



Newsletter

13 June 2024

Come along to the Community Wellbeing Barbecue in Cradley

Join us for a delightful community wellbeing barbecue at **The Leys, Cradley, WR13 5NU**, in the Community Room and surrounding communal green spaces.

As well as the barbeque (perfect for a summer day), attendees are invited to participate in the Bake-Off competition, where you can showcase your signature sweet treat, share it with others, and compete for a prize.

That's not all! The event will also host informative stands from several local organisations, including Age UK, Talk Community Healthy Lifestyles Team, and Herefordshire and Worcestershire Fire and Rescue. In addition to these, Talk Wellbeing are providing a great opportunity for a quick health assessment, and you can also chat with the Social Prescriber from Cradley Surgery to learn how they can support your health and wellbeing.

The community barbecue will commence on **Saturday, 22nd June, from 11.30am - 2.00pm**. See you there!

COMMUNITY WELLBEING BARBECUE

11:30AM TO 2:00PM

SATURDAY 22ND JUNE

THE LEYS, CRADLEY, WR13 5NU

AT THE COMMUNITY ROOM AND COMMUNAL GREEN SPACES



Solihull Approach course for understanding your child during exam season

Have you noticed that your teenager seems different lately? Maybe they're more stressed or emotional, especially during this exam season. Don't be alarmed – it's likely that they are just experiencing the common effects of brain development!

If you want to understand what's happening in your children's minds and how you can help them through this challenging time, check out The Solihull Approach's online course for parents, "Understanding Your Teenager's Brain". This course provides insights into the fascinating world of teenage brain development and offers practical tips to support your teen.

The best part is that you can use code 'APPLEHERE' for free access. To access the course, [visit the Talk Community website](#).



Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents

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Use Access Code **APPLEHERE**

Helping families stay healthy (get help to buy food and milk)

Healthy Start is a national scheme which aims to support healthy nutrition for children and pregnant women.

The scheme provides eligible families with a Healthy Start Card with money on it to spend on fruit, vegetables (fresh, tinned and frozen) and milk, as well as free vitamins, which support healthy growth and development during the early years.

So if someone you support is more than 10 weeks pregnant or have children under the age of four, and are in receipt of certain benefits, they may qualify for Healthy Start. Let eligible families know about Healthy Start and how to claim, to ensure that people don't miss out.

To find out more, visit the [Healthy Start website](#), or you can [apply online](#).



Loneliness Awareness Week

Loneliness awareness week takes place from 10-16th June. This year's theme is random acts of connection; encouraging everyone to increase those simple, everyday moments of connection, helping us to feel less lonely, and increase our sense of belonging (sounds good).

Random acts of connection can be as simple as smiling at a neighbour, or making small talk whilst you're waiting for the bus. You could visit your [Talk Community Hub](#), or explore [our events calendar](#) to find a local group or activity, to meet new people and make new connections. Find more connection ideas on the [loneliness awareness week website](#) or visit the [Talk Community Directory](#) for more details of where to get support if you're feeling lonely.

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Protect yourself and others from whooping cough

Whooping cough is a bacterial infection which affects the lungs and is highly infectious. Read more about the signs and symptoms of whooping cough and how to protect yourself and others, on the [Talk Community Directory](#).



What's new on the Talk Community Directory?

It is always good to see a mixture of different community offerings added onto the Talk Community website – especially onto the [Services and Groups tab](#)! A particular resource we'd like to put the spotlight on this week are the [Stop Loan Sharks online training seminars](#), which include plenty of new sessions over the summer. If you're looking for something a bit more fun, then check out the list of new additions below which includes some summer celebrations:

[Dance With Baby](#)

[Herefordshire Box Cup 2024](#)

[The Au Pair Club - Courses, Community & Job Portal](#)

[Neuroblooms](#)

[Care Home Open Day Summer Party](#)

[Summer Fete at the Gate](#)

Visit the [Talk Community Directory](#) to explore some of the events taking place for the remainder of Carer's Week, and be sure to come along to one of this month's [Leominster Warm Welcome events](#).

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](#).



TALK COMMUNITY

**BRINGING
HEREFORDSHIRE
TOGETHER**

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