



Newsletter

11 April 2024

WoW Activities continuing through spring

There's some good news, the free, family friendly Winter of Wellbeing activities are continuing through spring. All events include a hot meal and a drink, and families will be able to access information and advice to support them around the cost of living. There's lots on offer from football to Flip Out sessions, to movie mornings and homework club. Visit the [Talk Community Directory](#) for more details.



The Winter of Wellbeing (WoW) programme is supported by the Household Support Fund with funding from the Department for Work and Pensions.

Learn to hack your happy brain chemicals, rest, reset and boost your confidence

Herefordshire and Worcestershire Wellbeing and Recovery College are offering a half day course designed to give you the skills to build your own resilience and self-confidence. The course is taking place on Friday 19th April at Hereford Cider Museum, is free to attend and open to anyone over the age of 18. Please book

your place in advance via the [Herefordshire and Worcestershire Wellbeing and Recovery College website](#).



Home Upgrade Grants

Severn Wye Energy Agency has been working with Herefordshire Council to deliver £7m in government grants to improve the energy efficiency of Herefordshire homes and make them warmer and healthier. **The good news is that the income threshold has now increased to £36,000 per household.**

You may qualify for fully funded energy efficiency improvements if you: live in Herefordshire; your home has an energy performance rating of D, E, F or G; you don't have mains gas heating in your home; and your total household income is under £36,000.

Find out more on the [Talk Community Directory listing for Home Upgrade Grants](#), call the **freephone advice line on 0800 170 1432** (Mon–Fri 9am–5pm) or [complete the enquiry form online](#) to find out if you're eligible and apply today.



Age UK Herefordshire and Worcestershire's Creative Arts Social Groups

Fancy exploring your creativity whilst connecting with others in your community? Age UK Herefordshire and Worcestershire are launching their new Creative Arts Social Groups, gathering weekly in Hereford.

Designed to promote wellbeing, boost confidence, and provide a sense of belonging, these gatherings offer a welcoming environment where participants can immerse themselves in various art forms, express their creativity, and enjoy the company of like-minded individuals. We even heard there will be tea, coffee and cake!

Whether you're an experienced artist or simply curious to explore your creative side, all are welcome to come along. **Sessions commence every Wednesday from 1.00pm – 3.00pm**, at Drybridge House, St Martins Street, Hereford, HR2 7SG. **The first session is free**, and after this a contribution of £3 per person for each session is requested.

Places are limited for these groups, so reserving a space as soon as possible is advised to guarantee a spot! Please contact the team prior to attending one of the groups:

Call Age UK Herefordshire and Worcestershire on 0800 008 6077 and ask for Carley, or email referralhub@ageukhw.org.uk for more information on what the groups entail or if you would like to attend.

Creative Arts Social Group



Meet new people and enjoy being creative.

All abilities are welcome.

Contact us to find out more or you can just come along.

Every Wednesday 1:00pm - 3:00pm

**Drybridge House, St Martins St,
Hereford, HR2 7SG**

First session free, £3 thereafter

☎ **0800 008 6077**

🌐 **ageukhw.org.uk**

✉ **referralhub@ageukhw.org.uk**



**Understanding your child with additional needs during
Autism Awareness Month**

This April, we want to put the spotlight on some great resources in support of Autism Awareness Month. The Solihull Approach offers specialised resources, tailored for those with children with additional needs. They are offering the following two courses for free:

Understanding Your Child: Gain invaluable insights into parenting a child with additional needs, from neurodiversity to learning disabilities. Learn to nurture emotional wellbeing, understand behaviour, and enhance communication.

Moving Up to Secondary School: Transitioning to secondary school can be daunting. Our experts have developed practical strategies to support this transition, prioritizing effective communication and emotional wellness.

These courses can be accessed for free at [the inourplace website](#) , using the code **APPLEHERE**. Or you can read a bit more about the offer, and access the courses on [the Talk Community website](#).



Tesco and The Sun Offer 150 One-off Grants Through the Footie for All Fund

Tesco and the newspaper, The Sun, have joined together for a second year to provide a total of £150,000 to encourage more children and young people to take up football or improve access to the game.

The funding can be used to assist clubs in improving facilities, purchasing equipment and new kits, and meeting any other needs that can enhance the experience of children and young people. **The deadline for applications is 30 April 2024 (midnight).**

Find out more about this grant and other funding opportunities using [the grant finder tool on the Talk Community Directory](#).



What's new on the Talk Community directory?

Welcoming on to the directory, [Bromyard Stay and Play](#) - free weekly Stay and Play sessions for families with children aged 0-3 years, every Wednesday, from 1pm to 2.30pm. All attendees will receive complimentary toothbrushes and toothpaste!

From courses to choirs - take a look at some of the other newly arrived events on our [What's on calendar](#) this week:

[Understanding your child with additional needs during Autism Awareness Month](#)

[Resilience and Self Care Course](#)

[Herefordshire Wildlife Trust free accredited training in Nature Based Play](#)

[Singing Mamas Herefordshire](#)

Our socials are a great way to keep in touch with what's on too, whether you're

- a [Facebook](#) fan
- tuned in to [Twitter](#)
- or instantly on [Instagram](#).

Herefordshire Cares Do you want to make a difference to people's lives every day? Working in social care is a rewarding career – to find out more about a career in adult social care, visit the [Herefordshire Cares website](#).



For more updates, follow us on [Facebook](#), [Twitter](#) and [Instagram](#).