



## Newsletter

9 October 2025

### Autumnal fun this half term in Herefordshire

If you're looking for ideas to help you and your family stay active and entertained during the autumn half term, we have put a list together of some of the fun activities and events taking place across Herefordshire. The good news is this includes plenty of free and low cost activities! There's everything from spooky WildPlay, to drama workshops and a Halloween pool party.

Find activities for you and your family on the [Talk Community Directory](#), and don't forget to check out our [what's on calendar](#) for even more inspiration!



---

**Let's quit smoking together this Stoptober!**

Join thousands of other smokers committing to quit this October. There's no need to go it alone - it's much easier to stop smoking when you get the right support, and there are lots of options to choose from.

Herefordshire's Healthy Lifestyle Service will be popping up across the county throughout October, offering advice and encouragement to help you quit for good. For more information about Stoptober and the support available to help you or someone you know, visit the [Talk Community Directory news article](#).

The team also run regular Healthy Lifestyle Drop-in Sessions across Herefordshire. You can drop in to chat with a Health and Wellbeing Trainer about your goals - whether that's stopping smoking, healthy eating, managing your weight, getting more active or reducing alcohol intake. There's no need to book, just pop along and start your journey to a healthier you.

Newton Farm Community Hub, HR2 7HG — Fridays, 2pm – 4pm

Hereford Living Room Café, HR6 8LL — Thursdays, 10am – 2pm

Ledbury Rugby Club, HR8 2LP — Wednesdays, 10am – 11am

Cradley Village Hall, WR13 5LH — Tuesdays, 2pm – 4pm

Hereford Air Ambulance Shop, HR1 2DB — Thursdays, 9:30am – 10:30am

Weobley Burton Gardens, HR4 8SR — Thursdays, 10am – 1pm

For more information on the Healthy Lifestyle Service Drop ins, please visit the [Talk Community Directory](#).



---

## WOW Activities

Have you checked out the latest WOW events taking place across Herefordshire? WOW sessions offer a warm, welcoming space for all members of the community to enjoy spending time together.

The WOW activities are open to the whole community. Each event will include a choice of activity, as well as hot food and a drink. The good news is all WOW events are completely free of charge. Attendees will also be able to access information and signposting to support with the cost of living.

From roller skating and circus fun, to bingo and community lunches – there should be something for everyone to enjoy! Visit the [Talk Community Directory](#) to find out what's on, when.



WOW sessions are funded through the Household Support Fund.

---

### **The Nationwide Community Learning Partnership (NCLP) Courses**

The Nationwide Community Learning Partnership (NCLP) are in the process of setting up new locations for courses across Herefordshire. The 'Caring for Children' course includes 2 hours paid childcare per week and participants can work towards a qualification. The course is the first step back into learning more about childcare or a career path in the childcare or health and social care setting.

Also on offer is the opportunity to attend a 6 week course, 'Making a resource book for your child' where parents create a beautiful, interactive book for their child.

If you or someone you know who may be interested in attending a course, please contact Cathy at: [cathyw@ymtb.co.uk](mailto:cathyw@ymtb.co.uk) or 07969 761 739.

# the nationwide community learning partnership



---

## **Play Streets - Bringing Play Back to Our Neighbourhoods**

Imagine a few hours where the street outside your house becomes a place for kids to play safely, neighbours to meet, and communities to come alive. That's the idea behind Play Streets!

A Play Street is a temporary, stewarded road closure where children can enjoy outdoor play - running, cycling, scooting, chalking, and adults can relax, connect, and catch up. It's an opportunity to reclaim streets for fun and creativity, reduce traffic risks, and build community spirit. These events are perfect if you've ever wished for more play space close to home, or wanted to bring your neighbours together.

For more information on Play Streets, or if you'd like to get involved or host a Play Street, visit the [Talk Community Directory](#).



## **New Child and Adult Exploitation Awareness Leaflet**

A new Child and Adult Exploitation leaflet has been developed to help raise awareness and understanding of exploitation among non-professionals. The leaflet provides essential guidance on recognising and responding to exploitation - a serious form of abuse that can affect both children and adults. It highlights the key warning signs, types of exploitation, and how to report concerns safely.

We're encouraging Parish Councils to share this important resource across their communities and networks to help ensure exploitation is identified early and addressed appropriately. You can download and read the leaflet on the [Herefordshire Safeguarding Boards and Partnerships website](#).



---

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

The leaves are turning, the air's getting crisper, and it's the perfect time to try something new! This week, we've added a mix of activities, events and opportunities to the Talk Community Directory to help you stay connected, inspired and well as the seasons change.

Here are some of the latest additions:

[Pop up event with Age UK Wyvern](#) – Hereford City

[Pop up event with Age UK Wyvern](#) – Peterchurch

[Diabetic Eye Screening](#)

[2<sup>nd</sup> Hand Book Sale at Burley Gate](#)

[PHOEBE'S GREEN CHRISTMAS, a FREE sensory digital show!](#)

[Hearthlight; Ecotherapy and Biographical Coaching](#)

[Friday Cook Your Own Lunch Club](#)

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**

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)