



Newsletter

12 September 2024

Here for Herefordshire Holidays thank you!

We wanted to say a big thank you to all of the activity providers for this summer's Here For Herefordshire Holidays! This summer we have had 1,037 unique children take part in activities delivered by 41 providers. Thanks to your hard work and dedication, these children were able to make positive summer memories and go home with a smile on their faces and food in their bellies!

We particularly wish to thank any providers that worked hard to enhance their offer by collaborating with other community organisations, local farms, school nurses, supermarkets, etc. We hope that you are all able to join us when Here For Herefordshire Holidays returns again this Christmas!



Healthy Lifestyles drop in launches at Newton Farm Community Hub

The Healthy Lifestyles drop in launches at Newton Farm Community Hub this Friday, 13th September (2-4pm). The health and wellbeing trainers on site will be able to support you with your goals of creating a healthier lifestyle. They can support you with stopping smoking, reducing alcohol intake, healthy eating or getting more active (you've got this). There's no need to book, so just drop in! Find out more about the Newton Farm Drop in on the [Talk Community Directory](#).



HEALTHY LIFESTYLE DROP-IN SESSIONS



DROP IN TO SEE ONE OF OUR HEALTH AND WELLBEING TRAINERS WHO WILL BE ABLE TO SUPPORT YOU WITH YOUR GOALS OF CREATING A HEALTHIER LIFESTYLE



ALCOHOL SUPPORT



HEALTHY EATING



WEIGHT MANAGEMENT



STOP SMOKING



BE MORE ACTIVE



MEAL PLANNING

NEWTON FARM COMMUNITY HUB
21-23, THE OVAL, HR2 7HG
FRIDAYS, 2PM – 4PM
NO NEED TO BOOK, JUST DROP IN ON THE DAY



**Herefordshire
Council**

TALK COMMUNITY

Community Fridge Grants

Community fridges allow communities to share food that would otherwise go to waste. Retailers, eateries and individuals can donate surplus food to the fridge to share with anyone in the community who might need it. They are free to use and open to everyone.

Hubbub, with the support of Co-op, have launched a new grant fund to support up to 20 new community fridges across the UK. The grants of up to £4,500 will help community groups set up new fridges in areas where they're needed most. Applications are now open and the deadline to apply is Wednesday, 16th October.

For more information about the Community Fridge Set up Fund visit the [Hubbub website](#).



Have You Vaccinated Your Child? Protect Their Future Today!

Vaccinating your child is one of the most effective ways to safeguard their health and contribute to a healthier community.

Vaccines are like personal trainers for your child's immune system, teaching it to recognise and fight off harmful viruses and bacteria. With this protection, your child is ready to tackle any germs that come their way!

Think of childhood vaccinations as a shield against serious diseases like measles, polio, and whooping cough—illnesses that can lead to severe complications or even be life-threatening. These vaccines are thoroughly tested and proven to be safe, so you can feel confident that you're giving your child the best start in life.

When you vaccinate your child, you're not just protecting them—you're also playing a crucial role in keeping the whole community safe by preventing the spread of these dangerous diseases.

The best part? Vaccinations for preventable illnesses, like measles, are completely free as part of the NHS childhood vaccination schedule. And if your child has missed any doses, don't worry! Catching up is easy—just contact your GP practice, and they'll work with you to find an appointment time that fits your busy life. Learn more at [NHS Vaccinations](#).



Household Support Fund

The Household Support Fund, funded by the UK Government, is available for various low income groups and vulnerable households/individuals, including families with children of all ages, pensioners, care leavers and disabled people. Support includes help with food, energy bills and wider essential costs.

To learn more about the Household Support Fund, eligibility, and application details, visit the [Herefordshire Council website](#).

Or, for more information and advice around the Cost of Living, visit the **Money on Your Mind** pages of the [Talk Community website](#).



Funded by UK Government

What's new on the Talk Community Directory?

Do you host a local service or events? The Talk Community website is a one stop shop for all of the best community based events and services in Herefordshire, with lots of new listings being added every week. You can explore what's available at any time (and add your own listings) by heading to the [services and groups](#), or [what's on pages](#). Here's what's new this week:

[Archenfield Repair Café](#) – Saturday 14th September

[Singing for lung health – online](#)

[Singing for lung health – Hereford](#)

New dates added for [Stop Loan Sharks Training](#) (October – December)

[Family learning courses – indoor activities](#)

[Family learning courses – outdoor activities](#)

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](#).



**BRINGING
HEREFORDSHIRE
TOGETHER**

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Alternatively, please email talkcommunityengagement@herefordshire.gov.uk