



Newsletter

19 March 2026

Fully Funded Activities for Eligible Families this Easter

Bookings are now open for the Here For Herefordshire Holidays programme. The HAF (Holiday Activities and Food) programme is open to children and young people (school aged 5 to 16) who receive benefits-related free school meals. This Easter, activities include dance, crafts, sports, cheerleading and much more! 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 on offer at each session.

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.

Health Horizons Programme

Halo Leisure's Health Horizons programme is designed to support residents navigating the challenges of long-term health conditions. Health Horizons runs over 4 weeks at Hereford Leisure Centre and is tailored for individuals managing heart health, neurological conditions, or recovering from cancer. The programme provides a safe, social and expert-led environment where individuals can regain confidence and connect with others in similar situations.

The programme has been supported by Herefordshire Community Foundation and is free for Halo members and £3.50 for non members. For more information, including details of how to book please visit the [Halo website](#).

A Journey Towards a Healthier, More Balanced Life.



HALO HEALTH HORIZONS



Stop Loan Sharks training seminars – New sessions available!

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](#).



Herefordshire Histories Festival returns this May

This May residents can enjoy the countywide Herefordshire Histories Festival.

The 2026 programme already offers some entertaining and unusual events. There's sword and archery play with Lesley Arrowsmith (Cusop, 9 May), and a hands-on History Supermarket at Hereford's free History Day (St Peters Church, 16 May); family historians can explore county war memorials (Putley, 14 May) or research Hereford's Norman past with experts (City Guide walks, daily). Plus, there's plenty [more events to discover!](#)

If you'd like to find out more or if you or your community group would like to host an event, please visit [The Herefordshire Histories Festival website](#).



Parkinson's UK Physical Activity Grant Scheme

The Parkinson's UK Physical Activity Grant Scheme is now open for applications! The grant scheme helps fund activity providers to give people with Parkinson's more opportunities to get and stay active.

Applications are encouraged from organisations and activity providers who can support more inactive or lower mobility participants living with Parkinson's to move more in 2026. Physical activity can have many physical, mental and social benefits for someone living with Parkinson's, from improving energy levels to reducing risk of falls.

Organisations and activity providers can apply for grants from £500 up to £3,000. For more information about the Physical Activity Grants Programme please visit the [Parkinson's UK website](https://www.parkinsons.org.uk), or email physicalactivity@parkinsons.org.uk



Walking Football Week (25 March – 3 April)

To celebrate [Walking Football Week](#), [Herefordshire Football Association](#) are hosting a [free daytime session](#) on Wednesday 25 March at 1pm. The session is open to anyone aged 16 or above and will be a great opportunity to try the slower paced format of the beautiful game.

The event will take place at Herefordshire FA, Widemarsh Common on Wednesday 25 March 1-2pm with refreshments after the football.

For more information about walking football visit the [Herefordshire FA website](#), or to enquire about the event please contact scott.russell@herefordshirefa.com



What's new on the directory?

With a welcome bit of sunshine finally breaking through, it's starting to feel like the world is waking up again, and so are our local activities. This week brings a brilliant mix of creative sessions, supportive workshops and opportunities to get moving, connect and celebrate our community.

New additions to the Talk Community Directory include:

[Hereford Craft Group – DIY Sensory Items for Autistic Adults](#)

[The Positives of Autism Workshop for Autistic Adults](#)

[The Positives of Autism Workshop for Professionals](#)

[Wellbeing Walk for Autistic Adults – Hereford Pop up](#)

[Hereford Gang Show](#)

[Together Time \(Ross on Wye\)](#)

[Love to Sing Choir](#)

[Headway Herefordshire](#)

[Walking Football Week](#)

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

