



Newsletter

1 May 2025

Introducing the newest member of our team... Hector!

We're excited to introduce Hector, our brand-new mascot, who has been making his debut at recent community events across Herefordshire.

Hector popped up at a couple of Easter Here for Herefordshire Holidays sessions, bringing plenty of smiles, waves and high fives to local children! The Easter programme was a great success, and we're hoping Hector will be a regular visitor at more Talk Community events in the future, so keep an eye out - he's hard to miss!

If Talk Community are attending or co-hosting your event and you'd like Hector to make an appearance, please get in touch by emailing

talkcommunityenquiries@herefordshire.gov.uk



Visible and Valued SEND Celebration Week (22-28 May)

Herefordshire is hosting the first 'Visible and Valued SEND Celebration Week' for children and young people with Special Educational Needs and Disabilities.

The special week will run from Thursday 22nd to Wednesday 28th May and will offer local SEND families the opportunity to experience a wide range of fun activities in a supportive and inclusive environment. Many of the events will be free of charge or offered at a greatly reduced price to help families access as many sessions as possible.

Activities include, stay and play sessions, a family farm day, a range of SEND sessions at Halo leisure centres and sensory room sessions.

There will also be drop-in opportunities with a range of professionals and practitioners, including health, social care and education.

Some of the activities will need to be pre-booked and all sessions are offered on a first come, first served basis. For a full list of the activities and information on how to book, visit the [Talk Community Directory](#). The latest news about the celebration week will also be shared on the [SEND Local Offer Facebook page](#).

Working in partnership



**Herefordshire
Council**

22 - 28 May 2025



Visible and Valued

SEND Celebration Week

Ledbury Hub launches a new space for Service Veterans to connect

Next week, Ledbury Rugby Club are launching their new 'Services Breakfast' which will run on alternate Wednesdays, starting on 7th May. Service veterans can pop in from 9am and enjoy a breakfast bap with a cup of tea or coffee.

The good news is the breakfasts are free to attend and whilst donations will be welcome on the day, there will be no expectation to donate. The bi-weekly sessions aim to foster connections amongst the local veteran community, offering a chance to chat with old friends, and make new ones. The Services Breakfast will also provide an opportunity to access information and advice to support wellbeing.

There's no need to book, attendees can drop in on the day and enjoy a warm welcome!

For more information please visit the [Talk Community Directory](#).



Dementia Action Week (19th – 25th May)

Dementia Action Week is an annual campaign to raise awareness and encourage people across the UK to take action to improve the lives of people with dementia. This year the Alzheimer's Society is focusing on diagnosis and spreading awareness of the most common symptoms of dementia, read more about this on the [Alzheimer's Society website](#).

We've put together a list of some of the events and activities taking place across Herefordshire during Dementia Action Week which you can explore on the [Talk Community Directory](#). If you are organising an event for Dementia Action Week and would like us to feature it, please do get in touch by emailing talkcommunityengagement@herefordshire.gov.uk

**1 in 3 people living
with dementia do not
have a diagnosis.**

**That means they can't get
the vital help they need.**

If you're worried about yourself, or someone close to you, then check your symptoms today using our symptoms checklist.

Visit alzheimers.org.uk



Charity Family Fun Day

Here's a date for the diary, that you won't want to miss...on Sunday 25th May there is a Family Fun Day at Worcester Woods Country Park. The fun day will include face painting, a huge inflatable slide (for children and adults!), local craft stalls and fun outdoor games. There will also be a charity raffle, with the chance to win some amazing prizes donated by local businesses.

The event is free to attend but all donations will support Cancer Research UK and Fanconi Hope. Visit the [Talk Community Directory](#) for more information.



Be Tick Aware

Ticks are most active in the UK from March to October, with May and June being peak months for tick bites. As we spend more time outdoors enjoying warmer weather, it's important to know how to protect yourself and your family.

Ticks can carry infections such as Lyme disease and, more rarely, tick-borne encephalitis. While they are most commonly found in wooded and grassy areas, they can also be present in gardens and urban green spaces.

To find out how to reduce your risk of being bitten, what to look out for, and how to remove a tick safely if needed, please visit the [Talk Community Directory](#).



Discover the Magic of Walking This May

May is National Walking Month, a great opportunity to celebrate the many benefits of walking and wheeling for your health, wellbeing and local community.

This year, Living Streets is encouraging everyone to discover the *#MagicOfWalking* with their *#Try20* challenge - 20 tips to help you walk or wheel for 20 minutes a day throughout May. Living Streets also run a super 'walk to school' initiative, so whether you're a local business, a school, or an individual looking to get moving, we highly recommend visiting their [website](#).

If you fancy getting out and about in Herefordshire, then look no further than the Talk Community Directory for walking routes, information on how to become a walk leader, and a range of local walking groups. All of this, and more, can be found on our handy [National Walking Month page](#).



What's new on the directory?

As the sun finally starts to shine, it's a great time to get out and about, meet others and try something new in your community. Whether you're after a sociable walk, a fun bingo night or just a good cup of coffee and conversation, there's plenty happening across Herefordshire this week.

Here are some of the latest services and events now listed on the Talk Community Directory:

[Leominster Wednesday Wellbeing Walk](#)

[Sellack War Memorial Plaque Trail: from concept to reality](#)

[Bingo Night Holme Lacy](#)

[Bridstow Coffee Mornings](#)

[Encore Enterprises](#)

[Bug Talk/Curry Night](#)

[Racket Sports at HRTSC](#)

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

[Services Breakfast](#)

[Herefordshire Council bus survey](#) - do you live, work or travel between Kington and Hereford? Have your say on the 461 bus route.

[VE Day Events](#) - more events added.

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





TALK COMMUNITY

**BRINGING
HEREFORDSHIRE
TOGETHER**

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Alternatively, please email talkcommunityengagement@herefordshire.gov.uk