



## Newsletter

3 April 2025

### Feeling the Pressure of Rising Costs? We're Here to Help

Rising costs are affecting us all, making it harder to manage day-to-day expenses, pay bills, or keep up with rent. It can feel overwhelming, but support is available to help you navigate these challenges.

Our Money on Your Mind page offers guidance for tackling financial stress, managing budgets, dealing with debt and cutting household expenses. It's about helping you feel more in control and improving your overall wellbeing.

You can also explore financial aid from the Household Support Fund - a grant designed to help low-income households, families, pensioners, care leavers, and disabled people.

Visit the Talk Community website for [Money on Your Mind](#) and [Money, Debt, and Budgeting](#), or the Herefordshire Council website for the [Household Support Fund](#).



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### Here for Herefordshire Holidays Programme now open for bookings!

Bookings are now open for the Here for Herefordshire Holidays Easter programme, for school aged children and young people (reception to year 11) who are eligible for benefits-related free school meals. The programme will offer free activities across the county between 22 - 27 April.

Activities on offer include football, pony days, bush craft, inflatable fun, tennis, swimming and more!

Each session will include a free, healthy meal (so no need to worry about a packed lunch!).

Eligible families can book their places on the [Talk Community Directory](#). For more information on the programme contact [HAF@herefordshire.gov.uk](mailto:HAF@herefordshire.gov.uk)



*The Here for Herefordshire Holidays programme is funded by UK Government.*

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### Herefordshire Wellbeing Walks – Walk Leader Training Opportunity

Talk Community's Healthy Lifestyle Service together with the Ramblers offer free and friendly, Weekly Wellbeing Walks across the county. There are currently weekly walks taking place in [Colwall](#), [Hereford](#), [Ledbury](#), [Bromyard](#), [Leominster](#) and [Kingstone](#), you can find out more on the [Ramblers website](#).

The Healthy Lifestyle Service is looking to expand its network of wellbeing walks and is offering free Walk Leader training. The training is delivered under the Ramblers Wellbeing Walks framework and is a great way to stay connected with your local community, and to keep active!

If you think this could be for you, visit the [Talk Community Directory](#), or come along to one of the Weekly wellbeing walks to learn more about the role of a Walk Leader. For further

information please contact the Healthy Lifestyle Service on 01432 383567 or email the team [HLTS@herefordshire.gov.uk](mailto:HLTS@herefordshire.gov.uk)



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### **Hate Crime Awareness**

Victim Support West Mercia have been commissioned by the West Mercia Police and Crime Commissioner, John Campion to deliver training to raise awareness of hate crime. The training sessions are being delivered throughout the West Midlands.

The aim of these sessions is to ensure that people understand what a hate crime is, who it affects and what can be done about it. The sessions will also look at how hate crimes can be reported and what support is available for victims.

The training sessions last between 1.5 and 2 hours long and are fully funded. Virtual sessions are available however face to face is recommended.

If you would like to find out more, or arrange a training session please contact:

[trainingwestmercia@victimsupport.org.uk](mailto:trainingwestmercia@victimsupport.org.uk)



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### **VE Day Celebrations**

The 8<sup>th</sup> May this year will mark the 80<sup>th</sup> anniversary of VE Day (Victory in Europe Day). If you are planning a celebratory event in your local community, please get in touch with the details so we can spread the word! You can add your events onto the directory or send an email with the details to [talkcommunitydirectory@herefordshire.gov.uk](mailto:talkcommunitydirectory@herefordshire.gov.uk)



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### **Microgrants for community projects**

Do you have a community project that needs some funding to get off the ground? Maybe the Herefordshire and Worcestershire Microgrants scheme is for you!

Public Health is supporting resident led activities across the counties, offering up to £250 for projects which boost community connections and improve mental health and wellbeing. Projects which tackle loneliness, bereavement, and relationship breakdowns are particularly welcome. The funding is available for residents as well as community groups.

If you'd like to find out more, and for details of how to apply, please reach out to your local Talk Community Development Officer, or email [talkcommunityenquiries@herefordshire.gov.uk](mailto:talkcommunityenquiries@herefordshire.gov.uk)



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### **What's new on the directory?**

With Easter just around the corner, there are plenty of fun and engaging activities happening across Herefordshire. From community events and family-friendly gatherings to creative workshops and outdoor fun, there's something for everyone to enjoy.

Here's what's new on the Talk Community Directory this week:

[Free Family Easter Event](#)

[The Cart Shed Spring Plant Fair](#)

[Open Day And Free Bowling Sessions](#)

[Free entry Movie & A Meal](#)

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](mailto:talkcommunityengagement@herefordshire.gov.uk)