



## Newsletter

**14 March 2024**

### Free family activity day – bookings now open for all

Our Here for Herefordshire Holidays family day is now open to all families. So if you're feeling the pinch and might benefit from a day of fun and food (completely free) this could be for you.

It's all happening at Whitecross High School, Hereford on Saturday 23 March from 10.30am to 2.30pm. There will be lots of exciting activities to try including a slime making workshop, cheerleading, boxing, aerial hoop and many more!

Kick off the Easter holidays by having fun trying something new! Places are limited so [book your family in now](#).

*The Here for Herefordshire Holidays programme is funded by the Department for Education*



Department  
for Education



# FREE FAMILY ACTIVITY DAY

FOR FAMILIES THAT ARE FEELING THE PINCH

**ACTIVITIES  
INCLUDE**

CHEERLEADING, DANCE, CRAFTS,  
COOKING, AERIAL HOOP,  
FOOTBALL, CLIMBING, BOXING,  
SLIME-MAKING, PARKOUR

**AND  
LOTS  
MORE**



**GRAB A FREE  
TOOTHBRUSH**

**INCLUDES A  
FREE MEAL**



WHITECROSS HIGH SCHOOL,  
HEREFORD, HR4 0RN



SATURDAY 23RD MARCH,  
10:30AM - 2:30PM

BOOK ONLINE AT: [WWW.EEQU.ORG/EXPERIENCE/7420](http://WWW.EEQU.ORG/EXPERIENCE/7420)  
CONTACT THE TEAM AT: [HAF@HEREFORDSHIRE.GOV.UK](mailto:HAF@HEREFORDSHIRE.GOV.UK)



## 1-2-1 Business Support for Creatives

A new initiative funded by the UK Shared Prosperity Fund has just been launched offering **free business support** to cultural and creative businesses, organisations and charities across Herefordshire.

Whether you're an existing organisation who wants to develop to the next stage, or someone starting out on their business journey this could be for you. The sessions will be led by consultants from Mountain Perspective. Please get in touch to set up an introductory 1-2-1 meeting on [info@mtnp.co.uk](mailto:info@mtnp.co.uk).



Funded by  
UK Government



Jon Johnson - Director

### SUPPORTING BUSINESSES

PROJECT MANAGEMENT    ADVICE & GUIDANCE  
SALES PROCESS    MENTORING & COACHING  
FINANCIAL MODELING    CUSTOMER ENGAGEMENT  
NETWORKING & EVENTS    COFFEE AND CAKE !

ARE YOU A **CULTURAL BUSINESS** WORKING IN ONE  
OF THESE AREAS, IN NEED OF BUSINESS SUPPORT.

- Craft
- Design
- Advertising
- Marketing
- Publishing
- Museums & Libraries
- Galleries
- Music & Performance
- Visual Arts
- Film, TV & Video
- Radio
- Photography
- Software (inc Computer Games)

### CONTACT US

[info@mtnp.co.uk](mailto:info@mtnp.co.uk)

POWERED BY  
**LEVELLING  
— UP —**

## Nutrition and hydration week (and beyond)

Nutrition and hydration week (N&H Week) runs 11 – 17 March and is an annual event which seeks to highlight and educate people on the value of food and drink in maintaining good health and wellbeing in health and social care. If you work in health and social care you may be interested in exploring the resources available on the [N&H Week website](#).

Of course, good nutrition and hydration is important for everyone, so we've put together some information about initiatives that are working across Herefordshire to promote good nutrition, bringing people together over food as well as those working to reduce food poverty.

[Head over to the Talk Community Directory](#) to find out more, from lunch clubs to quick, easy and even free ways to fill hungry bellies over the holidays!



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### Free course for autistic teens in Herefordshire

'Teens Autism Confident Course' is a free course about autism for autistic teens in Herefordshire which will start in April. The course will offer attendees the opportunity to meet other autistic teens in a supportive group environment. The sessions will consist of advisor led information and discussion, attendees are welcome to join in but there is no pressure to do so. Topics will range from understanding autism to self-esteem and self-image.

For more information or to book your place on the course, please visit the [Eventbrite booking page](#) or contact the Autism West Midlands team by emailing [herefsandworc@autismwestmidlands.org.uk](mailto:herefsandworc@autismwestmidlands.org.uk)

A promotional poster for a program called 'Teens Autism Confident' in Herefordshire. The poster features a purple and yellow color scheme. At the top left, the title 'Teens Autism Confident' is in large purple letters, followed by 'in Herefordshire' and 'A Free course about autism for autistic teens'. Below this, a text box states: 'An opportunity for diagnosed autistic teens to learn more about autism in small, supportive group sessions and 2 one-to-one meetings with an autism advisor before and after the programme.' To the right, a yellow box says 'Sessions starting February 2024 Held locally in Hereford for 13 - 17 year old's'. Further right is the 'autism west midlands' logo with an apple icon and 'E F BULMER TRUST' below it. In the center, six colored circles represent topics: 'Understanding autism' (green), 'Social Communication' (yellow), 'Sensory Awareness' (orange), 'Anxiety' (yellow), 'Disclosure/ Transitions/ change and the future' (green), and 'Self Esteem and self image' (orange). At the bottom left, a photo shows a group of teens sitting around a table. At the bottom right, a yellow box contains contact information: 'For more information please visit www.autismwestmidlands.org.uk or email herefordworcs@autismwestmidlands.org.uk'.

## Public Health updates on the Talk Community Directory

New data published by the UK Health Security Agency shows that there has been a rise in cases of whooping cough. [Read more and find out how to reduce the risk of catching and spreading whooping cough, on the Talk Community Directory.](#)

Measles cases continue to be at a high level in the West Midlands. [Find out about spotting the signs and symptoms and learn more about steps you can take to protect yourself, your family and your community.](#)



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### What's new on the Talk Community Directory?

We have had a super selection of services and events uploaded to our directory this week, including some great community initiatives in Leominster, and Ross-on-Wye. Take a look for yourself at the list below, and remember you can always upload your own events, services and groups to our directory!

[I.T. Drop-in surgery at Much Birch Village Hall](#)

[Wild about Gardens - Ross on Wye](#)

[Stop Loan Sharks](#)

[Relate Now - Leominster](#)

[Walford Community Support Scheme](#)

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](#).



**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](mailto:talkcommunityengagement@herefordshire.gov.uk)**

GovDelivery, sending to [pcclerk@lintonpc-herefordshire.gov.uk](mailto:pcclerk@lintonpc-herefordshire.gov.uk) on behalf of:

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**GOVDELIVER**