


Inclusion Network Herefordshire May-July 2019

A selection of Activities for disabled and non-disabled children and young people and their families and friends in Herefordshire. For updates check on www.marchesfamilynetwork.co.uk

Angela, Allinteractive Inclusion Project coordinator, 01568 614908 or

development@marchesfamilynetwork.org.uk

<p>Yoga- on going sessions Contact Jenny-May 01432 353324 jennymay@herefordyoga.co.uk</p>	<p>Yoga, Hereford Yoga Centre, www.herefordyoga.co.uk</p>	<p>Check website for full details</p>
<p>Tennis Special Olympics, Leominster Bridge St. Halo. Contact, Graham Morris 0770790786 access good</p>	<p>Tennis Special Olympics at Leominster Bridge St. Halo. Make friends, have fun and get fit. Every Tues 5.30 to 6.30pm info@leominstertennisclub.co.uk</p>	<p>£2 young people over 16 years.</p>
<p>Finishes 18th May <u>LEGO-Brick History Exhibition,</u> Access by lift to first floor. Accessible toilet ground floor.</p>	<p>The Lego exhibition at Hereford Museum and Art Gallery. Courtyard box office 01432 340555. (Booking fee £1.50 per transaction)</p>	<p>£2 child (carers free), £3.50 adult £8.50 family 2x2, Under 5s free</p>
<p>Sundays 2 - 3pm WEEKLY <u>ROSS Inclusive Halo Family Swim</u></p>	<p>SWIM at Ross Halo pool inclusion session, 01989 763487 Access good, hoists in good order.</p>	<p>Carers Free under 16s £3.60</p>
<p>Sat 4th & Sun 5th May 10 - 5pm <u>Spring Greens Fair</u> Access: reasonable ring for details</p>	<p>Spring Greens Environmental Fair, Court of Noke, Pembridge, HR6 9HW Games, stalls, activities, music and lots more. Contact 07777661252, info@springgreens.org.uk</p>	<p>Family event free entry. Car park £5</p>
<p>Thursday 16th May 6pm <u>The Three Musketeers Touch Tour,</u></p>	<p>The Three Musketeers Touch Tour, at the Courtyard, Hereford. Free to ticket holders for the Audio Described performance of The Three Musketeers on Thursday 16 May.</p>	<p>To book call Courtyard Box Office on 01432 340555</p>
<p>Saturdays 18th May, 20th July 11:00-11:30am Ross Big Tennis Weekends Access good</p>	<p>Nature Valley Big Tennis Weekends, Ross Tennis Centre have inclusive tennis taster sessions go to www.rosstenniscentre.org under 'Events'</p>	<p>Open events book via website</p>
<p>POSTPONED 18 May <u>MOON</u></p>	<p>MOON 2 Faced Dance Rescheduled 20th July.</p>	
<p>Saturday 25th May Ross Tennis Centre, Access good, To book and for more information, 07814534998 www.rosstenniscentre.org</p>	<p>11:00-12:00pm - Session for visually impaired participants 12:00-1:00pm - Session for participants with mixed disabilities. Contact Steve Barnett, Head Coach, Tel: 07814534998</p>	<p>FREE Taster Children from 10 year to 18 years need to bring an adult.</p>
<p>Tues 28th May 5pm <u>Relaxed screening Dumbo (PG)</u> Access good</p>	<p>Courtyard, Hereford, www.courtyard.org.uk "From the imagination of Tim Burton comes a spectacular and enthralling new live action epic; the story of Dumbo the flying elephant</p>	<p>Courtyard box office 01432 340555</p>
<p>Wednesday 29th May <u>Fairy tale workshop</u> contact Rebecca 01432 346511 rebecca.cook@courtyard.org.uk</p>	<p>Once upon a time Fairytale working at the Courtyard Theatre, Hereford www.courtyard.org.uk, Access good</p>	<p>More details Check website</p>

<p>Wednesday 29th May 5.30pm, <u>Canoe and Kayaking Taster</u> <u>Symonds Yat,</u> Access ring for info.</p>	<p>Wyedean Canoe Club, Kayaking Taster Session, Have a go in the warm or try out the river Wye. To book and more info contact Bob Mitchell 01594 541068 or bobandjuliamitchell@gmail.com</p>	<p>TASTER disabled and non-disabled young people over 8 years and need to bring an adult.</p>
<p>Thurs 6th - Sat 8th June <u>What the Moon Saw</u> Access good</p>	<p>What the Moon Saw, 2Faced Dance Company Courtyard Theatre, Hereford www.courtyard.org.uk</p>	<p>Courtyard box office 01432 340555</p>
<p>Saturday 8th June - <u>Ross Tennis Centre,</u> 6-week Inclusive tennis courses</p>	<p>11:00-12:00pm - Session for visually impaired participants and 12:00-1:00pm - Session for participants with mixed disabilities ROSS TENNIS CLUB go to website www.rosstenniscentre.org</p>	<p>£20 for 6 weeks, Young people 10 years up and adults. Juniors must bring an adult.</p>
<p>Saturday 15th June 1-4pm <u>Adaptive Bikes taster</u> Access good</p>	<p>Bike Hire, Hereford, by Halo Ross Swimming Pool HR2 7QR contact Nigel.martin@haloleisure.co.uk</p>	<p>Free event for disabled young people & their families & friends.</p>
<p>Saturday 22nd June <u>ECHOfest19</u> Middy til late Access good and Mobiloo Contact 01568 620307</p>	<p>ECHOfest, the Accessible Festival, West Eaton Nurseries, A44 Bromyard Rd, Leominster HR6 ONA www.echoherefordshire.org.uk</p>	<p>Under 18s £7.50, Under 5s free, Adults £15</p>
<p>Sat 20th July 10.30- 11.45 <u>MOON dance/circus event</u> Access good +Mobiloo Family event *booking essential*</p>	<p>Family Event Moon a dance/circus production by 2Faceddance company at Withington Village Hall. Disabled children & young people, their families & friends. To book and more information, contact Angela 01568 614908 or email development@marchesfamilynetwork.org.uk</p>	<p>FREE Children and young people must bring an adult *BOOKING ESSENTIAL*</p>
<p>Sunday 21st July 10am- 4pm, <u>Leominster Tennis Open day</u> Access good</p>	<p>Halo Bridge Street, Leominster Tennis Club Contact, Graham Morris 0770790786 info@leominstertennisclub.co.uk</p>	<p>Taster sessions for disabled and non-disabled children and adults</p>
<p>26th -29th July, <u>LOOKFest!</u> <u>VI Accessible Family Festival</u> Contact, Elin 07470872782 or events@look-uk.org</p>	<p>LOOKfest, Barton Farm, Kentchurch, HR2 OBL Herefordshire Fun for all the family! From toddlers to teens, to the truly ancient, there is something for everyone. https://lookfest.org</p>	<p>Visually impaired children, young people, adults and their families.</p>
<p>Coming soon Saturday 24th August <u>Aerial Fun + mobiloo</u></p>	<p>Aerial Fun with Everybody Dance more details soon. For more information contact Rachel Freeman, Rfeverybodydance@gmail.com 07870429528</p>	<p>Disabled young people 5 to 18years their families & friends</p>
<p>For more 2019 activities see,</p>	<p>https://www.eatsleeliveherefordshire.co.uk https://www.nationaltrust.org.uk/lists/herefords-hire, remember the £10 a year ticket for children under 16years and carers go free.</p>	<p>Commissioned by  Herefordshire Council</p>

