



## Talk Community Newsletter 1 April 2022

**Pinch, punch, first of the month!**



**...and we are finishing March having opened 2 new Talk Community Hubs!**

Please welcome Hereford FC Talk Community Hub! This hub offers a coffee morning with a difference, on the last Friday of each month, between 10am and 2pm. Come along to for tea and coffee and meet a different charity or group each month – this is a great way to find out about the fantastic work that our different charity and community organisations undertake! Staff and volunteers will also be on hand to help you find out more about activities and support in your local area.



Secondly, hello to our newest hub at St Thomas Cantilupe Primary School! This hub offers a fun Stay and Play session every Wednesday, 1:30pm to 2:30pm for families with young children. The hub also offers a cosy reading corner with books and teddies, an amazing area for budding builders and grown-ups can even have a chat too! This hub is a great way to make new friends and access information to connect you to activities, events and services in your local area and across the county.



To find out more about our Talk Community hubs, please visit the directory here: <https://www.talkcommunitydirectory.org/hubs>

**The one we've all been waiting for... Herefordshire Holiday Activities and Food Programme is back!**



We are super excited to announce that the Herefordshire Holiday Activities and Food programme (HAF) is back! And now open for bookings throughout the Easter Holidays!

This programme is free for all school aged children ages 4 to 16 (reception to Year 11), who are eligible for benefit related free school meals.

During the Easter holidays, there will be a fantastic range of exciting indoor and outdoor activities to choose from. The kids can try their hands at stand-up paddle boarding, circus skills, martial arts, street dance, football, arts and crafts and more! There will also be a healthy meal on offer at every session attended.

This programme is fully funded by the Department of Education and is an excellent programme for children to get involved with. Please sign up, share and promote where possible.

To book and for more info: <https://www.talkcommunity.org/holidayactivities/>

If you need help or have any questions then please feel free to email:

[HAF@herefordshire.gov.uk](mailto:HAF@herefordshire.gov.uk). There is also posts on Talk Community Social Media which you can share.

**Do you fancy a bite to eat whilst meeting new people?**

**If you are a member of the Connecting Business and Charity in Herefordshire Group, we have just the event for you.**



On 27th April 2022, we will be hosting a networking breakfast for members of the Connecting Business and Charity in Herefordshire Group.

We hope that this will be a relaxed, informal networking opportunity to renew awareness of how important collaboration is between our generous businesses and the vital work of our local charities.

This is a free event that will take place at the Life & Soul Kitchen between 7:30am – 9:30am.

Places can be booked through the [Eventbrite website](#). At present, this event is for members of the Business and Charity in Herefordshire Group, however, look out on our newsletter for any changes to this in the future or email [talkcommunitydirectory@herefordshire.gov.uk](mailto:talkcommunitydirectory@herefordshire.gov.uk) if you feel that this event would be perfect for you!

**Looking to become a volunteer?**



There is a variety of volunteering opportunities around Herefordshire. We have listed some of the awesome roles below, however, for more information and opportunities, please register with hvoss at [www.hvoss.org.uk](http://www.hvoss.org.uk)

<b>Role</b>	<b>Organisation</b>
Drivers	The Cart Shed
Honorary Treasurer	Herefordshire Green Network
Volunteer Generalist Advisor	Citizens Advice Herefordshire
Volunteer Receptionist/Admin	Citizens Advice Herefordshire
FamilyLine Volunteer	Family Action
Volunteer Counsellor	Family Action
Education Volunteer	Hands up for the Planet
Community Advocacy Volunteer	Onside
Relevant Persons Representative Volunteer	Onside
Independent Health Complaints Advocate Volunteer	Onside
Animal Fosterer	RSPCA Herefordshire branch
Online Trading Volunteers	St Michael's Hospice
Call Centre – Fleet and Logistics	St Michael's Hospice
Driver Co-ordinator	Guide Dogs
Volunteer Engineers	Hereford Waterworks Museum
Assistant Board Secretary	Larkrise Cohousing Ltd
Fundraiser	Larkrise Cohousing Ltd
Gardener	Hereford in Bloom (email <a href="mailto:md@merchantmetals.co.uk">md@merchantmetals.co.uk</a> for more info)
Exam Reader Scribe/Practical Assistant	Royal National College for the Blind
Office and front of house volunteers	South Wye Community Association

Stay and Play group leader	South Wye Community Association
Town Cyer, Mace or Stave bearers	Hereford City Council
Retail Volunteer	St Michael's Hospice (multiple locations)
Charity Shop volunteer	Barnardos
Ebay champion	Barnardos
Digital Inclusion Volunteers	Age Concern
Volunteering Fundraising Officer	Ross-on-Wye & Monmouth Sea Cadets
Wildlife Watch Leader	Herefordshire Wildlife Trust
Volunteer wild play ranger	Herefordshire Wildlife Trust
Nature Tots Assistant	Herefordshire Wildlife Trust

### How you can help Ukraine...



There is a huge effort across Herefordshire to support Ukraine. Listed below are some of the places where you can donate and help:

- **Hereford Help for Ukraine:**

Unit 37, Three Elms Trading Estate, Hereford HR4 9PU  
Follow them on Facebook for the latest information

- **Ledbury Ukraine Aid**

The Market House, Ledbury, HR8 1DS  
Follow them on Facebook for the latest information  
Email: [LedburyUkraineAid@gmail.com](mailto:LedburyUkraineAid@gmail.com)

- **Ross on Wye for Ukraine - KTS Crafts**

KTS Craft Warehouse Unit 2, Trenchard Street, Ross on Wye, HR9 7DE  
Follow them on Facebook for the latest information

Website: <https://rossforukraine.co.uk/>

- **Leominster Aid for Ukraine**

Leominster Bridge Sports Centre  
Follow them on Facebook for the latest information

**Collection points** for donations are available at shops and businesses across the county as well as Halo Leisure sites.

You can also find more information and support at our [Talk Community Directory](#).

### **Hvoss and Vennture launches amazing new project to support local communities**



Hvoss, Herefordshire's independent local infrastructure support and development charity, is delighted to have been awarded £628,224 through the UK Community Renewal Fund, a UK government programme 2021-22. The programme aims to support people and communities most in need across the UK to run pilot programmes and new approaches to prepare for the UK Shared Prosperity Fund, as part of the government's Levelling Up initiative. It invests in skills, local business, supporting people with skills and into or closer to employment and community and place.

Hvoss is working in partnership with Vennture on this project. The project aims to reach and engage people whose voice is not often heard and/or who are isolated, including younger people, those who live in rural areas or those who feel they have few opportunities.

For more information please see the HVOSS website [here](#).

For more information regarding the community renewal fund, please see the Government website [here](#).

## Calling all volunteers!

There are 2 fantastic events on at the Kindle Centre over the Easter Holidays, these events are for families with children who will be cooking their own tasty meals. Volunteers are needed with activities such as assisting children with cooking, running table activities, helping with washing and clearing up, running back and forth to the ovens with food and much more! These sessions are always guaranteed fun, so if you would like to request more information, can get involved or know someone who may be able to help (teenagers included!) then please email [louisa@growinglocal.org.uk](mailto:louisa@growinglocal.org.uk) or text/phone 07902802982. The events are listed here:

- Family Lunch club, Thursday 14 April 10:30am – 1:30pm
- Big Family Eat, Saturday 16<sup>th</sup> April 11am – 2pm

## Training sessions available

There are two Trauma Informed training sessions being delivered by the Nelson Trust, 'Trauma Informed Approaches' (TIA) and 'Trauma Informed Wellbeing and Resilience' (WRS). The sessions are all day (9am to 4.30pm) at the Town Hall in Hereford and there are a variety of dates available. It is recommended that both modules are attended.

The training is CPD accredited and is designed for statutory, third sector (voluntary and community groups), and social and health care professionals.

The modules will provide a clear understanding of working in a Trauma Informed way by helping you to:

- Understand and explore the dynamics of trauma and its impact
- Implement Trauma informed practice in day to day service delivery
- Explore the impact of stress and stress management when delivering trauma informed support
- Develop ways to self-care and build resilience

The dates and how to book on are detailed below:

07/04/2022	Trauma Informed Approaches (2)
08/04/2022	Wellbeing Resilience and Self-care (3)
11/04/2022	Trauma Informed Approaches (3)
12/04/2022	Wellbeing Resilience and Self-care (4)
19/04/2022	Trauma Informed Approaches (4)
21/04/2022	Wellbeing Resilience and Self-care (5)
25/04/2022	Trauma Informed Approaches (5)
26/04/2022	Wellbeing Resilience and Self-care (6)
05/05/2022	Trauma Informed Approaches (6)
06/05/2022	Wellbeing Resilience and Self-care (7)
12/05/2022	Trauma Informed Approaches (7)
13/05/2022	Wellbeing Resilience and Self-care (8)
19/05/2022	Trauma Informed Approaches (8)

20/05/2022	Wellbeing Resilience and Self-care (9)
26/05/2022	Trauma Informed Approaches (9)
27/05/2022	Wellbeing Resilience and Self-care (10)
30/05/2022	Trauma Informed Approaches (10)
31/05/2022	Wellbeing Resilience and Self-care (11)
07/06/2022	Trauma Informed Approaches (11)
09/06/2022	Wellbeing Resilience and Self-care (12)
14/06/2022	Trauma Informed Approaches (12)

To book onto these sessions, please send your name, mobile number and email address to [robert.barnett@herefordshire.gov.uk](mailto:robert.barnett@herefordshire.gov.uk) (if more than one person is attending from your group, then please can just one person email with the number of people).

### **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](#)

**[www.talkcommunity.org](http://www.talkcommunity.org)**