



Newsletter

7 March 2024

Healthy Families group sessions in Hereford and Leominster

The Healthy Lifestyle Service are offering new family groups focused around the health and wellbeing of you and your family, both in Hereford and in Leominster.

Come along with your little ones, where play opportunities and activities will be provided to keep them entertained. Learn about family focused health and wellbeing, and the services available in your local area to support you with your health goals.

There is no need to book, and you can just drop in on the day. Here are the dates and times:

Hereford - Widemarsh Children's Centre:

Thursdays, 10:00 – 11:30am, Starting on 29th February. Every week for 6 weeks.

Leominster - Leominster Children's Centre:

Tuesdays, 1:00 – 2:30pm, Starting on 27th February. Every week for 6 weeks.



HEALTHY FAMILIES GROUP SESSIONS



FUN AND INFORMATIVE GROUP SESSIONS FOR PARENTS AND CHILDREN, TO SUPPORT FAMILIES IN HEREFORDSHIRE TO LIVE A HAPPY AND HEALTHY LIFESTYLE



COOKING TIPS & IDEAS



HEALTHY EATING



FINANCE



STOP SMOKING



BE MORE ACTIVE



MEAL PLANNING

HEREFORD -
WIDEMARSH CHILDREN'S CENTRE:
 THURSDAYS FOR 6 WEEKS,
 10:00 – 11:30AM,
 STARTING FEB 29

LEOMINSTER -
LEOMINSTER CHILDREN'S CENTRE:
 TUESDAYS FOR 6 WEEKS,
 1:00 – 2:30PM,
 STARTING FEB 27



Herefordshire Council

TALK COMMUNITY

Here for Herefordshire Holidays is now open for Easter bookings

During the Easter holidays, children and young people (school aged 5 to 16) in Herefordshire who receive benefits-related free school meals can get involved and enjoy the fully funded activity programme which is running from 23rd March until 5th April. There'll be a free healthy meal at each activity session too.

The Here for Herefordshire Holidays programme will launch on Saturday 23rd March with a fun-filled day of activities at Whitecross School in Hereford (10.30am - 2.30pm). The activity day is completely free to attend and includes a tasty lunchtime meal (so no need to bring a packed lunch!). The good news is the activity day isn't included in your 16 free hours (see it as a bonus!). Eligible families can book their place for the activity day on the [Equu booking page](#).

Visit the [Talk Community Directory](#) to find out more about the programme, the exciting range of activities on offer and to book your child's place. For more information please contact HAF@herefordshire.gov.uk

The Here for Herefordshire Holiday programme is funded by the Department for Education.



State of the Sector survey deadline extended, and online drop-in sessions announced

The deadline for Herefordshire's State of the Sector survey, commissioned by Herefordshire Council and HVOSS, has been **extended to 21st March 2024** to give groups more time to complete it. The research study aims to assess the size, diversity, and contributions of organisations and community groups in the county.

Whether you are a well-established organisation, or a small volunteer-run group, the collected information will highlight the sector's essential role. Plus, survey participants are eligible to enter a draw to **win £500** for their group!

If any groups are looking for support with filling out the survey, online drop-in sessions are being held over Zoom between **9.30am and 12pm on Wednesday 13th March**. Individuals can come along (even just for 10 mins) and receive help filling in the survey.

To participate in the drop-in session, [click here to launch Zoom](#).

[Click here to begin the survey](#).



No Smoking Day

No Smoking Day will take place next Wednesday, 13th March. No Smoking Day is an opportunity to unite and offer support and encouragement to those on their quitting journey.

This year marks the 40th anniversary of No Smoking Day. Since its inception, smoking prevalence has reduced by two thirds; however smoking remains the single largest preventable cause of death in England.

The good news is that it's never too late to quit smoking and when you stop smoking, there are almost immediate improvements to your health. Quitting smoking is not just good for your health, it's good for your wallet too – average smokers could save around £2000 each year by quitting!

If now's the right time for you, there's plenty of resources available to help you stop smoking. Getting expert support from your local stop smoking service means you're three times more likely to quit for good.

Visit the [Talk Community Directory](#) to find out more about the local and national support that is available to help you quit.



Have you heard about Herefordshire's Orange Button Community?

The Orange Button Community unites 177 Orange Button wearers across Herefordshire. The distinctive Orange Button symbolises solidarity and support for those struggling with suicidal thoughts. Wearers of the Orange Button signify their willingness to talk openly about suicide, listen without judgment, and guide individuals to the support they need.

Individuals across Herefordshire who have undergone quality-assured mental health or suicide prevention training in the past two years are encouraged to consider becoming Orange Button wearers. By joining the Orange Button community, individuals can play a crucial role in providing vital support and assistance to those in need.

If you have completed mental health training, including suicide prevention, and wish to become an Orange Button wearer, you can [apply via the Now We're Talking website](#).

Alternatively, if you need to upskill, [book a place on Samaritans one day course, 'Managing Suicidal Conversations'](#), which would make you eligible to get your button!



What's new on the Talk Community directory?

Browsing the What's On page, there's a great sense of community creativity and storytelling this week – just in time for World Book Day today! From [BookTrust Storytimes](#) across the county, to [playgroups for little ones](#), there is plenty to get involved with as we turn over the Winter pages, and begin a new, Springtime chapter! Here are some recent additions to the Talk Community Directory:

[Oldilocks and the Three Bears](#)

[PET-Xi Free Adult Education Courses](#)

[European Blind Football League and Festival of Football](#)

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



**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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