



Newsletter

8 January 2026

Are you thinking about making a positive change this year?

Herefordshire Council is pleased to offer a brand-new free stop-smoking app to support adults (18+) who want to quit smoking. The Smoke Free app offers six months of premium access at no cost, including round-the-clock support from trained stop-smoking advisors and a motivating online community.

Users can also claim a free reusable vape kit and e-liquids, delivered directly to their home, to support their quit attempt. To get started just download the app and enter your postcode.

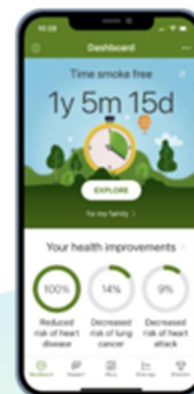
For more information, visit the [Talk Community Directory](#).



Stop Smoking Offer for Herefordshire Residents

6 months FREE access to all the premium features of the Smoke Free app including **24/7 access** to stop smoking advisors, a chat room to talk to other people who are quitting and a **FREE** vape and e-liquids.*

To receive your **FREE** reusable vape, download the app, enter your details, then click on '**claim your free vape**'. This will open a new chat page; simply answer our advisors' questions, and they will have your new vape posted out to you.



Download the app using the QR code:



Need help? Email us at:

support@smokefreeapp.com



smokefreeapp.com

* Strictly over 18's only for a vape

A Huge Thank You to our Here for Herefordshire Holidays Providers

As our winter Here for Herefordshire Holidays (HAF) programme comes to a close, we want to extend a heartfelt thank you to every provider, volunteer, venue, and partner who helped make this festive season memorable for children and families across the county.

This year's programme brought together over 20 incredible local providers, each offering their own unique mix of activities, creativity, learning opportunities and delicious food. Thanks to their energy and commitment, eligible children were able to enjoy safe, supportive and fun experiences during the Christmas break.

We're already looking forward to delivering more activities this year, and we can't wait to share updates about future HAF programmes soon.



The Here For Herefordshire Holidays Programme is funded by the Department For Education.

Healthy Tricks for '26

Residents across Herefordshire are invited to kickstart a healthier 2026 by joining our Healthy Tricks for '26 events in Bromyard on 21 January and Ledbury on 28 January. Each session brings together local health and wellbeing trainers, showcasing the support available through the Healthy Lifestyle Service and offering opportunities to learn more about wellbeing activities in your community.

Bromyard attendees can also access a free health check from Taurus, while Ledbury visitors will be able to explore Technology Enabled Care demonstrations - all designed to help you make small, positive changes to your everyday routine.

Both events also include a friendly weekly Wellbeing Walk (starting at 10am from the Square in Bromyard and 10:30am from Ledbury Rugby Club) giving residents a chance to get moving and connect with others before joining the main activities.

Find out more on the [Talk Community Directory](#).



Stop Loan Sharks training seminars

Would you be able to spot a loan shark or help someone report one in your community? With the cost of living crisis, it's increasingly concerning that people might turn to illegal lenders to make ends meet.

Due to popular demand, [Stop Loan Sharks](#) is running more of their free online training sessions to show what they do and how we can all work together to help victims of illegal money lenders.

The live, trainer-led sessions last for an hour and there are some places still available to book throughout the coming months. For further details, visit the [Talk Community Directory website](#).



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. If you would like to receive Cold-Health Alerts you can register your interest with the UK Health Security Agency, via this [online form](#).

A banner for 'KEEPING WELL IN WINTER' with a blue, wavy, water-like background. In the top left is the 'Herefordshire Council' logo. In the top right is a 'TALK COMMUNITY' logo. The main title 'KEEPING WELL IN WINTER' is in large, white, bold letters. Below the title are eight orange buttons with white text: 'COST OF LIVING', 'HEALTHCARE', 'VACCINES', 'WELLBEING', 'HUBS', 'ISOLATION', 'WINTER PREPARATIONS', and '+ MORE'. To the right of these buttons is a QR code. Below the QR code is the text 'GET SUPPORT BY VISITING WWW.TALKCOMMUNITY.CO.UK'.

Vaccines in Pregnancy Webinar

The UK Health Security Agency and NHS England are hosting a webinar about Vaccines in Pregnancy.

The session is designed for anyone who might share information about vaccination in pregnancy, including the voluntary and community sector. The webinar will take place on Monday 12 January, If you'd like to attend you can register your interest [via Microsoft Forms](#).

If you have any questions please contact: externalaffairs@ukhsa.gov.uk



[Autism West Midlands](#) offer a range of free services to autistic people (aged 16+) who live or have a GP in Herefordshire. The support on offer includes information, advice and guidance sessions, workshops and webinars, social and support groups.

There's a range of upcoming webinars covering Autism and the Teenage Brain, Supporting your Autistic Teen, and Personal Independence Payments (PIP). The Hereford Social Group meet monthly and is an opportunity to meet like-minded people, in a supportive space. Find out more about The Hereford Social Group and upcoming webinars on the [Talk Community Directory](#).



What's new on the directory?

A whole host of new activities, drop-ins and social sessions are now live on the Talk Community Directory. From digital support and wellbeing sessions to creative groups and cosy coffee mornings, there's something for everyone to help kick off the year feeling connected and confident.

If you're looking for even more inspiration to make 2026 *your* year, don't forget to take a look at our [Your Year, Your Move page](#) which is packed with ideas, resources and local opportunities to help you feel your best.

This month's new additions include:

[Digital Awareness Sessions at Burghill Talk Hub](#)

[Digital Café's](#)

[Healthy Tricks for '26 - Ledbury](#)

[Healthy Tricks for '26 - Bromyard](#)

[Holme Lacy Village Hall – Community Afternoon Tea](#)

[Peterchurch Health Visiting Drop in](#)

[Rejuvenate Creative Carers Group](#)

[Indoor Carboot Sale](#)

[Bridstow Coffee Mornings](#)

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



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