



## Newsletter

16 April 2026

### Easter HAF – Thank you!

We want to say a big thank you to all our amazing HAF providers and helpers!

This Easter we had 30+ brilliant local providers who ran everything from sports and crafts to coding, cooking, circus skills and more. You made this Easter's programme full of fun, food and springtime magic for families across Herefordshire. We couldn't do it without you!

We can't wait to be back with more activities in the summer.



HAF is funded by the Department for Education

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### **Free, friendly community Park Yoga is coming to Leominster**

Park Yoga is coming to Leominster. The weekly sessions will take place every Sunday at the Grange, from 3 May - 13 September, 9:30 -10:30am. It is completely free to attend with no need to book, you can simply just turn up! The Park Yoga sessions are open to everyone regardless of ability and are a great way to boost both your physical and mental wellbeing.

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

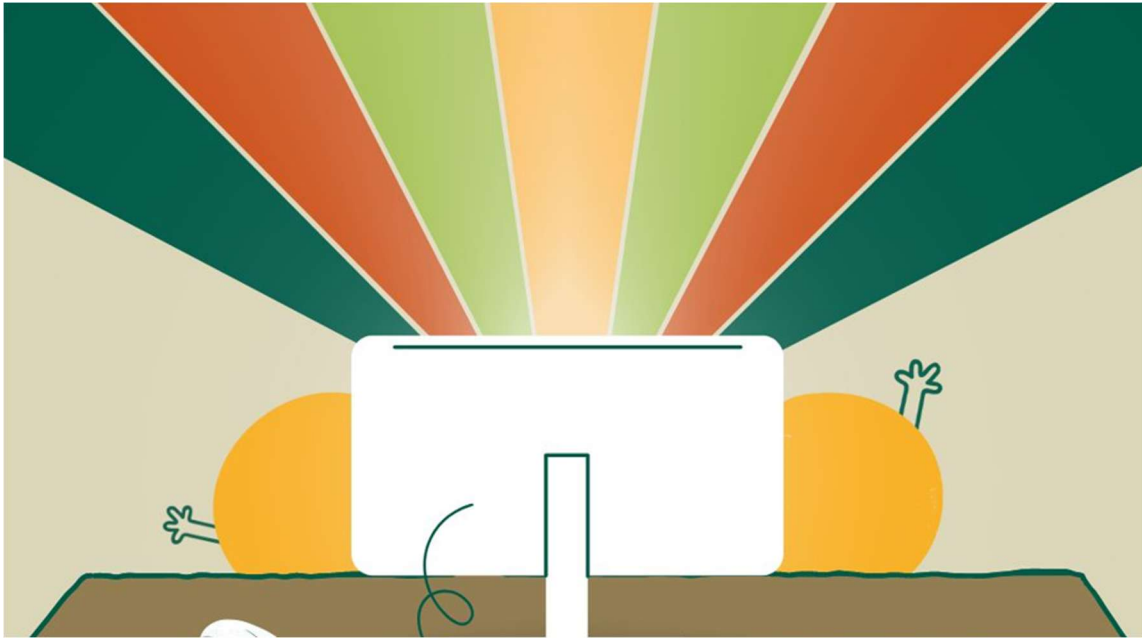


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### **Find Funding at Your Fingertips**

The Talk Community [Grant Finder tool](#) is a one stop shop for funding information, providing regularly updated funding opportunities. It enables you to browse the different grants which are available, whether you are a charity, social enterprise, community group or parish council, offering access to thousands of funds available on a European, national and regional basis.

The good news is that it is completely free to sign up to! So if you have a specific project in mind, you can search for those funding opportunities which may be most relevant to you and once you are signed up, you can receive updates of new funding opportunities.



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### **Join the Herefordshire Tackling DA Network Online!**

The Tackling Domestic Abuse Network is a bi-monthly themed networking event run via Microsoft Teams for all professionals and volunteers working with victims of domestic abuse in Herefordshire. The network aims to increase awareness of each organisation's role, remit and challenges, share best practice and increase joint working.

The next session will be on Wednesday 6 May and will feature presentations from West Mercia Women's Aid about Child Focused Court IDVA's and The Penelope Project (a military specialist domestic abuse support pathway). Please reserve your space by visiting the [Eventbrite page](#).



## Community Cancer Champions

Community Cancer Champions, led by Community Power, are local volunteers who help people learn about cancer in a simple, friendly way. They share easy-to-understand information about staying healthy, spotting signs early, and getting help when it's needed. Champions are not health experts, they are everyday people who care about their community.

All champions will receive free training and resources, as well as ongoing support - becoming part of a friendly network of other volunteers. The good news is that there's a training session coming up on Thursday 23 April so if you'd like to find out more about becoming a volunteer, you can sign up today by visiting the Community Power [Eventbrite page](#). For more information please visit the [Community Power website](#).



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## Pathfinder Support and Training

Pathfinder is a joint project between WMRSASC and Herefordshire and Worcestershire Health and Care NHS Trust, providing specialist support to adults aged 18 and over who have been impacted by sexual violence and are experiencing complex mental health needs. The service offers one-to-one support, group work, counselling and training.

Pathfinder also delivers free training for professionals working across Herefordshire and Worcestershire, aimed at improving confidence and skills in responding to sexual harassment and violence. Training covers understanding sexual violence and harassment, responding to disclosures, and the sexual violence legal system. Sessions are available online or face to face, with planned dates as well as bespoke training for teams and groups.

You can book a place on the '[responding to a disclosure of sexual violence](#)' course, or a place on the '[sexual violence and the legal system](#)' course. For more information contact the Pathfinder team at [pathfinder@wmrsasc.org.uk](mailto:pathfinder@wmrsasc.org.uk).



# West Mercia Rape & Sexual Abuse Support Centre



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## What's new on the directory?

There's always lots happening across Herefordshire, with activities and events for all ages and interests. From family-friendly sessions and outdoor wellbeing activities to practical advice and opportunities to get active, here's a snapshot of what's new on our Directory and how you can get involved.

[Dovetails Stay and Play](#)

[Park Yoga Leominster](#)

[Widemarsh Weekly Wellbeing Walk](#)

[Energy Advice Drop in – Ross Community Garden](#)

[Energy Advice Drop in – Baron's Cross](#)

[Open Day with Free Outdoor Bowling](#)

[Top tips for safe family farm visits - Talk Community Directory](#)

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

## Shared Lives Carers



Our **lives** get better  
when they're **shared**