



Newsletter

9 May 2024

Mental Health Awareness Week 2024: Moving more for our mental health

Mental Health Awareness Week is an annual campaign from the [Mental Health Foundation](#) and this year's theme is Movement; moving more for your mental health. Movement is a great way to enhance wellbeing, it can reduce stress and anxiety and improve self-esteem. This year Mental Health Awareness Week will take place from 13th to 19th May.

When life gets busy, it can be tricky finding time for wellbeing-boosting activities! For tips and advice to help, why not have a look at The Mental Health Foundations website '[Boost your mental health by moving more](#)'. Or have a look at the pages on the Talk Community Directory, where you can find lots of information on [being active](#), and [our winning ways to wellbeing](#).



We are Farming Minds: Taking the bull by the horns to tackle mental health in the Herefordshire farming community

[We Are Farming Minds](#) is a registered charity set up to help raise mental health awareness in the rural communities of Herefordshire. We Are Farming Minds recognise that farming is hard and that isolation, long hours and pressures outside of your control can cause anxiety and depression.

The charity promotes positive mental health and offers support through a variety of channels; including a 24 hour support line, counselling service, regular social events and a befriending service. In partnership with Herefordshire Mind, We Are Farming Minds offer [Mental Health Awareness Workshops](#) to anyone living or working within the farming community. **The next event is due to take place on Wednesday 15th May, booking is essential.**

You can read more about [We Are Farming Minds on the Talk Community Directory](#).

Why not join them on the 15th June for an evening of entertainment, and help raise funds. For more information and to purchase tickets, please visit the [We are Farming Minds website](#).



New Award celebrating communities that share!

[The Big Lunch](#) have teamed up with FareShare and City & Guilds to launch a new *Sharing Table Award* worth £5,000, to celebrate and recognise the importance of sharing friendship, food, skills and resources in our communities.

This unique Sharing Table Award forms part of a campaign to bring millions of people and communities together to share friendship, food and fun at the greenest Big Lunch yet, on the 1st and 2nd June.

How do you share in your community? Enter now on the [Eden Project Communities website](#) before 9am on **Monday 20 May**.



APPLY NOW!

SHARING TABLES AWARD

WORTH £5000 FOR COMMUNITIES!



Dementia Action Week

[Dementia Action Week](#), from Monday 13th May, is an annual event to raise awareness and encourage people across the UK to take action to improve the lives of people with dementia. This year's campaign is specifically highlighting the importance of improving dementia diagnosis rates.

Herefordshire has a whole host of activities on offer throughout the week, there's something for everyone, from a coffee morning to a picnic in the park; with lots of focus on movement, there's bowling, tai chi and dancing (disco or tea dance?)

To see what's happening near you, visit the [Talk Community Directory](#).



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.](#)



WoW don't miss the last few events

It has been an incredible few months full of free events across Herefordshire. A big thank you to all the people who attended, and of course all of the local providers for making it possible. The good news is provider grants will be opening again soon to allow for lots more activities this summer! Plus, there are still a few remaining events coming up this month. [To find out more visit our website.](#)



What's new on the Talk Community Directory?

It almost feels like summer is around the corner in Herefordshire, as May has finally delivered us some lovely weather! Why not make the most of the sun and

get involved in some great local events this week? There is lots going on, including the [RHS Malvern Spring Festival](#), Talk Community's [Leominster Warm Welcome](#), and the brilliant [Here For Games Con](#) charity event in Hereford. Remember to keep an eye out for more events, services and groups that are being added to our website every week.

Here are this week's latest additions:

[Adult bee / flower tote embroidery sewing workshop](#)

[Children's half term tote embroidery sewing workshop](#)

[Bingo Evening](#)

[Make an apron sewing machine workshop](#)

[Children's heart / circle mini garland half term sewing workshop](#)

[Patchwork cushion sewing machine workshop](#)

[Phoenix Bereavement Support Services at Fred Bulmer Centre](#) – drop in event on 23rd May

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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