



## Newsletter

**10 October 2024**

### **Here for Herefordshire Holidays – Provider Applications Close on Sunday!**

The Here for Herefordshire Holidays programme will be back for Christmas 2024 and we are looking for new providers.

Funded by the UK Government, the programme offers a fantastic range of indoor and outdoor activities to school aged children (reception to year 11) who are eligible for benefit related school meals.

This year we're encouraging new and existing providers to apply, so if you believe you, or an organisation you know, could provide an activity for children and young people later this year, then please get in touch! All places will be funded so it's a great opportunity to do something beneficial for the children of Herefordshire and get paid.

In recognition that there are various factors which can impact upon the capacity of providers during the Christmas holidays, there is some added flexibility on what provision can be offered and how it is delivered.

Please visit the [Herefordshire Council website](#) for more details. **The deadline for applications is Sunday 13<sup>th</sup> October.**



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### **World Mental Health Day and World Homeless Day**

Today marks both World Mental Health Day and World Homeless Day; the two issues can often be closely linked. Poor mental health and associated issues can often be a cause of homelessness, whilst inadequate housing or homelessness can lead to poor mental health.

Read more about [World Mental Health Day](#) and [World Homeless Day](#) on the Talk Community Directory.



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### **Potions, pumpkins and Halloween fun this half term in Herefordshire**

If you're looking for ideas to help you and your family stay active and entertained during the autumn half term, we have started putting together a list of the different activities and events taking place across the county.

There's everything from spooky potions, puppets and trails to free family cooking fun and more!

Find activities for you and your family on the [Talk Community Directory](#), and don't forget to check out our [what's on calendar](#) for even more inspiration! Be sure to check back later as we will be adding to the list as half term approaches!



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### **Get Winter Strong, book your vaccine today!**

The national NHS Flu vaccination programme has now launched and eligible individuals are being encouraged to get their flu vaccination when invited. By getting vaccinated you can protect yourself and your loved ones, and reduce potential impact on local NHS services.

The NHS flu vaccination is given **free** to adults who are aged 65 and over, have certain health conditions, are pregnant, are in long-stay residential care, are the main carer for an older or disabled person who may be at risk if you get sick. The nasal spray flu vaccine is free on the NHS for children aged 2 or 3 years; school-aged children (reception to Year 11) and children aged 6 months to 17 years with certain long-term health conditions. You can read more about who should have the vaccine on the [NHS website](#).

If you are not in one of the eligible NHS groups but still want a flu vaccine you may be able to protect yourself with a private (paid for) vaccine, this service is offered at most community pharmacies. Contact your nearest community pharmacy to find out more and to book an appointment.

Read more about flu vaccinations on the [Talk Community Directory](#).



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### **Get Funding for Community Defibrillators – Act Fast!**

The Department of Health and Social Care, in partnership with the charity London Hearts, is offering £500,000 to help communities fund the installation of life-saving defibrillators in public spaces.

Funds are distributed on a first-come, first-served basis, and match funding of £750 or £660 is required depending on the cabinet needed. If you're a local organisation that might be interested in securing a defibrillator for your area, act quickly.

Applications can be made through [the grant's homepage](#) for external defibrillators which require have 24/7 public access, or visit the [London Hearts website](#) to apply for internal defibrillators.



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### **Supporting Your Autistic Family Member: Free Course from The Cart Shed**

The Cart Shed is offering a fully-funded, six-week course starting on Thursday 17th October, designed to help parents better understand the needs of their autistic family members. Led by professionals with lived experience, each session will cover neurodiversity-affirming practices while giving you tools to manage your own wellbeing.

The sessions will take place in a peaceful woodland setting and will also include relaxing activities like willow weaving and whittling. It's a great opportunity to connect with other parents while gaining practical support.

To register, visit [The Cart Shed's website](#), and mention the word "PARENT" in your application.





*Different,  
not less*

**supporting your  
autistic family  
member**

Are you the parent of an  
autistic child or adult?  
Would you like to gain  
additional understanding  
of their needs and support  
for your own?

[www.thecartshed.co.uk](http://www.thecartshed.co.uk)

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### What's new on the Talk Community Directory?

As the leaves start to fall and pumpkin spiced everything makes its return, why not dive into something new this autumn? Whether you're looking to brush up on your numeracy skills, get career-ready, or simply enjoy a fun quiz night, there's something for everyone this week! Here are the latest events and courses that have been added to the Talk Community website:

[Managing Your Money Course \(Free course for eligible adults\)](#)

[Upskilling Numeracy to Access Employment Course \(Free course for eligible adults\)](#)

[Carers of Herefordshire at Fred Bulmer Centre](#)

[Sensory Stars weekly sessions at Hope Centre, Bromyard](#)

[Charity Quiz in Breinton](#) – Friday 11<sup>th</sup> October

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](mailto:talkcommunityengagement@herefordshire.gov.uk)