

## **Inclusion Network Herefordshire, October 2020**

**Hi, Here are some things to do off and online.** Allinteractive is for all families with disabled children and young people in Herefordshire, funded by Herefordshire Council and delivered by Marches Family Network. These listings are available on [www.marchesfamilynetwork.co.uk](http://www.marchesfamilynetwork.co.uk)

Covid guidelines remain stay safe, practice good hygiene and the rule of 6 adults. Please note, local and national advice may change so check with activity providers or this project. Have a look at plans for 3<sup>rd</sup> Nov is Purple Tuesday in the UK - <https://purpletuesday.org.uk> For more details contact me at **01568 614908** or **07541748953** or [development@marchesfamilynetwork.org.uk](mailto:development@marchesfamilynetwork.org.uk) *Angela, Allinteractive Inclusion Project Herefordshire*

### **Allinteractive family bubble or small group sessions in Herefordshire**

**Boulder Barn Allinteractive free Taster**, Hereford on 27<sup>th</sup> and 29<sup>th</sup> Oct 11.45am – 12.45pm, minimum number 4 and maximum 6 for children 8 and over and their families. To reserve a place contact Allinteractive 07541748953. This offer closes on 19<sup>th</sup> Oct. <https://boulderbarnclimbing.co.uk/> Please note this is not suitable for wheelchair users.

**Dunfield House, nr Kington has a swimming pool with a hoist** which can be rented out for 2 to 6 people this includes children. 1-hour rental is £10. They have disc golf and accessible accommodation.  
<http://dunfieldhouse.org.uk/contact-us>

**Eastnor Pottery, 1.5 hr. sessions starting 9.30am, 11.30am and 2pm and places cost £20 per person.** Pre-booking essential, places are limited due to the rule of six and social distancing. Children must be accompanied by a fee paying, participating adult. (Sorry no spectators!) Please visit [www.eastnorpottery.co.uk](http://www.eastnorpottery.co.uk) to book online. More information contact the Pottery Tel: 01531 633886 or email: [admin@eastnorpottery.co.uk](mailto:admin@eastnorpottery.co.uk)

**2Faced Dance** are offering small classes in Hereford– Play box <https://www.2faceddance.co.uk/weekly>

**Flip Out Hereford 1hr family time, to book and for more details contact** [hereford@flipout.co.uk](mailto:hereford@flipout.co.uk) 01432 370500 SEND sessions Wed 10 – 11am and Sunday. **Flip Out Stay and Play**, Children under 6 plus adult, Tues to Friday open 10am-3pm £6.95 Adults free. <https://www.flipout.co.uk/detail/flip-out-hereford/stay-and-play>

**Hereford Museum Ice Age Herefordshire**, contact [herefordmuseums@herefordshire.gov.uk](mailto:herefordmuseums@herefordshire.gov.uk) 01432 260692 [www.herefordshire.gov.uk/museums](http://www.herefordshire.gov.uk/museums)

**Herefordshire Wildlife Trust PUMPKIN Patch TRAIL at Queenswood at half term. For full information check the website** <http://www.queenswoodandbodenhamlake.org/whats-on> or contact Karen Roberts on 07341 73618, 01432 356872 see also [www.herefordshirewt.org](http://www.herefordshirewt.org)

**Little Seahorses children's swimming lessons at Treago, St Weonards HR2**, next course 3 Nov - 15 Dec (children up to 12years) <https://www.littleseahorseswimming.co.uk/> 07968116128 or [office@littleseahorseswimming.co.uk](mailto:office@littleseahorseswimming.co.uk)

**Longtown Outdoor Learning Trust** [www.longtownoutdoorlearning.co.uk](http://www.longtownoutdoorlearning.co.uk) Allinteractive tasters and other half term events. Contact Rebecca Gould 01873 860225 or email [rebecca@longtownoutdoorlearning.co.uk](mailto:rebecca@longtownoutdoorlearning.co.uk)

**Newbridge Farm** nr Ledbury open plus Halloween events at half term, 24,26 – 31 Oct booking essential, 01531 670780 <http://newbridgefarmpark.com/>

**Play Planet Hereford** – (children up to 12 years) week days 9am to 3pm and weekends 9 to 11, 11.30- 1.30pm, 2pm – 4pm for more info contact Rachel or Atlanta 01432 355777 or [playplanetthereford@gmail.com](mailto:playplanetthereford@gmail.com) – under 5s areas prices under 2s £2, 2-4 £4 and 5-12 £6 more details from <https://www.facebook.com/playplanetthereford/>

## 2. Off and online activities in and around Herefordshire and beyond!

- **Active Herefordshire** and Worcestershire <https://www.activehw.co.uk/activities>
- **Green Spider Climbing**, HR2 6LR, more details 01432 277716, [climb@greenspiderclimbing.com](mailto:climb@greenspiderclimbing.com)
- **Gympanzees** <https://www.gympanzees.org/>
- **Halo Herefordshire fitness Centres** <https://haloleisure.org.uk/welcome-back-info> Access reasonable/good, ring for details.
- **The Hub**, Madley, HR2, [www.hubcommunity.org](http://www.hubcommunity.org) contact [info@hubcommunity.org](mailto:info@hubcommunity.org) 01981 551143
- **Llama Trekking** have a look at the website <http://www.oldkingstreetfarm.co.uk/>
- **Madley Environmental Centre** <http://www.mesc.org.uk/>
- **Mud and Bloom** <https://www.mudandbloom.com/>
- **National Trust Herefordshire** lots of great outdoor spaces. Berrington Hall has an excellent changing place with hoist changing bed and adjustable height sink. Annual membership for Disabled children under 16 is £10, carers go free and for Disabled 17 to 25 years old membership is c.£34 and includes parking and carers go free. You need to book in advance <https://www.nationaltrust.org.uk/lists/herefordshire>
- **Oakerwood Leisure, Kingsland** <https://www.oakerwoodleisure.co.uk/>
- **Small Breeds Farm Park and Owl Centre, Kington, Herefordshire** now open <http://www.owlcentre.com/>
- **RDA Hereford horse riding** <http://www.rdahereford.org/>
- **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/>
- **Wyevalley easy access walks** <http://www.wyevalleywalk.org/content.php?nID=28>

## 3. Arts, Stories and Performance

- **Bag Books** <http://www.bagbooks.org/current-projects>
- **Coast Music therapy** <http://www.coastmusictherapy.com/free-resources/>
- **Clun Valley Music** <https://www.clunvalleymusic.co.uk/whats-on>
- **Dance Fest** <https://www.dancefest.co.uk/videos>
- **Dancin Oxford** for inspiration go to <https://www.dancinxford.co.uk/whats-on/>
- **Everybody Dance** with lead artist, Rachel Freeman <https://everybodydance.org.uk/>
- **Graeae Theatre** <https://graeae.org/news-opinion/>
- **Kidadl** loads of ideas and activities <https://www.kidadl.com/>
- **Matt Hudd Martial Arts** <https://en-gb.facebook.com/matthuddmartialarts/>
- **Music Mark** free online resources <https://www.musicmark.org.uk/resources/live-music-now-free-online-video-concert-library/>
- **Open Culture** for lots of free films, audio, online books etc. [www.openculture.com](http://www.openculture.com)
- **Pamis** storying telling [http://pamis.org.uk/?page\\_id=7](http://pamis.org.uk/?page_id=7)
- **Royal Academy of Art** lots of brilliant ideas for things to do and make [https://www.royalacademy.org.uk/articles/tag/family-how-to?utm\\_source=wordfly&utm\\_medium=email&utm\\_campaign=AE\\_ResilientArt25\\_d\\_MARKETING\\_300920&utm\\_content=version\\_A&sourceNumber=628192](https://www.royalacademy.org.uk/articles/tag/family-how-to?utm_source=wordfly&utm_medium=email&utm_campaign=AE_ResilientArt25_d_MARKETING_300920&utm_content=version_A&sourceNumber=628192)
- **Sal Tonge Storyteller**, Singer, musician - can work with individual families - <http://sallytonge.co.uk/>
- **Severn Valley Railway** lots of things going on at half term <https://www.svr.co.uk/>
- **Story Massage** <https://www.facebook.com/StoryMassageProgramme>
- **Tate Galley** lots of things to do and make, <https://www.tate.org.uk/kids>

## Training

Create high-quality films on your mobile device for websites & social media [by Piece of String Media](#) <https://eventbrite.co.uk/e/122699600809> 3 introductory-level workshops delivered via Zoom (with a one-to-one support option). Over 18s, £81.44 starting 10.30 – 12.30 Tues 20 Oct 2020.

Youth Music Network <https://network.youthmusic.org.uk/> webinar Inclusion in Primary Music 18<sup>th</sup> Nov 4.15pm

## Communication, well-being and more information

- **Action for Children**, <https://parents.actionforchildren.org.uk/>
- **AllFIE** Alliance for Inclusive Education [www.allfie.org.uk](http://www.allfie.org.uk)
- **Bumble Bee Physio** <https://www.bumblebeephysio.co.uk/>
- **Council for Disabled Children** <https://councilfordisabledchildren.org.uk/help-resources/resources/covid-19-support-and-guidance>
- **Homestart** <http://www.home-startherefordshire.co.uk/>
- **Family Fund** <https://www.familyfund.org.uk/Blogs/family-stories>
- **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 Counselling Service, Hereford** 01432 279906 [www.marchescounselling.org](http://www.marchescounselling.org).
- **Marches Family Network** <https://www.marchesfamilynetwork.co.uk> **MFN** provide shortbreak activities for children and young people with disabilities and additional support needs plus family signposting and support. You need to join first, £25 which covers your child up to 25 years.
- **MENCAP** <https://www.mencap.org.uk/blog/create-your-own-sensory-story-7-step>
- **National Autistic Society Herefordshire** <https://nas-herefordshire.co.uk/>
- **NoWrongDoor youth support and groups** <https://www.facebook.com/NoWrongDoorHereford/> including Outreach Drift Trike sessions starting every Wednesday until the 28th of October from 4pm until 6pm
- **Parent Carer Voice Herefordshire** weekly online coffee morning chats <http://parent-carer-voice-herefordshire.co.uk/Parent>
- **SENDIAS - Herefordshire & Worcestershire** <http://www.sendiasshw.co.uk>
- **Sensory Trust** [www.sensorytrust.org.uk/information/factsheets/social-sustainability-toolkit.html](http://www.sensorytrust.org.uk/information/factsheets/social-sustainability-toolkit.html)
- **Tired Out and the Family Fund** <https://www.tiredout.org.uk/>
- **Widgit symbols** <https://widgitonline.com/>
- **Worcester Health Care NHS covid-19 info**, <https://www.hacw.nhs.uk/sltcovid19>

## More days out info

<https://fantasticforfamilies.com/>

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

<https://www.tourismforall.org.uk/>

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Contact **Allinteractive** for more details **01568 614908** or **07541748953**

[development@marchesfamilynetwork.org.uk](mailto:development@marchesfamilynetwork.org.uk) [www.marchesfamilynetwork.org.uk](http://www.marchesfamilynetwork.org.uk)

**Unable to wear a mask?** Euan's Guide is providing free 'face mask exempt' badges to help people who cannot wear a face covering to get out and travel without harassment, [www.euansGuide.com/badge](http://www.euansGuide.com/badge) Alternatively a lanyard can be obtained from Hidden Disabilities. The lanyard and exempt card costs 55p. [www.hiddendisabilitiesstore.com/shop.html](http://www.hiddendisabilitiesstore.com/shop.html) (information from SIL newsletter <https://www.s4il.co.uk/>)

**Multi Agency Safeguarding Hub (MASH)** If you need urgent help contact the MASH teams in Herefordshire on 01432 260800 or in Shropshire on 0345 6789021.