



Newsletter

16 November 2023

Safe and supported

Safeguarding Sunday is an annual day on which churches across the UK share what they are doing to make their communities safer for everyone. To mark this day in November, the Safeguarding Team at Hereford Cathedral has organised not one, but three days of awareness activities in Hereford Cathedral to help the community feel safe and supported - a safeguarding event for the wider community.

Focusing on highlighting safeguarding in its broadest terms, "Safe and supported" takes place from **Sunday 19 to Tuesday 21 November at Hereford Cathedral**.

Talks and workshops are taking place in the College Hall on the Monday and Tuesday - from a Dementia Friends information session to fraud prevention. They'll be displays and stands in the Cathedral itself, including West Mercia Women's Aid, Safe Spaces, West Mercia Police and Talk Community.

All events are free to book. For full details and to book, visit the [Hereford Cathedral website](#). Or drop in on one of the days.



Christmas shoebox appeal

As we approach the festive season, the Hereford Branch of the Association of Ukrainians in Great Britain extends its heartfelt gratitude to all who generously contributed to the Ukraine Christmas Shoebox Appeal in 2022. People's kindness helped send 500 Christmas shoeboxes to children in Ukraine.

This year, we're all invited to join once again in making a difference in the lives of these children, by packing a Christmas shoebox, to reach Ukraine before Christmas (helping bring joy, necessities and hope).

For details of how to pack a box (tape and ribbon at the ready), with goodies such as toys, games, school supplies, toiletries, clothes and sweets, visit the [Talk Community news article](#). The article provides all of the practical details that you need to know, including where to take your shoebox to (thank you).

The last day for donations is 1 December. If you have any questions, contact Vitalii Drobotun, AUGB Project Manager, vitalii@hhfu.co.uk



“Talk Wellbeing” near you (and bookable too!)

A new ‘Talk Wellbeing service’ has been launched by Herefordshire General Practice with the aim of helping people to improve their health and wellbeing.

The service is visiting locations across the county to offer blood pressure and cholesterol checks and advice on how to reduce the risk of heart disease and stroke (service is for adults over 18). Trained NHS professionals will also be on hand to offer help with registration at a GP practice, if not already registered. They can offer advice on all aspects of health and wellbeing, including signposting to additional sources of help and support.

To find out where the service will be visiting, visit the [Herefordshire General Practice website](#).

Talk Wellbeing can be booked to visit employers’ sites or community locations, a community group or an event, to offer support with health and wellbeing, advice on staying well. If you’re interested, email the Talk Wellbeing team on Talkwellbeing.HGP@nhs.net or complete the online form on the [webpage](#).



Pictured L to R: Jackie Davies (HCA); Sharon Read-Simpson (Social Prescriber) and Martin Honey (Site Manager) out and about with the Talk Wellbeing Service.

Calling all flood groups

Are you part of a flood group, interested in joining one, or considering establishing a flood group in your area in Herefordshire?

If so, there's an opportunity coming up, to connect with agencies and other flood groups, to be better prepared and more informed about flood-related matters.

The **Herefordshire Flood Groups Meeting** is taking place on the evening of **Wednesday 29 November** at Plough Lane Offices in Hereford. Up to two members of existing flood groups or local residents who may have an interest in flooding/setting up a community flood group, are invited to attend; as well as some ward members/parish councillors where there is not an established group.

The wish from the event organisers is that people who attend take information from the evening to pass on to their flood group/community members.

The event details and how to book can be found on the [Eventbrite website](#).



Herefordshire Council in conjunction with Balfour Beatty Living Places, Environment Agency and National Flood Forum.

With mind and body, be self care aware

13 – 19 November 2023 is self care week, an opportunity to think about how we live our lives, and consider how small changes could make a big difference to our health and wellbeing.

This year's theme is 'Mind and Body', which means making ourselves a priority!

Self care comes in all forms, whether it's listening to music with a cuppa (or a dance), or taking a walk to get some much needed me time. Now more than ever it's important to look after ourselves as well as other people, so we can live healthier, happier lives.

[Here's some self care ideas to spark inspiration!](#)



What's new on the directory?

Did you know that our directory is a great place to create awareness about your community venues for hire, as well as your fun quizzes!? We have both as new arrivals this week.

We also welcome "Warm Welcome Ross-on-Wye", to our pages, as well as a Ladies' Lunch with a difference, a relaxed networking event for women in business.

[Connexus Bryngwyn Court communal room](#) - for hire, Hereford

[Quiz night at Holme Lacy Village Hall](#) - Friday 24 November

[Ladies' Lunch](#) - third Friday of the month, Hereford

[Warm Welcome Ross-on-Wye](#) - Wednesdays

Our socials are a great way to keep in touch with what's on too, whether you're

- a [Facebook](#) fan

- tuned in to [Twitter](#)
- or instantly on [Instagram](#).

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](#).

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Alternatively, please email talkcommunityengagement@herefordshire.gov.uk

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

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