



Newsletter

16 May 2024

Half term activities

If you're looking for ideas to help you and your family stay active and entertained during the May half term, there are lots of different activities and events taking place across Herefordshire.

We've compiled a handy list of activities that are taking place throughout the week, from a space-themed inclusive workshop at the Courtyard, to campfire cooking in the woods. We've been sure to include some free events, from Wild Play to WoW (there's cheerleading on this occasion, so shake your pompoms for this one!) so there really should be something for everyone.

Find activities on the [Talk Community Directory](#), and don't forget to check out our [what's on calendar](#) for even more inspiration! Remember to keep checking the page, as we will continue to add events in the lead up to the half term break.

If you're running half term activities or events that you would like to promote, please do get in touch by emailing us talkcommunityengagement@herefordshire.gov.uk



Grant funding opportunities

Talk Community's Grant Finder tool is a one stop shop for funding information, providing continuously updated funding opportunities. The grant finder enables you to browse the different grants which are available, whether you are a charity, social enterprise, community group or parish council. Offering access to thousands of funds available on a European, national and regional basis. If you have a specific project in mind, you can search for those funding opportunities which may be most relevant to you and once you are signed up, you can receive updates of new funding opportunities.

Don't forget that the deadline for Expressions of Interest for the **Community Infrastructure fund** and applications for **Community Capacity Building grants** is 3rd June (9am). Find out more on the [Talk Community Directory](#).



Making Every Contact Count

Making Every Contact Count (MECC) is a **free** online course on the Talk Community Directory.

[The Making Every Contact Count \(MECC\) course](#) helps us to understand when and how to deliver basic health and wellbeing information to people we come into contact with, who might benefit from making a change to a healthier lifestyle.

It can feel difficult to raise a lifestyle issue with someone else. The course helpfully shows how a gentle “light touch” approach can be that encouragement someone needs to make a change they may have been considering for some time.

There are videos along the way and it’s a short course (if you have 30 minutes free). Plus, you get a certificate at the end too!

Interested? [Take the Making Every Contact Count \(MECC\) course](#)



New video from Taurus

Herefordshire General Practice has released a new video that tries to answer the most common questions and concerns that patients raise with their GP Receptionists. These are:

- Why do receptionists decide who I can and can't see
- I want to see someone face-to-face – how is it right that I can't get an appointment for weeks?
- Why do you keep taking on more patients when you can't manage the ones that you have already?
- What's wrong with me commenting about my GP practice on social media if I have a point to make?

[View the Herefordshire General Practice video on Vimeo.](#)

The video was created by a team from across Herefordshire General Practice. Any comments or queries on the video should be addressed to: comms@taurushealthcare.co.uk.



Join the Conversation: Shaping Support for Carers in Herefordshire

Attention all caregivers in Herefordshire! Herefordshire Council is developing the new All Age Carers Strategy, and you are invited to participate.

As a carer for a relative, friend or loved one, you can make a difference by sharing your thoughts and suggestions, and help shape the vision for the future.

There will also be the opportunity to explore existing support services available for carers from respite care options to navigating healthcare resources.

The event will take place on **Wednesday, May 22nd, 10.15am - 12.15pm, at The Kindle Centre, Hereford.**

Tickets for this event are free, but [registration via Eventbrite is required to secure your spot.](#)



The Living Well Roadshow is back on the road for May and June

Don't miss free home energy checks, information and advice or just pop by for a chat and a cuppa! The friendly team from Age UK Worcester, Malvern Hills, and Hereford Localities and Dementia Matters Herefordshire will be popping up at a number of venues across the county. Visit the [Talk Community Directory](#) to find out the where and when!



Coming Soon - Talk Community Champions

Talk Community is all about connecting people to information, advice, events, and ultimately bringing Herefordshire together. As great as our online services are, a successful community is all about people - friendly faces you can talk to, in-person, and that help others find the support they need. We think these helpful individuals deserve recognition, and highlighting through our very own initiative – Talk Community Champions.

More to follow soon on how we are involving the community to help spread the word on what support services and activities are available across the county, and how you can become involved.



What's new on the Talk Community Directory?

The Talk Community What's On page advertises lots of brilliant events happening all around the county. There are plenty of activities for people of all

ages and all walks of life to discover every week, and this week is no exception! So, we thought that we would shine the spotlight on a few of this week's events that we think you might like. Remember, new services and event submissions are always welcome, and can be uploaded via the [Services and Groups](#), and [What's On](#) pages.

Here's what's on:

[Dementia Action Week Activities](#)

[Young at heart groove dance for Parkinson's - Leominster](#)

[Ross Community Gardens Talk Community Stall](#)

[Garrick Singers](#)

[Leominster - Stroke Services Information Pop-Up](#)

[Free Creative Cafe](#)

[Baby Ballroom](#)

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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