



Newsletter

14 March 2024

Free family activity day – bookings now open for all

Our Here for Herefordshire Holidays family day is now open to all families. So if you're feeling the pinch and might benefit from a day of fun and food (completely free) this could be for you.

It's all happening at Whitecross High School, Hereford on Saturday 23 March from 10.30am to 2.30pm. There will be lots of exciting activities to try including a slime making workshop, cheerleading, boxing, aerial hoop and many more!

Kick off the Easter holidays by having fun trying something new! Places are limited so [book your family in now](#).

The Here for Herefordshire Holidays programme is funded by the Department for Education



1-2-1 Business Support for Creatives

A new initiative funded by the UK Shared Prosperity Fund has just been launched offering **free business support** to cultural and creative businesses, organisations and charities across Herefordshire.

Whether you're an existing organisation who wants to develop to the next stage, or someone starting out on their business journey this could be for you. The sessions will be led by consultants from Mountain Perspective. Please get in touch to set up an introductory 1-2-1 meeting on info@mtnp.co.uk.

 **Funded by
UK Government**

 **MOUNTAIN
PERSPECTIVE**
Business Transformation Specialists

SUPPORTING BUSINESSES

PROJECT MANAGEMENT ADVICE & GUIDANCE
SALES PROCESS MENTORING & COACHING
FINANCIAL MODELING CUSTOMER ENGAGEMENT
NETWORKING & EVENTS COFFEE AND CAKE !

Jon Johnson - Director

**ARE YOU A CULTURAL BUSINESS WORKING IN ONE
OF THESE AREAS, IN NEED OF BUSINESS SUPPORT.**

- Craft
- Design
- Advertising
- Marketing
- Publishing
- Museums & Libraries
- Galleries
- Music & Performance
- Visual Arts
- Film, TV & Video
- Radio
- Photography
- Software (inc Computer Games)

CONTACT US
info@mtnp.co.uk

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LEVELLING
— UP —**

Nutrition and hydration week (and beyond)

Nutrition and hydration week (N&H Week) runs 11 – 17 March and is an annual event which seeks to highlight and educate people on the value of food and drink in maintaining good health and wellbeing in health and social care. If you work in health and social care you may be interested in exploring the resources available on the [N&H Week website](#).

Of course, good nutrition and hydration is important for everyone, so we've put together some information about initiatives that are working across Herefordshire to promote good nutrition, bringing people together over food as well as those working to reduce food poverty.

[Head over to the Talk Community Directory](#) to find out more, from lunch clubs to quick, easy and even free ways to fill hungry bellies over the holidays!



Free course for autistic teens in Herefordshire

'Teens Autism Confident Course' is a free course about autism for autistic teens in Herefordshire which will start in April. The course will offer attendees the opportunity to meet other autistic teens in a supportive group environment. The sessions will consist of advisor led information and discussion, attendees are welcome to join in but there is no pressure to do so. Topics will range from understanding autism to self-esteem and self-image.

For more information or to book your place on the course, please visit the [Eventbrite booking page](#) or contact the Autism West Midlands team by emailing herefsandworc@autismwestmidlands.org.uk

A colorful poster for a program called 'Teens Autism Confident' in Herefordshire. The poster features a purple background with a yellow banner at the top. On the left, there's a photo of a group of teens sitting around a table. The main text is in white and yellow. A yellow box on the right contains session details. Below the main text, there are five colored circles representing topics: Understanding autism (green), Social Communication (yellow), Sensory Awareness (orange), Anxiety (yellow), and Self Esteem and self image (orange). At the bottom, there's contact information for more details.

Teens Autism Confident

in Herefordshire

A Free course about autism for autistic teens

An opportunity for diagnosed autistic teens to learn more about autism in small, supportive group sessions and 2 one-to-one meetings with an autism advisor before and after the programme.

Sessions starting February 2024
Held locally in Hereford for 13 - 17 year old's

autism west midlands

E F BULMER TRUST

Understanding autism

Social Communication

Sensory Awareness

Anxiety

Self Esteem and self image

Disclosure/ Transitions/ change and the future

For more information please visit
www.autismwestmidlands.org.uk
or email
herefandworcs@autismwestmidlands.org.uk

Public Health updates on the Talk Community Directory

New data published by the UK Health Security Agency shows that there has been a rise in cases of whooping cough. [Read more and find out how to reduce the risk of catching and spreading whooping cough, on the Talk Community Directory.](#)

Measles cases continue to be at a high level in the West Midlands. [Find out about spotting the signs and symptoms and learn more about steps you can take to protect yourself, your family and your community.](#)



What's new on the Talk Community Directory?

We have had a super selection of services and events uploaded to our directory this week, including some great community initiatives in Leominster, and Ross-on-Wye. Take a look for yourself at the list below, and remember you can always upload your own events, services and groups to our directory!

[I.T. Drop-in surgery at Much Birch Village Hall](#)

[Wild about Gardens - Ross on Wye](#)

[Stop Loan Sharks](#)

[Relate Now - Leominster](#)

[Walford Community Support Scheme](#)

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](#).

