



Newsletter

23 April 2026

A quick update on our newsletters

Our Talk Community newsletter will continue to focus on information for community organisations, hubs, leaders and services, including funding opportunities, training, national campaigns and sector updates. To better reflect this focus, Talk Community will be moving from a weekly to a monthly newsletter.

Alongside this, we're launching a new public-facing newsletter called Spread the Word!

Spread the Word will also be monthly and is designed for a wider audience. It will share local news, community events, opportunities to get involved and positive stories from across our communities. By separating our newsletters, we can make sure that Talk Community stays focused on sector-specific updates.

If you work with residents or community members who might enjoy hearing about local events and good news, please help us to spread the word - [sign up on the Talk Community Directory](#).

Or, if you have any stories and contributions you'd like shared to the public, please email us: talkcommunityengagement@herefordshire.gov.uk



Mental Health Awareness Week 2026 – Taking Action in Herefordshire

Organised by the Mental Health Foundation, Mental Health Awareness Week runs from 11–17 May 2026 and this year’s theme is Action – encouraging us all to take simple, practical steps to support our mental wellbeing and that of others.

Herefordshire Mind is supporting the week with ideas to help individuals, workplaces and communities get involved. They’ve created [a short booklet](#) packed with suggestions for raising awareness online, in the workplace and across local communities. It’s free to download, print and share, making it easy for everyone to take part.

For anyone looking for mental health and emotional wellbeing support, the Talk Community Directory brings together local services, groups and information for people of all ages across Herefordshire, helping you find the right support at the right time. For more information, visit our [mental health and emotional wellbeing page](#).



Vaccination update: RSV and COVID-19 spring vaccines

Two important vaccination programmes are now available to help protect people most at risk of serious illness.

The RSV (respiratory syncytial virus) vaccine is available free on the NHS for all adults aged 75 and over and for adults living in a care home for older people. RSV is a common virus and a major cause of lung infections such as bronchitis and pneumonia, particularly in older adults. The RSV vaccine is also offered on the NHS to pregnant women from 28 weeks during every pregnancy to help protect newborn babies.

Bookings are also now open for the COVID-19 spring vaccination. This vaccine is offered to adults aged 75 and over, residents in care homes for older people, and people aged 6

months and over who are immunosuppressed. The spring programme helps maintain protection against severe illness from COVID-19 for those most likely to benefit.

The COVID-19 vaccine is available until 30 June and online booking closes on 29 June. Those who are eligible do not need to wait for an invitation before booking an appointment. For the latest info about the COVID-19 spring programme, please visit [the NHS website](#).

UKHSA and NHS England have a range of posters, toolkits and digital resources available to support local promotion of both vaccination programmes. These can be accessed via the [Campaign Resource Centre](#), with additional materials available on the [Find Public Health Resources website](#).



New Ketamine harm reduction campaign: *Know Your K*

Turning Point has launched Know Your K, a new ketamine harm reduction campaign aimed at raising awareness of the effects of ketamine and supporting people to stay safer.

The campaign provides clear, factual information about ketamine, including potential risks, advice on reducing harm if people choose to use it, the importance of early intervention, and where to go for support. It has been developed with input from both professionals and people with lived experience.

As part of the campaign, Turning Point is encouraging people to visit the campaign landing page, explore the resources, [and try the interactive quiz](#) designed to test knowledge and challenge common myths.

Find out more and access the campaign resources on the [Turning Point website](#).

TURNING POINT



Free Stay and Play sessions launching at Herefordshire libraries

Herefordshire Libraries are launching free Stay and Play sessions for parents, carers and young children, starting from 27 April.

The weekly drop-in sessions will take place at Hereford, Leominster, Ross-on-Wye and Ledbury libraries, offering a welcoming space for children aged 0–5 years and their families.

Building on the success of the libraries' popular Storytime sessions, Stay and Play gives families the chance to spend time together enjoying toys, games, crafts and stories in a relaxed and friendly environment. The sessions are designed to support early learning, social interaction and family connection, with no need to book in advance.

To find out more, contact Hereford, Leominster, Ross-on-Wye or Ledbury libraries, or search for the Herefordshire Libraries Storytimes and Stay and Play page on [Eventbrite](#).



Helping families stay healthy

Healthy Start is a national scheme which aims to support healthy nutrition for children and pregnant women.

The scheme provides eligible families with a Healthy Start Card with money on it to spend on fruit, vegetables (fresh, tinned and frozen) and milk, as well as free vitamins, which support healthy growth and development during the early years. If you are more than 10 weeks pregnant or have children under the age of four, and are in receipt of certain benefits, you may qualify for Healthy Start.

To find out more, visit the [Healthy Start website](#).



What's new on the directory?

With the sun starting to make more of an appearance, it's a great time to get out and about and connect with what's happening locally. Here are some of the latest activities, groups and opportunities that have been added to the Talk Community Directory.

[Bingo Night – Holme Lacy Village Hall](#)

[Paradise Court Friday Social Club](#)

[Join Dementia Research](#)

[Help at Home Herefordshire – Age UK](#)

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

