

Talk Community Newsletter

19 November 2021

Fantastic new digital mental health service launches in Herefordshire

Herefordshire Council has commissioned a new digital mental health service for all adults aged 19 and over to access in the county. Qwell, which is delivered by Kooth, the UK's leading digital mental health and wellbeing organisation, offers free and confidential digital counselling and emotional support.

The service is available 24 hours a day, 365 days a year via computer, tablet or smartphone. There are no waiting lists or referrals needed, which will enable people to quickly and easily access support, at a time that is convenient for them.

There are one to one counselling support sessions available, with fully qualified wellbeing practitioners (12pm to 10pm weekdays and 6pm to 10pm weekends and holidays), alongside an extensive range of self-care and psychoeducational materials, peer to peer support via moderated community forums, helpful articles and personal tools, such as an online journal.

To find out more about the new service, take a look at our newsroom article at www.talkcommunitydirectory.org/qwell.

Online webinars available...

If you're supporting adults with mental health concerns in Herefordshire and would like to know more about Qwell, Kooth is running two free webinars to help you discover more about the service.

The webinars are taking place on:

Tuesday 23 November 4pm to 5pm

Thursday 16 December 11am to 12pm

To book a place at one of the webinars, please visit the [Eventbrite website](#).

Free mental health training courses now available

We're delighted to offer **free** Mental Health First Aid and Mental Health Awareness training courses for our Talk Community partner organisations.

The courses will help parish councils, community groups and voluntary organisations support the mental health and wellbeing of local residents, along with volunteers and staff. They can help you feel more comfortable and confident to talk about mental health and wellbeing and how to respond when issues arise.

Mental Health First Aid: Two day course

| Venue | Date | Time |
|--|--|------------------------|
| Museum of Cider Pomona Place, Hereford, HR4 0EF | Tuesday 23 November Tuesday 30 November | 9am – 5pm 9am – 5pm |
| The Hope Centre Hereford Road, Bromyard, HR7 4QU | Friday 3 December Friday 10 December | 9am – 5pm 9am – 5pm |

Mental Health Awareness: Half day course

| Venue | Date | Time |
|---|----------------------|-----------------|
| Online | Thursday 2 December | 1:30pm – 4:30pm |
| Kindle Centre Belmont Road, Hereford, HR2 7JE | Wednesday 8 December | 10am – 1pm |

How to book your free session...

- Call: Fran Wheatley on 01684 312730 (voicemail available)
- E-mail: francesw@comfirst.org.uk
- Online: [Herefordshire and Worcestershire Wellbeing and Recovery College website](#)

Have your say on Herefordshire's Citizens' Climate Assembly

Thank you to everyone who attended the online sessions this week, to have your say on the key issues which you feel should be considered by the Herefordshire Citizens' Climate Assembly, when it meets in January 2022 to discuss how the county should meet the challenges of climate change.

Don't worry if you were unable to attend, as an additional online session is now taking place on Tuesday 23 November from 7pm to 8:30pm. To register your place, please e-mail citizensassembly@herefordshire.gov.uk.

To find out more about the assembly, visit www.herefordshire.gov.uk/citizensassembly or e-mail Sarah Fishbourne at sarah@impactconsultancy.co.uk.

Exciting new Sport England funding available

Sport England is investing £3.5million of National Lottery money to help community sport and physical activity groups create or improve facilities in their local area to bring communities together, as part of a long term legacy connected to the 2022 Commonwealth Games in Birmingham.

The Places and Spaces Fund aims to tackle inactivity in our local communities and engage with underrepresented groups, including those on lower incomes or disabled people.

To find out more about the fund and how to make an application, visit the [Sport England website](#).

Covid-19 update

There is still local and national Covid-19 information and support available.

Local data: [Understanding Herefordshire Covid-19 summary website](#)

Local information: [Herefordshire Council website](#)

Local vaccinations: [Herefordshire and Worcestershire Clinical Commissioning Group website](#)

National guidance: [Government website](#)

Urgent medication supplies: [NHS website](#) / call NHS 111

Talk Community helpline: The helpline is still available to help residents, who don't have support from family, friends or their local community, with food supplies, medication delivery or befriending (this includes those who are self-isolating).

Call: 01432 260027

E-mail: talkcommunityhelpline@herefordshire.gov.uk

Online: [Coronavirus - Talk Community support](#)

www.talkcommunity.org