

Commissioned by



## Inclusion Network Herefordshire, January 2021 no.1

Some things to do in lockdown January 2021, for all families, especially families with disabled children and young people in Herefordshire, funded by Herefordshire Council, delivered by Marches Family Network. The listings are posted on [www.marchesfamilynetwork.co.uk](http://www.marchesfamilynetwork.co.uk) Follow COVID-19 lockdown guidelines, stay safe. Local and national advice may change so check with activity providers. For more details contact me on - **07541748953** or [development@marchesfamilynetwork.org.uk](mailto:development@marchesfamilynetwork.org.uk). *Angela, Allinteractive Inclusion Herefordshire*

### 1. Allinteractive family things to do online, in Herefordshire and beyond.

- **Activity Alliance fitness and sport** - <http://www.activityalliance.org.uk/get-active/at-home/adapting-activities> and <http://www.activityalliance.org.uk/news>
- **Cbeebies Online puzzles and games** <https://www.bbc.co.uk/cbeebies/puzzles>
- **Dance Fest classes online at present** <https://www.dancefest.co.uk>
- **Everybody Dance** with lead artist, Rachel Freeman <https://everybodydance.org.uk/>
- **Energy Diary, Light Foot**, a fun online diary to download <https://lightfootenterprises.org/>
- **Gympanzees** online activities <https://www.gympanzees.org/>
- **2faced Dance online sessions** <https://www.2faceddance.co.uk/online>
- **Hansel and Gretel online** more details at the Courtyard Arts Centre for families with children 7 years and under <https://www.courtyard.org.uk/digital/hansel-gretel-on-demand/?iframe-enable=0>
- **Mabel's Sensory Activities check** <https://www.facebook.com/mabelssensoryactivities/>
- **Oxford Owl**, <https://www.oxfordowl.co.uk/for-home/oxford-owl-videos/videos-fun-maths-games/>
- **Somerset Activity & Sports Partnership** <https://www.sasp.co.uk/home-family-activities>
- **Starlight Dance and Fitness Hereford**, online <http://starlightcompany.co.uk/>
- **Treasure Trails** <https://www.treasuretrails.co.uk/>
- **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 easy access walks** <http://www.wyevalleywalk.org/content.php?nID=28>
- **Zoo Bristol** online <https://bristolzoo.org.uk/>
- **Zoo Chester** online -<https://www.chesterzoo.org/>

### 3.a. Music and Drumming

- **Fun Music** <http://funmusicco.com/junk-percussion...> Visit this page to download the resources mentioned in this video <https://www.youtube.com/watch?v=3zl9EoleYps>
- **Music Mark** free online resources <https://www.musicmark.org.uk/resources/live-music-now-free-online-video-concert-library/>
- **The Rhythm Tree** <https://www.therhythmtree.com/> Using drumming with child with autism <https://www.youtube.com/watch?v=BDvYqrBECcs>
- **Square Space/John Mews** <https://john-mews.squarespace.com/blogs/5-benefits-of-drumming-for-children-with-special-needs>, <https://www.youtube.com/watch?v=3tRTHH8XwXU>
- **Taiko drumming** <https://www.taikowest.com/teaching-japanese-taiko-drumming-online/>

### **3.b. Stories and Performance**

- **Bag Books** <http://www.bagbooks.org/current-projects>
- **Chicken Shed** Drama for all <https://www.chickenshed.org.uk/Pages/Events/Category/whats-on?Take=8>
- **Cinderella, Live streaming** - Panto Live, for more details <https://pantolive.com/>
- **Glowscotland signalong stories**- video down in the jungle  
<https://blogs.glowscotland.org.uk/wl/pinewoodschoolblog/tag/signalong/>
- **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)
- **Pink Flamingo Chicks, Inclusive online dance** <https://flamingochicks.org/>
- **Sensory Story Project** <http://www.thesensoryprojects.co.uk/the-sensory-story-project>
- **Story Massage** <https://www.storymassage.co.uk/> [www.facebook.com/StoryMassageProgramme](https://www.facebook.com/StoryMassageProgramme)

### **3.c. Visual and Tactile Arts**

- **Air Arts** [https://www.airarts.uk/wp-content/uploads/2020/10/AirArts\\_TakeTime.pdf](https://www.airarts.uk/wp-content/uploads/2020/10/AirArts_TakeTime.pdf)
- **Kidadl** loads of ideas and activities <https://www.kidadl.com/>
- **Little Inventors** <https://pioneersgallery.littleinventors.org/pioneers-invention-gallery>
- **Tate Galley** lots of things to do and make <https://www.tate.org.uk/kids>
- **Unlimited** - <https://weareunlimited.org.uk/>

### **4.a. Information, Support and Well-being Herefordshire**

- **Herefordshire Disability United** <http://www.herefordshiredisabilityunited.org.uk/haccessfa.html>
- **Homestart** <http://www.home-startherefordshire.co.uk/>
- **LookUK**, based in Hereford, online sessions for visually impaired children and young people and their families. [www.look-uk.org](http://www.look-uk.org)
- **Marches Counselling Service, Hereford** 01432 279906 [www.marchescounselling.org](http://www.marchescounselling.org),
- **Marches Family Network** <https://www.marchesfamilynetwork.co.uk> MFN provide shortbreaks for disabled children and young people & family support and signposting.
- **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.
- **National Autistic Society Herefordshire** <https://nas-herefordshire.co.uk/>
- **NoWrongDoor** youth support and groups <https://www.facebook.com/NoWrongDoorHereford/>
- **Parent Carer Voice Herefordshire** – <http://parent-carer-voice-herefordshire.co.uk/>
- **SENDIAS Herefordshire** [sendias@herefordshire.gov.uk](mailto:sendias@herefordshire.gov.uk) Telephone:01432 260955  
[www.hwsendiass.co.uk](http://www.hwsendiass.co.uk)
- **Worcester Health Care NHS covid-19 info**, <https://www.hacw.nhs.uk/sltcovid19>

### **4.b. Information, Support and Well-being**

- **Autism Links** <https://www.autismlinks.co.uk/resources>
- **Council for Disabled Children** <https://councilfordisabledchildren.org.uk/help-resources/resources/covid-19-support-and-guidance>
- **Family Fund** <https://www.familyfund.org.uk/Blogs/family-stories>

- **Family Lives** <https://www.familylives.org.uk/advice/your-family/special-educational-needs/fun-things-to-try-with-disabled-children/>
- **Historical Association** lots of ideas and things to do. <https://www.history.org.uk/>
- **Energy Diary, Light Foot**, a fun diary to check at home or school <https://lightfootenterprises.org/>
- **MENCAP** <https://www.mencap.org.uk/blog/create-your-own-sensory-story-7-step>
- **My Family Our Needs**, [www.myfamilyourneeds.co.uk/supporting-yourself/family-wellbeing/](http://www.myfamilyourneeds.co.uk/supporting-yourself/family-wellbeing/)
- **Royal College of Pediatrics and Child Health** <https://www.rcpch.ac.uk/resources/disability-matters-online-learning>
- **Sensory Trust** [www.sensorytrust.org.uk/information/factsheets/social-sustainability-toolkit.html](http://www.sensorytrust.org.uk/information/factsheets/social-sustainability-toolkit.html)
- **Special Needs Jungle** <https://www.specialneedsjungle.com/distance-education-resources-for-children-and-young-people-with-send/>
- **Tired Out and the Family Fund** <https://www.tiredout.org.uk/>
- **Widgit symbols** <https://widgitonline.com/>

### More info

- <http://www.accessiblecountryside.org.uk/creating-access>
- <http://cae.org.uk/our-partners/pathways/>
- <https://www.dayoutwiththekids.co.uk/>
- <https://www.eatsleeliveherefordshire.co.uk/>
- <https://www.supportincornwall.org.uk/kb5/cornwall/directory/advice.page?id=cRd3GfZ1suc>
- <https://fantasticforfamilies.com/>
- <https://www.eatsleeliveherefordshire.co.uk/>
- <https://www.forbes.com/sites/andrewpulang/2021/12/31/5-new-years-resolutions-for-people-with-disabilities-1/?sh=48beb0ca4830>
- <https://www.sensorytrust.org.uk/resources/guidance/access-chain-an-inclusive-design-tool>
- <https://www.tourismforall.org.uk/>

**Free Sensational Story Telling online course with Sal Tonge** 1pm-2.30pm on 2 sessions Wed, 27<sup>th</sup> Jan and 3<sup>rd</sup> Feb 2021 more details to book or for more information contact Angela at Allinteractive.

*Contact Allinteractive There will be a second listings later this month. If you have suggestions let me know. Thank you in advance.*

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/>)