



Newsletter

7 December 2023

WoW activities in December - free activities for the family

Through our Winter of Wellbeing (WoW) grant, organisations across Herefordshire are holding fun and free activities for families in a warm space during the winter months!

All events include **free** hot food and drinks and families will be able to access information and advice to support them around the cost of living.

Take a look at the WoW activities happening throughout December:

Hereford and Holme Lacy

- **Dandy Lions @ St Thomas Cantilupe School, Hereford – Friday 22 December, 10am-2pm.** Forest School Crafts for the whole family + tasty food (baked potatoes + toppings)
- **Holme Lacy Village Hall - Wednesday evenings 5.30pm-7pm** (excluding 27 December). Family friendly activities + hot soup served with bread and cheese.
- **Kindle Centre, Hereford - Saturday 9 December, 2pm-4.30pm.** Join the Christmas party! Get a present from Father Christmas and a Christmas hamper to take home.
- **St Martins Church, Hereford - Sunday 10 December, 12.30pm-2.30pm.** Crafts and games on Sunday lunchtimes with hot food included (roast dinner).
- **The Core, Hereford - Friday 8, Tuesday 19 and Friday 29 December, 4pm-6pm.** Family activities, films, disco lights and fun! Hot food and drink included.
- **The Courtyard, Hereford – Saturday 9, 23 and 30 December, and Sunday 17 December, 11.30am-1pm.** Childrens activities run by the Youth Ambassador + hot buffet meal.

Leominster

• **Barons Cross Community Room, Leominster - Saturday 30 December, 12.30pm-2pm.** Family cooking sessions - come together, cook together and eat together + crafting activities.

Ross-on-Wye

• **Activate @ St. Josephs School, Ross-on-Wye - Fridays, 5pm-6.30pm.**
Indoor badminton sessions with hot drinks/snacks.

• **Ross Community Gardens - Christmas Eve, Sunday 24 December at 6pm.**
Enjoy a cosy hot chocolate or warming soup. Variety of activities and stalls and the opportunity to take home free food which will help over the festive period.

For information about all of the different activities taking place, in to January and February 2024, visit the [WoW page on the Talk Community Directory](#).

A little tip – there will be more activities arriving on the page (keep coming back for more).



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

Free family activity day (with special guests)

Feeling the pinch this winter? There's a fun-filled day for kids at the Here for Herefordshire Holidays fully funded activity day! Enjoy sports, a free meal and meet special guests at **Whitecross High School in Hereford on Saturday 23 December from 9.30am to 1.30pm.**

There's parkour, football, boxing and aerial hoop to have a go at, and even a chance to go caving!! It's a good time to get helpful information and advice about the Here for Herefordshire Holidays (HAF) programme too.

And those special guests? Meet the Grinch, Olaf and Santa's elves, together in one place (now that's not something you see every day).

[Book your special place online](#). For more information contact HAF@herefordshire.gov.uk



The Here for Herefordshire Holidays programme is funded by the Department for Education. The scheme has provided free activities and meals to thousands of Herefordshire children and young people since it began.

Free online guide to help residents stay steady this winter

As we move in to winter, there's never been a better time to take a look at our fantastic (and free!) falls prevention guide.

The online guide, which is full of information, top tips and short films, is a great way to help more people reduce their risk of falling, especially as they get older. It can also help people stay healthy, active and independent for longer, along with giving families additional support to help older loved ones.

To find out more about what you can do to help yourself, a loved one or people in your local community, to reduce the risk of falling, visit the Falls prevention guide on the [Talk Community Directory website](#).



National Grief Awareness Week

National Grief Awareness Week (2 - 8 December) is an opportunity to raise awareness about the impact of bereavement and the importance of finding support, which can be found in different forms.

The week is a reminder that there are almost certainly people we know who need support, care and compassion. Join us in acknowledging Grief Awareness Week and fostering compassion for those navigating loss. Let's break the silence, share stories, and support one another.

Explore valuable resources on [bereavement support on our directory](#).



Hereford & Worcester Fire and Rescue Service campaign

The cost of living rise will continue to have an impact on fire risks in the home, as people try to reduce the cost of heating their homes and are unable to afford to service their appliances.

Hereford & Worcester Fire and Rescue Service (HWFR) are running a Cost of Living campaign, supporting the National Fire Chiefs Council (NFCC) Cost of Living: Steps to stay safe campaign. The campaign encourages people to take simple steps in the home to protect themselves from accidental fires and carbon monoxide poisoning.

The HWFR Prevention Team have been planning ahead for the colder months, with good stocks of winter warmth packs, oil filled radiators, extension leads and carbon monoxide alarms. The equipment can be accessed by arranging a [free Home Fire Safety Visit \(HFSV\)](#). The visits can be carried out for the more vulnerable such as the elderly, families with young children, people living alone and those with reduced mobility.

Winter warmth packs (includes socks, gloves, hat, thermal mug, light and blanket) can also be provided to help people keep warm in winter. Extra advice is given at the visit around heating the person not the property.

Individuals need to be referred for a Home Fire Safety Check. This can be done in the following ways:

1. Members of the community can complete an [online Home Fire Safety Check](#) for

themselves or their friends / family.

2. Alternatively, they can call the Prevention team on **0800 032 1155** where the skilled team can offer fire safety advice and take details to arrange a visit.

Share with family, friends, neighbours and people you support, encouraging them to complete the simple online check.

What's new on the directory?

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



From an open morning to meet E F Bulmer Trust and see the Fred Bulmer Centre, to a Little Pandas Play Cafe - check out what's new to the directory this week:

[E F Bulmer Trust at Fred Bulmer Centre](#) – 21 December, Hereford

[Home Learning Hub – Herefordshire Online School](#)

[Little Pandas Play Cafe](#) – Ross-on-Wye

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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