



Inclusion Network Herefordshire Feb 2020

More activities for disabled and non-disabled children and young people, their families and friends. **Look out for information about Aida's Accessible Amble in Leominster more details www.echoherefordshire.org.uk.** For more ideas download the Allinteractive activities longlist www.marchesfamilynetwork.co.uk/all-interactive-inclusion **Best wishes Angela, Allinteractive Inclusion Project, 01568 614908 or development@marchesfamilynetwork.org.uk**

Every Friday morning 11.15-11.45 <u>Bounce & Rhyme, Leominster Library</u>	See also https://www.leominsterlibrary.org FREE, no need to book	Under 5s plus adult FREE
<u>Little Seahorses Swimming lessons</u> Access good	Venue, Barrs Court School, for courses contact Zoe office@littleseahorseswimming.co.uk	
Sundays 2 - 3pm <u>SWIMS- Ross Halo WEEKLY</u> <u>quiet public swim</u>	<ul style="list-style-type: none"> SWIM at Ross Halo swimming pool quiet public session, 01989 763487 Access good, hoists in good order. 	<u>Carers Free, ROSS under 16s £3.60</u>
Friday (term time) 5.30-6.30pm <u>Pan-disability football Ludlow Juniors Football Club</u> Access good	<u>Ludlow Football Stadium</u> Contact, Mark Bull, Inclusive Sport 01743 289177 ext. 216 or Mark.bull@shrewsburytowninthecommunity.com	5 years + £3 per child.
Saturday mornings 11am-12.30pm <u>Fun Family Inclusive Football</u> contact Kelly 07549023563 Access good	Fun Family Inclusive Football at Leominster Leisure Centre, Coningsby Rd, Leominster HR6 8LL Facebook Leominster Inclusive Sports	Contact 07549023563 for more info
Saturday 8th Feb - Saturday mornings <u>Pan-disability football Ross Juniors Football Club</u> Contact Gareth Nutt 07583232656 gbnutt@gmail.com Access good	<u>Check for venue</u> open to male and female players. Refreshments available for players, parents, carers.	Free entry and parking 16+ years
Wed 5, 12 Feb, 12.30-2pm <u>Wednesday Cook Club for parents and over 16s</u> Contact Louisa - 07902802982. Access good	Free Wednesday Cook Club at the Kindle Centre, Hereford. Facebook, growing local is going local, www.growinglocal.org.uk Email, louisa@growinglocal.org.uk	booking essential
Thurs 6 Feb 7.30pm <u>Yours Sincerely, Quick Duck Theatre at Bromyard Conquest Theatre.</u>	<u>Bromyard Conquest Theatre www.artsalive.co.uk</u> for full details, access, & booking info.	Age 13 + to book see website
Sat 8 – Sun 23 Feb 10 – 6.30pm <u>Frozen at the Maylord Centre, Hereford</u>	Child: £12.50, Adult: £7.50, Under 12 months: Free, Carer: Free www.enchantedkingdomhereford.co.uk/frozen-spectacular	
Tues 11 Feb 6pm, Wed 12 Feb 10.30 <u>The Little Prince</u> Access good	<u>Courtyard Arts Centre, Hereford</u> www.courtyard.org.uk or 01432 340555 Access good	More info see website
Sat 15 – 22 Feb <u>Treasure Island Panto, Conquest Theatre Bromyard,</u>	Family Panto with mischief, custard pies, songs and fun.	More info 01885 488575
Sat 15th – 23rd Feb <u>Herefordshire National Trust great activities</u> Access details see website.	www.nationaltrust.org.uk/lists/herefordshire <i>Disabled children can pay £10 membership a year and carer goes free.</i> Berrington Hall has accessible toilet/changing place activities include Nature Explorers, Wintery Garden, Wassail, Build a Bug House and Pesky Pesks Workshop.	See website
Mon 17th Feb 9.30- 10.30 7 – 11 years 11.15- 12.15 over 11 years Matt Hudd Martial Arts taster sessions Access good	<u>Matt Hudd Martial Arts, 16 Coningsby St. Hereford HR1 2DY</u> To book contact Angela 01568 614908, development@marchesfamilynetwork.org.uk Young people need to bring an adult.	Free taster sessions booking essential
Mon evening 17th Feb 7-9pm <u>The Rendezvous club</u> Contact ECHO 01568 620307 Access good.	<u>The Rendezvous, meet, chat, music, quiz, play pool and hang out, (every 3rd Monday in month). Shooters Bar, Burgess St, Leominster, HR6 8DE www.echoherefordshire.org.uk</u>	16 – 30 years £4 Contact ECHO for more info.

<p>Tues 18, Wed 19 Feb <u>Herefordshire Wildlife Trust, Queenswood</u> For access and more info see websites www.herefordshirewt.org www.queenswoodandbodenhamlake.org or contact Karen 01432 356872 k.roberts@queenswoodandbodenhamlake.org</p>	<p>i. <u>Wildlife Watch Club Sunday afternoon 2 Feb, 1 March</u> ii. <u>18 Feb, Adventure Club 10-2pm (7 to 11years)</u> £12 per child. <u>Booking essential</u> iii. <u>19 Feb, Get Crafty 1.30-3.30pm</u> drop-in for families (children 3-12years). £2 per child. Free Gruffalo's Activity trail finishes 31 March, activity pack £3</p>	<p>See website or fb to book</p>
<p>Tues 18th 11 – 3pm Junk Modelling Day Contact, 01432 357236, info@waterworksmuseum.org.uk</p>	<p><u>Waterworks Museum</u> Waterworks Museum Broomy Hill, Hereford, HR4 0LJ, UK</p>	<p>Free to under 16s see details on website.</p>
<p>Wed 19th Feb 10.30 – 3pm <u>Magic! Inclusive workshop</u> Contact Rebecca Cook, 01432 346511 or Rebecca.cook@courtyard.org.uk</p>	<p><u>Courtyard Arts Centre, Hereford</u> www.courtyard.org.uk or 01432 340555 Access good (*bursary places available*)</p>	<p>8 to 15years £15 whole day £7.50 half day</p>
<p>20th – 22nd Feb 7.30pm and 2.30 22nd Feb Treasure Island Panto, Kington Operatic Soc</p>	<p><u>At Lady Hawkins Community Leisure Centre, contact Tom</u> <u>Bounds day 01544231303/evening 01544 231501</u></p>	<p>Adults £18 under 18s £5</p>
<p>Friday 21 Feb 2.30pm <u>Star Wars, the Rise of Luke Skywalker (12A)</u> <u>Relaxed screening Access good</u></p>	<p><u>Courtyard Arts Centre, Hereford</u> www.courtyard.org.uk or 01432 340555 Access good</p>	<p>More info on the website</p>
<p>Sat 22 Feb 10-12 noon <u>Wildplay Family Event, Leominster Library</u></p>	<p><u>Woodland inspired family craft to celebrate the launch of Herefordshire Libraries new Squirrel Club for Under 5s and parents</u></p>	<p>Free family event</p>
<p>Sat 22nd Feb 11am (10.30 free pre-activity) <u>The Gingerbread Man Access good</u></p>	<p><u>Courtyard Arts Centre, Hereford for more details see website</u> www.courtyard.org.uk or 01432 340555</p>	<p>families with children 3years and over</p>
<p>Sat 22nd sessions 11am, 1pm, 3pm Aardman Animations</p>	<p><u>Blake Theatre, Monmouth 01600719401</u> https://www.theblaketheatre.org/events/</p>	<p>See website</p>
<p>Tues 25 Feb 11am and 1pm <u>The Ugly Duckling, Sealegs puppet show</u> Access good</p>	<p><u>Courtyard Arts Centre, Hereford</u> www.courtyard.org.uk or 01432 340555</p>	<p>Under 5s and families.</p>
<p>No Wrong Door – HVOSS Youth Project. fb @NoWrongDoorHereford Access good</p>	<p>1 Union Walk, Hereford, HR12ES, A safe space to talk, find activities, help, advice and more. Tel.01432 277567 nwd@hvoss.org.uk</p>	<p>FREE Drop in for 11-25-year olds</p>
<p><u>National Autistic Society Herefordshire Branch</u></p>	<p>For great activities including relaxed screenings see www.nas-herefordshire.co.uk</p>	<p>See website</p>
<p><u>Odeon Hereford, relaxed screening</u> Access good</p>	<p>Odeon Hereford, The Old Market, HR4 9HR 0333 014 4501 Contact Odeon box office to book https://www.odeon.co.uk/cinemas/herford</p>	<p>Contact Odeon box office to book</p>
<p>Cycling Activities <u>Adapted bikes & cycling activities for access and more info.</u> Nigel Martin nigel.martin@herefordshire.gov.uk</p>	<p>You can book a one-hour session for £6 see also www.herefordshire.gov.uk/holidaycyclingactivities</p>	<p>booking advised</p>
<p>Feb half term, <u>Kids Club, The Cart Shed</u></p>	<p>The Cart Shed, HR4 8QN www.thecartshed.co.uk 07796 421373 or info@thecartshed.co.uk</p>	<p>Check website for information</p>
<p>Save the date for MFN Birthday Celebration 6th April Courtyard Family Festival 18 April</p> 	<p>www.marchesfamilynetwork.co.uk www.eatsleeliveherefordshire.co.uk, www.artsalive.co.uk www.broadsheep.com www.regaltenbury.co.uk – films and theatre https://guide2.co.uk/herefordshire/whats-on-in-herefordshire-1/things-to-do-half-term/</p>	<p>Commissioned by </p>