



Newsletter

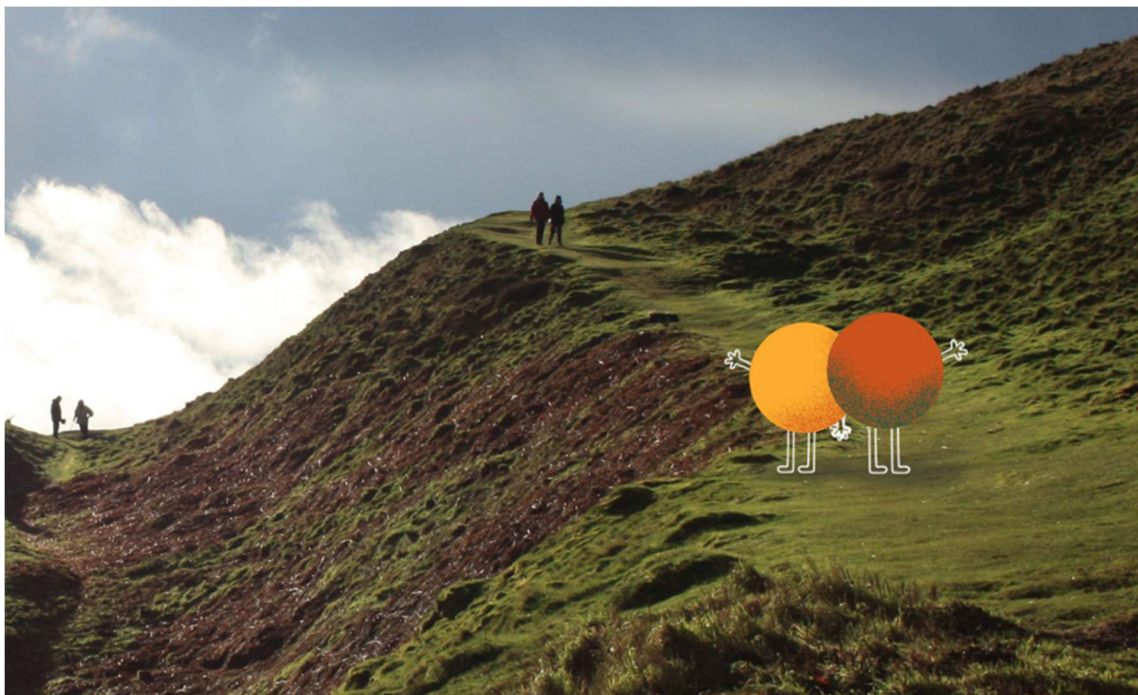
15 January 2026

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 volunteering opportunities 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 staying on top of your finances, visit our [Improve Your Financial Resilience](#) page. Across the county, organisations are providing support to boost your skills and knowledge, to help you manage your money.



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](#).



Good news for young people in Ledbury!

Ledbury Community Hub is launching Ledbury Youth Spaces. The initiative will provide Ledbury's young people (aged up to 24) with educational and youth activities, a safe space and support developing skills for employment in Herefordshire.

A youth worker (funded by Ledbury Town Council) will facilitate a range of groups and 1-1 support. Upcoming groups include a podcast project, youth council, film making and game development course.

Ledbury Youth Spaces will host a launch event at the Ledbury Community Hub on Sunday 1 February at 4pm. You are welcome to come along and find out more - visit the [Talk Community Directory](#) for more information.

For more information about the project and to find out about what's on offer, please visit ledburyyouthspaces.org.uk

LAUNCHING...

LEDBURY YOUTH SPACES

Based at Ledbury Community Hub, 8 New Street, HR8 2DX

Sunday 1st February at 4pm
Ledbury Community Hub

Find out about the project

Ask questions

Get involved

Energy Advice Drop in's

Marches Energy Advice are delivering a programme of energy advice drop-ins during January and February. The sessions are free to attend and are running at countywide locations. Residents can drop in to find out more about the fully funded Home Energy MOT's and other help on offer from Marches Energy Advice. Visit the [Talk Community Directory](#) to find your local drop in.



Brew Monday

The Samaritans campaign Brew Monday takes place annually, on the third Monday of January. Brew Monday is an opportunity to dispel the myth of 'Blue Monday'; that feeling low isn't reserved for Mondays or a random day of the year. Brew Monday celebrates the power of a brew and a chat.

The [Samaritans website](#) has resources for anyone wishing to support the campaign, whether that's by hosting an event, or connecting with others - we particularly like the colouring sheets and listening tips!

If you are looking for mental health and wellbeing support, please visit the [Talk Community Directory](#).

A promotional poster for Brew Monday. The background is teal. On the left, a large green teapot is being filled by a person, with another person standing next to it. There are colorful bunting flags at the top left. The text '#BrewMonday' is at the top left, and 'Stay connected with a cuppa' is in the center. On the right, there's a section with the Samaritans logo and the Brew Monday logo (two mugs). Below that, it says 'Did you know that 'Blue Monday' was invented to sell holidays?' and 'We're joining our friends at Samaritans by ditching so-called 'Blue Monday' and having a Brew Monday instead.' It then says 'Reach out, check in and stay connected by sharing a cuppa with the people you care about – in person or online.' At the bottom right, there's a circular badge that says '£10 could help answer a life-saving call for help'. On the bottom left, there's a small box that says 'Donate today to help Samaritans be there when it matters. To give £10 just text BREW to 70450.'

Download WalkSafe for Free!

West Mercia Police have introduced a new app 'WalkSafe'. The free app is designed to help people feel more confident when they are out and about, especially at night.

The app allows you to share your journey with trusted friends or family and access an SOS alert button if you feel unsafe. It also provides a growing list of safety-trained venues.

WalkSafe is free to download from both Google Play and the Apple App Store. To find out more, please visit the [West Mercia Police website](#).



What's new on the directory?

We've added another great mix of local activities, advice sessions and community meet-ups to the Talk Community Directory this week. Whether you're looking for practical support, a friendly place to connect with others, or something new for the family, there's plenty happening across the county.

This week's new additions include:

[Healthy Lifestyles Clinic at Scouts Corner](#)

[Free Energy Advice at Ross on Wye Market](#)

[Free energy Advice Drop in at Newton Farm Community Association](#)

[Free Energy Advice at Barons Cross Hub](#)

[Stop Smoking Drop in at Ledbury Food Bank](#)

[Sticky Little Fingers](#)

[Coffee Morning at Whitchurch and Ganarew](#)

[Community Lunch at Whitchurch and Ganarew](#)

[Knit and Natter at Whitchurch and Ganarew Talk Community Hub](#)

[LOOK UK at Fred Bulmer Centre](#)

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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