



Newsletter

30 January 2025

The Big Family WOW

Talk Community are hosting a free, family activity day this February half term. The event will take place at Whitecross High School in Hereford on Tuesday 18th February and will be an opportunity to boost the wellbeing of children and families across the county.

There will be a wide range of activities to explore on the day, from drum workshops, face painting, martial arts and much more. There'll even be free, tasty food for all attending too!

Come along, connect with others, get active, learn a new skill, feel good and enjoy the day!

Booking is essential. For more information, and to find out how to book your place please visit the [Talk Community Directory](#).



The Big Family WOW is funded by UK Government.

Children's Mental Health Week 2025

As we prepare to welcome February, we're also getting ready to launch into Children's Mental Health Week.

This year's theme is Know yourself, Grow yourself; encouraging children and young people to embrace self-awareness to help them develop emotional resilience. Teenagers in Herefordshire can access free courses to help them understand their own emotional development via the [Talk Community Directory](#). We also have further information on local and national services on our [children and young people's mental health page](#).

The [Children's Mental Health Week website](#) has a range of resources available for families, parents, carers and organisations to download.



Age UK Wyvern Community Information Sessions – New dates added!

This winter Age UK Wyvern, in partnership with Talk Community are out and about across the county, delivering free information sessions. The sessions are designed to offer information and signposting, to improve and sustain financial wellbeing, with information and advice on energy efficiency and keeping warm.

Pensioners are invited to attend a local session for a friendly chat and to pick up an information pack filled with helpful resources. Coming up next week, there are sessions in Kingstone (4th February), Colwall (5th February) and Ledbury (7th February).

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

COMMUNITY INFORMATION SESSIONS



We'll be delivering sessions across the county to raise awareness and provide information about support available to pensioners to improve and sustain their financial wellbeing. Pop in and see the team for a warm welcome, chat and information pack, along with additional support to improve energy efficiency and keeping warm in your home.

KINGSTONE - SUNSHINE CLUB	4TH FEBRUARY 2PM - 4PM
COLWALL - COLWALL WARM SPACE	5TH FEBRUARY 12PM - 2PM
LEDBURY - LEDBURY MEMORY CAFÉ	7TH FEBRUARY 10:30AM - 12PM
ROSS ON WYE - ROSS LIBRARY	10TH FEBRUARY 10AM - 12PM
ORLETON - VILLAGE HALL	12TH FEBRUARY 10:30AM - 12PM
CLEHONGER - VILLAGE HALL	14TH FEBRUARY 11:30AM - 1:30PM

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

Household Support Fund: Help for Pensioners with Energy Bills Now Available

If you're of pensionable age and on a low income, you may be eligible for supermarket vouchers through the Household Support Fund. This scheme provides financial assistance for pensioners who meet certain income criteria and are not already receiving means-tested benefits.

In addition to supermarket vouchers, help with energy bills is now available. This new support can provide crucial relief for those struggling with rising energy costs.

To find out about energy bill assistance, contact Severn Wye Energy at 0800 170 1432, email communityadvice@severnwyenergy.org.uk, or visit the [Severn Wye Energy website](https://www.severnwyenergy.org.uk). For more information on supermarket vouchers and other Household Support Fund schemes, please visit the [Herefordshire Council website](https://www.herefordshire.gov.uk).



Explore our Half Term Activity List

If you're looking for ideas to help you and your family stay active and entertained during the forthcoming February half term, then look no further! Our half term activity list includes a wealth of activities taking place in Herefordshire. There's loads on offer, from a trail for budding archaeologists, to a cheerleading taster session, plus lego building and storytime at Herefordshire libraries. Explore the Half Term Activity list on [The Talk Community Directory](#).

Don't forget to check out the [WOW Activities page](#) to explore events taking place throughout half term and beyond; they're all free and each one includes a hot meal and a drink for everyone attending, plus the chance to access support around the cost of living.



Become a Baton-bearer – Baton of Hope – application deadline extended to 31st March

On 2nd October 2025 Herefordshire is hosting the Baton of Hope, the UK's biggest suicide initiative dedicated to raising awareness about suicide, combating stigma, and sharing messages of hope.

As part of this 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. **Please note that the application deadline has been extended to 31st March 2025.**

To find out how to apply, or other ways you can get involved please visit the [Talk Community Directory](#).

BATON OF HOPE

What's new on the directory?

Spring is just around the corner, and there's plenty happening across Herefordshire to keep you entertained, informed, and connected! Whether you're in the mood for a musical, a bit of bingo, or a calming cuppa, we've got you covered. Check out the latest events and activities added to the

Talk Community Directory:

[Shrek The Musical at St Mary's RC High School](#)

[Family learning Activities](#)

[Coffee morning at Holme Lacy Village Hall](#)

[Bingo night](#)

[Afternoon Tea at Holme Lacy Village](#) – every Wednesday in March

[Herefordshire Histories Festival: Colwall's Home Front](#)

[Cancer information and awareness evening](#)

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](#).



**BRINGING
HEREFORDSHIRE
TOGETHER**

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

Alternatively, please email talkcommunityengagement@herefordshire.gov.uk