



Newsletter

18 December 2025

Warm Christmas wishes and a Happy New Year

As Christmas week approaches, we would like to take this opportunity to say a big thank you to each and every one of you who has supported and enriched our communities throughout 2025.

The Talk Community Directory is available throughout the festive period, for wellbeing information, useful contacts and details of services and events.

Here's a few reminders for whilst we are away:

- Eligible families can book their free activities on the [Here for Herefordshire Holidays Programme](#), and activities are running on 22–23 December and 29–30 December.
- We have pulled together some handy tips and contacts to help you stay safe and well this winter on the [Keeping well in winter page](#).
- You can find out about some of the Christmas activities and meals being organised around the county on our [Community Christmas page](#). You'll also find information about local food banks/shares as well a list of useful contacts we have compiled.
- We understand that the festive period can bring its challenges and it's important to know that if you're struggling with your mental health, help is available. Visit the [Mental Health and Emotional Wellbeing pages](#) for more information.

We wish you all a very Merry Christmas and here's to a peaceful, healthy and Happy New Year.



Good news for pregnant families across Herefordshire!

Through the Wye Valley Trust all pregnant women in Herefordshire can now access The Real Birth Company's free, digital antenatal programme. The programme will inform you about the choices you have around giving birth, helping you to stay in control, to reduce stress and empower you during your birth.

The programme has been translated into 9 different languages including British Sign Language (BSL) with more languages added regularly. The programme can be accessed on the [Wye Valley Trust website](#), or for more information please speak with your midwife.



Fully funded festive activities for eligible children – don't miss out!

Fully funded festive activities are back this Christmas for eligible children – and places are going quickly!

The Here for Herefordshire Holidays programme is running on 22–23 December and 29–30 December, offering fun, engaging sessions for children and young people eligible for benefits-related free school meals. Families can book up to 4 sessions over the Christmas break, and every session includes a healthy meal.

Book now to avoid disappointment and make this festive season extra special. Explore available activities and book your place today on the [Talk Community Directory](#).



The HAF programme is funded by the Department For Education.

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.



Early Years training opportunities

If you run a playgroup in Herefordshire, get help to deliver the Best Start in Life. Herefordshire Council recognises the valued role that informal settings can play in a child's early development and is offering fully funded training opportunities to volunteers working within Early Years. In January 2026, the training offer kicks off with a virtual workshop exploring the AET (Autism Education Trust) progression framework. To find out more and stay up to date with future training opportunities, make sure you follow the [Volunteers Working within Early Years Eventbrite page](#).

In addition to this, anyone working in Early Years within Herefordshire can access Dingley's Promise training, which is free of charge. Dingley's Promise offer a range of flexible, online training courses to help individuals supporting children with Special Educational Needs (SEND) in the Early Years. To find out more please visit [The Dingley's Promise website](#).



What's new on the directory?

[Zero Waste Stall](#)

[Purple Leaf Training - Understanding and responding to sexualised behaviours in children who have experienced sexual harm](#)

[Purple Leaf Training - Sexualised Behaviours and Child on Child Abuse in Schools](#)

[Llanwarne quiz night](#)

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**

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