



Newsletter

12 December 2024

Discover Christmas meals and activities on the Talk Community Directory

If you or someone you know are worrying about cooking, or feeling lonely this winter, and need a little extra Christmas cheer, head over to the [Talk Community Directory](#) where you can find out about some of the community lunches planned for the festive season!

Alternatively, if you're on the lookout for ways to keep your family active and entertained throughout the holidays, explore our [Christmas and New Year Activities list](#). There's something for everyone, from a reading challenge to a nativity trail, and we've been sure to include some free and low-cost activities.



Here for Herefordshire Holidays – eligible families can book today!

The Christmas holidays are just around the corner, and the best part is that eligible families can book onto the Here for Herefordshire Holidays programme! Children and young people (aged 5 to 16) who receive benefits-related free school meals can book up to 4 free activity sessions to enjoy.

There is an array of activities to choose from including workouts and gym sessions at 21Wellbeing, getting creative at Oaks Children's Group, football with Hereford FC and lots more! All sessions include a free, healthy meal so there's no need to bring a packed lunch (sounds like a win!)

Families can find out more about the scheme and book activities on the [Herefordshire Council website](#). Don't miss out, book today!



Stay Well this Winter (tips and resources)

As the colder months settle in, it's essential to take steps to protect your health and wellbeing. Here are some practical tips to help you and your loved ones stay well this winter.

Firstly, it is important to protect your health by staying up to date with [NHS vaccines](#) like flu, COVID-19, and RSV. If you're eligible but haven't received your vaccines yet, book an appointment as soon as possible. For more details on staying well, visit the NHS's '[Keep Warm Keep Well](#)' page for advice on managing winter illnesses and what to do if you're feeling unwell.

Loneliness can affect people of all ages, especially at this time of year. To combat this, it is important to stay connected by reaching out to friends, joining community groups, or volunteering. It's especially beneficial to stay physically active, and you might find it helpful

to join one of the many physical activity groups in the county such as [Feel Good For Life](#), or the [Ramblers Wellbeing Walks](#).

If you or anyone you know is experiencing mental health problems, please contact [Mind](#) or call Samaritans at **116 123**.

Finally, Our Talk Community team offers information on staying warm and coping with the cost of living. [Visit our website](#), or email talkcommunityenquiries@herefordshire.gov.uk for more details.



Think 'Pharmacy First' (don't wait for minor health concerns to get worse)

Herefordshire residents can now access an expanded healthcare service at a number of community pharmacies as part of NHS Pharmacy First service.

Pharmacies are often open for long hours and accessible to everybody. Highly trained pharmacists can now assess, treat, and where appropriate, supply NHS medicines for a range of medical conditions. Advice from the pharmacist can be offered in a private consultation room and there's often no need to book an appointment. You can telephone the pharmacy in advance before you visit if you want to.

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.



Discover the Magic of Stories at Herefordshire Libraries

This winter, Herefordshire Libraries are hosting free BookTrust Storytime sessions for children aged 0-5 years. Enjoy enchanting stories and lively activities featuring books specially chosen by BookTrust, blending beloved classics with exciting new tales.

These events are happening across libraries in Hereford, Leominster, Ledbury and Ross, with no booking required—just drop in for a relaxed, welcoming experience where stories come to life.

If they aren't a member already, little ones will be able to sign up for a My First Library Card and join the Squirrel Club to collect stickers and earn a fun tote bag to use on future visits.

To learn more, please visit the [Herefordshire Libraries Eventbrite page](#).



Community Spaces Capital Grant Scheme

Psst! There's an exciting new project on the horizon kicking off in 2025. In January the Expression of interest stage will launch for a new capital grants scheme, which aims to support projects to make positive changes within communities across Herefordshire.

The funding scheme will support organisations to transform or develop existing or unused buildings to increase opportunities within the local community. You can read more about the Community Spaces Grant Scheme on the [Talk Community Directory](#).



Important Website Update

Our website has decided to be a bit temperamental lately (technology, eh?). While we're busy fixing things, you can still find all our fantastic resources using our old URL: www.talkcommunitydirectory.org (if this doesn't work, you may need to clear your browser's cache).

If you need to reach us directly, drop us an email at: TalkCommunityEnquiries@herefordshire.gov.uk.

We would appreciate if you could share our temporary link with any organisations or people that might need to access our website. Thanks for your patience and for sticking with us—we're still here, just a little harder to find!

What's happening this week on the directory?

As the festive season approaches, it's the perfect time to get out, connect, and enjoy what your community has to offer. Whether you're looking for creative workshops, social meetups, wellbeing walks or family-friendly fun, there's something for everyone. Take a break from the winter chill, discover new experiences, make friends, and embrace the joy of being part of a vibrant, supportive community.

Here's a roundup of some exciting events happening this week:

[Social Saturdays at The Stables, Madley](#)

[My Perfectly Wonky Life – Self Study Courses](#)

[Coffee Morning – Holme Lacy Village Hall](#)

[Young Boots Football Academy - Training Sessions](#)

[Centre Stage – Neurodivergent Drama Group](#)

[Singing for Lung Health Group](#)

[Bearded Minds - Men's Peer Support Group](#)

[Free Tea Club with Board Games and Crafts, Madley](#)

[I.T. Surgery drop in, Much Birch Village Hall](#)

[Holme Lacy – Community Get-Together](#)

[Ramblers Weekly Wellbeing Walks](#)

[Line dancing for beginners, Holme Lacy Village Hall](#)

[Introduction to Next Steps to Recovery from an Eating Disorder - Course](#)

[Peterchurch Memory Cafe](#)

[Halla's Haven - Single Parent Meet-up Group](#)

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