



Newsletter

17 October 2024

Leominster Warm Welcome

Talk Community's Leominster Warm Welcome is still in full swing, and everyone is invited! A warm and welcoming community space for all, the service is designed for anyone who wants to pop in to socialise, enjoy refreshments, or get helpful advice.

Different agencies will be in attendance each week to help support with various needs, whether that be housing support, health checks, healthy lifestyles and more. There's even hot food and board games!

Leominster Warm Welcome is free to attend, and is open on the 2nd and 4th Friday of each month. For more information, please visit [the Talk Community website](#).

JOIN US AT:

LEOMINSTER WARM WELCOME,

AT LEOMINSTER COMMUNITY CENTRE , HR6 8NJ

11AM - 2PM

**ON THE 2ND & 4TH FRIDAY
OF EACH MONTH**

**A
COMMUNITY
SPACE FOR
ALL**

**HOT FOOD
AND BOARD
GAMES**

**COME ALONG
AND HAVE A
CUPPA AND A
CHAT**

**HELP,
ADVICE,
&
SIGNPOSTING**

TALK COMMUNITY HUB

Keeping well in winter

This autumn the Talk Community team will be out and about, around the county, supporting organisations and events to help communities stay well this winter. We will come prepared with information and signposting to support people with information around the cost of living, keeping warm and pension credit.

If you would like more information to support your local community, or would like us to visit you please do get in touch by emailing talkcommunityenquiries@herefordshire.gov.uk

KEEPING WELL IN WINTER

DROP IN EVENT

COME ALONG AND RECIEVE SUPPORT, INFORMATION,
SIGNPOSTING AND ADVICE ON:

COST OF LIVING

PENSION CREDIT

WINTER PREPARATIONS

+ MORE

Autism West Midlands training and courses for Herefordshire residents

Autism West Midlands provides information, support and training across Herefordshire and the West Midlands. This autumn and winter there are a series of free webinars for parents and carers covering a range of topics, from 'autism and anxiety, to 'navigating the system' and the 'teenage brain'. Find out more on the [Talk Community Directory](#).

Also on offer is a free, five week online course about autism for autistic teens aged 13 -17. For more information, please visit the [Talk Community Directory](#).

Autism West Midlands also offer Autism Champion Training for professionals, volunteers and people working in the community. The training provides insight into how autistic people experience the world differently, and aims to enable better understanding which in turn can help make things more accessible to autistic people. The training can be provided online or in person. For more information please contact info@autismwestmidlands.org.uk

To read more about Autism West Midlands and the services they offer, please visit the [Talk Community Directory](#).

autism

west midlands

COVID-19 vaccination programme – get protected ahead of winter

The COVID-19 vaccination helps reduce the risk of getting seriously ill and needing hospital treatment. You may be eligible for a free NHS vaccination if you are over the age of 65, are pregnant, live in a residential care home for older adults, or are aged 6 months to 65 years and have an existing health condition which means you're at risk of getting seriously ill due to COVID-19.

You can book your vaccination via the [NHS website](#) or [NHS app](#) or find your local walk in vaccination site by visiting the [NHS website](#).



Think “Pharmacy First”! : Herefordshire and Worcestershire NHS Community pharmacies

In a national poll earlier this year, 75% of people said they wanted to see pharmacies offering more healthcare services. This is now possible via the NHS 'Pharmacy First' service - giving people more choice about their healthcare!

Pharmacies are often open for long hours and accessible to everybody. Pharmacists can provide advice and where appropriate, supply NHS medicines for a range of medical conditions. Advice from the pharmacist can be offered in a private consultation room.

To find out more visit the [Pharmacy First page on the Talk Community Directory](#).

The Pharmacy First Service also offers Blood pressure checks (for people over 40 years - it is important to Know your Numbers!) and Contraception services.

Find out more on [the NHS Website](#), or ask in any pharmacy.



What's new on the Talk Community Directory?

We've got some fantastic new services and events added to the Talk Community Directory this week! Whether you're looking for fun social activities, or support for a healthier lifestyle, there's something for everyone on our website.

Check out the latest additions below and see what sparks your interest!

[Sibs – free training for special schools 28th November](#)

[Free tea club with Board games and crafts](#)

[Social Saturdays at the Stables](#)

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**

For more updates, follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

If you do not wish to receive emails from Talk Community, you can [unsubscribe](#).

Alternatively, please email talkcommunityengagement@herefordshire.gov.uk