



Newsletter

6 October 2023

Living Well Roadshows (cost saving, cuppa and a chat)

Age UK Hereford and Localities are on the road again, with Dementia Matters Herefordshire and Talk Community.

Living well roadshows are running throughout October, where people can pop along for a coffee, chat and access a wide range of information from their expert team.

Whilst enjoying a cuppa, 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:

- Friday 13 October - The Forbury in Leominster, HR6 8NQ (10am -12pm)
- Wednesday 18 October - Buttsfield House, Bromyard, HR7 4AD (10am -12pm)
- Tuesday 24 October - Burton Gardens in Weobley, HR4 8SR (10am -12pm)

For more information, contact Age UK Hereford & Localities on 0333 0066 299 or email: contact@ageukhl.org or visit the [Age UK Hereford and Localities website](https://www.ageukhereford.org/)



Funding to protect our special landscapes

Herefordshire's stunning rural scenery means that we're fortunate enough to be living in a county with not one, but two Areas of Outstanding Natural Beauty (AONB). These are the nation's most special and unique places, which are living, working landscapes that also support a huge range of habitats and species, and are enjoyed by millions of people every year.

'Farming in Protected Landscapes' is a DEFRA-funded programme which is currently open for applications in England, offering support for farmers and land managers (including from the private, public and charity sector) who live and work in AONB areas, to help protect these outstanding places and support local communities.

The programme is for one-off projects that support nature recovery, reduce the impacts of climate change, provide opportunities for people to discover, enjoy and understand the landscape and cultural heritage, or support nature-friendly, sustainable farm businesses.

For the full details about eligibility, to check the area map, and how to apply, visit the [Wye Valley AONB website](#) or the [Malvern Hills AONB website](#). Let others know about this great opportunity.



Taking steps towards employment

ECHO are well known for supporting better lives and offering better choices to people with disabilities in Herefordshire. They have good news, as they're starting out on a new venture, with the Steps to Employment Project (StEP).

The StEP project builds on the success of ECHO's previous Inclusive Volunteering Project. It will provide support to ECHO's existing volunteers and the opportunity to recruit, place and support a diverse range of new volunteers from the wider community.

ECHO will identify work experience and employment opportunities within local Herefordshire communities and recruit people to take part, who will benefit from the opportunities, including their own participants and supported volunteers.

Support will be provided with all aspects of moving into work experience and employment placements including upskilling in IT, literacy and work skills. Where needed ECHO will also accompany people to placements (handy to know).

There's more good news – the project is funded to run for the next 4 years, so lots of chances for people and organisations to benefit (funded by the National Lottery Community Fund).

If you'd like to chat further about the opportunities, whether as an organisation that's looking to offer work experience or an employment opportunity, or if you

know someone who may benefit from taking the first step towards the project, get in touch with Roz: roz.johnson@echoherefordshire.co.uk / 07719 023534.



[Visit the ECHO website.](#)

“Our minds, our rights”

“Mental health is a universal human right” is the theme for [World Mental Health Day](#) on Tuesday 10 October. The day is about raising awareness of mental health, driving positive change for everyone's mental health. It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you're struggling.

Good mental health is vital to our overall health and wellbeing. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their wellbeing, how they connect with others, and their livelihoods.

Herefordshire Council is offering residents of Herefordshire a free taster day, in conjunction with Halo Leisure, on World Mental Health Day. Halo are offering free passes for people to use the gym, have a swim, try an exercise class or

racket sport, or even have a go at golf, or on the athletic or amazing new cycle track. For the little ones, there's also Jumping gym soft play.

The offer is available on Tuesday 10 October at either of the two Halo locations in Hereford. Just mention **“Our minds, our rights”** at the reception desk and you'll be granted a one day FREE pass. If you'd like to attend a class, visit the [Halo Leisure website](#) for further information (spaces are subject to availability, and you must book at the front desk to attend a class).

For winning ways to wellbeing, and local and national support, take a look at our [mental health and wellbeing page on the Talk Community Directory](#).



Connecting at Christmas grants

If you're a charity, community group or Community Interest Company that has an idea to help bring older people together over the festive period, who are feeling lonely or isolated, then this funding opportunity is for you.

Maybe you're organising a trip to a Christmas market, or a free Christmas meal together or offering small gifts as part of a befriending scheme (feeling connected).

The McCarthy Stone Foundation is offering a small number of grants of up to £1,000 each to support local groups that are organising events and activities for people over the age of 65 years during the festive period (taking place between 1 December 2023 and 2 January 2024).

Groups applying must be independent and have an income of less than £250,000 per annum. Priority will be given to groups where activities are free/low cost at point of use.

Although there's no given deadline for applications, don't delay in applying, as there's a small amount of funding available. [Visit the McCarthy Stone Foundation website to apply.](#)



What's new on the directory?

October is [Black History Month](#), an opportunity to celebrate the enormous contribution black Britons have made to society as well as raise awareness and understanding of Black History and culture. This year's theme is 'Saluting our Sisters', emphasising the vital role black women have played in shaping history, inspiring change and building communities. [Read our news article for more information.](#)

Find a moment of calm, with [our mindful colouring sheets](#), for World Mental Health Day.

Take a look at the new arrivals to the directory website this week - clubs, services and events:

[Advice for renters](#)

[Creative cafe](#) - Tuesdays, Leominster

[Lunch at the Open Arms](#) – 29 October, Kington

[The wonderful world of bats](#) – 27 October, near Leominster

[West Mercia Police drop-in](#) -11 October, Hereford

[Village arts club](#)

[Wild adventure club](#) – 1 November, near Leominster

With the wonderful world of bats and wild adventure club appearing on our What's on calendar this week, as half-term activities, we're encouraging all things spooktacular onto our calendar. Whether you're planning a trembling trail or creepy crafts for the kids during the school holidays, or a fangtastic family feast, [pop it on What's on](#).

It's quick and free to add your events on to our calendar – simply visit our [What's on calendar](#) and go to “Add an event” on the left hand side of the screen.

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](#).



**BRINGING
HEREFORDSHIRE
TOGETHER**

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