

December 2017

Welcome, This is part of the **All Interactive** project that is searching for and developing welcoming and accessible activities in Herefordshire that include disabled children and young people. This is a growing pilot list and if there are some activities that you can recommend and or that I have missed out, please contact me.

You feed back so far, has requested more information about what the venues offer and the levels of access an activity can provide. We will be working on this information and the best ways to present this with families, children and young people and organisations and groups who want inclusion to be part of Herefordshire life. We also encourage activity providers to sign up to the WISH website. This project has funding from Herefordshire Council. Please note that **this is work in progress**.

You can add to this information by contacting me by email at development@marchesfamilynetwork.org.uk
or phone 01568 614908
or mob 07977907982.

Good wishes
Angela

Angela Martin, All Interactive Coordinator, Marches Family Network, Leominster, Herefordshire

All Interactive 2017 Pilot List mk 3 , Possible activities, venues and contacts

1.Arts and Culture, Activities and Venues

Art Galleries, Libraries and Museums

Canwood Art Gallery, Checkley, Herefordshire, Hereford HR1 4NF
10am–5pm Phone: 07776 138668, www.canwoodgallery.com, hello@canwoodgallery.com

The Cider Museum, 21 Ryelands Street, Hereford, Herefordshire, HR4 0LW, England
www.cidermuseum.co.uk/ Contact 01432 354207

Herefordshire Archive and Records Centre

https://www.herefordshire.gov.uk/.../herefordshire_archive_and_records_centre/...herefordshire_archive_and_records_centre, based at Rotherwas.

Hereford Cathedral Mappa Munday, Hereford Cathedral, medieval map of the world, with interactive website <https://www.themappamundi.co.uk> contact, education@herefordcathedral.org
14th March – 29th April 2018, Hereford Cathedral will host the big art work of Poppies Weeping Window first seen at the Tower of London

Herefordshire Libraries for children and young people. Hereford Library offers board game evenings and other activities contact Jon Backhouse, jbackhouse@herefordshire.gov.uk
Facebook <https://www.facebook.com/herefordshirelibraries/> and Twitter
<https://twitter.com/HerefordLibrary> Some great activities at local libraries over the school holidays

Hereford Museum and Art Gallery

www.visitherefordshire.co.uk/thedms.aspx?dms=3&venue

The Hereford Museum Resource and Learning Centre

58 Friars Street, Hereford, Herefordshire HR4 0AS England
herefordmuseums@herefordshire.gov.uk 01432 383383

Mappa Munday, Hereford Cathedral, medieval map of the world, with interactive website
<https://www.themappamundi.co.uk> contact, education@herefordcathedral.org

Meadow Arts, www.meadowarts.org

Sidney Nolan Trust, Art and music, gallery and workshops, The Rodd, Presteigne, Powys, LD8 2LL,
www.sidneynolantrust.org, 01544 260 149

Water Works Museum, Broomy Hill, Hereford, Herefordshire, HR4 0LJ, England
www.waterworksmuseum.org.uk Contact 01432 357236

Arts Activities and Workshops

Carnival Arts, Hereford based. carnivalartsgroup.co.uk

Creative Connections Herefordshire, based at Hereford Arts College, College Road, HR1 1EB
www.creativeconnection.co.uk. It may be helpful to locate activities and also information about the Arts
Award www.artsaward.org.uk

Hereford College of Art www.hca.ac.uk/Courses/Short-Courses Hereford College of Arts
Folly Lane, Hereford, HR1 1LT 01432 273359 some holiday courses 11-16years and short courses in term
time for those aged 16 years and above.

Ignite Herefordshire, <https://www.facebook.com/igniteHFD/about> arts and sports events

Spare Room Arts www.spareroomarts.co.uk, artworkshops for groups

Ceramics/Clay

Cob Ovens, www.coboven.co.uk Matthew Lloyd, 07974 955196 cobovenman@me.com

Eastnor Pottery and The Flying Potter, Home Farm, Eastnor, Ledbury, HR8 1RD,
www.eastnorpottery.co.uk, <https://en-gb.facebook.com/eastnorpottery> or contact 01531 633886

All Interactive, Marches Family Network, PILOT list of Activities in Herefordshire Dec 2017 mk3

Glazy Dayz Pottery, Unit 2 Homend Trading Estate, Ledbury, Herefordshire, HR8 1AR,
www.glazydayz.co.uk 01531 636019

Manic Ceramics, Hereford Address

10 St Martins Street, Hereford, Herefordshire, HR2 7RD, www.manic-ceramics.com
<https://www.facebook.com/Manic-Ceramics-Hereford-163845500309957>
01432 277712

Dance

Dance Fest –based at in Worcester and Hereford Courtyard Theatre www.dancefest.co.uk/

Inclusive dance workshops contact Michele Holder

Dance – Dolloway Dancers www.thedollowaydancers.com

Dance - Melody Dance Company <https://en-gb.facebook.com/MelodyDanceCo/>

Jamo Jamo Arts, West African drumming, dance, workshops and performance www.jamojamoarts.com
also contact through the Music Pool

2Faced Dance Company based at the Courtyard Theatre, Hereford www.2faceddance.co.uk

Belly dance, Abbie Mason www.alanyabellydance.com **07962161081**

Festivals www.herefordshirelive.co.uk, www.visitherefordshire.co.uk

Film

Flicks in the Sticks - www.artsalive.co.uk

Odeon Hereford, Odeon Accessibility Helpline: 0800 138 3315 odeon.Hereford@odeonuk.com

Rural Media, Hereford, filmmaking and multimedia, www.ruralmedia.co.uk

SHYPPE film projects contact **01432 374320**, email info@herefordshireshyppo.org

Music

Bell Ringing info?

Encore Enterprises CIC, (Herefordshire Youth Music Services) www.encore-enterprises.com

Herefordshire Youth Choir, www.encore-enterprises.com

Herefordshire Youth Orchestra, www.encore-enterprises.com

Jamo Jamo Arts, West African drumming, dance, workshops and performance www.jamojamoarts.com
also contact through the Music Pool

Music Pool, The Courtyard Centre, Edgar St, Hereford HR4 9JR

www.musicpool.org.uk, <https://en-gb.facebook.com/themusicpool/>

Singing – see Music Pool, and Encore

Theatre

Arts Alive www.artsalive.co.uk films and live performance all ages in Herefordshire village venues.

AboutFace Theatre Company, www.aboutFacetheatre.org.uk Mobile: 07876 793035

Courtyard Theatre, Hereford, 01432 340555, The Courtyard, Edgar Street, Hereford, HR4 9JR
<https://www.courtyard.org.uk> most youth theatre is in term time.

The Drama Company, Phoenix Theatre, Ross on Wye www.phoenix-theatre.org.uk/.

The Market Theatre, Ledbury 07967 517125

2Faced Dance Company www.2faceddance.co.uk - Saturday classes, workshops, based at the Courtyard Theatre, Hereford

Vamos Theatre vamontheatre.co.uk - full mask theatre, workshops and performances

Wye Circus CIC —www.wyecircuscic.bigcartel.com

Youth Theatre in Herefordshire term time activities see Courtyard Theatre Hereford who also works with the Conquest Theatre Bromyard and Kington youth theatre. Also check out local groups too.

2. Environment, Countryside and Ingenuity

Accessible Countryside - Herefordshire

www.accessiblecountryside.org.uk/herefordshire

Accessible Walks with wheelchairs walkswithwheelchairs.com

Ross-on-Wye, Herefordshire DISTANCE: 4 miles (6.44 km) FACILITIES: Circular route, Parking, Suitable for wheelchairs, Toilets, Pub, Cafe

Adventure Playgrounds and playgrounds in Herefordshire more info needed.

AONB (areas of outstanding natural beauty) Herefordshire

Malvern Hills AONB Partnership, Manor House, Grange Road, Malvern, WR14 3EY

Tel: 01684 560616 www.malvernhills.gov.uk/malvern-hill-aonb

Wye Valley AONB www.wyevalleyaonb.org.uk

Bell Ringing info?

Broomy Hill Miniature Railway

Broomy Hill, The Station, Broomy Hill, Herefordshire, HR4 0LJ, www.hsme.co.uk

Look out for free running days 01432 270143

The CartShed www.thecartshed.co.uk, holiday Woodland Kids Clubs for 5 -8 year olds and 8 – 12 year olds, activities@thecartshed.co.uk or call 07796 421 373.

Hampton Court Castle and Gardens, Hope-Under-Dinmore, Leominster, HR6 0PN 01568 797676
(weekdays) www.hamptoncourt.org.uk includes activities check the website

Castle Green, Hereford 2017 Friends of Castle Green CIC.
www.friendsofcastlegreen.org.uk/diary-events activities and canoeing

Court Farm and Leisure, Tillington, Herefordshire, HR4 8LG,
Includes fishing (bring rod), play area for 2-10 year olds and Ironsides Mountain Board Centre
01432 760271

Dinedor Outdoor Centre, www.dinedoroutdoorcentre.org.uk HR2 6PD, 07926 963793
info@dinedoroutdoorcentre.org.uk

Grabbed by the Alpacas, trekking 01584 781352 www.grabbedbythealpacas.co.uk

Growing Local is a Herefordshire Community Interest Company runs educational projects for groups of children and young people. www.growinglocal.org.uk

Forestry Commission Haugh Woods (England)
www.forestry.gov.uk/.../englandherefordshireherefordwoodlandshaughwoodshaughwoods

Hampton Court Castle and Grounds, Herefordshire family events and activities
www.hamptoncourt.org.uk **Hope-Under-Dinmore, Leominster, HR6 0PN**
01568 797676 (weekdays) events@hamptoncourt.org.uk

Herefordshire History www.herefordshirehistory.org.uk

Kingfisher River Tours, Symonds Yat, Herefordshire, HR9 6BL, www.wyenot.com/kingfisher01.htm
Contact 07831 297672

Llama Trekking, Ewyas Harold, Old King Street Farm Hereford, HR2 0HB, www.oldkingstreetfarm.co.uk,
01981 240208

Madley Environmental Study Centre (MESC) Summer Family Fun Days, to visit the site, pre-booking is required. www.mesc.org.uk 01981 251616
Madley Environmental Study Centre (MESC) is a Registered Charity providing Environmental and Sustainable Education to children and adults of all ages and abilities.

Muddy Puddles adventure Trail, Broad Farm, Leominster, Herefordshire, HR6 0ABLeominster HR6 OAN,
www.muddy-puddles.co.uk/, info@muddy-puddles.co.uk, 07377391947
<https://en-gb.facebook.com/MuddyPuddlesAdventureTrails/>

National Trust 0344 800 1895, Berrington Hall (wall garden project 01568 615721), Bromyard Downs and Brockhampton house and woods, Croft Castle, house, trails, woods and pools. Check website to see what's going on. <https://www.nationaltrust.org.uk/lists/herefordshire>

Newbridge Farm Park Aylton, Ledbury HR8 2QG, www.newbridgefarmpark.com tel: 01531 670780

Oaker Wood Leisure: Outdoor Activity Centre & Glamping – Paintball, www.oakerwoodleisure.co.uk

Our Patch: Learn to care for rescue animals and do horse agility at Our Patch. Age range from 8+ and adults. Based near Marden at The Stables, Litmarsh, Hereford. HR1 3EX. www.hereisourpatch.co.uk contact 07779918605

Parks, play areas and open spaces - Herefordshire Council

https://www.herefordshire.gov.uk/.../parks_play_areas_and_open_spaces

Play Planet, Hereford, indoor soft play, playplanethereford@outlook.com 01432 355777

<https://en-gb.facebook.com/playplanethereford>

Queens Wood Queenswood Country Park, Dinmore Hill, Nr. Leominster, Herefordshire, HR6 0PY
www.queenswoodandbodenhamlake.org, 01432 530088

Ralph Court Gardens, Edwyn Ralph, Bromyard, HR7 4LU, 01885 483225
www.ralphcourtgardens.co.uk Email ralphcourtgardens@aol.com

Really Rural – archery, bush craft etc in Bromyard, **reallyrural.co.uk** **01885 489104**

Small Breeds Farm Park and Owl Centre, Kington, www.owlcentre.com

Symonds Yat Leisure Park, Whitchurch, Ross-on-Wye, Herefordshire, HR9 6BY
www.symondsyatleisure.co.uk Contact 01600 890770

Water Works Museum, Broomy Hill, Hereford, Herefordshire, HR4 0LJ, England
www.waterworksmuseum.org.uk Contact 01432 357236

Widemarsh Children’s Centre, Hereford includes outdoor play areas and indoor softplay. Early years
Widemarsh Children’s Centre, Widemarsh Common, Hereford Herefordshire HR4 9NA
<https://www.herefordshire.gov.uk/education-and-learning/early-years-and-childcare/childrens-centres/widemarsh-childrens-centre>

Wildlife Trust Herefordshire, www.herefordshirewt.org, lots of events and activities
01432 356872 or Wildplay 01432530088, enquiries@herefordshirewt.co.uk

Wye Butterfly Zoo, Symonds Yat Estate, Ross on Wye, HR9 6DA (good access details)
www.butterflyzoo.co.uk

Wynne’s Farm Dinmore www.wynnes.co.uk 01568 797314

Young Farmers Herefordshire www.hfyfc.org.uk

3. Sport and Fitness

General contacts are

Halo Herefordshire Centres haloleisure.org.uk/en/activities/herefordshire/

Lots of centres and activities throughout Herefordshire contact Bethan Watson

Ignite including activities including sport for children and young people and Active HEREfordshire **01432 383 567 young people 18 years up, contact sarah@ignite.cic.co.uk – mob 07496197335.**

Sports Partnership Herefordshire and Worcestershire www.sportpartnershiphw.co.uk

Sports and fitness by activity

Archery

Bromyard Bowmen, Archery 01885 616998, www.bromyardbowmen.org

The Core, a Roller Skate Rink, also offers laser tag games, an Archery Club, and a Futsal Club, 31 Foley Trading Estate, Hereford, Herefordshire, HR1 2SF, 01432 507200

Really Rural – archery, bush craft etc in Bromyard, reallyrural.co.uk 01885 489104

Bowling

The Grove golf and bowling, www.grovegolfandbowl.co.uk, 01568 610602

Kingsland Bowling Club, Kingsland, kingslandbowlingclub.co.uk or contact Susanna Checketts, club secretary on 01568 770546. April to September wheelchair accessible TBC

MFA Bowl Hereford, HR1 1BB www.mfabowl.com/Hereford, 01432 352500,

The Grove golf and bowling, www.grovegolfandbowl.co.uk, 01568 610602

Ross-On-Wye Bowling Club, Sports club in Ross-on-Wye, Crossfields/Walford Road, Ross HR9 5AR, www.ross-on-wye.bowlsclub, 01989 562585, 01989 564534

Canoes and Kayaks,

Castle Green, Hereford 2017 Friends of Castle Green CIC.

www.friendsofcastlegreen.org.uk/diary-events activities and canoeing

www.herefordkayakcanoe.co.uk instructor Sam Clark

Wyedean Canoe Centre, Symonds Yat East, Ross-on-Wye, Herefordshire, HR9 6JL, England

www.wyedean.co.uk

Wyedean Canoe Club www.wyedeancanoeclub.co.uk

Cheerleaders, 3 Degreez, 3degreez.webs.com

Climbing

The SEND Rock climbing wall and gym, Building 420, Ramsden Rd., Rotherwas Industrial Estate, Hereford HR2 6LR enquiries@the-send.co.uk, www.the-send.co.uk, 01432 471075

Cricket

Herefordshire Cricket – Cricket Development Officer Glyn Harrhy Glyn.Harrhy@ecb.co.uk. 07800534061

Cycling, bikes, tandems and drift trikes -

Charlotte's Tandems www.charlottestandems.co.uk - **Tandems: free hire**

Cycling Courses for children www.herefordshire.gov.uk/holdiayscyclingactivities
(www.cyclehereford.org.uk www.herefordmove.org www.herefordwheelers.com
www.bikeweek.org.uk, www.herefordmove.org)

Cycling - Bikes, Accessible bikes at Halo Hereford by the Swimming pool and tennis courts The bikes are for adults, so 11 up depending on the size of the young person. Its worth visiting to see what is available and can be hired for longer, contact **Nigel Martin 01432 842070**. There are 2 side-by-side bikes, bikes that pedal via the handlebars, tricycles, a wheelchair carrier bike and some tandems.

They are looking to buy children's accessible bikes and if you have any recommendations let them know

Drift Trikes Hereford, generally hired for groups, <https://engb.facebook.com/driftingintheFord>

Fishing

, Court Farm Tillington, www.courtfarmleisure.co.uk/fishing

more fishing contacts needed (www.bulmersanglingclub.co.uk?)

Football

Football www.herefordshirefa.com/play/disability-football , info@HerefordshireFA.com

Herefordshire FA Lads Club, www.herefordladsclub.co.uk football for boys and girls.

Hereford United, FC Edgar St, Hereford HR4 9JU, <https://www.herefordfc.co.uk>, 01432 268257

Pegasus Juniors FC (@PegasusJuniors) Pegasus FC, Old School Lane, Hereford, HR4 9NA (boys)

Ross - new inclusive football sessions Sunday mornings 10 to 11am contact Jodie Williams for more info at jodie.williams@herefordshirefa.com / 01432 342179

Wildcats - Girl's football all abilities - Wildcats – girls football club Ledbury Swifts and Kington Wildcats Football Centre

The Core, a Roller Skate Rink, also offers laser tag games, an Archery Club, and a Futsal Club. 31 Foley Trading Estate, Hereford, Herefordshire, HR1 2SF, 01432 507200

Golf

The Grove golf and bowling, www.grovegolfandbowl.co.uk, 01568 610602

More info needed

GYMS and FITNESS

Abi Nim Gym CIC, Young people from 16 years up. Herefordshire Vision links, 36 Widemarsh Street, HR4 9EP, www.abi-nimgym.co.uk

01432 352 450 Email: abinimgym@hotmail.com

All Interactive, Marches Family Network, PILOT list of Activities in Herefordshire Dec 2017 mk3

Active Here, Herefordshire working partnership Hereford Council and Ignite

Active HERefordshire They can provide sports fitness mentors for adults 18 years plus and for 16 plus accompanied with an adult for more information 01432 383 567 in collaboration with Ignite Jan and Sarah mob 07983495978, email sarah@ignite.cic.co.uk, mob 07496197335.

Cross Fit Bull and Crossfit Kids, Foley Trading Estate, Hereford HR1 2SF Phone: 07837 842246
www.crossfitbull.co.uk, <https://en-gb.facebook.com/crossfitbull/>

Dance see also Arts and culture.

Halo Leisure Herefordshire www.haloleisure.org.uk/morethan/gym

Hereford Athletics Club based at Hereford Leisure Centre,
Holmer Road, Hereford. HR4 9UD www.herefordcountyathletics.co.uk

JumpINgym, Halo Leominster swimming pool

Play Planet Hereford playplanethereford.co.uk and

ThePoint4 Hereford www.thepoint4.co.uk, Gym in Hereford, Royal National College, Venns Lane,
Hereford HR1 1DT

Yoga contacts from All Interactive.

Tai chi contacts from All Interactive

Wheeley Fit, <https://wheelygoodfitness.com> over 18s

Martial Arts

Boxing and Judo, Hinton Centre 21 Ross Rd, HR27RJ, 01432 275755
More contacts needed

Netball

Netball Development Officer for **Herefordshire**. Tel: 07545924953
lindsay.hacking@englandnetball.co.uk

Paintball

Herefordshire Paintball, The Lowe Farm, Much Dewchurch, and Hereford HR2 8DG Home: 01981
540008 Email: info@hsactivities.co.uk

Rowing

Hereford Rowing Club, 37 Greyfriars Ave, Hereford HR4 0BE, 01432 273915 www.herefordrc.co.uk
The Ross Rowing Club, Ross Rowing Club, Rope Walk, Ross on Wye, HR9 7DD
explorerowing@rossrowingclub.co.uk

Riding for the Disabled RDA, Holme Lacey www.rdahereford.org, 01432 870831

Roller Skate Rink

The Core, a Roller Skate Rink, also offers laser tag games, an Archery Club, and a Futsal Club, 31 Foley Trading Estate, Hereford, Herefordshire, HR1 2SF, 01432 507200

Rugby -

Hereford Rugby Football Club

Wyeside, Belverdere Lane, Hereford HR4 0PH, 01432 273410 www.pitchero.com/clubs/herfordrfc
Luctonians Rugby and Sports Club, www.luctonians.co.uk

Skate Park, Hereford www.herefordskatepark.com

Soft Play a

Play Planet Hereford playplanethereford.co.uk and
JumpINgym Halo Leominster swimming pool

Speed

Herefordshire Raceway, Lower Hurst, Weobley, Herefordshire, HR4 8QY, children from 9 years and up.
www.herefordshireraceway.org.uk Contact 01544 318334

The Bromyard Speed Festival www.bromyardspeedfestival.co.uk 8th April 2018 Shelsley Walsh

Walking, roaming, wheeling

Walks with wheelchairs www.walkswithwheelchairs.com Ross-on-Wye, Herefordshire DISTANCE:
4 miles (6.44 km) FACILITIES: Circular route, Parking, Suitable for wheelchairs, Toilets, Pub, Cafe

Accessible Countryside - Herefordshire www.accessiblecountryside.org.uk/herfordshire

More info needed

Tennis

Halo Hereford,

Ross Tennis Club, www.rosstenniscentre.co.uk

Wheeley Fit, <https://wheelygoodfitness.com> over 18s

The All Interactive project is supported by Herefordshire Council