



Newsletter

27 November 2025

Free Winter Activities for Eligible Children

The Here for Herefordshire Holidays programme opens on Wednesday 3rd December at 4pm. Families with children and young people registered for benefits related free school meals can book up to 4 activity sessions over the Christmas holiday period. There's a whole range of activities on offer this winter, from circus skills, to coding (with lots in between) and the good news is each session includes a free meal, so no need to bring a packed lunch.

To find more, or to book your place please visit the [Talk Community Directory](#).



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

'Floodmobile' is coming to Herefordshire

Following recent flooding in parts of Herefordshire, the [Floodmobile](#) will be visiting the county next week to support flood resilience efforts.

The innovative Floodmobile showcases lots of examples of Property Flood Resilience (PFR) to help residents and business owners understand the various ways they can minimise disruption and damage from flooding.

Flooding advisor Mary Long-Dhonau OBE (also known as 'Flood Mary') and representatives from Herefordshire Council and Environment Agency (EA), will be on hand to answer any questions and provide advice.

The 'Floodmobile' will be open to all local people in the following times and locations:

- Tuesday 2nd December - 11.00am – 5.00pm, Wellington Social Club
- Wednesday 3rd December - 11.00am – 5.00pm, Ewyas Harold Memorial Hall (EA and Council representatives will be at the hall to offer advice until 7.00pm)

For more information on Flooding, visit the [Herefordshire Council website](#).



Community Business Week 29th November – 5th December

Community Business Week is national campaign celebrating the incredible work community businesses are doing across the country. Here in Herefordshire, we are grateful to each and every one for doing their bit to support their local communities.

Did you know about the ways we can support your local community business? You can add your service to the [Talk Community Directory](#), to share what you do with new audiences, or if you run regular events why not add them to our [What's on Calendar](#)?

If you're looking for ways to boost funds, visit the [Talk Community Grant Finder Tool](#) to search out new funding opportunities. Alternatively, if you're a local business looking to support your community with volunteer hours, head over to the Talk Community Directory to read about the [Herefordshire Volunteering Academy](#).



Community Business Week is run by [Power to Change](#).

Keeping well in winter

As the colder months set in, it's important to look after your health and wellbeing. Winter can bring challenges such as flu, cold weather, and increased energy costs, but there are plenty of simple steps you can take to stay safe and healthy.

Our Keeping Well in Winter page is packed with practical advice and resources to help you and your loved ones through the season. You'll find information on looking after your health, energy-saving advice, local services and more.

Visit our [Keeping Well in Winter](#) page today and please share amongst your community networks.



NHS Healthy Choices Quiz

If you're keen to improve your health and wellbeing, but not sure where to start this free quiz might be for you. You'll be asked questions about your motivations and your lifestyle, then be offered an overall score out of 10 which will reflect how your lifestyle may be impacting your overall wellbeing.

The interesting bit starts there – you'll get results for each lifestyle area and details of any changes that could improve your health and wellbeing. But don't worry you won't have to go it alone, you'll get suggestions for resources to help you on your health journey! To take the quiz and kick start a healthier you, visit the [NHS Better Health website](https://www.nhs.uk/better-health/).

Please note: the quiz is not suitable for anyone who is under 18 or has an existing health condition.



Screening saves lives (help to stay healthy)

Screening is a way of identifying apparently healthy people who may have an increased risk of a particular condition and may benefit most from being screened. Screening can identify health problems early, even before symptoms appear, making treatment more effective.

The NHS website provides more detailed information about the screening on offer, including what you can expect at your appointment.

Diabetic eye screening is offered to anyone with diabetes who is aged 12 or over, the screening checks for early signs of diabetic retinopathy. Find out more on the [NHS website](#).

Cervical screening is offered to women and people with a cervix aged 25 – 64 years to check the health of cells in the cervix. Find out more on the [NHS website](#).

Breast screening is offered to women aged 50-70 years to detect early signs of breast cancer. Find out more on the [NHS website](#).

Bowel cancer screening is offered to everyone aged 50-74. Find out more on the [NHS website](#)

Abdominal aortic aneurysm (AAA) screening is offered to men and anyone assigned male at birth when they turn 65. Find out more on the [NHS website](#).

If you have missed your latest screening appointment, contact your GP surgery or your screening service (this information can be found on the specific links above).



What's new on the directory?

We're always adding exciting activities and opportunities to help you connect with your community. Also, if you are going to be hosting any festive events or activities, please feel free to add them onto our [Directory](#). Here are some of the latest additions you won't want to miss:

[Culture and Signposting Cafe - Leominster](#)

[Culture and Signposting Café - Ledbury](#)

[Culture and Signposting Café - Bromyard](#)

[Community Lunch \(Ledbury\)](#)

[Tots at Belmont](#)

[Make a Willow Star](#)

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