



Newsletter

11 September 2025

World Suicide Prevention Day – 10 September

Yesterday marked World Suicide Prevention Day, an important reminder of the role we can all play in supporting each other and helping to prevent suicide. Every conversation, every small act of kindness, and every show of compassion can make a real difference.

If you or someone you know is struggling, there are resources and support available locally and nationally. Visit the [Talk Community Suicide Prevention page](#) to explore services that can help.

This year, Herefordshire is proud to be part of the Baton of Hope - a nationwide campaign to encourage open conversations about suicide and mental health. The baton will arrive in Hereford on 2nd October, bringing with it a powerful message of hope and connection. Learn more about how you can get involved on the [Talk Community Baton of Hope page](#).



Baton of Hope updates

The Baton of Hope's journey has continued this week, having travelled through Bradford and Leeds and onto Tameside tomorrow. There is now just three weeks to go until the Baton of Hope makes its way through Hereford. Here's how you can get involved...

Grants for local groups

Talk Community is offering small grants of up to £150 to local organisations, groups, and hubs across the county. We want the message of hope, connection, and support for mental health to reach every part of Herefordshire. This grant is here to help you bring people together in your area, on the day, so that everyone can be part of this important moment. There's a whole section in the [toolkit](#) with ideas for community activities!

Sign the workplace pledge

We are asking Herefordshire businesses and organisations to sign the pledge to show a commitment to mental health and suicide prevention in the workplace.

Help us spread the word

There are plenty of ways that individuals, groups and organisations can spread the word, by talking with friends and neighbours, sharing our social media posts and by downloading and displaying the promotional posters or bunting from our [toolkit](#).

Make an 'animal of hope'

Do you like to knit or crochet? Help us to create 'Animals of Hope'.

Each animal should be no taller than 30cm. These handmade creatures will be hidden across Hereford as part of our Under-5s 'Hunt for Hope' trail, each carrying a heartfelt note of hope written by a local primary school child.

For more information, please contact: healthytots@herefordshire.gov.uk

Be part of the legacy

On the day we hope as many people as possible will be able to join us along the route to support the baton bearers as they take part in this historic event! We can all play a role in supporting the legacy of the Baton of Hope, by becoming better informed about suicide prevention and mental health support.

Visit the [Talk Community Directory](#) for more information about the grant, sign the workplace pledge, explore the toolkit, see the route, and to find out about suicide prevention and mental health support.



New Healthy Lifestyles Drop in's

Talk Community's Healthy Lifestyles Service are pleased to launch two new drop-ins at a central Hereford location, making it easier to fit healthy living into your schedule! The drop ins will take place every Thursday above the Midlands Air Ambulance Shop on Commercial Street.

Herefordshire residents can drop in for information, signposting and advice from the onsite Health and Wellbeing Trainer to get support with healthy eating, getting active, weight loss, reducing alcohol and stopping smoking. The bonus is that the drop in sessions are free to attend.

If you are ready to make some changes for a healthier lifestyle and like the sound of the drop-ins there are sessions taking place around the county (sounds good). Visit the [Talk Community Directory](#) for more information.



HEALTHY LIFESTYLE SESSION



WEEKLY SESSIONS WHERE YOU CAN MEET ONE OF OUR HEALTH AND WELLBEING TRAINERS WHO WILL BE ABLE TO SUPPORT YOU WITH YOUR GOALS OF CREATING A HEALTHIER LIFESTYLE



ALCOHOL SUPPORT



HEALTHY EATING



WEIGHT MANAGEMENT



STOP SMOKING



BE MORE ACTIVE



MEAL PLANNING

**MIDLANDS AIR AMBULANCE SHOP [2ND FLOOR],
HEREFORD, HR1 2DB**

THURSDAYS 9:30 – 10:30AM AND 12 – 1:30PM



Herefordshire Council

TALK COMMUNITY

Small Sparks grants for community-led projects

The Small Sparks fund offers grants of up to £1,000 to fund small scale projects that bring people together, build local connections, and strengthen community resilience. Example activities could include creating a community garden, or shared space, running a neighbourhood event or starting a local club. Applications are invited from residents and informal groups and local community organisations, clubs, or groups.

Projects should be community-led, based in Herefordshire and delivered by 28th February 2026.

The fund is being delivered in partnership with Herefordshire Community Foundation and is funded through the UK Shared Prosperity Fund (UKSPF).

You can find out more, including details of how to apply on the [Herefordshire Community Foundation website](#).



The grant scheme is funded by the UK Government through the UK Shared Prosperity Fund.

HANDi App Survey – Have your say!

NHS Herefordshire and Worcestershire ICB are running a survey to capture feedback on the HANDi app. The survey is aimed at Herefordshire and Worcestershire parents and carers with children aged under 11 years old and professionals who support children. You don't need to have used HANDi app previously to share your views.

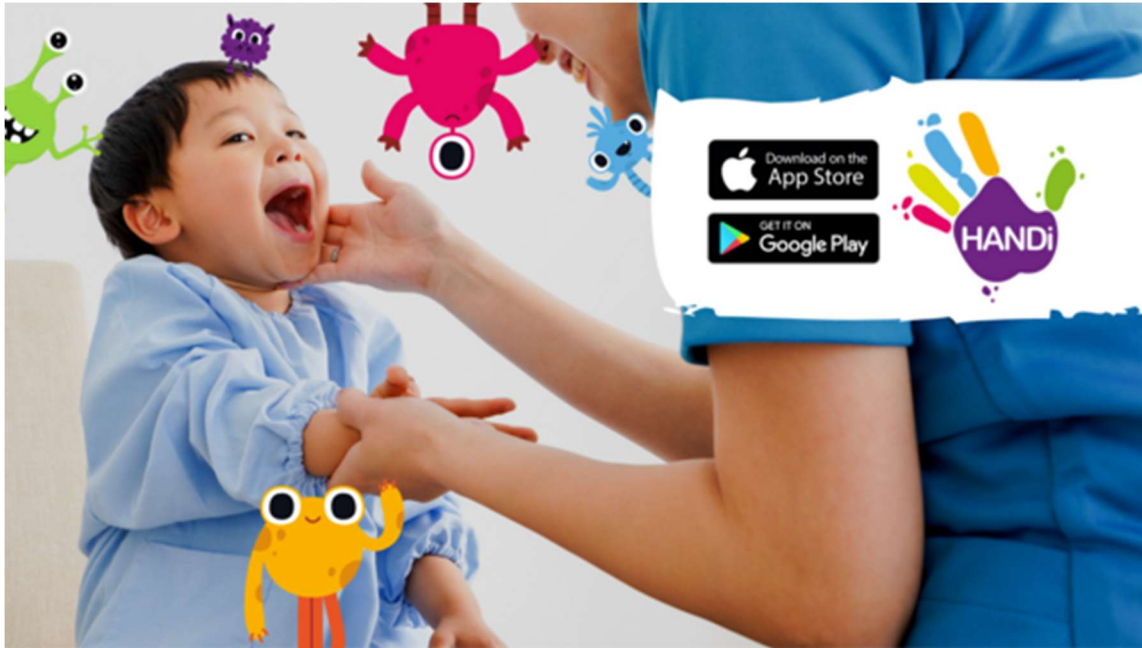
[HANDi app](#) is a free NHS-approved tool to support parents and carers when a child is unwell. It offers trusted advice on common illnesses in children up to age 11, including diarrhoea and vomiting, high temperature, chestiness (such as asthma, bronchiolitis and croup), tummy pains, and common newborn problems.

The app helps you decide when to care for your child at home and when to seek further medical help (GP, NHS 111, urgent care, or emergency services). To complete the HANDi app survey, please use this link: <https://www.surveymonkey.com/r/HANDiApp>

The deadline to complete the survey is midnight on Tuesday 14 October 2025.

For more information about the HANDi app, please visit: <https://www.hwics.org.uk/our-services/handi-app>

Information about the survey is also available online: <https://www.hwics.org.uk/get-involved/involvement-opportunities/handi-app>



Library Home Delivery Service – Books Straight to Your Door!

If you can't make it to your local library, the Herefordshire Library Service can bring the library to you! The free home delivery service offers up to 20 books or audiobooks every six weeks, chosen by you or selected to match your interests.

The service is available for adults and children who can't visit a library themselves, whether due to health, caring responsibilities, or other reasons. All you need to do is be a library member and apply. You can even reserve items online and have them included in your delivery.

Find out more and apply through the [Home Delivery Service page on the Herefordshire Council website](#).



What's new on the directory?

There's lots happening across Herefordshire this week, with new events and activities now live on the Talk Community Directory. From a Creative Dementia Awareness Workshop and practical Energy Advice Sessions in Holme Lacy, to a lively ladies' pop-up fashion show raising funds for local causes, there's something for everyone to get involved with.

[Creative Dementia Awareness Workshop](#)

[Energy Advice Sessions at Holme Lacy Village Hall](#) 17 September and 10 November

[Ladies Pop-up Shop and Fun Fashion Show](#) raising funds for Baton of Hope, We are Farming Minds and Herefordshire Veteran Support Centre

[Eardisley Community Coffee Mornings](#)

New dates added for:

[Baron's Cross Support Surgery](#)

[Ross Weekly Walk](#)

[Colwall Weekly Walk](#)

[Bromyard Weekly Walk](#)

[Healthy Lifestyle Drop-ins](#)

There are still plenty of free WOW activities for people of all ages. Take a look at what's on near you on the [Talk Community Directory](#).

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



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