



Newsletter

29 January 2026

The Big HAF Day is coming!

Looking to do something fun with the kids this half term? Talk Community are excited to announce that the Big HAF Day is coming on Wednesday 18 February!

Children and young people eligible for benefits related free school meals can enjoy a fun-packed day with their families. There will be a wide range of activities to explore on the day, from face painting to coding, ceramics, martial arts, forest school and much more.

The good news is there'll be free, tasty food for all attending too! Taking place from 10am - 2pm, this free event will be an opportunity to keep children and families active, busy and creative.

Bookings will be live from midday on Monday 2 February. For more information and to book your place, please visit the [Talk Community Directory](#).

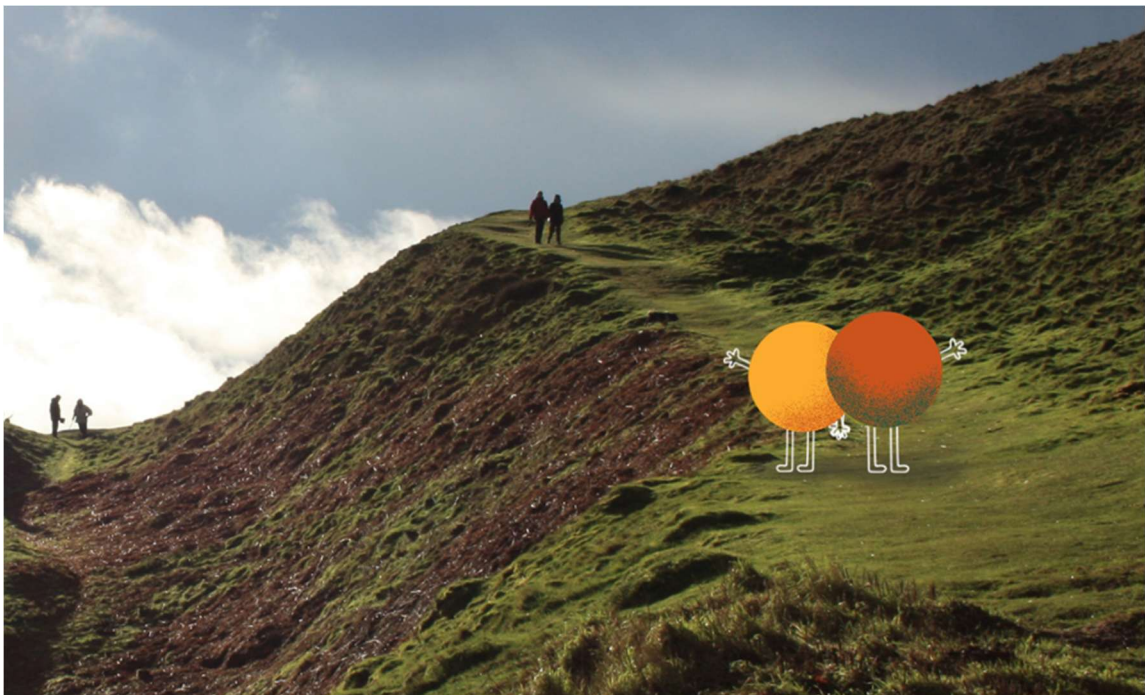


The Big HAF Day is funded by the Department for Education.

Your Year, Your Move – Get Connected and Find Events in your Area!

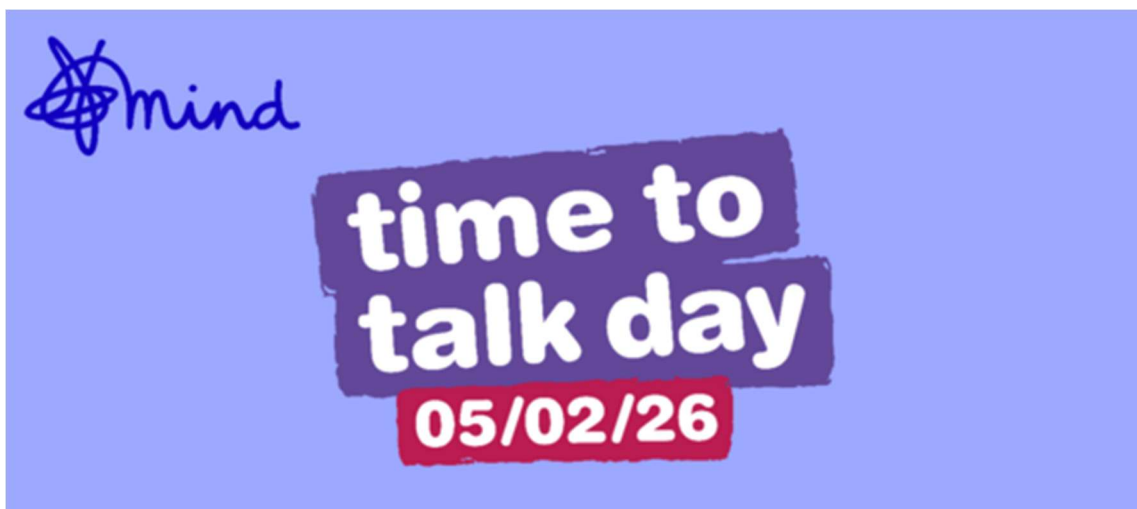
If you're looking to kick off 2026 with a fresh and positive outlook, it's not too late! Visit the [Your Year, Your Move page](#) where you'll find a hand-picked selection of ideas to boost your wellbeing; from taking control of your finances, to exploring volunteering opportunities.

If you, or someone you know is looking to get out more and connect with others, then the Talk Community Directory could be your starting point. Explore the [What's on Calendar](#) and discover events in your area, to help you stay connected, discover new interests and get healthy!



5th February – Time to Talk Day

This year for Time To Talk Day, we're asking people to help us raise awareness of how talking openly and honestly can be the first step towards better mental health for everyone. It's a day for all of us to come together to talk, listen and change lives. Find out more on the [Mind Website](#).



Orange Button

Alongside Time to Talk Day, help us promote and raise awareness of the Herefordshire and Worcestershire Orange Button Scheme. People wearing an Orange Button are trained to listen if you're finding life tough or are worried about someone else. They can share information and resources with you that can help. Anyone interested in becoming an Orange Button wearer who wants to find out more can visit the [Talk Community Directory](#).

To download resources to share within your networks visit [Herefordshire & Worcestershire Orange Button Community Scheme – Resource Library](#)

Join the Orange Button Community Scheme

The Orange Button Community Scheme is a way of identifying people that have undertaken a half day or more suicide prevention training.

Orange Button Wearers have the skills and confidence to

- hear and use the word suicide
- support people with signposting
- listen without judgement

The Orange Button Scheme is now open for anyone with relevant training to register their interest at healthyminds.whct.nhs.uk/nwt-suicideprevention










Help with Energy Costs for Households Using Medical Equipment

Do you or someone in your household rely on medical equipment that uses a lot of energy? You may be eligible for a one-off £250 payment to help with heating and energy bills this winter.

This support is available to households with individuals, children or adults, who depend on high energy-consuming medical devices such as:

- Ventilators
- Dialysis machines
- Oxygen concentrators
- Feeding pumps

These devices are essential for health and wellbeing, but they can significantly increase energy bills, especially during colder months. The funding aims to reduce the risk of fuel poverty for those most affected by the cost of living.

To check eligibility and apply, please visit the [Herefordshire Council website](#). Please help us to share this important information across your communities and networks using this [downloadable poster](#).



Explore half term activities in your local area

If you're looking for ideas to help you and your family stay active and entertained during the upcoming half term holiday, we've put a list together of some of the fun activities and

events taking place across Herefordshire. Explore campfire cooking in Madley, crafting in Ledbury, Lego building in Hereford and much more.

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!

Remember to check back again soon for updates!



What's new on the directory?

There's so much to discover on the Talk Community Directory this week, with new social groups, creative activities and cultural events popping up across the county. Whether you're looking to meet others over a coffee, get creative, enjoy live music or find support as a carer, there are plenty of new opportunities to get involved.

[Bridstow Church Coffee Mornings](#)

[Basket Making Workshop](#)

[Hope Cramsie Presents an Evening of Classical Guitar](#)

[Llanwarne Art Club](#)

[Llanwarnes Cultural Festival and Wales One World Film Festival](#)

[Llanwarnes Old School Café](#)

Carer of Herefordshire Groups:

[Zoom Coffee Morning](#)

[Rejuvenate! Creative Carers Group](#)

[Ross on Wye](#)

[Hereford](#)

[Ledbury](#)

[Gardening Group](#)

[Crafty Carers Group](#)

[Walking Group](#)

[Bodenham](#)

[Leominster](#)

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

