



Newsletter

18 April 2024

HVOSS drop in sessions

Are you part of the Voluntary, Community, and Social Enterprise Community? Would you like support with funding or volunteering advice? Join us at the Funding and Volunteering Advice drop-in!

In collaboration with HVOSS, we can provide you with useful information and support on the day, to help benefit you and your organisation. There is even the opportunity for us to follow up with more detail, and work with you afterwards.

The event will be taking place at the Revive Community Cafe, Hereford, HR4 9TL, on Thursday 25th April, 10am - 12 noon.

For more information, contact: talkcommunityenquiries@herefordshire.gov.uk



JOIN US AT:

**FUNDING & VOLUNTEERING
ADVICE DROP-IN,**

AT REVIVE COMMUNITY CAFÉ, HR4 9TL

**THURSDAY, 25TH APRIL
10:00 AM – 12:00 NOON**

hvooss

**INFORMATION,
SUPPORT AND
OPPORTUNITY**

**TALK
COMMUNITY
AND HVOSS**

**ARE YOU PART
OF THE VOLUNTARY,
COMMUNITY, AND
SOCIAL ENTERPRISE
COMMUNITY?**

**ONSITE
PARKING
AVAILABLE**

TALK COMMUNITY

Suicide prevention support for British Sign Language Users

A new partnership between Papyrus and Sign Solutions will enable British Sign Language (BSL) users to access suicide prevention and mental health support on HOPELINE247. The InterpretersLive! Service gives users the option to contact Papyrus suicide prevention helpline using a BSL video interpreter. The service is available 7 days a week between 8am-8pm and can be accessed via the [Papyrus website](#).

For further information, visit the [Papyrus website](#). For more information on suicide prevention in Herefordshire, visit the [Talk Community Directory website](#).



PREVENTION OF YOUNG SUICIDE

Halo's big open day

Mark your calendars for Saturday, April 27th, as Halo gears up to host an unforgettable Open Day across all their Herefordshire locations!

There will be plenty of fun, family activities, including interactive games and face painting. You can test your strength whilst competing against friends and family in exhilarating gym challenges. Or, just relax with some food and drink, and enjoy some good company! Exclusive discounts and special offers will also be available throughout the day.

It will be completely free to attend and the list of activities is extensive, so to find out more about what's on and where, [click here to visit the Halo website.](#)



Herefordshire Mind free peer support groups

Herefordshire Mind are holding a series of new peer support groups for over 18's. The groups will take place throughout April and May, at Heffernan House in Hereford. There's something for everyone so you can take your pick and all of the sessions are free to attend (sounds good). Choose from a Mindfulness course (Wednesdays) to crafting (Fridays) or drop in for a cuppa and a chat, or to play a board game (Mondays). Booking is essential, please register your interest by emailing Ellie-mae.davies-bufton@Herefordshire-mind.org.uk

Herefordshire Mind Peer Support Groups

Mindfulness:

Wednesdays 6-8pm

An 8 week group to explore Mindfulness techniques. No need to wear sports clothes, we will just be exploring sitting meditations and covering breathing, body scans etc.

Dates: 17/04, 24/04, 01/05, 08/05, 15/05, 22/05, 29/05, 05/06

Friendly Fridays:

Fridays 5-7pm

An 8 week very relaxed and friendly group. We get together to craft and create! We sometimes do some Mindfulness too but this is optional. Please try bring your own art/craft supplies as we have limited supplies!

Dates: 12/04, 19/04, 26/04, 03/05, 10/05, 17/05, 24/05, 31/05

Drop in Mondays:

Mondays 11:30-1:30

A chance to drop in, have a chat, play a board game, drink tea etc.

This is for individuals who cannot attend the other groups to drop in to say hi!

Dates: 08/04, 15/04, 22/04, 29/04, 13/05, 20/05
Not running bank holidays

All groups take place at
Heffernan House, Widemarsh
Street.

Booking is essential
All groups are free!

To book- Email: Ellie-mae.davies-bufton@Herefordshire-mind.org.uk

Dementia Action Week

Dementia Action Week is an annual campaign to encourage people to take action on dementia. This year, Dementia Action Week will take place between 13 – 19 May.

[Visit the Talk Community Directory website](#) to read about some of the events taking place throughout the week.

Beyond Dementia Action Week, The Courtyard are hosting three Dementia Friends information sessions, with the aim of bringing people together, whether they are directly affected by dementia or not. You can find out more about these sessions below, in the 'What's New' section of the newsletter.

If you are planning an event for Dementia Action Week, we would love to hear from you so we can add your event to our 'What's on Calendar'.

Please email your events to talkcommunityengagement@herefordshire.gov.uk

DEMENTIA ACTION WEEK 13th – 19th MAY 2024

All events are **FREE** and dementia friendly
Funded by a generous donation from Rosedale Retirement Home

COFFEE MORNING Monday 13th May 10am

Rosedale Retirement Home, Ashfield Crescent
To book email: rosedalecare@outlook.com
or call: 01989 218082/07985 367107

TAI CHI MOVEMENTS FOR WELLBEING Tuesday 14th May 10am

Ross Community Garden, Old Gloucester Road
Refreshments afterwards
To book email: tim.shelley@haygrove.co.uk
or call: 07972 624378

"ALL GOD'S CHILDREN" - A SERVICE OF MUSIC, READINGS AND PRAYER Wednesday 15th May 11am

St Mary's Church
Refreshments after the service
No booking required
For info contact Derek Glover on: 01989 565167

TEA DANCE Thursday 16th May 1pm –4pm

Tudorville and District Community Centre, Walford Avenue
Hosted by Ross Meeting Centre
To book email: rossmeetingcentre@gmail.com
or call Elaine on: 07506 992971

What's new on the Talk Community Directory?

This week's new additions to the events page shows that there is lots of fun to discover on the Talk Community website. A great selection of activities have

been added for all ages to enjoy, with more and more being added each week. Remember, if you are running any events, or provide a local service, you can add them onto our 'What's On' or 'Services and Groups' pages. Here is what's new:

[Outer Space - Inclusive Holiday Workshop](#)

[The Courtyard's dementia friendly events](#)

[Garrick Singers](#)

[Boogie with Baby](#)

[Circus Spectacular Drama Week](#)

[Adventures of Zog! Holiday Workshop](#)

[Age UK Herefordshire & Worcestershire Creative Arts Social Group Hereford](#)

[Britain's Got Talent Semi Finalist - Johns' Boys Welsh Male Voice Choir](#)

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](#).

If you do not wish to receive emails from Talk Community, you can [unsubscribe](#).

Alternatively, please email talkcommunityengagement@herefordshire.gov.uk

GovDelivery, sending to pcclerk@lintonpc-herefordshire.gov.uk on behalf of:

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