



Newsletter

5 December 2024

Free and friendly walks in Herefordshire (getting active feels good)

The Healthy Lifestyle team at Talk Community have teamed up with the Ramblers to offer wellbeing walks across Herefordshire. The walks are organised by trained volunteer walk leaders and are both free and friendly (sounds good). The short walks are not only a great way to stay fit and healthy, but an opportunity to stay connected and meet new people.

Wellbeing walks are designed for all – easily accessible, low level and not too long in distance – so there is a walk for everyone. The good news is that all of the walks end with a chance to warm up over a hot drink!

There are currently walking groups in [Colwall](#), [Hereford \(Newton Farm\)](#) and [Bromyard](#). You can join on the day or contact the Healthy Lifestyles team on 01432 383567 for more information.

If you are a keen walker you can explore a wider range of walking routes on the [Herefordshire Council website](#). If you would like to find out how to become a volunteer walk leader please do get in touch by contacting the team on hlts@herefordshire.gov.uk



Reminder about 21st December deadline to qualify for Winter Fuel Payment

Do you know someone of State Pension Age (66 or above) on a low income who would welcome extra money and support with heating costs this winter? This could be your customers, service users, a parent, grandparent, friend or neighbour.

Pension Credit is worth, on average, over £4,000 per year, and can unlock additional support including Winter Fuel Payment, NHS dental care and a free TV licence for people over 75.

Thanks to the Pension Credit backdating rules, it is possible to apply for Pension Credit and have the claim backdated by up to 3 months - so long as there is entitlement during that time. This means that the latest date to apply and still qualify for a Winter Fuel Payment is 21st December 2024.

You can read more about the eligibility for pension credit and find out how to apply on the [Talk Community Directory](#) and you can use the [Pension Credit Calculator](#) to check how much Pension Credit you might be eligible for.



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

There are gems out there which can support with the rising cost of living, and Healthy Start is one of those.

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

To find out more, visit the [Healthy Start website](#).



Household Support Fund – Please Share!

Could you help people in your community by raising awareness of the Household Support Fund?

The Household Support Fund provides funding to support a wide range of low-income households, including families with children of all ages, pensioners, care leavers and disabled people. Support includes food vouchers, help with energy bills and wider essential costs. Local Welfare Provision support will also be available for those in need of emergency support over Christmas.

If you work for an organisation with an outreach to those in need, then we highly recommend you take a look at the different funding options that are available and share far and wide!

For more information, please visit the [Herefordshire Council website](#).

Need help with household costs?



The Household Support Grant provides financial assistance to support families and individuals struggling with food, energy, and other essentials.

Find out if you're eligible for help.

herefordshire.gov.uk/household-support-grant

The Household Support Fund is funded by UK Government.

Winter Emergency Shelter Now Open

Winter emergency accommodation for homeless individuals is now open in Hereford.

Herefordshire Council is once again partnering with CCP (Caring for Communities and People) to deliver the Herefordshire Winter Night Shelter for 2024/25, providing vital accommodation for those who would otherwise be sleeping rough.

This year, a new partitioned area has been created to provide women with a safe and private space. The emergency accommodation will be available from 8pm to 8am, providing support for both men and women who are currently sleeping rough.

Herefordshire Council's Rough Sleeper Outreach Team will be working with a wide variety of partners to ensure that appropriate support is arranged for people who access the shelter.

Visit the [Talk Community Directory](#) for more information.



Find out about Healthwatch's appeal to businesses and residents to help the homeless on the [Healthwatch website](#).

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 new on the Talk Community Directory?

As we head into December, there's never been a better time to explore the Talk Community Directory! Filled to the brim with services, groups and events, there's always something fresh to discover.

Whether you're looking to join a wellbeing walk, explore a new course, or to get out and socialise, there's plenty to keep you connected and engaged this festive season.

Here's a taster of some new and upcoming events:

[Age UK Wyvern Community Information Sessions](#)

[Positive Parenting \(Triple P – standard\)](#) – new courses coming in the new year!

[Herefordshire Homeless Hub at Union Café](#)

[Ledbury Memory Café](#) – **Friday 6th December**

[Newton Farm Ramblers Wellbeing Walk](#) – **Friday 6th December**

[Colwall Ramblers Weekly Wellbeing Walk](#) – **Friday 6th December**

[Social Saturdays at the Stables](#) – **Saturday 7th December**

[Artisans at the Gate](#) – Saturday 7th December

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