



Newsletter

9 January 2025

Preventative Support Grant

Talk Community is inviting community organisations to apply for a grant of up to £2,000 to support activities aimed at preventing vulnerable residents from falling into financial crisis and improving their overall wellbeing.

The Preventative Support Grant can be used for a range of interventions that address local poverty and build resilience, such as staff training, money advice sessions, and bespoke support for financially vulnerable residents.

All applications must be received by Sunday 26th January. For more information, or to apply please visit the [Talk Community Directory](#).



This grant is funded by UK Government through the Household Support Fund.

Warm up with a WOW event this winter!

The WOW events are back and this time, they are open to whole community. This means the WOW events might look a little different this time round – from community lunches, coffee mornings, jigsaws, crafts and inflatable fun – there should be something for everyone.

Each session will include a choice of activity, as well as hot food and a drink. The good news is that all WOW events are completely free of charge and attendees will also be able to access information and signposting to support with the cost of living.

Find out about more on the [Talk Community Directory](#).

If your organisation would like to find out more about hosting a WOW event, you can read more about the [WOW Grant on the Talk Community Directory](#).



WOW sessions are funded through the Household Support Fund.

Baton of Hope 2025

In October 2025 Herefordshire will host the Baton of Hope, the UK's largest suicide prevention initiative.

Behind the scenes, work is underway to ensure that the Baton of Hope tour of Herefordshire is an event that brings communities together. We are looking forward to revealing the numerous ways in which you and or, your organisation can support the event...watch this space!

As part of the event, we are seeking Baton-bearers – individuals who have been personally affected by suicide, whether through their own experiences or the loss of a loved one. Baton-bearers play a vital role in this initiative, and we invite you or anyone you know who

might be interested to participate in this special day dedicated to changing the narrative surrounding suicide.

To find out more, or to apply to become a Baton-bearer visit [the Baton of Hope website](#).

Applications close on 31st January 2025. Read about the Baton of Hope Herefordshire Tour on the [Talk Community Directory](#).



Start the year with a spring in your step! (Join a free, friendly, wellbeing walk)

Walking is a great way to help us feel energised, get in a workout that's free, helping us to live happier and healthier lives.

The Healthy Lifestyle team at Talk Community have teamed up with the Ramblers to offer wellbeing walks across Herefordshire. Organised by trained volunteer walk leaders, the short walks offer an opportunity to connect with your local community and meet new people as well as staying fit and healthy.

The wellbeing walks are easily accessible, low level and not too long in distance – so there is a walk for everyone. Plus, all the walks end with a chance to warm up over a hot drink (sounds good)!

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 hls@herefordshire.gov.uk.



HAF Christmas 2024 – Thank you!

We wanted to say a big thank you to all of the activity providers for this winter's Here For Herefordshire Holidays! Thanks to your hard work and dedication, the children who attended were able to make positive Christmas memories and go home with a smile on their faces and food in their bellies!

The HAF Team would also like to thank the wider team at Talk Community, including the development officers, for all of their help.




ACTIVATE SPORTS EDUCATION CHILL DEN CRADLEY HOLIDAY CLUB ST. JOSEPH'S SCHOOL DIRTY FEET HEREFORD FC 21 WELLBEING GYM CLOSE HOUSE OAKS CHILDREN'S GROUP WYE CIRCUS AG COACHING FLIPOUT SEEDS OF POSSIBILITY PROSTARS ANNAM EVENTS 3DEGREEZ ALL STARZ DANDY LIONS	THE CITY OF HEREFORD BOXING ACADEMY PURE STUDIOS PENTRE FARM ALL-STAR ACTIVITIES TESCO BELMONT SAINSBURY'S HEREFORD WAITROSE HEREFORD HOOPLÉ THE HEALTHY LIFESTYLES TEAM ASHLEY WALSH SARAH FILBY AND EMMA KELLY SUZANNE CLARK AND VICKY MAJOR TALK COMMUNITY DEVELOPMENT OFFICERS AND THE WIDER TALK COMMUNITY TEAM
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FREE Training with Healthwatch, Book on NOW

A BIG shout out to everyone who cares about improving health & wellbeing in their community. Attend FREE training with Healthwatch Herefordshire and learn about cancer and cardiovascular disease and how to prevent it and then tell everyone you know too! Get your friends, colleagues and members of your community to book on with you and be part of a movement that's saving lives. If you're an organisation or business in Herefordshire and want your workforce to be even healthier send your staff along too.

The training will take place on Tuesday 28th January, 9:30am - 12:30pm, at Holmer Community Hall, Holmer Road (next to Holmer Church off A49), HR4 9RG (and there will be free parking on site).

Book your place by calling Deb on 07793 008196 or emailing her at deb@healthwatchherefordshire.co.uk

Find out more on the [Healthwatch Herefordshire website](#).

FREE TRAINING

BOOK NOW

Tuesday 28th January 2025

9:30am - 12:30pm

at Holmer Community Hall (HR4 9RG)



Age UK Wyvern Community Information Sessions

This winter Age UK Wyvern, in partnership with Talk Community, are out and about across the county, delivering free information sessions. Pensioners are encouraged to pop into a local session for a friendly chat and to pick up an information pack filled with helpful resources.

The sessions are designed to offer information and signposting to improve and sustain financial wellbeing, and provide advice on energy efficiency and keeping warm.

Visit the [Talk Community Directory](#) to find out more about the where and when.



The Community Information sessions are funded by the Household Support Fund.

Important Website Reminder

Just a quick reminder that 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.

What's new on the directory?

Make 2025 the year to connect and get involved!

As we settle into the new year, it's the perfect time to explore what's happening in your community! Whether you're looking to learn something new, meet friendly faces, or find helpful resources, the Talk Community Directory has plenty to offer. Take a look at the latest additions to our directory:

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

[Stop Loan Sharks](#) – new dates added

[Learn British Sign Language](#)

[LOOK UK at The Fred Bulmer Centre](#)

Have you heard of Shared Lives?

Our Lives get better when they're shared

Herefordshire Shared Lives is a Care Quality Commission (CQC) registered service provided by Herefordshire Council. Shared Lives is a highly personalised form of care that supports people with a wide range of needs to live and stay safely and comfortably in a home and community of their choice. Care and support are provided by assessed and approved Shared Lives carers - who may be individuals, couples, or families - in their homes and as part of their friends, family and local community networks.

For more information and stories visit the [Shared Lives webpage](#).



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

GovDelivery, sending to pcclerk@lintonpc-herefordshire.gov.uk on behalf of:

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GOVDELIVER