



Newsletter

29 February 2024

Here for Herefordshire Holidays bookings open on Monday 4th March

This Easter holidays, children and young people (school aged 5 to 16) who receive benefits-related free school meals can once again get involved and enjoy our free countywide programme.

Eligible children can book up to 16 hours of free activities to take part in between 24th March and 5th April. There will be a free healthy meal at each activity session too.

The Here for Herefordshire Holidays programme, funded by the Department for Education, aims to get young people involved with new, fun activities and this Easter there will be plenty to choose from. Some of the activities on offer to children and young people will include trampolining, horse riding, cheerleading, circus school, and parkour.

Eligible families can book their places from Monday 4th March on the [Talk Community website](#). For more information on the programme please contact HAF@herefordshire.gov.uk

There will be a free family activity day for eligible families on Saturday 23rd March – details to follow soon.



Apply for Pension Credit before 5th March and you could get £299 Cost of Living Payment

Over a third of people eligible for Pension Credit are not claiming it. You may be eligible for Pension Credit even if you have some savings, receive a small occupational pension or own your own home. The Department for Work and Pensions is urging pensioners to **apply before 5th March** as eligible people could secure an additional £299 Cost of Living boost.

Read more about [Pension Credit on the Talk Community Directory](#) or [apply for Pension Credit online](#).

Apply for **Pension Credit** by **5 March 2024.**

If eligible, you could get an extra
£299 Cost of Living Payment.

Don't miss out.



The Herefordshire Safeguarding Children Partnership's new training on Understanding Child Neglect has new dates added for 2024.

This course is for any staff and volunteers that work or volunteer with children and families in Herefordshire. Child neglect is one of the most prevalent types of child abuse, and has a profound impact on a child's development, health and wellbeing, but it can be difficult to recognise and respond to. This course will help delegates understand, identify and respond to child neglect, including understanding how to work with families and the support that is available to families locally.

This is a half-day course and will be delivered virtually on Microsoft Teams by an experienced safeguarding trainer. **The next course date is Thursday 21st March. To book your place, or find out about future dates please visit the [Herefordshire CPD website](#)** . If you do not already have an account you will need to [create an account](#) before being able to register for courses.

You can contact the team with any queries on
SafeguardingTraining@herefordshire.gov.uk



Herefordshire Safeguarding
Children Partnership

Training Offer - Introduction to working with survivors of sexual violence

West Midlands Rape and Sexual abuse support centre are offering a free, half day training session for professionals to enhance their understanding of the complexities surrounding sexual violence, including its psychological and societal implications.

The training aims to empower professionals with the knowledge and skills necessary to offer sensitive and compassionate care to survivors, and will cover a range of topics, from trauma-informed care to effective communication strategies when dealing with survivors of sexual violence. The training is appropriate for both volunteers and paid staff.

Face to face and online sessions are available. For information on how to book, or for further enquiries, please email: pathfinder@wmrsasc.org.uk

West Mercia
Rape & Sexual Abuse
Support Centre



Don't forget these upcoming events

We quickly wanted to put the spotlight on a few things that you might have forgotten to get involved with!

Winter of Wellbeing: Our exciting season of free and fun family activities is still up and running over the next month, offering a hot meal and wellbeing support to those feeling the pinch. Find an event near you on the [Talk Community Directory](#).

Living Well Roadshows: There are more Living Well Roadshow sessions coming up in Herefordshire. The next two sessions will be in Pontrilas (March 6th) and Bromyard (March 7th). Enjoy a coffee, and find out about ways to improve your financial, physical and mental wellbeing. [Visit the Talk Community Directory](#), to find a session near you.

Activities for little ones: Our directory showcases some of the best activities to get your little one engaged with the world around them! Over the next few days in Herefordshire, there will be dancing and music groups, art sessions, play groups and more! Find an event near you on the [Talk Community Directory](#).



What's new on the Talk Community Directory?

This week's selection demonstrates the sheer variety of services that the Talk Community Directory hosts. Everything from support groups, hubs and kids entertainment! Remember, you can always add your own services and events to our directory. Here are this week's recent additions:

[Bromyard Methodist Church Places of Welcome](#)

[Triple P Parenting Courses](#)

[Halla's Haven CIC - The Lone Parent Support Hub](#)

[BookTrust Storytime Sessions across Herefordshire](#)

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](#).

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](#)

Correction Notice Last week's newsletter contained an error in the Living Well Roadshow article. The correct date for the Bromyard session is March 7th. We apologise for any confusion this may have caused.



**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

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