



Newsletter

9 November 2023

Micro grants offering a helping hand

If you are an individual, group of residents or an established voluntary group, setting up a new community project, or improve an existing one, the micro grants scheme could be for you.

The scheme can provide small pots of money (up to £250) to help you in the delivery of your project.

To apply, the activity or project must be led and initiated by a community member, or a voluntary community organisation with an annual turnover of £100,000 or less.

If you are interested in making an application, reach out to your local Talk Community Development who can be contacted via TalkCommunityEnquiries@herefordshire.gov.uk



Remembrance

Communities across Herefordshire are marking Remembrance Day at the weekend, with parades on the streets of Herefordshire towns, and services in churches and at memorials, in remembrance of the lives lost at war.

The Royal British Legion Herefordshire's Field of Remembrance is open to visit in the Lady Arbour garden at [Hereford Cathedral](#) between 8am and 5pm daily until Wednesday 15 November.

To read about Remembrance, visit the [Royal British Legion website](#). For information about Armed Forces support, visit the [Talk Community Directory](#).



Helping Herefordshire families stay healthy

If someone you know or support is pregnant or has children under the age of four and is in receipt of benefits, they may be able to claim free food, milk and vitamins for their family through the NHS Healthy Start scheme.

[Healthy Start](#) is a national scheme which aims to support healthy nutrition for children in low income families. The scheme supports families by providing a Healthy Start card with funds on it to use in some UK shops. The card can be used to buy free fruit and vegetables (fresh, tinned and frozen) and milk, as well as free vitamins to support healthy growth and development during the early years. You can check your eligibility and apply online on the [NHS website](#).

Families eligible for Healthy Start Vouchers can now collect their free Healthy Start pack from Herefordshire Children's Centres. [Find your nearest Children's Centre online](#).

FEEL GOOD FOR LIFE...

Opportunity for people living with dementia, loneliness or depression to be active and to socialise.

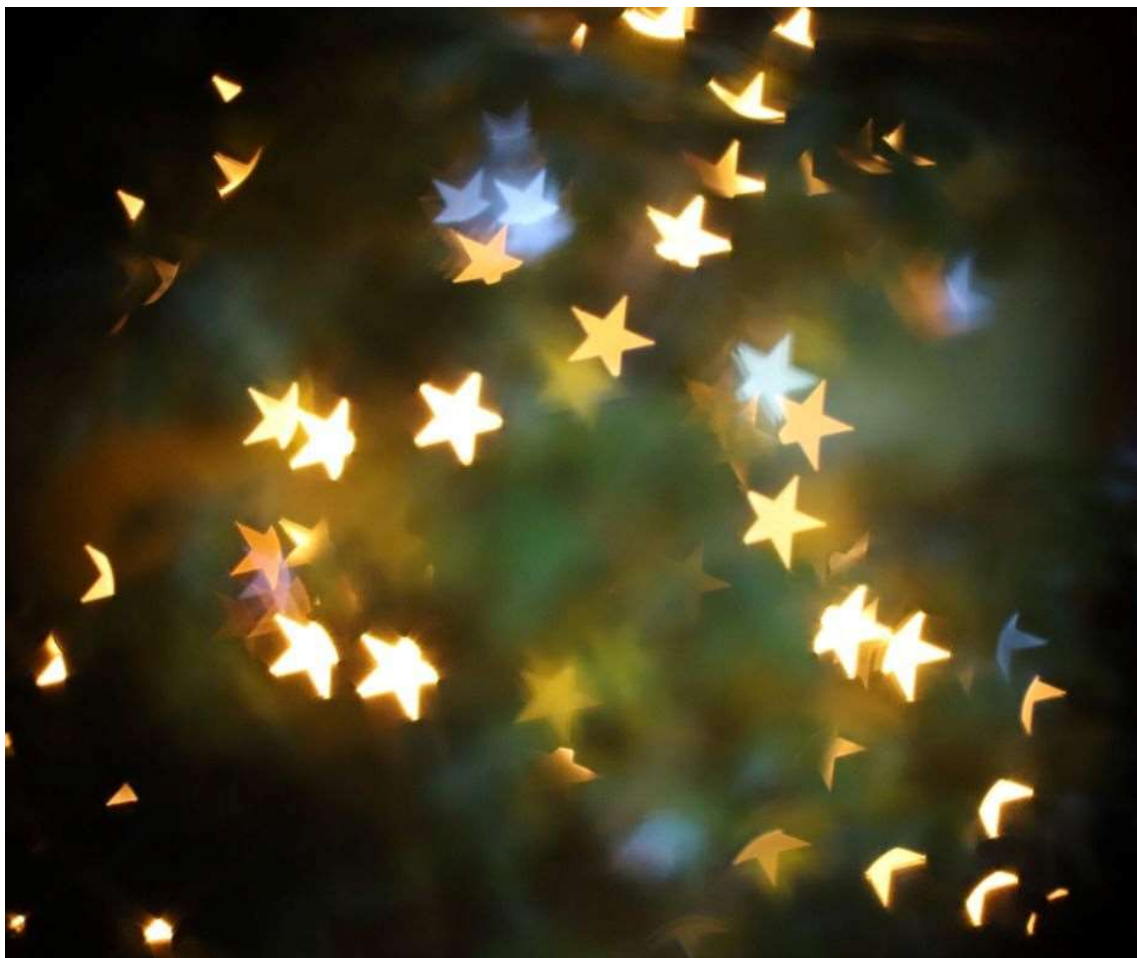
Hereford Leisure Centre

Every Thursday
11.30am - 1.15pm

The programme has been made possible through funding from Herefordshire Council and the generous support from Dementia Matters Herefordshire, Wye Valley NHS Trust and Alzheimer's Society UK.

Festive planning?

Are you planning any festive events, or get-togethers in your local community? If so, we would love to hear from you. You can add your events to the [Talk Community Directory](#) or email us at talkcommunityengagement@herefordshire.gov.uk



What's new on the directory?

Through Learn and Thrive's Learning for Life and Teach Me Too, there are free, online resources for children and young people with Down's syndrome / special educational needs.

Take a look at their information, which are new additions to our directory this week: [Learning for Life](#) and [Teach Me Too](#)

Take time to drop in: Our [What's on calendar](#) welcomes a drop in date, to meet Advice for Renters in Hereford, a chance to have a chat with them about what they provide and how they can help.

There's also a drop in for people recovering from a stroke or acquired brain injury – an opportunity to meet the friendly Herefordshire Headway and The Stroke Association teams, and find out what they have to offer.

Finally this week, say hello to Stay N Play in Kington, for families to meet other families, and for the children to play together, with snack, crafts and songtime (it's roaring fun at the Lion Café)!

[Advice for Renters at Fred Bulmer Centre](#) – Thursday 16 November

[Herefordshire Headway and Stroke Association Drop in](#) - Third Thursday of the month, Credenhill

[Stay N Play at the Lion Café](#) – Tuesdays in Kington

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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Alternatively, please email talkcommunityengagement@herefordshire.gov.uk

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