



Newsletter

3 July 2024

Eligible families encouraged to book holiday activity sessions

Bookings are now open for the Here for Herefordshire Holidays activity programme. The programme is open to school aged children and young people (reception to year 11) who receive benefits-related free school meals.

Each child, or young person can enjoy up to 16 free activity sessions from 28 July – 22 August. There's plenty on offer, from cookery, crafts and coding (and much more). Each session includes a free healthy meal, so no need to bring a packed lunch! Please be aware that if an activity is fully booked, some listings may offer a waiting list function.

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



The Here for Herefordshire Holidays programme is funded by the Department for Education.

Alcohol Awareness Week

As we welcome the new month, we look ahead to Alcohol Awareness Week taking place from 7-13 July. The [Alcohol Change website](#) identifies some of the ways in which we can support the campaign, from support to manage our own drinking, to fundraising, and beyond.

One of the key messages of the campaign is that cutting back on drinking can make a big difference in improving health and wellbeing, and productivity. The Talk Community [Healthy Lifestyle Service](#) can support you to reduce your alcohol intake, visit the [Talk Community Directory](#) to find out more.



Summer Holidays Activities across Herefordshire

The school summer holidays are fast approaching, with just a few weeks to go! If you're on the lookout for family friendly activities to enjoy, or inspiring events to attend why not explore [the holiday activities list on the Talk Community Directory](#)?

We've been sure to include some free and low cost activities so there should be something for everyone, from junior bowling, to wildlife quests and archaeological activities. Remember to keep checking the page, as we will be adding to the list in the coming weeks!

Don't forget to also check out the [what's on calendar](#) for even more inspiration, where you'll find activities and events for everyone, young and old.

If you have a family friendly activity taking place during the school holidays please do get in touch as we would love to spread the word!



Household Support Fund Update

The Household Support Fund is funded by the Department for Work and Pensions and aims to support low-income households who may be struggling with the rising cost of living.

Herefordshire Council is working with a number of community partners, including local food banks, Citizens Advice, and Age UK Wyvern, to deliver help to those who need it most. Support is available for a range of households, from families with children under 5, to unpaid carers, and households reliant on high-energy medical equipment.

To find out more about the Household Support Fund and the help available, please visit the [Herefordshire Council website](#) and don't forget to help spread the word in your local community. Additional cost of living support and signposting is also available on the [Talk Community Directory](#).



Healthy Start in Herefordshire

Please help us to spread the word about Healthy Start!

If you, or someone you know is more than 10 weeks pregnant, or have a child under 4 you could get help to buy healthy food and milk.

The Healthy Start scheme is an NHS initiative that offers a prepaid card to eligible families, helping them buy essentials such as milk, fresh, frozen or tinned fruit and vegetables, and infant formula. Families can also access free Healthy Start vitamins to support a healthy pregnancy and early child development.

To find out more visit the [Talk Community Directory](#).



Could You Be a Talk Community Champion?

Our Talk Community Champions are passionate people who care about their neighbourhoods and want to make a difference. They help spread the word about services, support and opportunities available across Herefordshire.

Whether it's sharing posters and leaflets in local spaces, signposting neighbours to useful services, or simply being a friendly, approachable face in their area, every Champion helps build a stronger, more connected community.

We offer full support and guidance, and there's no minimum time commitment - you give whatever time you can. If you're enthusiastic about where you live and want to help others, we'd love to hear from you!

If you are interested in joining, or know someone who might be, and want to find out more, please visit the [Talk Community Directory](#).



What's new on the directory?

This week's 'what's new' list is dedicated to our brilliant Healthy Lifestyle service! Whether you're thinking about stopping smoking, getting a bit more active, or just want to chat about making healthier choices, there are plenty of new drop-in sessions across Herefordshire to help you on your way. Here's where you can find them:

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

[Stop Smoking Drop in Leominster](#)

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

[Healthy Lifestyle Drop in Cradley \(sessions start soon\)](#)

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

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**



**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