



## Talk Community Newsletter 10 December 2021

### Christmas comes early in Herefordshire #1!

We weren't joking when we said we were on a roll with our Talk Community Hubs...We've only gone and launched another one!

The fantastic Barons Cross Community Support Surgery in Leominster, offers a monthly drop-in service for residents, where they can access information, advice and support from a range of different organisations, along with signposting to services and activities in the local area.

To find out more about our hubs (31 and counting!), visit [www.talkcommunitydirectory.org/findahub](http://www.talkcommunitydirectory.org/findahub).



### Christmas comes early in Herefordshire #2!

Did you know...Every household in Herefordshire can now apply for a **free** prepaid card, loaded with £15 to spend locally with our local businesses?

The initiative is part of Herefordshire Council's Shop Local campaign, which is supporting the county's economy by encouraging residents to spend their money with local producers, retailers and shopkeepers, whenever possible, helping our local communities survive and thrive.

You can apply for your card (one per household) via the [council's website](#), until 31 January 2022.



### Helping support more vulnerable families this Christmas

During the Christmas holidays, Herefordshire children aged 5 to 16, who receive benefit related free school meals, can once again participate in our free countywide Holiday Club Programme.

The programme offers over 1,000 places with a fantastic range of exciting indoor and outdoor activities, including arts, crafts, dance, boxing, circus skills, a Winter Wonderland Christmas party and much more!

Eligible children will be able to book up to 16 hours of free activities throughout the Christmas holidays, along with receiving a free healthy meal during each session.

If your child is eligible or you know a local family which is, it's not too late to book, as places are still available. You can book online today at [www.talkcommunity.org/holidayactivities](http://www.talkcommunity.org/holidayactivities) (all places are allocated on a first come, first served basis).

The Herefordshire Holiday Club Programme forms part of the Government's [Holiday Activities and Food Programme](#), which is funded by the Department for Education.



### **Free online guide to help residents stay steady this winter**

Winter is well and truly upon us once more, so there's never been a better time to take a look at our fantastic (and free!) falls prevention guide.

The online guide, which is full of information, top tips and short films, is a great way to help more people reduce their risk of falling, especially as they get older. It can also help people stay healthy, active and independent for longer, along with giving families additional support to help older loved ones.

Our top five tips for staying steady and preventing a fall, are...

- 1) Stay active, eat well and keep hydrated
- 2) Remove trip hazards in your home and garden
- 3) Always wear well fitted footwear
- 4) Be aware of raised shop doorways, pavement changes and uneven surfaces
- 5) Regularly review your medication and have your eyes and ears tested

To find out more about what you can do to help yourself, a loved one or people in your local community, to reduce the risk of falling, visit [www.talkcommunitydirectory.org/falls](http://www.talkcommunitydirectory.org/falls).



### **Commissioner's Community Fund open to all parish councils**

If you're a Herefordshire parish council, don't forget there's still time to apply for potential funding from the West Mercia Police and Crime Commissioner's Community Fund, to help expand and enhance local parish initiatives, which aim to improve safety within our local communities.

The current fund runs until 31 March 2022. To find out more, including taking a look at the policy and procedures, or to make an application, visit [www.westmercia-pcc.gov.uk/funding/schemes](http://www.westmercia-pcc.gov.uk/funding/schemes).



### **A one-off payment is now available to support vulnerable residents and families**

Anyone living in a low income household, which receives Universal Credit, can now apply for a one-off payment of £60 to help with food, energy and other essential costs.

The payment is available through Herefordshire Council, which has been allocated over £1million by the government, as part of a new Household Support Fund to help vulnerable people and families this winter.

To find out more and make an application, visit [www.herefordshire.gov.uk/household-support-grant](http://www.herefordshire.gov.uk/household-support-grant) before the deadline of 28 February 2022.

### **Interested in becoming an interpreter in Herefordshire?**

If you, or anyone you know, would like to take the first steps towards becoming an interpreter in Herefordshire, but have done no training, then this course is perfect for you!

The Herefordshire Language Network is offering an unaccredited Foundation Training for Interpreters course, starting virtually in January 2022. Completing the training could lead to

paid work in the county, and all languages are welcome, no matter how rare or common you think they are.

The network currently provides interpreters and translators for around 350 assignments every month, covering public services, schools and voluntary organisations in Herefordshire. If that's something you'd like to get involved with and use your language skills, then sign up today!

The deadline for applications is Friday 14 January 2022. To find out more or join the network, visit [www.herefordshire.gov.uk/language](http://www.herefordshire.gov.uk/language).



### **Fancy a career change for 2022?**

Do you want to make a difference to people's lives every day? Working in adult social care could be the rewarding career that you've been looking for.

The fantastic Herefordshire Cares has launched this month, aiming to recruit more adult social care workers across the county.

As Herefordshire's older population is set to increase over the next 20 years, demand for care and support for residents with health and social care needs, is likely to grow significantly. To ensure that everyone in the county continues to lead a full, happy and healthy life, there is a need to attract new adult social care workers to our local care sector.

To find your next role, take a look at the [Herefordshire Cares website](http://Herefordshire Cares 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](#)