

# Talk Community Newsletter

14 March 2022

**We're making up for a little bit of lost time here folks – a bumper edition follows.**

**There's one, two ... five new Talk Community Hubs.**

In different shapes and sizes, we're welcoming five new Talk Community Hubs on board. All happy to help you access wellbeing information and find out about services, groups and activities across the county, and all tailored to what their community is looking for in a hub.

**ECHO hub** in Leominster, on Mondays from 10am to 3pm, is a place where you can take a comfy seat, and enjoy a cuppa. Take time to look around the shop too, with fantastic craft goods, and products from the social enterprise projects.

**E.F. Bulmer Trust** are based at The Fred Bulmer Centre, nestled in the centre of Hereford, with its hub available every Thursday. The centre is a welcoming home to a number of charities, who are also on hand at the hub to assist (subject to their availability).

**Ledbury Food Bank** as well as providing food parcels for those in need, they're also offering a free breakfast, with plenty of tea and coffee. Pop in to see them on Wednesdays and Fridays (10am to 12pm), you can be sure of a friendly face and a kind, listening ear.

**Marden Links** is a virtual hub, helping people stay up to date and connected to the local Marden community, through their friendly information service. They're re-developing their amazing community website too – one to watch out for.

**The Pavilion, Castle Green** have a fantastic active community group, and are now offering a monthly Talk Community Hub too (first Thursday of the month, from 12pm to 1.30pm). Enjoy a cuppa and a chat in the Georgian pavilion, with the most beautiful outlook over the River Wye.

To find out more about all of our hubs, visit [www.talkcommunitydirectory.org/hubs](http://www.talkcommunitydirectory.org/hubs).

## **Support for Ukraine**

Russia's invasion of Ukraine is distressing and concerning, it's a deeply saddening time to see the devastating impact of war on families and communities. For many years Herefordshire has welcomed workers from Eastern Europe, Ukraine included, and some have stayed and are bringing up their families here.

We've collated resources together on the Talk Community Directory, to help our

fellow Ukrainians, along with different ways that we can support each other as well. There's information on how you can donate to get urgent supplies to people fleeing Ukraine; and how to support children and young people who may have questions about the war or are seeking reassurance.

The page includes:

- [Hereford Help for Ukraine Facebook group](#) – information about what support is available locally and where drop off points are across the county, to take essential donated items to.
- [Herefordshire Refugees Appeal](#) - donations will fund the transport of essential goods from Herefordshire to where they are needed, with residual funds supporting the resettlement of refugees in Herefordshire (Herefordshire Community Foundation and Hereford Times). Donate through the [Herefordshire Community Foundation website](#).

The information pages, services and groups on the [Talk Community Directory](#) can be translated into over 100 different languages, including Ukrainian.

Our Ukraine support information can be found at [www.talkcommunitydirectory.org/ukraine](http://www.talkcommunitydirectory.org/ukraine)

### **Meet the funder event – Groundwork West Midlands**

Our friends at HVOSS are hosting a **free** online event on Wednesday 30 March (2pm to 3pm) for any not for profit groups or organisations looking to fund a new project, which can help their local community to thrive.

It's time to pop your red nose on, as Groundwork West Midlands explores the Comic Relief Community Fund. The fund is open to Grassroots community-led local organisations with an annual turnover of £250,000 or below, and applications need to sit within one of the four key themes – A safe place to be; Children survive and thrive; Gender justice or Mental health matters.

The online session will share details about the Comic Relief Community Fund, how to apply and tips on what to include on the application form (very handy). Information about the fund can be found on the [Comic Relief Community Fund website](#).

To find out more and book your free place on the online event, visit the [Eventbrite website](#).

## Fantastic programme for mums running again in March and April

Herefordshire Healthy Mums is a wonderful 12 week programme for mums with little ones under the age of two, which promotes safe weight loss with no diet plans or strict eating regimes. A team of experts help mums make small changes and turn them into healthy habits for life, for them and their family.

Talk Community is delighted to help promote this fantastic free service. The next sessions start this month, in the following locations...

### **Hope Centre, Bromyard**

Wednesday 23 March 2pm to 3pm

### **Widemarsh Children's Centre, Hereford**

Friday 25 March 1pm to 2pm

For further details, session start dates in April across the county, and how to book a place, please visit our [Talk Community Directory](#).

## Light Hereford Yellow and remember

A National Day of Reflection, Wednesday 23 March, is a time to connect, supporting the millions of people who are grieving, and remembering the family, friends, neighbours and colleagues we've lost during the pandemic. The day was started by Marie Curie and information about how to get involved on the day can be found on the [Marie Curie website](#).

An event outside Hereford Cathedral, organised by Covid-19 families Hereford, will take place at 11am on 23 March, with speakers, prayers and a choir, and the reading of a list of those we have sadly lost locally either directly or indirectly to Covid-19.

If we're not able to attend the service, we can all take part by wearing yellow on the day and taking a moment at noon to reflect. In the evening, local Landmarks and businesses are encouraged to **Light Hereford Yellow** in remembrance and togetherness, and we can all take part by lighting a candle on our doorstep at 8pm and decorating our homes with yellow.

If you would like more information or would like to add someone to the remembrance list, please email [reflectionday22@outlook.com](mailto:reflectionday22@outlook.com)

## Supporting Rural Communities

The Prince's Countryside Fund is inviting applications for grants, for projects that will have a lasting impact in rural communities. If you're part of a group or organisation in a hamlet, village or small market town in our beautiful county, this could be for you.

The funding available is up to £25,000 over two years, and applicants must be from properly constituted, not for profit organisations with an income of less than £500,000.

For more information and how to apply, visit the [Princes Countryside Fund website](#). The spring grant is open for applications until midday on Tuesday 12 April.

### **Get ready to spring into spring – a fund with equality in mind**

As the evenings are getting lighter, and spring is starting to show itself, it can feel like a good time to emerge into doing something more active (give it a go).

If you're part of an organisation that can support and encourage people to become more active, then Active Herefordshire and Worcestershire is keen to work with you.

There is funding available to help tackle inequalities by supporting local communities to become and remain active following the pandemic. We could be talking cycling, walking or yoga – and yes gardening too (if part of a wider project that involves other physical activity).

If you're interested in applying for the Tackling Inequalities Fund, visit the [Active Herefordshire and Worcestershire 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](mailto:talkcommunityhelpline@herefordshire.gov.uk)

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