



Newsletter

20 March 2025

WOW For All Ages

Have you checked out the latest WOW events taking place across Herefordshire?

WOW sessions offer a warm, welcoming space for all members of the community to enjoy spending time together.

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

From football training, to afternoon tea and fun at the farm – there should be something for everyone to enjoy! Visit the [Talk Community Directory](#) to find out what's on, when.



WOW sessions are funded through the Household Support Fund.

World TB Day

World TB Day takes place next week on March 24th. The day is an opportunity to raise awareness and share the signs and symptoms of tuberculosis (TB).

TB is an infection caused by bacteria. It mainly affects the lungs, but it can affect any part of the body, including lymph nodes (glands), bones and the brain causing meningitis. TB is spread when a person with TB in their lungs or throat coughs or sneezes.

TB rates in England have increased by 13%. Make sure you know the signs and symptoms!

Common symptoms include:

- a cough that lasts more than 3 weeks – you may cough up mucus (phlegm) or mucus with blood in it.
- a high temperature
- drenching night sweats
- loss of appetite
- unexplained weight loss
- feeling tired or exhausted

- In children, difficulty gaining weight or growing may indicate TB

TB is curable if it's diagnosed early and treated promptly with the right combination of specific antibiotics.

Find out more about TB on the [NHS website](#). If you think you could be at risk, don't hesitate to contact your GP.



Find out how you can protect your home or business from flooding – visit the FloodPod!

The [FloodPod](#) will be visiting Leominster, Peterchurch, Ledbury and Ross on Wye on Friday 28th and Saturday 29th March.

The innovative FloodPod showcases lots of examples of Property Flood Resilience (PFR) to help you understand the various ways you can minimise disruption and damage from

flooding. Flooding advisor Mary Long-Dhonau OBE (Flood Mary) will be on hand to answer questions and give advice.

Visit the Floodpod at the following dates and locations:

Friday 28 March 9.30am – 1pm Etnam Street Car Park, Leominster

Friday 28 March 3pm-6pm The Village Hall, Peterchurch

Saturday 29 March 9.30am-1pm St Katherine's Street Car Park, Ledbury

Saturday 29 March 3pm-6pm in Red Meadow Car Park, Ross on Wye

For more information on preparing for a flood visit the [Herefordshire Council website](#).



The Baton of Hope is coming to Herefordshire - and you can get involved!

This autumn the Baton of Hope will tour the UK and on 2nd October the baton will travel through Hereford city. The campaign aims to raise awareness about suicide and mental health, provide support to those affected, and inform communities across the UK.

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. **The application deadline is 31st March 2025.**

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

If you or your organisation would like to be involved, or if you'd like more information, please contact BatonOfHopeHereford@herefordshire.gov.uk



Cervical Screening in Herefordshire

Cervical cancer is one of the most preventable cancers and the NHS Cervical screening programme helps save an estimated 4,500 lives each year by detecting HPV and referring women and people for effective treatment. Cervical screening (smear test) is available to all women and people with a cervix aged 25 - 64, if you're registered with a GP, you'll automatically receive an invitation to attend.

Unfortunately, uptake for cervical screening is reducing. Data from 2023 showed that approximately 30% of people have never been screened for cervical cancer or not taken up their latest invitation for an appointment. To improve uptake within Herefordshire, NHS Herefordshire and Worcestershire Integrated Care Board (ICB) need to understand what stops people from taking up the offer of a free cervical screening appointment.

If you're a Herefordshire resident and eligible for a cervical screening appointment please take 5 minutes from your day to complete this anonymous questionnaire, all feedback will be used to help shape future services.

To complete the questionnaire please use this [Microsoft forms survey](#). The survey closes on **28 April 2025**.



Have Your Say on the Future of the Wye & Lugg with Wyescapes

Wyescapes is an exciting Landscape Recovery project aiming to restore habitats, boost biodiversity, and improve river health along the Wye and Lugg river corridors in Herefordshire. Spanning 5,125 hectares of farmland across 49 landholdings, this long-term project (running until at least 2046) is working towards a sustainable balance between nature recovery and food production.

Wyescapes is seeking local feedback to shape the project. If you live near the Wye or Lugg (between Leominster and Symonds Yat) or have an interest in these river landscapes, your insights are invaluable!

To learn more about the project, or to complete the survey, please visit the [Rural Hub Herefordshire website](#).



What's new on the directory?

As the days get longer and the flowers start to bloom, it's the perfect time to try something new! Whether you're looking for a new hobby, a local event, or support services in Herefordshire, our directory is always growing with fresh opportunities. Check out the latest groups, services, and events that have recently been added:

New dates added: [Nordic Walking](#)

[The empowered Feminine](#)

[Stop Smoking Drop-in Leominster](#)

[Leominster Weekly Wellbeing Walk](#)

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](#).

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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