



Newsletter

12 June 2025

FREE training opportunity

If you work with children and families across Herefordshire, we'd like to invite you to attend a fully funded training opportunity next week on Tuesday 17th June.

The training is 'Safeguarding Children Level 2' and will help you understand your safeguarding roles and responsibilities, recognise the different categories of child abuse and possible signs, know how to respond appropriately to a child, and understand what to do if you're concerned about a child's safety or wellbeing.

The session will take place from 12:30pm to 5:00pm in Hereford. Please register with [Hereford CPD](#). Places are limited, so early booking is advised.



Loneliness Awareness Week 2025

In last week's newsletter, we highlighted some of the many awareness campaigns taking place throughout June, and this week it's [Loneliness Awareness Week](#) - an annual campaign focused on reducing the stigma around loneliness and helping people find meaningful connections.

There are many reasons someone might experience loneliness, and sometimes we all need a helping hand to reach out and access support. You'll find helpful information and advice about addressing loneliness on the [Talk Community Directory](#).

If you'd like to stay connected with family and friends online but don't feel confident using technology, Age UK Wyvern are running a series of Digital Cafes across the county (and just over the border in Malvern too). Find out more on the [Talk Community Directory](#).

If finances are holding you, or someone you know, back from social events, the WOW events are here to help! These free community activities offer a welcoming space to meet friends, make new ones, and enjoy tasty food and drink at no cost. Visit the [Talk Community Directory](#) to find out more.

For additional information and support around the cost of living, visit the Money on Your Mind pages on the [Talk Community Directory](#).



Carers Week 2025

Whilst Carer's Week comes to an end on Sunday, the work of unpaid carers continues around the clock. If you, or someone you know is an unpaid carer, there's plenty of information available on the [Talk Community Directory](#). There's lots of regular events for carers featured on our what's on calendar, with lots added this week.

In Herefordshire, unpaid carers on a low income who provide more than 35 hours of care per week may be eligible for a one-off payment as part of the Household Support Fund

(Funded by UK Government). You can read more about eligibility and how to apply on the [Herefordshire Council website](#).



Big Bike Revival Grants Now Open for Summer 2025

Cycling UK's Big Bike Revival is back and offering grants of up to £3,500 to help local groups run events that get more adults cycling.

The programme is all about encouraging people to use cycling for everyday journeys - whether they're learning to ride for the first time or just need a little motivation to get back in the saddle.

Events can take place any time between 18th April and 31st October 2025, and applications are open now until 14th July.

This is a great opportunity for community groups, not-for-profits and social enterprises to support active travel and promote healthy lifestyles locally. To find out more and apply, visit the [Cycling UK website](#).



Leominster Park Yoga + Multi-Agency Drop in this Sunday

Start your Sunday with some fresh air and feel-good movement at The Grange in Leominster on 15 June, from 9am to 10:30am.

Alongside the yoga, teams from Talk Community, the Healthy Lifestyle Service and Talk Wellbeing will be on hand to offer free health checks, healthy lifestyle advice, and signposting to support services. There's no need to book, just come along with a mat or towel, bring some water, and don't forget the sun cream! Everyone is welcome, and it's completely free to attend. Look out for the Park Yoga flag and join in!

To find more Park Yoga sessions in Leominster, please visit the [Talk Community Directory](#).



Free Workshops: Help your community save energy and money

Are you part of a community group helping people and the environment in your local area? Would you like to support your community to keep warm at home, reduce energy use and save money? Marches Energy Advice can help!

Marches Energy Agency is an energy advice charity with a mission to alleviate fuel poverty and improve the energy efficiency of homes across Herefordshire.

As part of an exciting new Herefordshire project, they are training and equipping community groups to educate local people about how to improve energy efficiency in the home, at a time when energy bills are rising.

Workshops can cover topics such as:

- Energy advice and signposting towards grant funding opportunities.
- Low- cost measure installation (e.g. LED bulbs, draught excluders etc).
- Home Energy Audits using our HEAT app to identify opportunities to save energy, carbon, and money.
- Thermal imaging survey training (subject to availability).

They are also able to provide marketing, social media and event support.

To find out more, please email Anna at herefordshire@mea.org.uk



What's new on the directory?

Whilst summer is still deciding to show up or not, now is a great time to explore what's new on the Talk Community Directory! From friendly local carers groups and wellbeing walks to free digital support and training opportunities, there's something for everyone this week. Take a look at the latest additions and see what's happening in your area.

New dates added for free online training [Stop Loan Sharks](#)

[Age UK Wyvern Digital Cafes](#)

[Herefordshire Reuse and Recycling Organisation](#)

[Ross-on-Wye Carers Group](#)

[Carers of Herefordshire Zoom Coffee Morning](#)

[Hereford Carers Group](#)

[Ledbury Carers Group](#)

[Carers Gardening Group](#)

[Ross Weekly Wellbeing Walk](#)

[Park Yoga Multi Agency Drop In](#)

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

Shared Lives Carers



Our **lives** get better
when they're **shared**