



Newsletter

6 March 2025

Take back your life this No Smoking Day (12th March)

It's never too late to quit smoking. Even if you've tried quitting before, give it another go this No Smoking Day. Giving up smoking is one of the best things you can do for your health and on average, quitting could save you around £2,338 each year!

There's no need to go it alone - Herefordshire's Healthy Lifestyles Team offer personal stop smoking support tailored to meet your individual needs (the good news, is it's all free too). Read about support to stop smoking on the [Talk Community Directory](#), or find your local [Healthy Lifestyle Drop in Session on the Talk Community Directory](#).

An NHS advertisement for No Smoking Day. The background is a solid red color. In the top left corner is the 'Better Health' logo with 'Smoke free' written next to it. In the top right corner is the NHS logo. On the right side, a smiling woman with dark curly hair, wearing an orange jacket, is holding a blue folder with a white card sticking out. On the left side, white text reads: "Since quitting, I've got extra money to put towards a trip away." Below this, a small box contains 'March 12' and next to it, 'Take back your life this No Smoking Day.' At the bottom left, text says 'Search Better Health quit smoking for free quitting support.' next to a QR code.

Support for unpaid carers on a low income

As part of the Household Support Fund, financial support is available to unpaid carers in Herefordshire, who are struggling with the cost of living. If you, or someone you know, provides over 35 hours of unpaid care each week, you could be eligible for a one-off payment of £300. Read more about the eligibility criteria, and how to apply on the [Herefordshire Council website](#).



Financial support for unpaid carers on a low income.

Unpaid carers, who provide more than 35 hours of care per week, may be eligible for a one-off payment.

www.herefordshire.gov.uk/household-support-grant

Funded by UK Government

Herefordshire.gov.uk

The Household Support Fund is funded by UK Government

Become a Baton-bearer for the Baton of Hope 2025

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

The application deadline is 31st March 2025.

To learn 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



Have Your Say on Fire and Rescue Services in Herefordshire & Worcestershire

Hereford & Worcester Fire and Rescue Service (HWFRS) is reviewing its Community Risk Management Plan for 2025-2030 and wants to hear from you!

This plan helps to identify fire and rescue risks in our communities and outlines how HWFRS will tackle them through prevention, protection, and response strategies. Your feedback is essential in shaping these priorities for the next five years and to help make our communities safer.

Take a few minutes to have your say before 7th April 2025 by completing the [online questionnaire](#).



HEREFORD & WORCESTER
HWFR
FIRE AND RESCUE SERVICE

Free NHS Health Checks for Herefordshire Businesses – Sign Up Today!

Looking after your employees' health is one of the best investments you can make—and thanks to a new national pilot, free NHS Health Checks are now available for Herefordshire businesses!

Taurus Healthcare is offering these checks at your workplace or a local health hub, helping to spot early signs of cardiovascular disease, which affects around 7 million people in the UK. Employees experiencing early symptoms are 22% more likely to leave work and face higher absenteeism, so this is a great opportunity to support their wellbeing and boost productivity.

To register your business, simply fill in [the online form](#). For enquiries please email: thl.talkwellbeing@nhs.net



Age UK Wyvern Community Information Sessions – New dates added!

This March 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 Holme Lacy (10th March), Tupsley (12th March) and Pembridge (15th March).

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



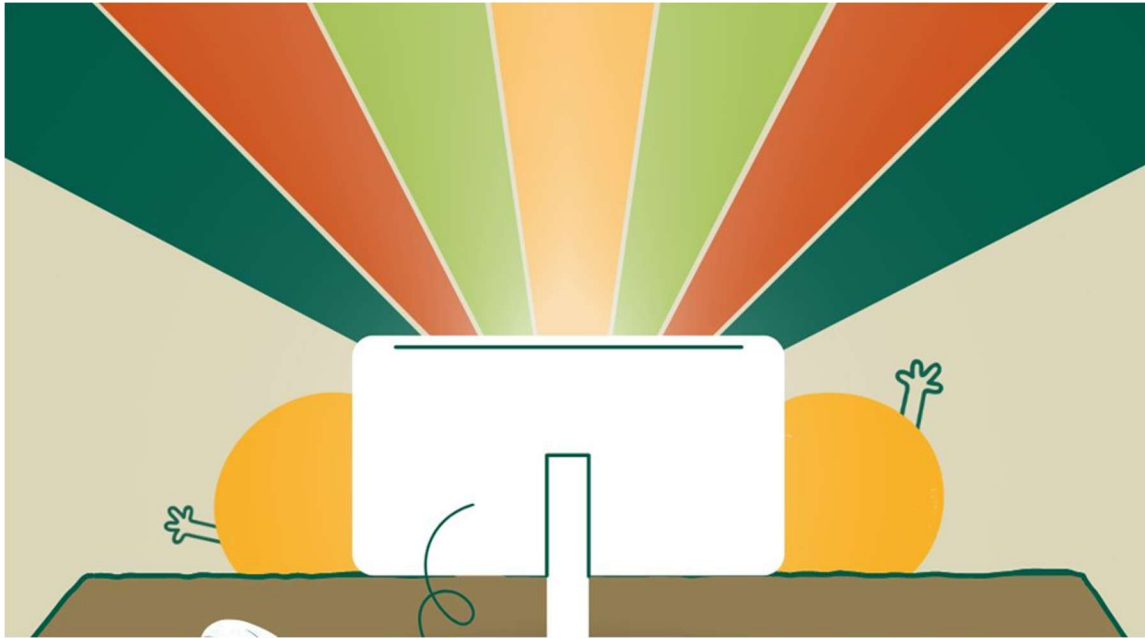
Talk Community has a new Web Address – Update your Bookmarks!

We have some exciting news! Talk Community has a new online home – our website has changed from .org to .co.uk.

You can now find us at: www.talkcommunity.co.uk

Everything you love about Talk Community remains the same – from local events and wellbeing support to useful resources for individuals, businesses, and community groups. The only difference? A fresh new web address!

Please update your bookmarks and help us spread the word. We're still here to connect, support, and inspire communities across Herefordshire.



What's new on the directory?

Looking to make a positive change in your life? This week's events and services include plenty of opportunities to get support to quit smoking and improve your overall wellbeing. And if you're after something a little different, why not pop along to a coffee morning or explore new ways to connect with others on the Talk Community Directory? Take a look at what's new below!

[Stop Smoking Drop-in at Newton Farm](#)

[Stop Smoking Drop-in at St. Martin's Church, Hereford](#)

[Stop Smoking Drop-in Jubilee Hall](#)

[Stop Smoking Drop-in Hereford Welsh Club](#)

[Healthy Lifestyles Drop-ins](#)

[Healthy Lifestyle Drop-in at Whitehouse Hub](#)

[Healthy Lifestyle Drop-in at Newton Farm](#)

[Healthy Lifestyle Drop-in at Leominster Warm Welcome](#)

[Healthy Lifestyle Drop-in at Bosbury Brew](#)

[Herefordshire Shared Lives – Shared Days](#)

[2nd Hand Book Sale and Coffee Morning](#)

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**

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