

Commissioned by



## **Inclusion Network Herefordshire, July 2020 no 2.**

Hi, The summer holidays are here, and more places are opening up. Many families continue to shield and feel wary about going out. Covid-19 information still advises stay safe and practice good hygiene especially hand washing. Guidelines can change from time to time. Allinteractive is open to all families with disabled children in Herefordshire. Allinteractive offers outdoor activities for shielding family groups for July and August. If you would like more details or have a request, please contact me **on 01568 614908 or mob 07541748953 or email [development@marchesfamilynetwork.org.uk](mailto:development@marchesfamilynetwork.org.uk)** .

The Allinteractive Inclusion project is funded by Herefordshire Council and delivered by Marches Family Network. There are previous listings still available on [www.marchesfamilynetwork.co.uk](http://www.marchesfamilynetwork.co.uk) If you need urgent help contact the MASH (Multi Agency Safeguarding Hub) teams in Herefordshire on 01432 260800 or in Shropshire on 0345 6789021. *Good wishes Angela, coordinator for the Allinteractive Inclusion Project*

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### **Allinteractive Shielding family visits to outdoor places**, a session for just the shielding family group.

- a. **Hellens Manor** near Ledbury is available for a 2-hour visit. We have 18<sup>th</sup> Aug available and other days on Tues, Thurs or Fridays available subject to booking. For booking and information contact Angela, 01568 614908 **mob 07541748953 or email [development@marchesfamilynetwork.org.uk](mailto:development@marchesfamilynetwork.org.uk)**
- b. **Everybody Dance leader Rachel Freeman** is offering a number of free Garden dance sessions to disabled young people and their family/social bubble in the garden/backyard or a safe outdoor space nearby in July and August in the Leominster and Bromyard areas. **Contact Rachel 07870429528 or email [rfeverybodydance@gmail.com](mailto:rfeverybodydance@gmail.com)**
- c. **Longtown Outdoor Learning Trust (South West Herefordshire) are offering tasters to Allinteractive Inclusion and can be booked by phone 01873 860225 option 2 or email [rebecca@longtownoutdoorlearning.co.uk](mailto:rebecca@longtownoutdoorlearning.co.uk)** Longtown require a minimum of 48 hours' notice for the visit to allocate toilets, picnic area and staffing (if required), no drop-in visits please. Timings - 'half-days' are 3-hour sessions which normally run 9 am – 12 pm, 1 pm - 4 pm or 5 pm- 8 pm and other times available on request. <https://www.longtownoutdoorlearning.co.uk/> The range of visits are as follows,
  - i. Self-Guided Tour £25.00 (for up to 5 people – this includes access to the Woodland Photo Trail and / or Foot Golf, private toilets and dedicated indoor / outdoor lunch area)
  - ii. Guided Tour £55.00 (A member of staff will be assigned to your group of up to 5 people and will guide you on a tour to include the centre grounds, a visit to the castle and use of the All-Terrain Wheelchair should you require it. You will also be able to do either the Woodland Photo Trail or Foot Golf and have access to private toilets and dedicated indoor/outdoor lunch area)
  - iii. Family Adventure £75.00\* for up to 4 people (£15 for an additional person) – a full range of adventurous on-site activities is available. All equipment provided. You will have access to private toilets and dedicated indoor / outdoor lunch area. (\*this is a special price for Allinteractive sessions compared to our standard Family Adventure Days to reflect the fact that Allinteractive group sizes may be smaller.)

- d. **Oakerwood Leisure, Kingsland** <https://www.oakerwoodleisure.co.uk/> offer the following to Allinteractive shielding families. The prices are for Allinteractive families only. Initial booking through Angela **mob 07541748953 or email [development@marchesfamilynetwork.org.uk](mailto:development@marchesfamilynetwork.org.uk)** Access reasonable. Group size etc. outlined below,
- i. High Ropes £27.50 per person for 3 elements or £25.00 per person for 2 elements – min group of 4 people - (Min age 7)
  - ii. Paintball £27.50 per person with 300 balls (min age 11 for Paintball or min age 8 for Junior Paintball) min group 8
  - iii. Quad Biking £170.00 for up to 4 people (Min age 10) £200 for up to 5 people (Max group of 5 people)
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### Outdoor venues in and around Herefordshire

- **Cosford RAF museum** timed tickets indoors and outdoors <https://www.rafmuseum.org.uk/cosford/>
- **Eastnor Castle grounds** <https://eastnorcastle.com/whats-on/> best to book online open Wed to Sunday check website for full details. Access reasonable/good
- **Herefordshire, Growing Local**, mini growing packs and holiday recipe box scheme for all ages, <https://growinglocal.org.uk/>
- **Hampton Court Gardens near Leominster**, open Wed to Sunday 10.30 – 5pm for more information see <https://www.hamptoncourtcastle.co.uk/covid-19-coronavirus-update> Access reasonable/good
- **Hellens Manor** open to public Wed, Sat Sun for more information <https://hellensmanor.com/>
- **Hellens online Garden Festival** 22<sup>nd</sup> Aug [hellensgardenfestival.co.uk](https://hellensgardenfestival.co.uk)
- **Hergest Croft Gardens, Kington** access good open daily 11.30 to 5pm, under 16s free of charge <https://www.hergest.co.uk/visitor-information> Access reasonable/good ring for details.
- **Madley Environmental Centre** <http://www.mesc.org.uk/> Some great activities for family groups. Full days £25 per family or social bubble. Booking and payment in advance only 4 groups per day. Adults must participate as leaders will be socially distancing. Suitable for age range 3 -12 max size of group 6 people. To book and for access details [contact@mesc.org.uk](mailto:contact@mesc.org.uk) or call 07443654014.
- **National Trust Herefordshire** lots of great outdoor spaces at Croft Castle, Bromyard Downs and Brockhampton and Berrington Hall near Leominster which **has an excellent changing place with hoist changing bed and adjustable height sink**. Remember disabled children under 16s can get an annual membership for £10 and carers go free. Disabled young people 17 to 25 years can get membership which includes the parking permit and carers go free c.£34. You need to book in advance <https://www.nationaltrust.org.uk/lists/herefordshire>
- **Ironbridge Museums, Telford** <https://www.ironbridge.org.uk> is open and for more information see website.
- **Queenswood County Park, café and Portaloo toilets open.** <https://www.queenswoodandbodenhamlake.org/events/>
- **Small Breeds Farm Park and Owl Centre, Kington, Herefordshire** now open <http://www.owlcentre.com/>
- **Westonbirt National Arboretum** <https://www.forestryengland.uk/westonbirt-the-national-arboretum>
- **Woodland Trust** Use their website to find walks in Herefordshire such as Haugh Woods <https://www.woodlandtrust.org.uk/visiting-woods/woods/haugh-wood/>
- **Wyevalley Visitor Centre, Ross on Wye** has lots to do and see <https://wyevalleyvisitorcentre.co.uk/>
- **West Midland Safari Park, booking essential** <https://www.wmsp.co.uk/>

**Accessible holidays, ideas and campsites nearby** \*please send in your recommendations\*

Accessible Countryside Central England <https://www.accessiblecountryside.org.uk/central-england-camping>

Sensory Trust <https://www.sensorytrust.org.uk/>

Simply Emma <https://www.simplyemma.co.uk/>

## **Under 5s**

**Hope Family Centre, Bromyard** *provision including sensory room, open for children. If you would like further information please email [Rachel.cross@hopefamilycentre.org](mailto:Rachel.cross@hopefamilycentre.org)*

**Leominster Teddy Bear Trail** coming soon in August <http://www.leominstertourism.co.uk>

## **Fitness Activities**

- **Halo Herefordshire Centres are Clean, Safe & Ready to welcome you back from Saturday 25 July.**
- Hereford Leisure Centre - gym, group exercise, golf & toning suite
- Ledbury Swimming Pool - gym & group exercise
- Ross on Wye Swimming Pool - gym
- Leominster Leisure Centre - gym & group exercise

**The pools at Ledbury, Leominster and Ross on Wye will be open for lane swimming on Saturday 15 August**, with lessons to be confirmed. Everything you need to know about returning to Halo can be found here: <https://haloleisure.org.uk/welcome-back-info>

- **Active Herefordshire** and Worcestershire <https://www.activehw.co.uk/>
- **Get Yourself Active** - Fitness and disability <http://www.getyourselfactive.org/>
- **Gympanzees** [www.gympanzees.org/Our-Home](http://www.gympanzees.org/Our-Home) and [www.gympanzees.org/our-home/zoom-sessions](http://www.gympanzees.org/our-home/zoom-sessions) and [www.gympanzees.org/our-home/lending-library](http://www.gympanzees.org/our-home/lending-library)
- **Bumble Bee Physio** <https://www.bumblebeephysio.co.uk/>

## **Arts, Stories and Performance**

- **Arts Alive** [www.artsalive.co.uk](http://www.artsalive.co.uk) free screenings including some local archive footage.
- **Boredom Buster NHS newspaper** by acclaimed artists [www>latest-news>acclaimed-artists](http://www>latest-news>acclaimed-artists)
- **Kev's Storytelling** – <https://www.youtube.com/channel/UCWg1FTj-DPNX5UJfPjWWgww>
- **Libraries Herefordshire**  
[www.herefordshire.gov.uk/info/200149/libraries/897/library\\_services\\_during\\_coronavirus#](http://www.herefordshire.gov.uk/info/200149/libraries/897/library_services_during_coronavirus#):
- **Outdoor Cinema Film and Chill at Hereford Racecourse**  
<https://www.openairfilmmandchill.com/herford-outdoor-cinema>
- **Story Massage** <https://www.facebook.com/StoryMassageProgramme>

## Communication and more info

- **Action for Children, Parent Talk**  
[https://parents.actionforchildren.org.uk/?\\_ga=2.206694099.17074831.1595450359-1171764616.1595450359](https://parents.actionforchildren.org.uk/?_ga=2.206694099.17074831.1595450359-1171764616.1595450359)
- **Council for Disabled Children** <https://councilfordisabledchildren.org.uk/help-resources/resources/covid-19-support-and-guidance>
- **Echo Herefordshire** <https://www.echoherefordshire.org.uk/news/>
- **Elizabeth's Boxes** <https://www.facebook.com/Elizabeths-Boxes-108127987632999/>
- **Face masks** and Kidadl article [https://www.kidadl.com/articles/talking-to-kids-who-dont-want-to-wear-a-face-mask?utm\\_campaign=newsletter-2107&utm\\_medium=email&utm\\_source=mailchimp&utm\\_content=bloglink&](https://www.kidadl.com/articles/talking-to-kids-who-dont-want-to-wear-a-face-mask?utm_campaign=newsletter-2107&utm_medium=email&utm_source=mailchimp&utm_content=bloglink&)
- **Homestart** <http://www.home-startherefordshire.co.uk/>
- **LookUK** office based in Hereford, offers lots of great online sessions for visually impaired children and young people and their families. [www.lookuk.org](http://www.lookuk.org)
- **Marches Family Network** <https://www.marchesfamilynetwork.co.uk> MFN provide great shortbreak activities for children and young people with disabilities and additional support needs and signposting and support for families and much more, see website for details. You need to register your child first, £25 which covers 0 to 25 years. There is a summer programme with limited availability due to small numbers required by covid-19 risk assessments.
- **MENCAP TV** <https://www.youtube.com/user/MencapDirector/feed?filter=1>
- **National Autistic Society Herefordshire** <https://nas-herefordshire.co.uk/>
- **Parent Carer Voice Herefordshire** <http://parent-carer-voice-herefordshire.co.uk/Parent>
- **SENDIAS - Herefordshire & Worcestershire** <http://www.sendiasshw.co.uk>
- **Widgit symbols** <https://widgitonline.com/>
- **Wigan Council – Treat Your Mask Like Underwear, advice**
- **Worcester Health Care NHS good site and info**, <https://www.hacw.nhs.uk/sltcovid19>

## More days out info

<https://www.dayoutwiththekids.co.uk/things-to-do/west-midlands/herefordshire/outdoor>

<https://www.eatsleepliveherefordshire.co.uk/>

[https://www.tripadvisor.co.uk/Attractions-g186301-Activities-c61-Herefordshire\\_England.html](https://www.tripadvisor.co.uk/Attractions-g186301-Activities-c61-Herefordshire_England.html)

<https://www.visitherefordshire.co.uk/>

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## Contact Allinteractive

email [development@marchesfamilynetwork.org.uk](mailto:development@marchesfamilynetwork.org.uk) phone 01568 614908, mob 07541748953 for more details or to send information for the next listing in August. You can find previous listings since lockdown on the MFN website.