



Talk Community Newsletter 14 January 2022

Talk Community Hubs – What's new?

We're celebrating our latest Talk Community Hubs launching this week. There are 3 of them!

They are all different, yet perfectly formed and placed to help their local residents quickly and easily access wellbeing information and find services, groups and activities to keep them healthy, independent and connected to their local community.

Our new hubs are in Hereford and Holme Lacy.

- Close House Talk Community hub, Hereford
- Holme Lacy Village Hub
- The Space Talk Community Hub, Hereford

To find out more about them and all of our hubs, visit www.talkcommunitydirectory.org/hubs.

New community development guide now available (we know how to look after you!)

The Talk Community Directory now includes a [Community development guide](#) compiled through the knowledge and experience of the Talk Community Development Team.

Covering information on social enterprises, charities, community groups, funding and grants, volunteering, community engagement and community cohesion, it's a useful tool and first point of reference.

Our Talk Community Development Officers continue to provide support across the county and can be contacted on talkcommunityenquiries@herefordshire.gov.uk:

- **Aimee Williams** - East PCN area (Bromyard and Ledbury, surrounding parishes)

- **Jess Howdle** - North and West PCN area (Leominster and Kington, surrounding parishes)
- **Elaine Edwards & Philippa Lydford** - Hereford City PCN area (Hereford / surrounding parishes)
- **Karen Stanton** - South and West PCN area (Golden Valley, Ross-on-Wye / surrounding parishes)

Keeping well in winter

Let [Talk Community](#) help you make sure you're prepared for winter, whatever the weather may throw at us!

It's always best to plan ahead, so if severe weather hits the county or you have to isolate due to Covid, you'll have peace of mind that everything is taken care of.

Check out our [Keeping well in winter](#) information.

Don't forget to get your jab

There are various vaccination clinics throughout the county where you can get your first, second or booster coronavirus (COVID-19) vaccination. These include some Walk In Clinics and Mobile units.

For the different options of where to go for a vaccination, and dates coming up, visit the [Herefordshire General Practice website](#)

Herefordshire Council is offering a free return taxi service to vaccination sites, for anyone finding it difficult to get to Covid-19 vaccination centres, who live in some areas of Hereford. For further information visit the [Herefordshire Council website](#).

Fancy a brew?

The third Monday in January is often referred to as 'the most difficult day of the year' or 'Blue Monday' but the Samaritans want to dispel this myth. The [Samaritans Brew Monday initiative](#) is about turning 'Blue Monday' into something positive and inspiring people to connect over a cuppa.

Films are a great conversation starter, and The Courtyard Theatre is offering £3 film tickets to House of Gucci (15) on Monday 17 January at 2.30pm, as part of the Samaritans Brew Monday initiative, and being a Talk Community Hub. Meet friends before or after the film for a brew and a natter.

You'll just need to use the code BREWMONDAY when booking your tickets, either through the Box Office on 01432 340555 or [The Courtyard Theatre website](#).



Halo Sport Foundation helps local athletes go for gold in 2022

Ahead of another huge year of sport including the Commonwealth Games, Herefordshire's next generation of title-chasing athletes can apply for training support in going for gold in the big events, thanks to the Halo Sport Foundation.

The foundation supports local sportspeople, representing over 30 different Olympic and Paralympic sports.

Applications are now open. Rising local sporting stars have until Sunday 20 February to apply for a share of the Sport Foundation support. Application forms and supporting information can be found on the [Halo 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).

