

Herefordshire Now

The residents' magazine from Herefordshire Council | Issue 8 |

December 2021

A warm welcome at The Life & Soul Kitchen

THE LIFE & SOUL KITCHEN
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Stay Safe   Keep Healthy  Support Local 

SAFE  **HEREFORDSHIRE**

New Talk Community Hub is the Life & Soul of Herefordshire

A warm welcome and a friendly face awaits at Herefordshire's new Talk Community Hub. The Life & Soul Kitchen at Unit 1, Three Elms Trading Estate, Hereford, is the latest venue to offer a free information service to the local community.



The registered charity café provides adults with learning disabilities the opportunity to work in a safe and supportive environment and empowers vulnerable people to reach their own potential by bringing people together and promoting social understanding.

With child friendly facilities and free wifi, the modern cafe offered the perfect venue to host a Talk Community Hub, offering people free information and advice. Customers are able to access up-to-date

information on services, groups and activities to support their wellbeing and stay connected to the local community, while enjoying delicious food and drinks.

The café is managed by local resident, Sophie Badham. Sophie says, "Hosting a Talk Community Hub was a natural choice for us as it fits in perfectly with our values as a supportive and inclusive space for our staff and customers. Our café aims to bring people from all parts of the community together and being

a friendly space we enjoy chatting to our customers. We are now able to offer advice through the hub that could make a real difference to someone's everyday life."

You can find more information about The Life & Soul Kitchen on facebook or Instagram.

If you would like to find your nearest Talk Community Hub, or you are interested in hosting a hub in your local community visit: www.talkcommunitydirectory.org/hubs

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To view this magazine online visit

www.herefordshire.gov.uk/herefordshirenow

Pictured on the front cover is Nathan Day from The Life and Soul Kitchen.

The charity café supports adults with learning disabilities and is also a Talk Community Hub. This magazine was printed and delivered to you at a cost of 20p a copy. All details correct at time of print



Welcome

from Paul Walker, Chief Executive
Herefordshire Council

I joined Herefordshire Council a little over six months ago, and still I'm meeting new people and finding out more about the county and what makes it a special place to live and work.

The role of the council is wide and varied. I hope that as you take a look through some of the following pages you find out more about the services the council provides as well as some of the fantastic projects taking place.

Supporting the county to recover from the impact of Covid – the virus and the restrictions – has been important for individual wellbeing and the economy. Reading Martyn's story (page 5) about how he has benefitted from the free swimming lessons is inspiring. You can also find out how we are encouraging people back to our towns with free weekend buses and an upcoming prepaid card scheme.

There is currently a spotlight on global climate issues, and we know this is a topic close to the heart of many people across the county. The council is continuously taking steps towards a zero-carbon future (pages 6 & 7) and we are also encouraging you to make your climate pledge and get involved. One way we can all contribute is through reducing our waste, recycling and reusing and there are some great ideas here.

I would like to update you on two important areas where we are keenly focused on making a positive difference.

Improvements in our services for children

I'd only just started work at the council in May when the Department for Education (DfE) issued a non-statutory improvement notice for the children's social care service. Since then I've made it my top priority to lead the development and delivery of improvements to ensure we provide high-quality services for children and young people and place them at the heart of what we do.

We've been working with other agencies through an improvement board chaired by Gladys Rhodes White OBE, who has been appointed as a DfE advisor to the council. In October, we published an improvement plan which aims to rebuild trust and ensure that we

provide compassionate and effective children's services that last into the future. It includes detailed actions to be taken, reviews of staffing levels and working practices and how the council will work with partners to introduce improvements.

Of course, the important thing is not the plan itself but the actions we're taking to make the changes a reality. The DfE has given a £1.7m grant to support this work. We must make sure that the improvements are firmly cemented into the council's structure and how we do things and that prevention and early intervention become key principles of a high-quality service for children and families.

Protecting our rivers

One of the things that attracted me to work in Herefordshire was the outstanding natural environment of this beautiful county. Protecting Herefordshire's natural resources, including our rivers and streams, is vital to the county's ecology, economy and communities.

A key challenge currently facing the council is how we can play our part to address the level of phosphates in the River Wye. Phosphates in our rivers come from a variety of sources including outfall from sewage treatment works and from agriculture. High levels cause algal bloom which destroys the natural habitat of the river system.

We are not unique - high levels of phosphates in waterways is a significant and growing problem across the UK. The impact is economic as well as environmental - local development in the River Lugg catchment area for example has been greatly restricted to limit any further phosphate increase - and so we've

approached the government for support to tackle the issue.

It's important that action is taken now, so the council has embarked on a pioneering project to develop wetland reed beds at strategic sites near sewage treatment works.

These reed beds, the first of which is currently being developed in the north of the county, have the ability to intercept and absorb phosphates, significantly reducing the level going into our rivers. They are an innovative and wholly natural solution.

The council is one of the first in the country to take this innovative approach which will not only improve the environment but also help to offset the impact of new development helping to get this important element of the local economy moving again.



Investment to support recovery

Herefordshire Council is investing £6million from the government's Covid recovery fund to support economic recovery and improve wellbeing in the county. Dozens of initiatives are already benefitting residents, businesses and local organisations.



What's on your **BUS-IT** list?

With free bus travel every weekend, and additional routes on Sundays, there has never been a better time to add a new destination or experience to your bus-it list.

be entirely within the county. The scheme has already seen hundreds of new passengers, of all ages, using the bus to travel to our towns and city for a day out, to go shopping or to meet with friends and family.

To help keep everybody safe, it is recommended that you continue to wear a mask when travelling by bus – and don't forget to check timetables for your return journey before travelling.

Thanks to investment as part of the Covid recovery fund, everybody is able to hop on and off any bus in the county, as many times as they like at the weekend with no fares. The only condition is that the journey must

Travelling by bus allows you to sit back, take in the world from the window and enjoy the ride. It also reduces congestion on the roads and is better for the environment.

For more information, visit [herefordshire.gov.uk/bus-it](https://www.herefordshire.gov.uk/bus-it)

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Helping you to shop local

Every household in the county will soon have the opportunity to shop local with a very special offer – a prepaid card with a small amount of money loaded onto it to spend where you choose. There's just

one condition – the card must be used in Herefordshire. The prepaid card is being funded through the government's Covid recovery fund. It is a way we can all help our local and independent retailers, producers

and traders bounce back from the pandemic and ensure our retail, hospitality, cultural and leisure sectors continue to thrive. Our fabulous retailers, producers and traders have had a particularly tough time during the Covid pandemic.

By supporting our local shops, restaurants and businesses in this way we are investing in the future of the whole county, because when you shop local, your money stays local.

Keep an eye out for the leaflet with further details about how to apply, which is due to be delivered to every household in December.



Free lessons got me in the swim

As a ten year old boy, Martyn was thrown into a swimming pool and that was enough to put him off swimming for the next 50 years! But thanks to a partnership between Herefordshire Council and Halo Leisure, Martyn is facing his fears and enjoying free adult learn to swim lessons.

able to swim a length. Then I hope to be a regular in the pool and enjoy all the benefits that swimming brings. "The free adult learn to swim lessons are on offer at Halo pools throughout Herefordshire. The lessons are being funded through the government's Covid recovery fund as part of the

council's recovery plan supporting economic recovery and improving wellbeing in Herefordshire.



For more information, visit www.haloleisure.org.uk/freadultlearntoswim/

Martyn Hudyma (pictured) from Withington said, "Being thrown into the water was a really scary experience and over the years I may have gone for a paddle in the sea but I just lost my nerve and never had the confidence to learn to swim.

I am now 60 and have a bit more time on my hands so when I heard about the free adult learn to swim lessons at pools in the county - I thought it was now or never. There are a lot of people like me who would like to swim but just don't have the confidence or ability.

I am slowly getting more confident and know that one day soon I will be



A zero-carbon nature-rich county

The council has declared a climate and ecological emergency, demonstrating our commitment to protecting Herefordshire's natural environment, biodiversity and wildlife. We are looking at ways to tackle the big issues of emissions from homes, businesses and transport.

Make your climate pledge



A new Climate and Nature Partnership is leading the way and coordinating action across the county to tackle climate change, with the vision of a zero-carbon nature-rich Herefordshire by 2030. The Climate and Nature Partnership brings together people from a range of backgrounds to identify priorities, and not only take action themselves but also encourage other individuals

and organisations to pledge specific changes they will make.



If you are looking for ideas for how you can help protect the environment and help preserve our wonderful county, our would like to make your own pledge, visit <https://zerocarbon.herefordshire.gov.uk/>

Future council homes to set the environmental standard

With a shortage of housing to meet the needs of local communities, plans are being progressed to build council housing in the county that is not only affordable but also designed to net zero-carbon standards.

Homes account for over 26% of carbon emissions. Herefordshire is amongst the first nationally to set such high environmental standards for council housing, which reflects the council's commitment to tackling climate change. The homes will be designed in a way that minimises energy use, have reduced greenhouse-gas emissions, and are set in neighbourhoods with open spaces to enjoy and sustainable transport options.

A key element of the standards is 'Passivhaus Plus', which certifies that homes generate as much renewable

energy as they use through a combination of energy efficiency measures and forms of renewable energy generation and storage, such as solar panels.

The plans also include the retrofit of Herefordshire's least efficient existing homes to optimise energy use meaning savings in fuel costs and reduced carbon emissions.

Good design and high levels of energy efficiency from the council will also provide a blueprint to other developers in Herefordshire, helping to spread the best possible practice.



To find out more the standards are outlined in the Herefordshire Future Homes report on the council website at www.herefordshire.gov.uk/futurehomes

Herefordshire Future Homes will have:

- Excellent thermal insulation, so heating costs are greatly reduced
- Carefully designed triple-glazed windows, benefitting from useful winter sunshine (solar heat gains), while avoiding summer overheating.
- No gas boilers (which use polluting fossil fuels), but electric heat pumps for heating and hot water, which are highly efficient
- Solar panels, generating green electricity
- Heat recovery ventilation (MVHR), avoiding cold window draughts, saving energy and filtering the incoming air helping people with asthma, hay fever etc.

Citizens' Climate Assembly

How should Herefordshire meet the challenges of climate change?

This is the important topic set to be discussed at Herefordshire's first Citizens' Assembly being held early in the New Year.

The Citizens' Assembly brings together a representative group of people from across Herefordshire who have been independently selected.

The people who attend will learn about issues, discuss them with one another, and then make recommendations about what should happen and how things should change.

The assembly supports a range of voices to be heard from different walks of life, contributes to decision making and in turn contributes to democracy. Local authorities don't need run assemblies but some do because of the benefit local engagement.

A letter has been sent to 14,400 households inviting them to register their interest in taking part in the Herefordshire Citizens' Climate Assembly.

From those who respond, a minimum of 48 participants will be selected by an independent organisation, The Sortition Foundation, to ensure that the final group represent the diversity of Herefordshire's population.

The Citizens' Climate Assembly will then meet to hear from expert speakers, discuss the issues involved and decide together what steps should be taken.

Recommendations from the assembly will be used to influence council policy and spending priorities to help Herefordshire become a zero-carbon nature rich county by 2030.



Top up as you shop

New rapid electric charging points mean you can now quickly top up your electric car during a shopping trip in three places across the county.

Fast-charging points have been installed in Edde Cross car park in Ross on Wye, St Martin's car park in Hereford and Broad Street car park in Leominster.

Visitors to these sites can benefit from a battery boost that will top up most electric vehicles within 30 minutes.

These first rapid charge points in public car parks in Herefordshire supplement the existing 12 electric vehicle charging points in 11 locations across the county. To support the use of energy efficient and low emission vehicles, drivers of electric or hybrid vehicles can get a free 30-minute parking ticket to display in their vehicle at council-owned, off-street car parks.

The charge points have been funded by Highways England and installed by SWARCO, who will run the points.



To find out more see www.herefordshire.gov.uk/citizensassembly



For more information, visit www.herefordshire.gov.uk/parking-1/electric-car-charging

Fast, faster and the fastest broadband for Herefordshire

Fastershire has brought faster broadband to many homes and businesses across Herefordshire.

This partnership between Herefordshire Council, Gloucestershire County Council, and national government means more people than ever in rural Herefordshire can now work from home, access education and keep in contact with friends and family.

For the rural economy, access to faster cloud computing means it's possible to locate businesses in some of the most rural areas of Herefordshire.

For the 3-4% of Herefordshire premises not yet connected to superfast broadband, Fastershire's new Stage 5 Community Grant



Scheme is helping communities like those in Birley and Castle Frome to get fibre optical cables brought right to the door. The Community Grant's Senior Project Manager Gemma Johnson (pictured) said, "The scheme is providing an opportunity for communities of all sizes to find solutions to painfully slow internet and make their corner of

Herefordshire an even better place to live."

A visit to www.fastershire.com allows anyone living or working in the county to see how fast they can go, or if they have a maximum speed of below 30mbs, how they can apply to the Community Grant scheme.

Give cold callers a frosty reception

Following a series of successful prosecutions, our Trading Standards team urges Herefordshire residents to be extra vigilant this winter.

Nationally, billions of pounds are reported to be lost every year to rogue traders and scams. In Herefordshire, residents lose around £1 million a year paying for overpriced, unnecessary and poor quality work.

Cold callers

Elderly residents in particular are being targeted by people knocking at their front door offering to renew their driveway, fix their roof or carry out gardening work. A growing number of scammers now use the phone to trick innocent householders.

Offers of a free energy survey or free insulation inspections are rife and this tends to be a ruse merely to send round a salesman who is on commission. The straightforward advice from our Trading Standards team is: "Never deal with cold callers at the door or on the phone. It's that simple."

"It's very easy to be taken in by a smooth-talking salesperson in your home," says Tim Thorne, principal officer, Trading Standards. "They use every trick in the book to make a sale. Don't be fooled by them and do not accept the appointment in the first place. Their services often cost five times more than they should and may not be needed at all. This has been the case recently with

elderly residents being targeted for spray foam loft insulation" Trading Standards says residents should:

- Never agree a contract straight away
- Never allow work to start within the 14-day cooling off period
- Get at least three quotes for the work you need doing

Trading Standards recommend residents use local traders with a good reputation.



If you believe you have been scammed, call Citizens Advice on 0808 223 1133. Or visit herefordshire.gov.uk/scams for more advice.

Herefordshire Cares... could you?



Heather Yeomans and Ellis Davies, Activities Co-ordinator

Herefordshire Cares is supporting those looking for a new career, including anyone who has not previously thought of a role in the care sector.

If you're a great listener, patient, nurturing and simply want to help others and make a difference to people's lives, then a job in social care could be for you.

There's never been a better time to consider a career as a care worker, with hundreds of job vacancies and exciting opportunities available. It's an important role and with the support of your employer you will grow and develop professionally and personally on your learning journey.

"I started out as a hairdresser for the nursing home and I enjoyed it so much that I applied for a job so I could work with the residents. I love working here - it's so rewarding. It's

definitely the best career move that I've made and I really enjoy the work. The stories that the residents share are really lovely and being 27 and working with the older generation I find it breaks down boundaries. I wouldn't want to work anywhere else". Ellis Davies, Activities Co-ordinator

The diversity of care work also means you can find a role that fits around your existing commitments, giving you the flexibility to carry on spending time with your family and friends and doing the things that you enjoy outside of your workplace.



You can find out more about the benefits of working in adult social care and how to start your career by visiting the Herefordshire Cares website www.herefordshirecares.co.uk

Talk Community - be winter ready

TALK COMMUNITY

We recommend that you prepare a plan now in preparation for severe winter weather or in case you have to isolate due to Covid.

Think about the support you will need on a daily basis and those who can help you. This could include family, friends, neighbours or people you know in your local community. Your plan might include support with things that you usually take for granted such as shopping, collecting medication, pet care, posting mail, picking up urgent items, someone to check in on you or just someone to have a chat with.

If you find that you are unable to leave your home and there are gaps in your plan which means that you require additional support, you can call the Talk Community Helpdesk on 01432 260027 or email talkcommunitycovidresponse@herefordshire.gov.uk

The Talk Community Directory has lots of information on where you can find local support if you have to stay at home or if you are struggling financially.



For more information call 01432 260027 or visit www.talkcommunity.org

Car care for cold conditions



As much as a woolly hat and decent coat will help you through the coldest months of the year, you should also get your car ready for winter.

Check all the essentials, including your battery, brakes, lights, fuses and, of course, your heating system.

Check your wiper blades. Even if they aren't worn, heavier winter ones can push more snow and ice from your windscreen. It's also worth considering winter tyres for extra grip on slicker roads.

If it's icy, think whether you really need to drive at all. If you do, check

that your phone is fully charged before you leave. It's also wise to stock up on emergency kit, including blankets, first-aid supplies, a shovel and some mats for traction. A torch could prove invaluable, as could jump leads to help yourself as well as others whose batteries have run flat.

Taking these measures on board will help ensure you and your car get through winter safely.



If severe weather strikes, visit www.herefordshire.gov.uk/flooding or www.herefordshire.gov.uk/snow for the latest updates

Hi-vis children



Now that we've plunged into the darkest months of the year, we all need to see and be seen on our journeys. This includes children making their way to and from school.

If they cycle, bright lights are a must. And a light or reflective top over their uniforms will help ensure other road-users can see them from distance.

But all children should be bright as buttons, so even if they go on foot, high-vis or bright tops still make a lot of sense. Better still if you can persuade children who walk to school (or to the bus stop) to carry a torch.

Make sure your children can see and been seen this winter.



For all our school news, visit: www.herefordshire.gov.uk/schools-education

Enjoy a warmer winter at home

If double glazing and a boiler upgrade are out of reach, there are lots of easy wins for a warmer home this winter. Remember, lots of little improvements can make a big difference:

- **Curtain call.** Let the sun shine through your windows during the day; close all your curtains at night to help with insulation
- **Tweak your timer.** Programme your boiler to heat up your home

30 minutes before you get up so you're less tempted to crank it high when you get out of bed

- **Sofa shuffle.** Don't block the heat from your radiators: move big furniture items, including your sofa, if they're in the way of the heat source
- **It's a wrap.** Lag your hot water tank with the thickest jacket you can find for piping hot water

- **Fill in the gaps.** Draught excluders and rubbers seals for doors and windows can put a block on cold air entering your home



There's lots more about staying healthy and warm this winter on our webpage: herefordshire.gov.uk/family-support/winter-health-warmth-safety

Celebrate safely this Christmas

Covid-19 is still around us, with case rates set to remain high during the winter months. Flu and other seasonal illnesses such as norovirus will also be prevalent. Therefore, if you're out and about or entertaining family and friends at home this festive season, it is important that you follow the key safety advice.

This includes taking up the offer of the Covid and flu vaccinations,

regularly taking lateral flow tests and washing hands regularly with soap and water. You should also wear a face mask and keep your distance from people especially in crowded areas or on public transport, and open windows to keep rooms ventilated.



To find out more about how to stay safe this winter, visit www.herefordshire.gov.uk/safehere

Mental health matters

It is important that we all look after our mental wellbeing. Early signs of poor mental health include feeling anxious, stressed, having a low mood or experiencing trouble sleeping.

While these can be a natural response to life's challenges, they can become more serious if people don't take early action.

The Talk Community Directory (www.talkcommunitydirectory.org) has lots of information about looking after your mental health and emotional wellbeing, including five steps that we can all take.

The NHS 'Every Mind Matters' website also provides a wide range of advice about looking after your mental health and how you can support anyone who is experiencing difficulties. Find out more by visiting www.nhs.uk/every-mind-matters. Access to urgent 24 hour mental health support is available by calling free phone 0808 196 9127.

Herefordshire Healthy Minds provides information on how to get help if you are experiencing stress, anxiety, low mood and depression. Go to the whct.nhs.uk for information on local support including the Talk Community Directory and the newly launched Qwell online service to support mental wellbeing for adults.



If you feel unable to cope, you can contact the Samaritans 24 hour free phone line on **116 123**.

Stay active and eat healthily



It can sometimes be difficult to maintain a healthy lifestyle at this time of year, but staying active and eating the right food can help reduce serious health problems. It also keeps our energy levels up and helps improve our mood.

Walking is often overlooked as a form of exercise, even though it's simple, free and one of the easiest ways to get more active, lose weight and become healthier.

You can visit www.herefordshire.gov.uk/walking for more information about the many walking routes available in the county as well as how to join a walking group. The Talk Community Directory at www.talkcommunity.org also provides lots of links to local support websites

where you can find out how you can stay active. As well as exercising, it is also important that you maintain a healthy and balanced diet, where possible. Foods that you should include in your diet include:

- Fruit and vegetables (aim for five portions a day)
- Bread, rice, potatoes, pasta and other starchy foods (try to choose wholegrain varieties)
- Some milk and dairy products
- Some meat, fish, eggs, beans and other non-dairy sources of protein (try to eat at least two portions of fish a week, including a portion of oily fish)



To find out more, visit www.nhs.uk/live-well/eat-well/the-eatwell-guide.

Housing advice and support

If you are concerned that you may be at risk of losing your home, the council's Housing Solutions Team can provide information and advice to help you consider your options and prevent homelessness.

You can contact the Housing Solutions Team on 01432 261546 or 01432 261547, (Monday to Friday 8.45am to 5.15pm), email housing.enquiry@herefordshire.gov.uk or visit Blueschool House, Blueschool Street, Hereford, HR1 2LX, (Monday to Friday 10am to 4pm) and speak to a member of the team. No appointment is necessary.

If you need assistance outside of office hours because you are without a roof over your head and are unable to access accommodation for the night, the emergency out of hours service is available on 01432 261600.

Be Amazing. Become a foster carer in 2022

If you have been thinking about fostering, the New Year is a great time to start your journey. By next Christmas, you could be giving the ultimate gift to a child by transforming their lives.

Fostering ranges from short emergency stays, weekends or holidays, to longer term placements, which means you can find an option which fits in with your work and family commitments.

You will be fully trained and supported, and receive an excellent financial package, plus full allowance to cover all the child's costs. Options include:

- Short breaks in your home for children with disabilities
- Supporting a young adult with life skills like cooking, laundry and budgeting
- Therapeutic fostering - working with children with complex behaviours



- Being the forever home that some children need

Call the fostering team on 01432 383240 or visit www.herefordshire.gov.uk/fostering

Queen's Green Canopy

The Queen's Green Canopy is a tree planting initiative to create a network of individual trees, avenues, copses and whole woodlands to honour the Queen and her legacy.

In turn, this will create a green legacy of its own, with every tree planted bringing benefits for people, wildlife and the climate.

The children and staff at St Thomas Cantilupe School in Hereford, held a special tree planting ceremony in the school in October. The school is one of only 70 chosen nationally to take part in this special initiative.

Her Majesty's Lord-Lieutenant for Herefordshire, Edward Harley, OBE, and Sebastian Bowen, chair of Herefordshire Council were among the invited guests.



Digital connectivity for silver-surfers



Figures from the Office of National Statistics show over 90% of Herefordshire residents are regular internet users, but their data also shows fewer older people are online.

To help beginners get online, Fastershire runs free workshops covering topics like using tablets or smartphones and social media basics.

In a recent film produced by Fastershire, Wendy, a self-confessed silver surfer, explains the benefit of

using the internet to connect with friends and family, do the weekly shop and book an online appointment with her GP. To watch Wendy's film visit www.fastershire.com/wendy.

The regular beginner's workshops held in Herefordshire Libraries offer a warm welcome to people wanting to develop their skills so they can do more online. If you or someone you know is inspired by Wendy's story and would like to find out more about the workshops, visit fastershire.com

Council means business

The changes and partnerships required to transform Herefordshire's economy were top of the agenda when more than 200 business leaders met recently at business summits hosted by the council.

The Council has an important supporting role to play in providing leadership, long-term strategy and infrastructure to help business, especially in these particularly challenging times when there is a focus on economic recovery.

Plans for the county's economic direction must be realistic and business focused, so working with

businesses across the county is vital. The summits are the start of the council working more closely with business to understand shared aspirations is vital.



Protecting little teeth



Herefordshire's School Library Service in partnership with the county's Public Health Team, are supporting primary schools to teach children the importance of healthy eating and keeping their teeth clean. The libraries are providing 81 schools with a free box of 'Time to Shine' oral health teaching resources as a fun and informative way of encouraging young children to look after their health and teeth.

Each 'Time to Shine' box contains 15 books and 5 interactive teaching resources, which aims to support schools with embedding good oral health through regular tooth brushing, healthy eating and visiting the dentist as routine practice.



For top tooth brushing tips visit: www.herefordshire.gov.uk/oralhealth. or read about Herefordshire's Libraries: www.herefordshire.gov.uk/libraries

Repair, reuse and recycle

Herefordshire is a beautiful place to live and work. By keeping in mind the three Rs - repair, reuse and recycle - we can all help to keep our county and our wider environment in great shape for future generations.

Cool, creative ideas for children



Brrrr... When the weather gets cold and wet during wintertime, it can be a challenge to get your kids outdoors for some fresh air and exercise. So, it's useful to have a few good ideas ready to keep them entertained indoors.

By re-using materials, you can also teach them valuable lessons about making the most of what they already have. For example, those food tins in your recycling bin can be given a second life. Remove the label, ensure there are no sharp edges and let kids get creative with their paints to make containers that are great for their pens, pencils and glue sticks, etc.

You'll can also re-use old jar lids. An adult should pierce small holes in them ready for little fingers to do their bit. Show them how to thread some string through the holes. Then, help them hang six or eight of the lids together from a tree branch to make a simple wind chime.

Slightly older kids could re-use some of their clothes. For example, an old T-shirt can be turned into a new tote bag in minutes. Turn your T-shirt inside out and cut the sleeves off. Make the neckline bigger with scissors (this will be the opening of your bag). Then, sew up the bottom and turn the T-shirt outside-in.

If you want to avoid sewing altogether, cuts slits, around 2cms apart, into the bottom of the T-shirt. These need to be big enough (8-10cms) to tie together to seal the bottom of your bag.



You'll find plenty more ideas online to have fun with kids on chilly days.

And there's more info on your wardrobe here: loveyourclothes.org.uk.

Colossal waste

People in the UK bin 9.5 million tonnes of food a year, according to the Waste and Resources Action Programme (WRAP). Latest figures show Herefordshire residents alone throw away over 8,500 tonnes a year. And this doesn't take into account restaurant and other food outlet waste. What makes these figures even harder to swallow is that some of what is wasted was flown in from abroad to reach our shelves.

Having returned to work means many of us have less time to plan our meals, freeze food, use leftovers or cook batches. The easing of coronavirus restrictions also means more of us are eating out more than we were (or collecting takeaways). This can result in some of the food from our fridges being put in the bin. The following ideas could help you waste less food and save some cash:

- **Make plans.** Knowing your meals in advance means you'll know exactly what ingredients to buy. And if you only cook the amount you plan to eat, you'll also save on leftovers.
- **Chill!** Turning your fridge down to less than 5C degrees will help preserve food a bit longer. If it's getting close to the 'use by' date, and you don't plan to eat it, freeze it for another day.
- **Find tips online.** The internet has a range of recipes you can concoct with your leftovers.



For more information about sustainable systems, environmental factors and health benefits associated with food, visit Herefordshire Food Alliance: www.sustainablefoodplaces.org/members/herefordshire/.

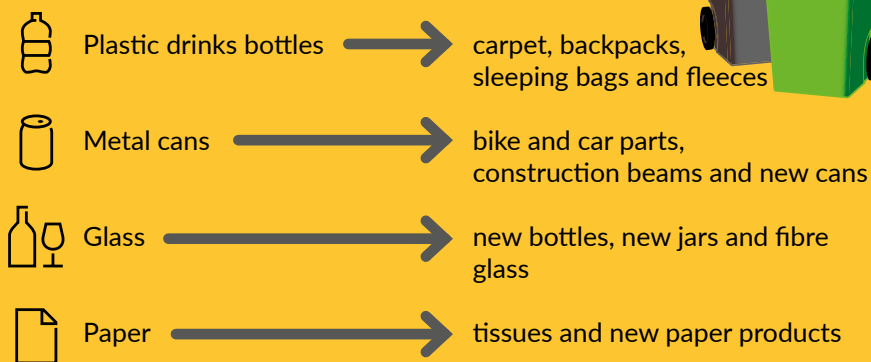
Making the most of your recycling

We're very grateful to everyone who uses our green bins and recycling sacks. You helped us recycle 41 per cent of our waste last year in Herefordshire. Those materials are taken to our recycling plant to be separated and made into new products, including the following:

- **Plastic drinks bottles** → carpet, backpacks, sleeping bags and fleeces
- **Metal cans** → bike and car parts, construction beams and new cans
- **Glass** → new bottles, new jars and fibre glass
- **Paper** → tissues and new paper products

We understand that some materials still cause confusion. These include things like plastic bags, polystyrene, film from food packaging as well as tissue. Some people put these out simply because they wish they could be recycled.

Thanks for sending the right things to our recycling plants. Here's what those items are turned into:



Unfortunately, we cannot recycle these materials. They clog up our recycling machines and can even cause problems when they get mixed up with things that can be recycled.

To help us recycle more please make sure you don't put these materials in your green bins and recycling sacks:

- Carrier bags
- Polystyrene
- Crisp packets
- Batteries
- Wet wipes
- Pet food pouches
- Textiles
- Nappies

Thanks again for your efforts. We're looking to increase our rate of recycling up from just over 40 per cent today to 85 per cent by 2035.

Don't bin them: love your clothes

Each day we continue to see food, clothing and textiles being placed in waste collection bins when they could be reused or recycled. Reusable clothing equivalent to 917,283 pairs of jeans are thrown away every year in Herefordshire. Here's are some ideas of what you can do with them to avoid throwing them away!

Clothes can be repaired, shared, recycled, upcycled, sold or given away. The last place they should end up – and we mean the very, very last place – is in the bin.

If you don't consider yourself a dab hand with a needle and thread, others will do a repair job for you. Local businesses and some repair cafés can

mend whatever you can't manage to stitch yourself.

Alternatively, you could ask friends and family to swap clothes you no longer wear. Or search online for swap events and sites. Some items can be taken to charity- or vintage clothing stores (ring ahead to see what they accept). A quick google will help you find what's available locally.

But even swapping, stitching and recycling your garms can be minimised if you buy fewer clothes to start with.

And let's not forget that buying less should also result in a healthier bank balance!



Mending what you have, buying second-hand, selling or swapping your clothes reduces the effects of production and transport on our planet. To put it another way, you can choose to buy a new pair of shoes or create a much lighter carbon footprint.



Find out more about what you wear here: [loveyourclothes.org.uk/buying-clothes](https://www.loveyourclothes.org.uk/buying-clothes).

Stay safe against Covid and flu

As we head into winter, we would like to remind residents about what they can do to stay safe from Covid and flu



Take up the offer of the Covid and flu vaccinations



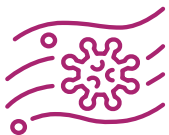
Test regularly



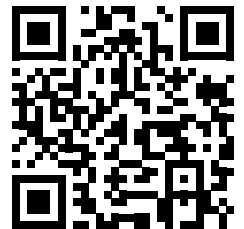
Wash your hands regularly with soap and water



Wear a face mask and keep your distance from people, especially in crowded areas or on public transport



Open windows regularly to disperse Covid particles



Find out more about how you can keep Herefordshire safe.

www.herefordshire.gov.uk/safehere

Stay Safe Keep Healthy Support Local

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communications@herefordshire.gov.uk



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Contact details



Herefordshire Council registered address
Herefordshire Council, Plough Lane, Hereford, HR4 0LE
Telephone: 01432 260000