers to cycling. Sessions will be for people who may be facing multiple challenges or with health needs, or for people on low incomes or lacking confidence for example.

Visit the [Cycling UK website](#) for more information about the model, target audience, and to apply. The deadline for applications is **Friday 15 December**.



Get involved, for the health of people in rural communities

Every day in the UK, someone is diagnosed with a disease or a condition. The treatment and support they will receive will, at some point, have been informed by health & social care research.

Every year millions of people take part in research to help diagnose diseases earlier, provide life-changing treatments, prevent people from developing conditions and improve health and social care for generations to come.

Have your say - through the Healthwatch Herefordshire community led research project, you can have your say about which research gets done, how it's carried out and how it will benefit you and your community.

To find out more about how to get involved, and help to improve the health of people living in rural communities in Herefordshire, call or text Kerry on 07726 937276 or e-mail: kerryhealthwatchherefordshire@gmail.com



Making Every Contact Count

If you'd like a little more information, a refresh or are intrigued to know more about Making Every Contact Count (MECC), there's a free online course on the Talk Community Directory, which if not spotted before, is good to know about.

[The Making Every Contact Count \(MECC\) course](#) helps us to understand when and how to deliver basic health and wellbeing information to people we come into contact with, who might benefit from making a change to a healthier lifestyle.

It can feel difficult to raise a lifestyle issue with someone else. The course helpfully shows how a gentle "light touch" approach can be that encouragement someone appreciates, to make a change they may have been considering for some time; or gives the chance and choice for people to think about whether they want to make any changes to their lifestyle.

There are videos along the way, and it's a short course (if you have 30 minutes free). Plus, you get a certificate at the end too!

Interested? [Take the Making Every Contact Count \(MECC\) course](#).



Module 2: What is MECC?

Save energy and money with Keep Herefordshire Warm

Join the 500 people each month who save an average of £500 per year from Keep Herefordshire Warm's new provider YES Energy Solutions.

YES Energy Solutions can achieve this for people through their eligibility assessments for grants to improve the energy efficiency of homes, benefit entitlement checks, top tips to save money, and financial help on energy bills (wow that's good to know).

Through Keep Herefordshire Warm, YES Energy Solutions can help with over the phone support along with their energy saving pack which contains gadgets to save energy, helpful guides, plus in-depth energy efficiency reports.

YES Energy Solutions is an award-winning Community Interest Company dedicated to saving people money on their energy bills. With no shareholders to satisfy, YES invests their profits into the communities they support.

Start saving money on your energy bills or refer someone for support.

Call 0800 677 1432 (Monday - Friday 9am to 5pm)
or email khw.advicecentre@yesenergysolutions.co.uk

To find out more visit the [Keep Herefordshire Warm website](https://www.keepherefordshirewarm.co.uk).



Keep Herefordshire
Warm



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What's new on the directory?

There's a new, monthly Saturday morning workshop starting on Saturday 4 November at Leominster Library – meet [Lazy Daisy Chains children's sewing workshops](#) and their 'Pocket Pets'.

It's a tale of two halves on our [What's on calendar](#) this week, with newly added events taking place during half term; along with the next Living Well Roadshow dates, taking us in to November and December.

Half term activities

[Free Halloween activities for families](#) – Tuesday 31 October, Hereford

[Halloween Book Hunt](#) - across half term

[Plant a crocus at your local library this half term](#) – throughout half term

[Recover our rivers - Young creative's collaborative collaging](#) – Wednesday 1 November, Leominster

[Wildplay at Northolme Community Centre](#) – Friday 3 November, Hereford

Living Well Roadshows - Age UK Hereford and Localities

[Friday 3 November, Leominster](#)

[Thursday 9 November, Barons Cross, Leominster](#)

[Thursday 16 November, Newton Court, near Leominster](#)

[Wednesday 22 November, Hereford](#)

[Wednesday 29 November, Bromyard](#)

[Wednesday 13 December, Moreton-on-Lugg](#)

[Wednesday 20 December, Peterchurch](#)

Don't forget that date for your diaries: Free family fun day on **Friday 3 November, 10am to 2pm**, at Hereford Leisure Centre, to launch the [Winter of Wellbeing \(WoW\) grant](#).

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](#).



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HEREFORDSHIRE
TOGETHER**

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