



Newsletter

12 March 2026

Bookings are now open for the Easter HAF Programme!

The HAF (Holiday Activities and Food) programme offers fully funded activities to eligible families this Easter. The programme is open to children and young people (school aged 5 to 16) who receive benefits-related free school meals.

Eligible children and young people can enjoy up to 4 free activity sessions throughout the programme, which will run between Monday 30 March - Thursday 2 April. There will be a free, healthy meal at each session. Activities on offer include trampolining, coding, forest fun, cookery, archery and more!

Eligible families can book their places on the [Talk Community Directory](#). For more information on the programme contact HAF@herefordshire.gov.uk



The HAF programme is fully funded by the Department for Education.

Free Family fun and egg-cellent events this Easter holidays

If you're looking for ideas to help you and your family stay active and entertained during the school holidays then look no further. We've been on a little hunt for all things family friendly for the Easter holidays and found some egg-cellent events and activities, including some that are free! So, hop along to [the Talk Community Directory](#) and discover what's taking place near you!

If you have a family friendly activity taking place during the Easter holidays please do get in touch as we would love to help you to spread the word! You can register any events or activities on the [Talk Community Directory](#) or email the information over to us at talkcommunityengagement@herefordshire.gov.uk



No Smoking Day

This No Smoking Day is the perfect opportunity to take the first step toward a healthier, smoke-free future, and Talk Community is here to help with a range of free support options across Herefordshire.

Residents can now download Herefordshire Council's Smoke Free App, offering personalised quit plans, motivational tools, progress tracking and tips to manage cravings. The app is completely free for Herefordshire residents and more information can be found via the [Talk Community Directory](#).

For those who prefer face-to-face support, the Talk Community Healthy Lifestyle Service runs drop-in stop smoking sessions across the county, where trained health and wellbeing advisors can guide you through a free 12-week programme. This includes access to nicotine replacement therapy or a vape kit to help manage cravings, along with personalised advice to keep you on track. There's no need to book - simply drop in, speak to the team and take that meaningful step towards a smoke-free future this No Smoking Day. Find your nearest session on the [Talk Community Directory](#).

STOP SMOKING DROP-IN SESSIONS

DROP IN TO SEE ONE OF OUR HEALTH AND WELLBEING TRAINERS
AND FIND OUT HOW THEY CAN HELP – **NO NEED TO BOOK.**



ACCESS TO NRT AND
FREE VAPE KITS



12 WEEK PROGRAMME
+ SUPPORT NETWORK

HEREFORD OUR LADY'S CHURCH, HR2 7JR

MONDAYS, 10AM - 12:30PM

NEWTON FARM COMMUNITY HUB, HR2 7HG

TUESDAYS, 9AM - 12:30PM

KINGTON BURTON HOTEL, HR5 3BQ **THURSDAYS [FORTNIGHTLY], 1AM - 3PM**

HEREFORD WELSH SOCIAL CLUB, HR2 6BL

FRIDAYS, 12PM - 3:30PM



TALK COMMUNITY

Young Carers Action Day

Young Carers Action Day took place on Wednesday 11 March. Organised and led by Carers Trust, the day raises awareness of the thousands of young people who care for a family member or friend, often balancing significant responsibilities alongside school, work, and everyday life.

Being a young carer can be tough, but no one has to face it alone. Support is available across Herefordshire, from emotional help and practical advice to financial guidance and local services designed to make life a little easier. If you or someone you know is a young carer, the Talk Community Directory provides a dedicated hub of information and support options to help you find the right help when you need it. Explore support for young carers on the [Looking after someone page](#).

CARERS TRUST



Training Opportunity: Men and Masculinities

The upcoming Men and Masculinities training session, delivered by Cranstoun, will help professionals build a stronger understanding of masculinity, behaviour, and the ways these influence relationships, safety and wider family dynamics. It is particularly relevant for colleagues working with individuals and families where there may be concerns around harmful behaviours, domestic abuse or relationship conflict. The training is designed to increase confidence in recognising issues, having informed conversations and knowing what support is available.

The session will take place on Monday 30 March, from 10am to 4pm, at Plough Lane. Full details and booking information are available on the [Herefordshire Safeguarding website](#).



Village Halls Week 16-22 March

Village Halls week is an opportunity to celebrate the important role village halls play in supporting the wellbeing of our local communities. Village Halls support health and wellbeing in many ways, from providing spaces for exercise, learning opportunities and social gatherings for local residents. At the core of Herefordshire's network of village halls

is the fantastic work of many committed volunteers. So many thanks to those of you supporting this vital work!

If you'd like to find out more, the [ACRE website](#) has more information about Village Halls Week, and more generalised support and advice for village halls.

If you host activities or events at your local village hall and would like some help spreading the word about these events, you can add them to our [What's on Calendar](#) by clicking the green 'Add an event' button.



What's new on the directory?

The Talk Community Directory is a one stop shop for all things going on in Herefordshire. From family activities and social events to wellbeing classes and useful services, there's plenty to discover. Take a look at this week's latest additions:

[Easter Holiday Club](#)

[Easter Donkey Trail](#)

[Here for Games Con](#)

[Mindfulness for Health Course](#)

[Early Prevention of Homelessness Drop in at Ledbury Food Bank](#)

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

