



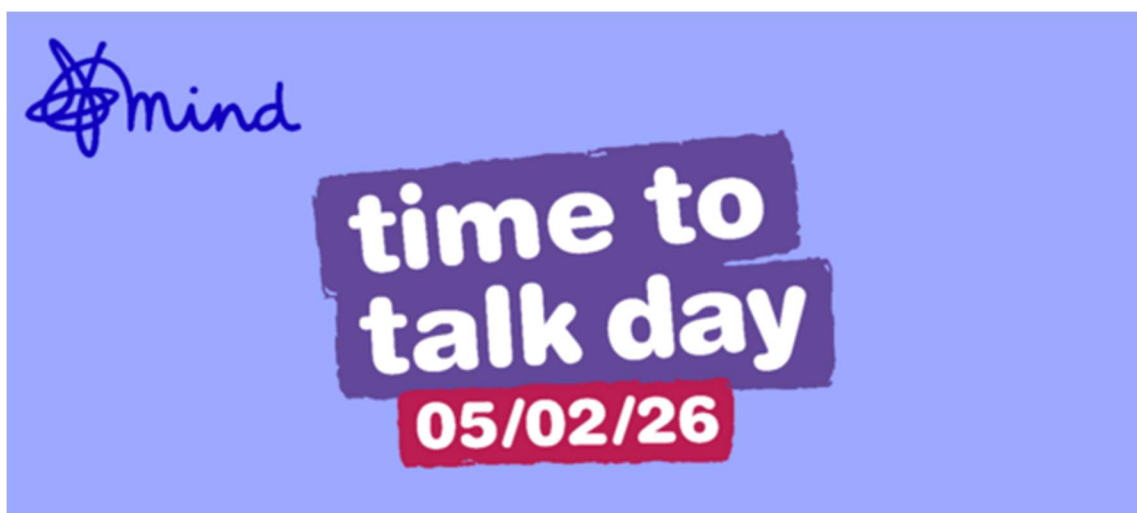
Newsletter

5 February 2026

Time To Talk Day 2025

It's Time to Talk Day - the nation's biggest conversation around mental health. This 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. Visit [the Mind Website](#) for more information and resources, including links to Mind's Conversations in the Community training.

Read more about the support available from the Herefordshire and Worcestershire Orange Button Scheme on the [Talk Community Directory](#). If you or someone you know needs support, you can find more information and resources on our [mental health and emotional wellbeing pages](#).



The Big HAF Day is on its way!

Looking for something fun (and free!) to do with the kids this half term? Talk Community are delighted to announce that The Big HAF Day is taking place on Wednesday 18 February.

Children and young people eligible for benefits-related free school meals, along with their families, are invited to enjoy a fun-packed day full of things to see, try and explore. From face painting and coding to ceramics, martial arts, forest school and much more, there'll be something for everyone to get stuck into.

That's not all! Eligible families can now also book up to two free activities from a limited programme, including:

- Halo Leisure
- Panto at The Courtyard
- Flip Out

Bookings are filling up fast, so please share amongst your networks whilst places are still available. For more information, please visit the [Talk Community Directory](#).



HALO LEISURE

FLIP OUT

PANTO AT THE COURTYARD

BIG HAF DAY

WHITECROSS HIGH SCHOOL, HR4 ORN
WEDS 18TH FEBRUARY 10AM - 2PM

ONLY A FEW SPACES LEFT!

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

Free training to strengthen volunteering in Herefordshire

Talk Community, in partnership with Goal 17, is proud to host the Herefordshire Volunteering Academy - a new digital hub designed to support voluntary, community and social enterprise (VCSE) organisations across the county.

Alongside local volunteering opportunities, the Academy offers free training and resources to help organisations recruit, manage and retain volunteers. This free training is designed to help organisations of all sizes get volunteers involved safely, legally and effectively, with practical guidance that can be applied straight away, making it easier to build strong, sustainable volunteering programmes.

Whether you're a small community group just starting out, or an established organisation looking to strengthen your approach to volunteering, the training covers essential good practice and supports confident, inclusive volunteer involvement.

Sign up to the [Herefordshire Volunteering Academy](#) today.



Children's Mental Health Week 2026

This year, Children's Mental Health Week will take place from 9 – 15 February. For 2026, the theme is 'This is My Place', highlighting the important role a sense of belonging can play in a child's wellbeing. The campaign aims to encourage the systems around children and young people to help them feel they belong. To support this, Place2Be have put together a raft of resources for families and communities which includes top tips and fun activities. You can explore them all on [the Children's Mental Health Week website](#).

Find out how to access support and advice about mental health and wellbeing, including local organisations, support groups and information on the [Talk Community Directory](#).



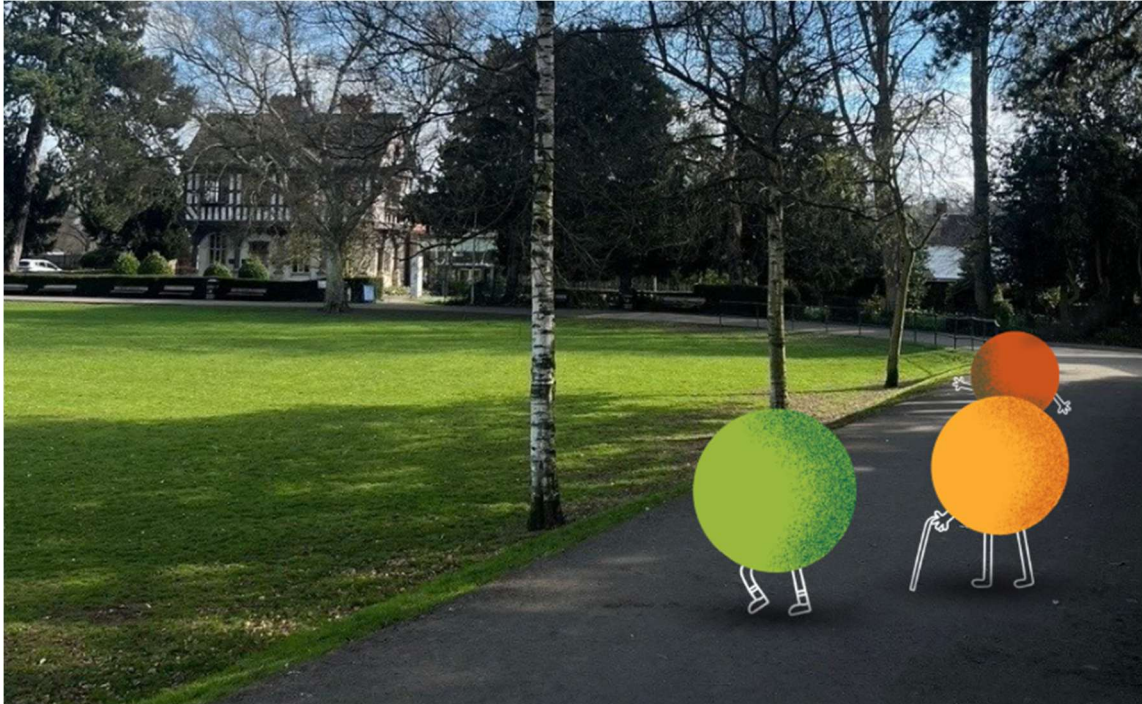
Walk Leader Opportunity

Are you interested in leading a walk in your local area? The Healthy Lifestyle Service at Talk Community are offering free Walk Leader training for anyone who is interested in leading a short, accessible walk in their local community.

The training is delivered under the [Ramblers Wellbeing Walks](#) framework. The walks provide an important community resource to anyone looking to get, or stay active and connect with others in their local area. There are already several walks taking place around Herefordshire; come along to learn more about the role of a Walk Leader, and to see for yourself how beneficial these walks are!

To help begin your journey, Ramblers are hosting an online webinar introduction to walk leadership. Register your interest on the [Eventbrite page](#). You can also find details of your

nearest walk on the [Talk Community Directory](#) or contact the Healthy Lifestyle Service on 01432 383567 or email HLTS@herefordshire.gov.uk



Herefordshire Rural Housing Need

Together for Rural Affordable Housing – Herefordshire is a collaborative campaign bringing communities, organisations, and decision-makers together to address Herefordshire's rural housing need.

Led by Community First Herefordshire & Worcestershire's Rural Housing Enabler project, and supported by hvoss and the Marches Community Led Housing Hub (MCLH), the campaign is building a strong coalition of valued partners. Their shared mission is to create the conditions for more affordable homes that support a thriving rural economy and vibrant community life.

A multi-stakeholder steering group has been formed and is now working to clarify the most promising options, explore new delivery models, and shape a coordinated approach that can deliver real change. The next major milestone will be a live session at NMITE, Skylon Campus, tomorrow on 6 February, 10:30am - 1pm where emerging insights and opportunities will be shared.

Everyone who cares about the future of Herefordshire is invited to take part. Join the conversation, bring your ideas, and help shape what's possible for rural affordable housing across our county.

To book, please [email](#) or search [Eventbrite](#).

Together for Rural Affordable Housing

Talk Community URL reminder

Last year we moved from talkcommunity.org to talkcommunity.co.uk, and this is now our only official website.

We're asking partner organisations and community groups to please check any materials where Talk Community is mentioned. If you're still using or promoting the old .org web address - for example on posters, flyers, leaflets, websites, social media, or signposting materials - we'd really appreciate it if you could update this to talkcommunity.co.uk.

If you have existing printed materials that include the old URL, or you'd like updated posters, flyers, or digital assets, please get in touch and we'll be happy to help. Thank you for your continued support in helping people find the right information and support through Talk Community.

Please note: www.talkcommunitydirectory.org will redirect to our current website, but using our up to date URL works best!

What's new on the directory?

We've added another set of exciting events and groups to the Talk Community Directory this week, offering opportunities to connect, learn and celebrate community life. From youth support and family activities to equality-focused events and networking opportunities, there's plenty happening across Herefordshire.

[Services Breakfast at Ledbury Rugby Club](#)

[Table Tennis Together OPEN DAY](#)

[Empowered Youth](#)

[Ditsy's Little Stars](#)

[Herefordshire Women's Equality Monthly Meeting](#)

[International Women's Day 2026: Standing Our Grand](#)

[Masfield Matters](#)

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

