

## Inclusion Network Herefordshire Feb-March 2019

Here are some more inclusive activities for disabled and non-disabled children and young people in Herefordshire. To find out if these sessions will suit your child or to book use the contact activity details. If you have any difficulties, please contact me. Check [www.marchesfamilynetwork.co.uk](http://www.marchesfamilynetwork.co.uk) for updates. Good wishes, Angela, All Interactive, [development@marchesfamilynetwork.org.uk](mailto:development@marchesfamilynetwork.org.uk), 01568 614908

<p><b>Under 5s sessions at the Hope Family Centre, Bromyard</b></p> <p>Contact 01885 488495, <a href="mailto:info@hopefamilycentre.org">info@hopefamilycentre.org</a></p> <p><b>Access good</b></p>	<p><b>More information includes soft play and sensory room hire.</b></p> <p><a href="http://www.hopefamilycentre.org">www.hopefamilycentre.org</a></p>	
<p><b>Learn to ride a bike at the Hereford Academy</b></p> <p>18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> Feb  <b>Contact, 01432 383150</b>  <a href="mailto:move@herefordshire.gov.uk">move@herefordshire.gov.uk</a></p> <p><b>Access, contact email above.</b></p>	<p><a href="http://www.herefordmove.org">www.herefordmove.org</a> for more information</p> <p><b>also information about adapted bikes</b></p> <p>Econo  <a href="mailto:lydia.critchley@herefordshire.gov.uk">lydia.critchley@herefordshire.gov.uk</a></p>	<p>4-11year olds</p> <p>Booking essential</p>
<p><b>Herefordshire and Worcester Sports Partnership</b></p> <p><b>For more information about sessions and access.</b></p> <p><b>Contact Chris Corke</b>  <a href="mailto:c.corke@worc.ac.uk">c.corke@worc.ac.uk</a></p>	<ol style="list-style-type: none"> <li><b>Yoga Hereford Yoga Centre, Unit 10 Foley Trading Est, Hereford HR1 2SF sessions for children and teens and visually impaired teens</b>  <a href="mailto:jennymay@herefordyoga.co.uk">jennymay@herefordyoga.co.uk</a>, 01432 353324</li> <li><b>Tennis Special Olympics at Leominster Halo.</b></li> </ol>	
<p><b>Inclusive Family Swims</b></p> <p>Sundays 2-3pm 10, 17, 24 Feb, 3, 10, 17, 24 March Ross Halo</p> <p>Sunday 2-3pm monthly 24 Feb, 24 March</p>		<p>Ross children £3.60 carer/s free</p> <p>Leominster children £3.40 carer/s free</p>
<p><b>National Trust Herefordshire</b></p> <p><b>Access variable check</b></p> <p>Eleanor  Visitor Experience Assistant  Berrington Hall and Croft Castle  Herefordshire</p>	<p><b><u>Berrington Hall events including</u></b></p> <p><b>Tom Thumb and Thumbelina Trail</b>  Saturday 16 to Sunday 24 February, 10am to 4pm  The story of Tom Thumb a popular tale in the eighteenth century. £2.50 per trail, includes a prize. Normal admission applies.</p> <p><b>Lego builders at Berrington</b>  Monday 18 to Wednesday 20 February, 11am to 3pm  Have a go at some Lego fun in the garden at Berrington. £2 per person. Normal admission applies.</p> <p><b><u>Croft Castle events</u></b></p> <p><b>Jack Frost trail</b>  Saturday 16 February, 10am to 4pm</p>	<p>Disabled children can get a £10 admission ticket for the year and their carer/s go free.</p>

	<p>£2.50 per trail, includes a prize. Normal admission applies.</p> <p><b>Pesky pests workshop</b> Thursday 21 and Friday 22 February, 11am to 3pm</p>	
<p><b>Feb half term activities at 9.30 to 4.30pm</b> drop in. No Wrong Door, Hereford</p> <p>Contact, 01432 277562 nwd@hvoss.org.uk</p> <p>Access good.</p>	<p><b>No Wrong Door</b></p> <p><b>Open to all young people in Herefordshire aged 11 to 25 for Drop in and positive activities.</b></p>	Age 11-25
<p><b>Design a flag for Herefordshire workshops</b></p> <p><b>Mon 18<sup>th</sup> Feb</b>, Cider Museum Hereford 10.30 to 1.30pm</p> <p><b>Tues 19<sup>th</sup> Feb</b> Halo Bromyard 11.20 - 2.30pm and 1.30 to 4.30pm</p> <p>Contact Leoni 07983 495892 <a href="mailto:herefordshireflag@gmail.com">herefordshireflag@gmail.com</a></p> <p>Access good</p>	<p><b>Design a Flag for Herefordshire competition and workshops throughout the county in Feb and March.</b></p> <p><b>Closing date 15.04.19</b></p> <p><b>For more information about workshops or for the application form (also available at libraries) go to, <a href="http://www.the-shire.co.uk/herefordshireflag">www.the-shire.co.uk/herefordshireflag</a></b></p>	<p>Free</p> <p>Prebooking advised.</p> <p>Children need to bring an adult.</p>
<p><b>Tue, 19<sup>th</sup> February 10:00 - 2pm</b></p> <p><b>Wildlife Adventure Club</b> Access information and to book <b>contact</b> Katrina Preston on 01432 530088 <a href="mailto:k.preston@herefordshirewt.co.uk">k.preston@herefordshirewt.co.uk</a></p>	<p><b>Wildlife Adventure Club</b> Winter inspired adventures in the woods including campfire cooking, fire lighting, den building, using tools, games, seasonal crafts and more!</p> <p><a href="http://www.herefordshirewt.org/events/2018/10/30/adventure-club?instance=0">http://www.herefordshirewt.org/events/2018/10/30/adventure-club?instance=0</a></p> <p><b>Queenwood Country Park, Leominster, HR6 0PY</b></p>	<p>For children aged 7 to 14 years. <b>Price/ Donation £12</b> as fund raising for Herefordshire Wildlife Trust.</p>
<p><b>Wednesday, 20<sup>th</sup> February, morning and afternoon sessions.</b></p> <p><b>Get Crafty</b> Access information and to book <b>contact</b> Katrina Preston 01432 530088 or <a href="mailto:k.preston@herefordshirewt.co.uk">k.preston@herefordshirewt.co.uk</a></p>	<p><a href="http://www.herefordshirewt.org/events/2018">http://www.herefordshirewt.org/events/2018</a></p> <p>Join us for winter-inspired craft and cooking on a campfire to keep us warm!</p> <p>Get Crafty! is a nature-based craft session with activities aimed at children aged 2 to 12 years who must be accompanied by a parent or carer. We also run a free sensory play activity alongside for the under 2s.</p> <p><b>Queenswood Country Park, Leominster, HR6 0PY</b></p>	<p>Children 2 to 12 with adult.</p> <p>£2 per child</p>
<p><b>Wednesday 20<sup>th</sup> February</b></p> <p>Good access Contact Rebecca Cook, 01432 346511 <a href="mailto:rebecca.cook@courtyard.org.uk">rebecca.cook@courtyard.org.uk</a></p>	<p><b>Go Wild – Inclusive Workshop</b> 10 to 3pm at the Courtyard more details contact Rebecca Cook</p>	
<p><b>Thurs 21<sup>st</sup> February 2.30pm</b></p> <p>Access good</p>	<p><b>Wreck It Ralph 2 Relaxed Film Screening</b> To book contact courtyard box office 01432 340555</p>	<p>To book courtyard box office 01432 340555</p>

<p><b>Design the Herefordshire flag workshops</b></p> <p><b>Thurs 21<sup>st</sup> Feb</b>, The Ryefield Centre, Ross on Wye, 10.30-1.30pm and 12.30 to 3.30pm</p> <p><b>Friday 22<sup>nd</sup> Feb</b>, National Trust Berrington Hall, Leominster</p> <p>Contact Leoni 07983 495892 <a href="mailto:herefordshireflag@gmail.com">herefordshireflag@gmail.com</a></p> <p><b>Access check with Leoni.</b></p>	<p><b>Design a Flag for Herefordshire competition and workshops throughout the county in Feb and March.</b></p> <p><b>Closing date 15.04.19</b></p> <p><b>For more information about workshops or for the application form (also available at libraries) go to, <a href="http://www.the-shire.co.uk/herefordshireflag">www.the-shire.co.uk/herefordshireflag</a></b></p>	<p>Free</p> <p>Prebooking advised.</p> <p>Children need to bring an adult.</p>
<p><b>Design the Herefordshire flag workshops</b></p> <p><b>Tues 26<sup>th</sup> Feb</b>, The Kington Centre, 64 Bridge St HR5 3DJ, 10.30-1.30pm</p> <p><b>Access check with Leoni.</b></p>	<p><b>Design a Flag for Herefordshire competition and workshops throughout the county in Feb and March.</b></p> <p><b>Closing date 15.04.19</b></p> <p><b>For more information about workshops or for the application form (also available at libraries) go to, <a href="http://www.the-shire.co.uk/herefordshireflag">www.the-shire.co.uk/herefordshireflag</a></b></p>	<p>Free</p> <p>Prebooking advised.</p> <p>Children need to bring an adult.</p>
<p><b>Design the Herefordshire flag workshops</b></p> <p><b>Friday 1<sup>st</sup> March 10.30 to 1.30pm and 1.230 -3.30pm</b> The Master's House, Ledbury HR8 1EA</p> <p><b>Access check with Leoni.</b></p>	<p><b>Design a Flag for Herefordshire competition and workshops throughout the county in Feb and March.</b></p> <p><b>Closing date 15.04.19</b></p> <p><b>For more information about workshops or for the application form (also available at libraries) go to, <a href="http://www.the-shire.co.uk/herefordshireflag">www.the-shire.co.uk/herefordshireflag</a></b></p>	<p>Free</p> <p>Prebooking advised.</p> <p>Children need to bring an adult.</p>
<p><b>Design the Herefordshire Flag workshops</b></p> <p><b>Friday 8<sup>th</sup> March 10.30 to 1.30pm</b> The Hub, St Peter's Church, Peterchurch, HR20RT</p> <p><b>Access check with Leoni.</b></p>	<p><b>Design a Flag for Herefordshire competition and workshops throughout the county in Feb and March.</b></p> <p><b>Closing date 15.04.19</b></p> <p><b>For more information about workshops or for the application form (also available at libraries) go to, <a href="http://www.the-shire.co.uk/herefordshireflag">www.the-shire.co.uk/herefordshireflag</a></b></p>	<p>Free</p> <p>Prebooking advised.</p> <p>Children need to bring an adult.</p>
<p><b>Wyedean Canoe Club Sat 13<sup>th</sup> April 3.30 to 5.30pm</b></p> <p><b>Contact Bob Mitchell</b> <a href="mailto:bobandjuliamitchell@gmail.com">bobandjuliamitchell@gmail.com</a></p> <p>Access good.</p>	<p>Taster for children over 10 and families to try out Kayaks then come along in the summer and develop their paddling on the river at Symonds Yat. The pool allows us to use Kayak.</p>	<p>Family Taster children over 10 years.</p> <p>more details coming soon.</p>

Take a look at Visit Herefordshire, The National Trust Website for Herefordshire Events.



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Kate Morgan-Clare  
Learning Programme Coordinator  
[Read about our latest project It's My World](#)

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[www.sidneyolantrust.org](http://www.sidneyolantrust.org)