



Newsletter

22 January 2026

Energy Savers Week (19 – 25 January 2026)

Energy Savers Week is an opportunity to support individuals to reduce energy use and save money on energy bills. The Energy Saving Trust have teamed up with Citizens Advice to share everyday energy wins; from turning off the tap when you brush your teeth to tips on defrosting the freezer. Visit [the Energy Savings Trust website](#) to find out more!

Herefordshire residents can access support to stay warm and save money, for more information please visit [Keep Herefordshire Warm](#). For more information about support for Herefordshire residents struggling with the cost of energy bills, visit the [Talk Community Directory](#).



Save the date!

Families looking ahead to half term should save a space in their diary for Wednesday 18 February.

We are looking forward to sharing details with families soon. Watch this space!



Supporting Young Carers in Herefordshire

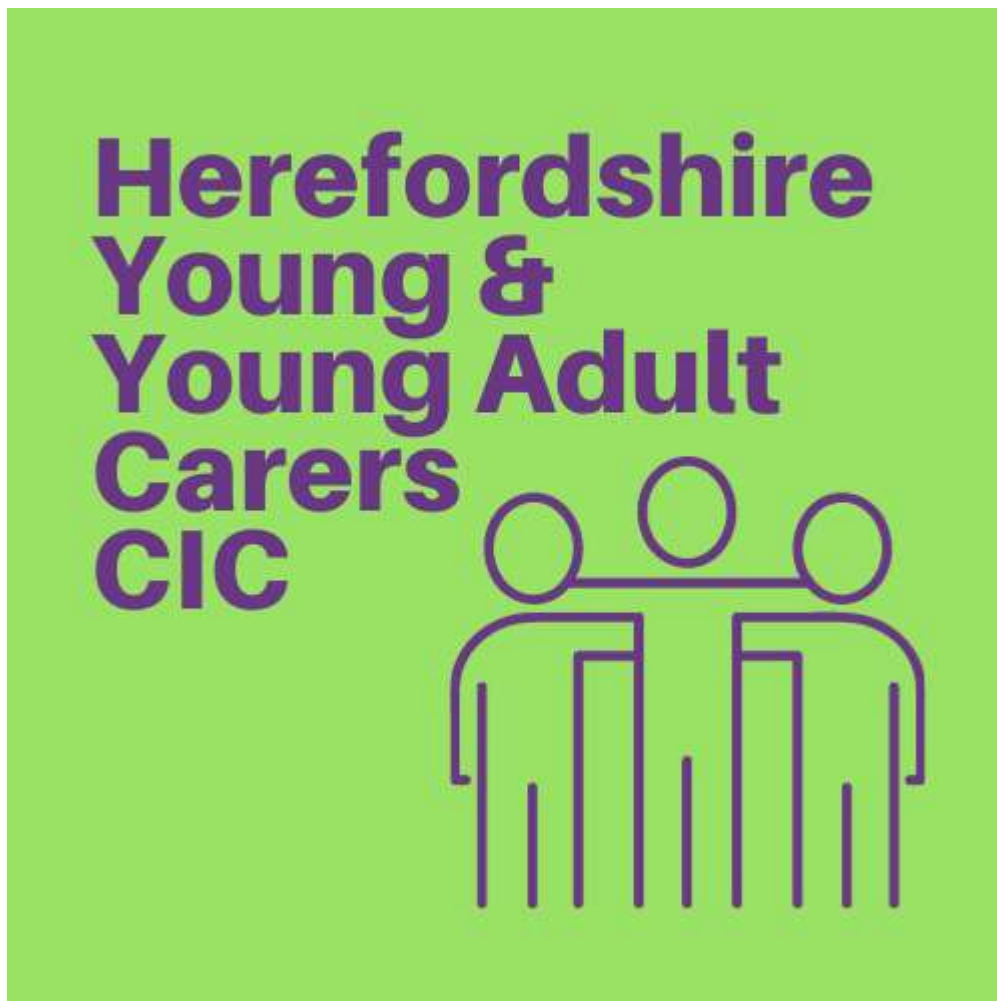
Young carers are quietly doing extraordinary things every day, balancing school, work, friendships, and caring responsibilities that most adults would struggle with. The Support Squad (a subgroup of the Carers Partnership Board) are working to introduce Young Carer ID cards to help change that.

A Young Carer ID card offers professional recognition and a simple, discreet way for young people to explain their caring role, whether that's at school, a GP surgery, a pharmacy, or in everyday life. No long explanations. No awkward conversations. Just understanding, reassurance, and appropriate support when it's needed most.

Local organisations and businesses can make a real, tangible difference. The Support Squad are looking for local organisations to become part of a county-wide effort to show Young Carers that their contribution to society is seen and valued.

The Support Squad would love to hear from you if you think your business, or organisation could offer small discounts or concessions, or you can think of other ways to support the

initiative, please email susan.brace@hycclub.co.uk. Visit the [Herefordshire Young and Young Adult Carers website](#) to find out more about support for Young Carers in Herefordshire.



Check your State Pension age

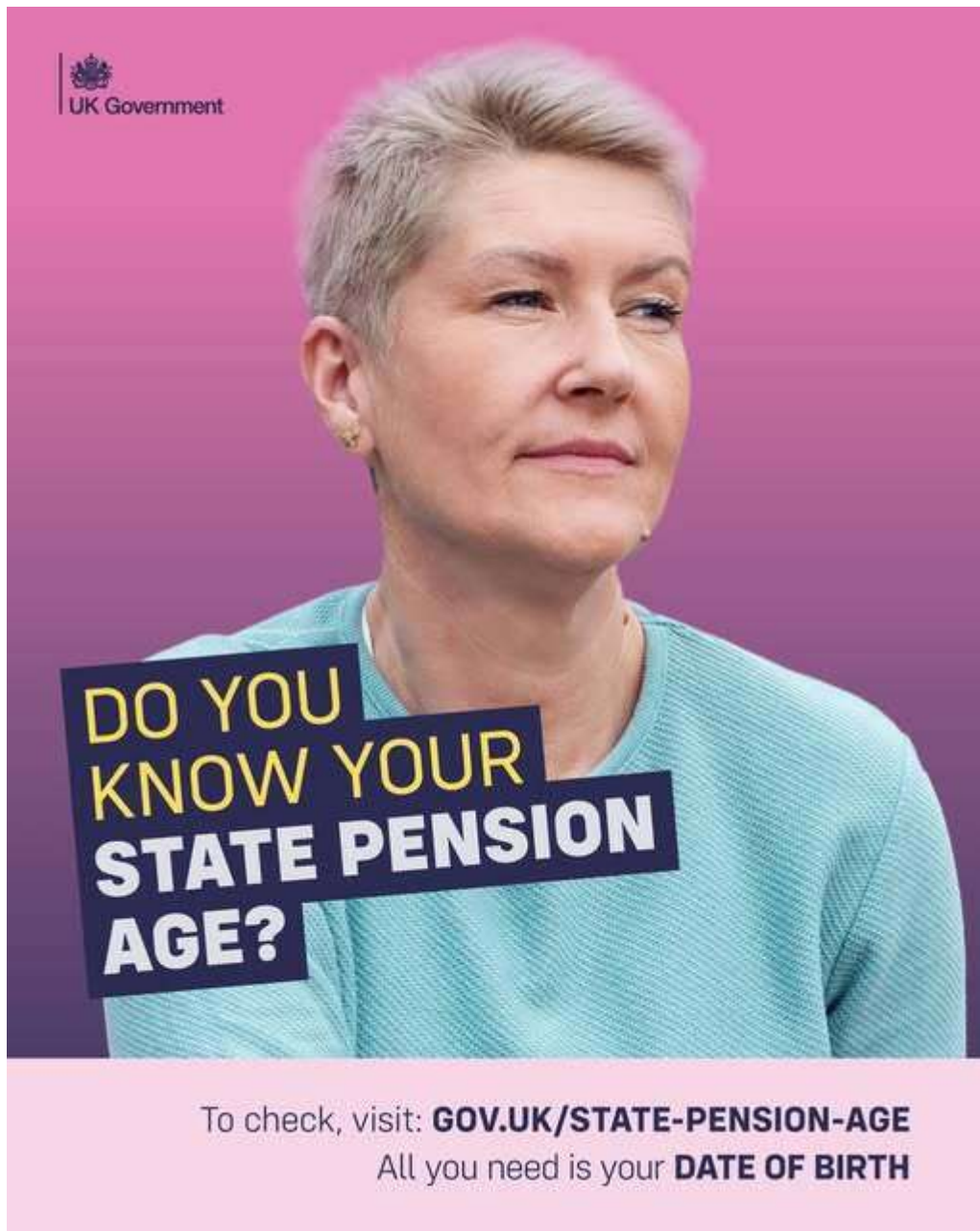
Residents are encouraged to check their State Pension age ahead of changes coming into place from April 2026.

From 6th April the State Pension age is increasing from 66 to 67, in incremental stages as set out in the Pensions Act 2014. Those born between 6 April 1960 – 5 March 1961 will have a State Pension age of 66 and a number of months.

People can check their State Pension age using the [State Pension age calculator](#).

The State Pension isn't paid automatically. The Pension Service will send individuals an invitation letter four months before they reach their State Pension age with instructions on how to apply for their State Pension. People are encouraged to use the [Check your State](#)

[Pension forecast service](#) to find out how much State Pension they could get, if they can increase their State Pension (such as by paying to fill gaps), and how to do so.

A promotional poster from the UK Government. It features a woman with short, light-colored hair, wearing a teal sweater, looking slightly to the right. The background is a gradient of pink and purple. In the top left corner is the UK Government logo. Overlaid on the woman's chest is a dark blue banner with the text 'DO YOU KNOW YOUR STATE PENSION AGE?' in yellow and white. At the bottom, on a pink background, is the text 'To check, visit: GOV.UK/STATE-PENSION-AGE' and 'All you need is your DATE OF BIRTH'.

Your Year, Your Move – Start 2026 Strong with Talk Community

Looking to make positive changes this year? Whether it's improving your health, connecting with your community, or finding local support, Talk Community is here to help you make 2026 your best year yet!

On our [Your Year, Your Move page](#), you'll find a hand-picked selection of ways to get involved in your community, from financial tips that make a real difference, to our

Community Connectors who can guide you to local services and help reduce isolation. You can also explore local services and groups to help you thrive, check out what's happening in your area this month, and access healthy lifestyle tips to support your fitness, nutrition, and wellbeing goals.

If one of your goals is to get involved in volunteering, then look no further than the [Herefordshire Volunteering Academy](#)! As well as hosting a variety of opportunities to give your time to local organisations, the hub provides tools, training, and resources to help voluntary, community and social enterprise (VCSE) organisations recruit, manage, and retain volunteers.



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](#).



For families: Anxiety & self-care

We invite families in your community to join Kooth for a free 45-minute webinar focused on anxiety and self-care for young people. The session will be led by a member of Kooth's Community Engagement Team alongside a Kooth clinician, who will share practical guidance on:

- how to recognise the signs of anxiety in children and young people
- ways to offer supportive help at home
- how Kooth can support your child's mental wellbeing

There are two dates available - please share this opportunity with families in your community.

[Book 26th Jan](#)

[Book 28th Jan](#)



What's new on the directory?

There's another great range of new activities and support now available on the Talk Community Directory, with something for all ages and interests. From wellbeing and family support to creative workshops and social meet-ups, these new sessions offer plenty of opportunities to stay active, connected and inspired in your local community.

This week's new additions include:

[Triple P Summer Programme](#)

[Coffee Morning Holme Lacy](#)

[Health Visiting Drop in Clinic at Greencroft Children's Centre](#)

[Vegan Running Club](#)

[Lea Monthly Lunch Club](#)

[Winter Wellbeing Workshops at Clifford Community Centre](#)

[Photography & Alternative Photography Workshops](#)

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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Alternatively, please email talkcommunityengagement@herefordshire.gov.uk