



Newsletter

2 November 2023

WoW – a free family fun day

Our Winter of Wellbeing activities programme is launching with a family open day tomorrow, **Friday 3 November, 10am to 2pm at Hereford Leisure Centre.**

From indoor archery, dodgeball and boxing activities to sensory tennis, collaging and crafts. There's a huge variety of activities for children and their families to have a go at something different, or enjoy something they know they love - **all for free.**

Families will be able to chat to our Talk Community team, and our fantastic partners, to access information and support, whilst enjoying a **free** hot drink and **free** parking (people must register at reception for parking). All in partnership with Halo Leisure.

For further details and to see who will be there on the day, visit the [Talk Community Directory website](#).



The Winter of Wellbeing programme is supported by the Household Support Fund with funding from the Department for Work and Pensions.

Grocery voucher scheme

Age UK Hereford and Localities are offering financial support to older people during this difficult period. If you, or someone you know is struggling to buy food and essentials, Age UK Hereford and Localities may be able to help.

Their grocery voucher scheme is funded by the Household Support Fund, and is available for:

- Pensioners receiving Housing Benefit and Council Tax relief BUT NOT Pension Credit
- Households with a gross income of less than £21,000 (single person) or £28,000 (couple) NOT in receipt of means tested benefits
- Those in receipt of Pension Credit

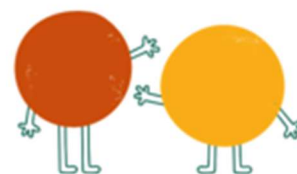
To find out if you or someone you know is eligible, contact Age UK H&L on 0333 0066 299, email: contact@ageukhl.org or visit the [Age UK H&L website](#).



As well as Age UK H&L, there are a number of organisations providing additional support to Herefordshire residents who are struggling with buying food and essential household items at the moment. This is with funding from the Household Support Fund.

For the up-to-date information about this support, visit our [Buying food and essentials](#) page on [Money on your Mind](#).

MONEY ON YOUR MIND



Living Well Roadshows (on the road to wellbeing)

Age UK Hereford and Localities are running their roadshows throughout November, in partnership with ourselves at Talk Community and Dementia Matters Herefordshire. The roadshows are a chance for people to pop along for a coffee, chat and access a wide range of information from their expert team.

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 3 November** – Leominster market, Leominster, HR6 8LR (9am-2pm)
- **Thursday 9 November** – Barons Cross community centre, Leominster, HR6 9AD (1pm-2.30pm)
- **Thursday 16 November** – Newton Court, Leominster, HR6 0PF (10am-12pm)

- **Wednesday 22 November** - Hereford Garden Centre, HR4 0SE (10am-12pm)
- **Wednesday 29 November** – Hope Centre, Bromyard, HR7 4QU (12pm-2pm)

For more information, contact Age UK Hereford & Localities on 0333 0066 299 or email: contact@ageukhl.org



LIVING WELL ROADSHOWS

3/11 – LEOMINSTER

9/11 – BARONS' CROSS

16/11 NEWTON COURT

 Herefordshire Council

 Hereford & Localities
ageUK

 TALK COMMUNITY

 DEMENTIA MATTERS
HEREfordshire

Herefordshire Ukraine Community Integration Fund

This Fund has already been successful in supporting new and existing activities and services in communities across Herefordshire, enabling our Ukrainian guests to feel welcome, safe and supported in Herefordshire. From English classes and support to access employment, to leisure activities, support for mental wellbeing, and places of welcome for Ukrainian guests and their Herefordshire hosts to access practical support and advice.

Round 2 of the Herefordshire Ukraine Community Integration Fund, managed by Herefordshire Council, is **now open for applications**.

The Fund is particularly keen to hear from new applicants supporting Ukrainians and seeking to deliver activities focussed on community integration. It is open to community and not for profit organisations, including parish councils and schools.

For the full details, and how to apply, visit the [Talk Community Directory website](#). The scheme is open for applications until **31 January 2023**, subject to the availability of funding.



This Talk Money Week - do one thing

[Talk Money Week](#) encourages us to be more open about money with friends and family, and to get advice from experts if needed. Whether it's a chat about pocket money or pensions, Talk Money Week (6 to 10 November) is a chance to start feeling able to talk about money, over time changing what can feel awkward, in to part of everyday life.

This Money and Pensions Service awareness campaign links in with MoneyHelper, a free service provided by the Money and Pensions Service. The [MoneyHelper website](#) has some great guides about how to talk to your partner and your children about money – people of all ages; and how to teach kids and teenagers about money. MoneyHelper provide a range of free, expert tools and guidance to find your way forward, whatever your situation.

If it's not safe to talk, there's a guide about how to spot the signs of financial abuse, on the [MoneyHelper website](#), including where to get support and how to leave safely. Visit the [Herefordshire Council website](#) for details on how to protect someone.



What's new on the directory?

Lunch clubs, stay and play, and a free family art trail – a few of the different events and activities taking place, new to our [What's on calendar](#). Check out everything that's happening at Tupsley Whitehouse Community hub too!

[Ceramics Festival Hereford](#) – 3-5 November

[Charity Board Game day and bring and buy](#) – 4 November, Hereford

[Family learning at the Tupsley Whitehouse Community Hub](#)

[Free Family Art Trail](#) – 5 November, Hereford

[Growing Local - Tupsley Whitehouse Community Hub Friday Lunch Clubs](#)

[Landau "Changing lives creating futures", aged 16-24, looking for work? We can help you](#)

[Stay and Play, Revive Community Café](#) – Thursday mornings, Hereford

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](#).

The Cart Shed are looking to recruit a Business Development and Fundraising Manager, closing date Friday 17 November. For more information, visit [The Cart Shed website](#).

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**

For more updates, follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

**If you do not wish to receive emails from Talk Community, you can [unsubscribe](#).
Alternatively, please email talkcommunityengagement@herefordshire.gov.uk**