

Company No: 7495168

Herefordshire Rural Hub

Helping Rural Businesses Thrive

July 2018 Newsletter

Herefordshire Rural Hub CIC

Agriculture House **Beech Business Park Tillington Road** Hereford, HR4 9QJ

Tel: **01432 268 428**

Co-ordinator **Cathy Meredith**

Mobile: 07970 181628

hub@herefordshireruralhub.co.uk

Administrator Frances Keogh

admin@herefordshireruralhub.co.uk

Event bookings Tel: **01432 353 465**

bookings@herefordshireruralhub.co.uk

Hub Directors

Liz Lloyd (Chair) **Russell Carrington** Chris England Christine Hope Cathy Meredith Kate Speke

Hub Hot Group

The Directors and Jenny Beard Jon Clifford Ben Corbett Paul Crumpton Catherine Every Charlotte Gibb Clare Greener Rachel Jones Frances Keogh Andy Offer

Julian Partridge

Nick Read

Disclaimer

The Herefordshire Rural Hub accepts no liability for any direct, indirect or consequential loss arising from any action taken in reliance on the information contained in this newsletter.

National Farmers Union

Lord Mayor's Show Competition - Calling All Young Farmers

The NFU has launched a competition to find eight young farmers (aged 18-30 years) to represent British farming in the 2018 Lord Mayor's Show, which takes place on Saturday 10th November in London. The NFU will be joined by Massey Ferguson to support the Worshipful Company of Farmers in this year's show. As an additional prize this year, Massey Ferguson is inviting one of the young farmers on a special trip to Beauvais in Northern France as a guest to tour the factory and enjoy an overnight stay.

The NFU is asking for nominations for young farmers, aged 18-30, who have made an outstanding contribution to the farming sector and who are passionate about the industry.

Full details and a nomination form can be found at:www.nfuonline.com/news/latest-news/calling-all-young-farmers/ Nominations close on Sunday 19th August.

The Deakin and Combe Memorial Trust are inviting applications for assistance with the cost of further education from those that are:

- Studying or about to study an agriculture related course in the academic year
- Whose parent(s) have made a contribution to agriculture in England or Wales Last year, successful candidates received grants of £500 - £1,000 towards such items as training courses, laptops and books.

Closing date for applications is 24th August 2018.

Grants to successful applicants will be sent out in October 2018. To request an application form phone 02476 858574 or email rachel.harper@nfu.org.uk

HAVE YOU VISITED THE

Herefordshire Rural Hub website.

Lots of useful contacts and links to information, funding etc.

Details of forthcoming events in and around the County.

News items of interest. Past Newsletters.

Go To Businesses.

Find out about Herefordshire Rural Hub & who we work with.

Check it out at:- www.herefordshireruralhub.co.uk

If you have your own website please add a link to our website, and also share it via social media.



You can also follow us on twitter@Hfds RuralHub



and on Facebook - search Herefordshire Rural Hub

Copy deadline for the next newsletter is:-15th July 2018

Derogations for Cutting hedges in August

BPS claimants who wish to sow Oilseed Rape and/or Temporary Grassland in August, and who need to be able to cut hedges in those fields before 1st September, must apply for a derogation in order to avoid breaching cross compliance requirement GAEC 7a Boundaries.

Applications must be made on paper or by email to the RPA. They have set a 15 working day response target, and you <u>must</u> have received your written confirmation before the work can commence. So please apply early!

The correspondence to the RPA should be clearly marked 'Cross compliance derogation', and should contain the following information:

Claimant name and address / SBI number / Field reference numbers

Confirmation that you wish to sow oilseed rape and/or temporary grassland on these parcels in August

If you wish to cut both sides of a hedge, you will need to list both the relevant field numbers

and be sowing oilseed rape and/or temporary grassland in both fields.

All paper derogation requests need to go to: **Rural Payments Agency, PO Box 352, Worksop, S80 9FG.**The letter must be clearly marked 'Cross Compliance derogation'.

Email requests must be sent to: ruralpayments@defra.gsi.gov.uk and marked 'Cross Compliance derogation' Ensure emails are only sent from email addresses which are registered with RPA on rural payments online and the person sending the email is registered to the business and has permission to act for the business.

Full guidance can be found in the **Guide to Cross Compliance in England 2018**

Important Changes to Red Tractor Beef and Lamb Standards

As of 1st June 2018, you will be assessed against new Red Tractor Beef and Lamb standards, relating to antibiotic use on farm. These amendments reflect the industry's commitment to being responsible users of antibiotics. In brief, members will be required to work with their vet to review health and performance data. The review must be written down, and there is a template for the vet to fill in – https://assurance.redtractor.org.uk/contentfiles/Farmers-6897.pdf

This review includes looking at medicine records and prescription data that outlines total antibiotic use, to make recommendations as to where farms can use antibiotics as responsibly as possible.

Other changes include the use of Highest Priority Critically Important Antibiotics and recommendations for disease prevention strategies.

Please read this document to check that you are compliant: https://assurance.redtractor.org.uk/contentfiles/Farmers-6903.pdf
To find out more about all the Red Tractor Farm Standards go to: https://assurance.redtractor.org.uk/standards

Countryside Stewardship deadlines

The four new offers are **Online Arable Offer, Lowland Grazing Offer, Upland Offer** and **Mixed Farming Offer**.

The deadline for submitting your application for each of the four offers is 31st July.

Mid-Tier Application - Deadline for application submission - 31st July

Nuffield Farming Scholarships 2018

Farming is about to face the biggest change for generations. Do you want to be at the front end of those changes? Since the 1947 Agricultural Act there have been many changes in the way UK farming has had to adapt and over that period several hundred Nuffield Farming Scholars, including over twenty from Herefordshire, have scoured the world for ideas, opportunities and innovations which have helped UK famers to become more proficient.

A Nuffield scholarship is an 'international passport' for global travel which opens doors not usually open and scholars become members of a vast international net-work. No formal post school educational qualifications are required by applicants.

With the imminent changes to the support mechanisms post Brexit, the new era will entail new thinking to counter the loss of CAP support. It will require new approaches related to productivity, volatility, profitability and sustainability, coupled to the envisaged swing towards a more environmentally oriented support system.

When Lord Nuffield established the Nuffield Farming Scholarships in the immediate post war period of food shortages, he did so to enable farmers and others involved in the food chain to seek out ideas world-wide which would help farmers increase food production. Post Brexit the industry will need a new approach to be able to react in a positive way to new scenarios including how to face volatility and how to react to support systems based on environmental payments.

So history will be repeating itself and there will be a need once again to scour the world for new approaches, innovations and new market opportunities.

Are you going to be one of those people between 25 and 45 years old, who would like to go out into the world to gather information and ideas? If so apply for a Nuffield Farming Scholarship. Applications must be in by late July.

To find more about the scheme, visit the website www.nuffieldscholar.org

or contact Ian Howie ianhowie1@btinternet.com 01981 570251 or register your interest with the Trust via the website.

Catchment Sensitive Farming Officers

If you are a priority farm, your local Catchment Sensitive Farming Officer (CSFO) can visit to give you advice on the Countryside Stewardship scheme (5 year agreements and 2 year capital agreements), and give approval for certain options where necessary. If you are within the Wye or Teme catchments and would like to request a visit or find out whether you are a priority farm, please contact your local CSFO on the details below:-

River WYE catchment:

Wayne Davies (West) 01588 640 980 James Griffiths (North East) 0300 060 0608 Rachel Bosanguet (South) 07770 331 669

River TEME catchment:

Anne Marie Jones (East of A49) 0300 060 0615 James Griffiths (Worcs) 0300 060 0608 Sally Powell (West of A49) 0300 060 0644

Herefordshire's Golden Grassland

Herefordshire Grassland Society invite you to a luncheon to celebrate their 50th Anniversary!

Sunday 8th July, from 12 noon with lunch served at 1pm At Church House Farm, Moreton on Lugg, HR4 8DE

HGS are delighted that Professor Wynne Jones will be joining them as the Special Guest Speaker

Please book in as soon as possible £20 per person

Tickets available from HGS Chairman Kate Adams Tel: 07766 330 959, Email: kate@wyeuskfoundation.org and from Sunderlands Tel: 01432 356 161



Herbal Leys, Permanent Pastures and Meadows – opportunities for reducing feed costs in a conservation focussed business model

Conygree Farm, Aldsworth, Cheltenham, Gloucestershire, GL54 3PW, courtesy of Jonty and Mel Brunyee

Tuesday July 10th – Farm Tour (4.00 – 6.00pm), followed by a barbeque (6.00 – 7.30pm)

The visit to Conygree Farm (www.conygreefarm.co.uk) on the National Trust's Sherborne Park Estate will focus on herb rich ley management, the practicalities/economics of an organic pasture fed (100% grass fed) system, flower rich grassland and field margin creation. Jonty and Mel will also show you their small herd of Traditional Hereford cattle and Cotswold sheep.

There is FREE coach travel from Burnt House Grain Store, Old Gore, near Ross on Wye HR9 7QW (parking courtesy of Peter Clay Farms)

Coach departs at 2.30pm and returns at 9.00 pm

Please contact **Herefordshire Rural Hub** to book your place Email: bookings@herefordshireruralhub.co.uk or telephone **01432 353465**

When booking please tell us how many seats you require on the coach or confirm that you will make your own way to Conygree Farm.

Enquiries to Caroline Hanks caroline.hanks@farming4wildlife.co.uk 07779 080940 www.herefordshiremeadows.org.uk

AHDB Hereford Monitor Farm Meeting

Tuesday 10th July, 7pm – 9pm (includes food)
At Woolhope Village Hall, Woolhope, Herefordshire HR1 4QS

Avara Foods is the joint venture between Cargill & Faccenda. Join us when we will meet representatives from Avara Foods with the aim to encourage open dialogue and better understanding between growers and processors.

Have you ever wanted to know more about your local grain processor? Well here's your opportunity!

The meeting will include:

- AHDB market summary of feed wheat for poultry sector
- The Avara supply chain that your cereals and oilseeds enter into
- Direction for our future procurement of cereals and oilseeds
- Dialogue between processor and grower: opportunity to ask questions in an informal setting

BASIS and NRoSO points have been applied for.

To book your place, Email: richard.meredith@ahdb.org.uk or Tel: 07717 493015

"ROCK THE BARN" - Charity Fundraiser - A one-day festival of Hereford Bands and Food

14th July, 2pm to 3am, at Lower Chilstone Court, Madley, HR2 9PW

Tickets £20 All proceeds go to Herefordshire Charities

For full details and ordering tickets go to https://www.herefordroundtable.co.uk/rock-the-barn/

The British Farming Awards

With the Brexit process marching on, The British Farming Awards is a celebration of the every-day resilience and innovation demonstrated across the core sectors of our industry.

The awards are organised by AgriBriefing, parent company to **Farmers Guardian**, **Arable Farming** and **Dairy Farmer**. There are 14 categories in total, all recognising farming's core sectors – arable, beef, sheep, dairy and machinery – as well as acknowledging the vast array of farm diversifications emerging as farmers add value to their businesses.

The awards showcase diversity and a willingness to adapt regardless of whether you are a farmer, farm worker, new entrant or a member of an established family business.

There is often a perception when entering awards that you need to be the biggest and the best in the industry, but the British Farming Awards aims to showcase innovation and adaptability – no matter what the size and scale of the business.

For full details of all the categories, how to enter or nominate go to the website https://www.britishfarmingawards.co.uk/
Entries close on Friday 13th July

The Awards Night is on Thursday October 18th at the National Conference Centre

Monmouthshire Show – 7th July <u>www.monmouthshow.co.uk</u> Cotswold Show - 7th - 8th July <u>www.cotswoldshow.co.uk</u>

Royal Welsh Show - 23rd - 26th July www.rwas.wales/royal-welsh-show

Burwarton Show – 2nd August www.burwartonshow.co.uk

Oswestry Show – 4th August www.oswestryshow.co.uk

Tenbury Show – 4th August www.tenbury-countryside-show.co.uk

Herefordshire Country Fair - 5th August www.herefordshirecountryfair.co.uk

Kington Show - 8th September www.kingtonshow.co.uk



Did You Know??

Herefordshire Rural Hub are organising another Rural Business Advice Day on Wednesday 21st November – please put the date in your diary!

The Wye & Usk Foundation—Here to Help

Stewardship Schemes: Our advisers are busy helping with stewardship schemes at the moment – if you would like help please get in contact soon!

Undersowing maize: It's not too late to book the precision drill to undersow your maize! It costs approx. £25/ac and can produce over 1t/DM/ac whilst helping to comply with soil protection rules. Please call Kate Adams ASAP to book your slot. **Free farm visits: Surface water flooding is an increasing issue in parts of** Herefordshire & we will be starting a new project in August to help improve water holding capacity of our soils in target catchments – watch this space for more info!

For more information or to request a visit please contact one of the WUF advisers: Kate Adams (07766 330 959) Lucinda Lewis (07824 904 877); Mike Williams (07920 441 215); Tom Jolley (07545 253 155); Jonny Pugh (07825 743 447)

RDPE Countryside Productivity Scheme

Funding for projects in England which improve productivity in the farming & forestry sectors & help create jobs and growth in the rural economy. It is administered by the RPA. Under the RDPE Countryside Productivity Scheme, there are grants for:

Improving Farm Productivity (application deadline 3rd December 2018)

Grants to fund projects that improve farm productivity through the use of robotic equipment and systems to aid crop and livestock production; increasing the use of renewable energy produced on farm; the use of LED wavelength controlled lighting to aid crop production; more efficient use of livestock slurries and manures, and digestate.

For full details go to: www.gov.uk/guidance/countryside-productivity-scheme

The RDPE grants are made by the European Agricultural Fund for Rural Development (EAFRD), which is part of the European Structural Investment Funds (ESIF).

The Marches Growth Hub

can provide advice & support to businesses wishing to apply for funding (including the RDPE funding)

Tel: 0345 6000 727 Email: enquiries@marchesgrowthhub.co.uk

Website: www.marchesgrowthhub.co.uk

Marches Growth Hub Calendar of Events www.marchesgrowthhub.co.uk/calendar/

Duchy Herefordshire Women in Rural Enterprise (WiRE)

Come and join a varied, talented group of women from across Herefordshire and share experiences, pick up useful tips and discover what being a WiRE member could mean to you.

Meeting dates for the next 3 months are 5th July. No meeting in August. 6th September.

Check Eventbrite online for more details and to book, or join us on Facebook – search for Duchy WiRE Herefordshire Alternatively email annie@lambcommunications.co.uk or Colita@litabix.com to be added to the mailing list.

The Prince's Countryside Fund

The Herefordshire Federation of Young Farmers' Clubs (HFYFC) working in partnership with Herefordshire Rural Hub have secured funding to provide support for training in a rurally based career to the end of December 2019. The funding is easy to access. All you need to do is select which course you would like to go on and complete the application form. If your application is approved you will be able to reclaim 70% of your training and test costs, up to a maximum of £250. Applicants must be a current member of HFYFC or a past HFYFC member (up to 40 yrs old).

The fund will support training that will; *improve your employability, increase or improve your skill set, improve your safety or allow you to undertake extra responsibility in your current job.*

The appraisal panel meets on the first Monday of the month. Please ensure that you submit your application in good time before your course is due to take place, as training cannot be funded retrospectively.



For further details and an application form please contact:

Herefordshire Rural Hub CIC,

Agriculture House, Beech Business Park, Tillington Road, Hereford, HR4 9QJ

Email: admin@herefordshireruralhub.co.uk Tel: 01432 268 428

The Jack Hughes Fund - administered by Herefordshire Community Foundation

The Jack Hughes Fund will fund up to a maximum of 70% pf the cost of training or costs up to a maximum of £150. Funding will be limited to one family member/employee per annum

The programme will be available for farmers <u>aged over 40</u> and will specifically provide funds to support those who require:

- retraining or upskilling as they are leaving the industry
- training to support a new farm diversification enterprise
- training or business support for succession planning

Funding will also be available for the following courses:

- Safe use of pesticides PA1, PA2, PA6
- Rodent control on farms
- Emergency first aid
- Food safety (Basic Food Hygiene)
- Chainsaw Maintenance & Cross Cutting (CS30)

The funding is easy to access, but please note that the project will not support training retrospectively &places will be limited.

Applicants need to be resident in Herefordshire. For further details or an application form contact:-

Herefordshire Community Foundation

The Fred Bulmer Centre, Wall Street, Hereford, HR4 9HP. Email: administrator@herefordshirecf.org Phone: 01432 272550

About St Michael's Hospice

The incredible support St Michael's receives from the community means your local Hospice is now providing more care to more people for longer periods of time.

Our mission is to ensure that end-of-life care is available to everyone who needs it, including patients, family and friends.

We want to enable people to do the things they want to do and make their life easier and more comfortable.

We care for cancer and non-cancer patients, and because everyone's illness is unique, we offer a range of different treatments.

Our regular outpatient clinics and support groups can give people the confidence and advice to help them live well with their illness

For example, people with fatigue and breathlessness can benefit from courses offering practical advice. Our occupational and physiotherapists can help alleviate or control a range of symptoms, and with personalised exercise programmes and home adaptations, they can make a real improvement to independent living.

Our person-centred approach means we also provide psychological and emotional support through our counselling service and social care team.

Visiting the Hospice offers people a chance to socialise, make new friends and take part in activities that range from arts and craft sessions to informative talks.

Many of our services are also available to family members and carers.

With our free car park, it's also easy to visit the Hospice shop and cafe to enjoy a snack and a drink with friends.

And the great news is, you can help play a part in all this.

To find out more, visit the website http://www.st-michaels-hospice.org.uk/



** FREE Beginners' Computer Workshops ** at Herefordshire Libraries



How to use your Tablet Computer

Learn the basics of how to use your tablet, from learning about apps, picking up emails, using the internet and how to connect to free Wi-Fi at the Library.

At Kington Library - Tuesday 17th July, 10am to 12pm Book at Kington Library, or phone 01432 260600.

How to use your Smartphone

Learn the basics of how to use your smartphone, from learning about apps, picking up emails on your smartphone, using the internet and how to connect to our Library Wi-Fi. Bring your own device or we will have a few smartphones available for the session.

At Ledbury Library - Tuesday 17th July, 4pm to 6pm Book at Ledbury Library, or phone 01432 383499. At Ross-on-Wye Library - Tuesday 24th July, 5pm to 7pm Book at Ross Library, or phone 01432 383280.

Introduction to Emails

Would you like to learn how to set-up an email account, send an email, and read and reply to emails that have been sent to you? After this workshop, you will have your own email account and be able to send and receive emails. Laptops will be provided for the workshop.

At Leominster Library - Thursday 19th July, 10am to 12pm *Book at Leominster Library, or phone 01432 383290.*

FREE Social Media workshop with HVOSS – making it work for your charity, voluntary organisation or community group Wednesday 11th July, 12pm to 2.30pm, at Saxon Hall, Hoarwithy Road, Hereford HR2 6HE

Social media has quickly become an essential tool for all charities, helping you connect and communicate easily and quickly with volunteers, customers, clients, the wider community, and other organisations and businesses. Book your free place on this workshop in Hereford for an overview of social media (Facebook, Twitter, etc), to hear the benefits of using social media, and to learn how your organisation can use it to help with marketing, engagement and fundraising.

The workshop will start with a complimentary lunch and time to network.

The workshop is FREE, but booking is essential – please phone HVOSS on 01432 343932 email joy.harvey@hvoss.org.uk or book online at www.hvosssocialmedia.eventbrite.co.uk

These workshops are provided by Fastershire – the partnership between Herefordshire Council and Gloucestershire County Council to bring faster broadband to the two counties. www.fastershire.com

7Y Training Services

Wharton Court, Leominster, HR6 0NX

Contact: Paula Strangwood Email: paula@7Ytraining.co.uk Tel: 07808 670110

<u>Course</u>	<u>Dates</u>
C & G Safe Use of Pesticides (PA1)	September & October
C & G Ground Crop Sprayer (PA2)	September & October
C & G Knapsack Sprayer (PA6)	September & October
C & G Chainsaw Maintenance & Cross-cutting	25 th & 26 th September
C & G Chainsaw Occasional Users	23 rd – 25 th October
First Aid at Work refresher	23 rd & 24 th July
Level 2 Health & Safety in the workplace	10 th August
Manual Handling ½ day a.m	3 rd August
Fire Awareness ½ day p.m	3 rd August
First Aid at Work	19 th – 21 st September
Emergency First Aid at Work	28 th August

Please contact Paula to register your interest for the following courses

C&G Slug Pellets PA4s <> C&G Granular Applicator PA4g <> Lantra/ITSSAR Rough Terrain Telescopic <> MEWPS Lantra/ITSSAR Counterbalance <> ATVs Sit-astride Quad Bikes <> ATVs Sit-in Quad Bikes <> Excavators 180 Excavators 360 <> Dumpers (Forward Tipping) Wheeled and Tracked <> Loading Shovels Wheeled and Tracked Safe working at Height with mobile towers

Herefordshire & Ludlow College

Tel: 0800 032 1986 Email: enquiries@hlcollege.ac.uk Website: www.hlcollege.ac.uk

Visit the website for full details of all the courses that are available

Wyvern Training Ltd

If you have any specific training needs, please contact us Email: enquiries@wyverntrainingservices.com Tel: 07468 465 303

For the full list of useful website links/contacts/information on the Herefordshire Rural Hub website

visit the "Useful Links" page on the Herefordshire Rural Hub Website http://www.herefordshireruralhub.co.uk/useful-links-information/

Could you or someone you know benefit from support:-

- Farming Community Network 03000 111 999 website: http://www.fcn.org.uk/
- > Royal Agricultural Benevolent Institution (RABI) 0808 2819490 website: http://www.rabi.org.uk/
- > Borderlands Rural Chaplaincy 07958 591 646 website: www.borderchaplain.org
- You Are Not Alone (YANA) 0300 323 0400 website: www.yanahelp.org/
- Farming Help 0845 367 9990 website: www.farminghelp.org.uk/
- Addington Fund 01926 620 135 website: www.addingtonfund.org.uk/
- ► Herefordshire Samaritans website: <u>www.samaritans.org/branches/herefordshire-samaritans</u>

Are you unsure about details of rules or regulations? Need help with understanding record keeping?

You may be cautious about asking for help from a regulatory body such as the Environment Agency, but they are always willing to advise and help you. Herefordshire Rural Hub can help signpost which organisation can help you. Don't hold back from asking for help. It's free and could save your Basic Payment.

- Farming Advice Service Email: advice@farmingadviceservice.org.uk website: www.farmingadviceservice.org.uk
 The Rural Services Helpline 03000 200 301 provides a single number for all Farming Advice Service, Rural Payments Agency or Animal and Plant Health Agency (AHPA) enquiries. It is open from Monday to Friday, 8.30am till 5pm.
- Natural England 0300 060 1115 enquiries@naturalengland.org.uk
- Environment Agency Sharon Chisholm (Mon, Tues, Weds) Tel: 02030 251692 Email: sharon.chisholm@environment-agency.gov.uk
- N.F.U. (Herefordshire) Clare Greener Tel: 01432 807464 Mob: 07771 626080 Email: Clare.Greener@nfu.org.uk
- C.L.A. Richard Goodwin 01785 337010 richard.goodwin@cla.org.uk
- Animal Health & Trading Standards (Herefordshire) Tim Barber Tel: 01432 383145 Fax: 01432 383169

Advice on cyberbullying and online harassment

Cyberbullying and online harassment can be extremely distressing. It certain cases it can be classed as a criminal offence but there is lots of help available to support you.

Tips to stay safe online

- Think before you post when posting or commenting on the internet, consider what you say and what effect it may have. Never post comments that are abusive or may cause distress to others.
- **Keep personal information personal** avoiding saying anything or publishing pictures that might later cause you or someone else embarrassment. Be aware of what friends post about you, or how they reply to your posts, particularly about your personal details and activities.
- Make the most of privacy settings keep your profiles closed, allowing access only to your chosen friends and family.
- Report cyberbullying to internet service providers lots of content on social media that is offensive or upsetting is not necessarily a criminal offence. However, cyberbullying often violates the terms and conditions established by social media sites and internet service providers. Report cyberbullying to the social media site so they can take action against users abusing the terms of service.

• Social media help sections can show you how to block users and change settings to control who can contact you. You can get advice and support on using the following social media sites, including the ability to report content to them.

Facebook - https://www.facebook.com/help/

Twitter - https://support.twitter.com/

Instagram - https://help.instagram.com/

LinkedIn - https://www.linkedin.com/help/linkedin

Google+ - https://support.google.com/plus#topic=6320382

YouTube - https://www.youtube.com/yt/policyandsafety/en-GB/reporting.html

Pintrest - https://help.pinterest.com/en

Tumblr - https://www.tumblr.com/abuse

Snapchat - https://support.snapchat.com/en-GB

- If you believe that you are the victim of an offence, always keep a record of the content by taking a screenshot, for example.
- If you are worried that your child or a loved one might be the victim of cyberbullying there are some signs to look out for including: Low self-esteem, Withdrawal from family and spending a lot of time alone, Reluctance to let parents or other family members anywhere near their mobiles or laptops etc and finding excuses to stay away from school or work.

What can the police do?

If we consider a message or post to be potentially criminal, we will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someones life is threatened will be treated very seriously.

For more information and further warning signs and advice please visit: www.bullying.co.uk

"Do you run a club, group or venue?"

Paul Crumpton is seeking every opportunity across Herefordshire to give presentations and advice on how to stay free from harm and reduce the likelihood of crime occurring.

Clubs, Groups, Venues and other Community meeting places provide the ideal location to deliver PRESENTATIONS, TALKS or hold similar EVENTS to groups of people on Crime Prevention.

If this is something you may be interested in, please do not hesitate to contact Paul on the details below.

Paul CRUMPTON, West Mercia Police Rural & Business Officer (Crime Prevention) HEREFORDSHIRE

Phone 101 then 4408 Mobile 07773 044781 Email: Paul.crumpton@westmercia.pnn.police.uk

Herefordshire Rural Hub - Classified Page

Would you like to place an Advert, for e.g. **Services / Job Vacancy / Items for sale looking for work??**

Then please contact **Frances** for full details of the advertising packages on our **Classified Page**admin@herefordshireruralhub.co.uk
01432 268428

www.herefordshireruralhub.co.uk/advertise-herefordshire-rural-hub-website/

Thank you to our "Go To Businesses" who can be found on our website at

www.herefordshireruralhub.co.uk/go-to-businesses/

Berrys <> DJM Consulting <> Moule & Co <> Hope to Achieve Okells Francis Law <> 7Y Training

If you would like to be a "Go to Business" go to:-

http://www.herefordshireruralhub.co.uk/apply-become-go-business/

or contact Frances for more information – admin@herefordshireruralhub.co.uk

If you no longer wish to receive this newsletter, please contact Frances at Herefordshire Rural Hub Email: admin@herefordshireruralhub.co.uk

Address: Herefordshire Rural Hub, Beech Business Park, Tillington Road, Hereford, HR4 9JQ