

## Join us at The Big Picnic - Sunday 12 September



The Ross-on-Wye Community Development Trust is looking forward to seeing you all at The Big Picnic on Sunday 12 September at the Caroline Symonds Gardens next to The Bandstand on Wye Street.

It will be carefully organised with Covid safety in mind and all are welcome to join in this celebration of community and volunteering. There will be a variety of stalls hosted by local voluntary groups plus music, entertainment and plenty of opportunity to meet neighbours and make new friends.

Join us from 11.30am to 1.30pm with a blanket, chair, family, friends and something to eat and drink. Afterwards, you can stay on for the Bands in the Park live music summer concert from 2.30pm—4.30pm.

>>Further information: contact our Helpline on 01989 313002 or email [info@rosscdt.org.uk](mailto:info@rosscdt.org.uk)

## Get active this autumn!



Our Clover programme of activities for the autumn is finally here so register now to join in. All courses are free to anyone living in the HR9 area so what are you waiting for? Meet new people, discover new talents, get active and find a new hobby that gets you motivated! Details of available courses are on pages 2-3 but if you have any questions or would like to someone to call you back to discuss the programme, details are as follows:



**Helpline:** 01989 313002 (leave a message and we'll call you back)

**Email:** [info@clover-hr9.org.uk](mailto:info@clover-hr9.org.uk)

**Visit:** [www.clover-hr9.org.uk](http://www.clover-hr9.org.uk) to book online

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## Be in Clover with us this autumn!

Create - Learn - Outdoors - Volunteer - Exercise - Relate



We have organised a range of group or individual activities that you can do this autumn in and around the Ross-on-Wye and HR9 area:



### Exploring Hand Building with Clay:

get hands on with this ancient material and learn some of the basics of how to shape, join and decorate with clay.



**Mindfulness Weaving:** learn to weave a beautiful willow basket, plant structure and willow platter using traditional techniques and several locally grown varieties of willow.



**Nordic Walking:** learn the technique of Nordic Walking using specialist poles provided.



**Wellbeing in Nature:** winter can seem daunting yet nature provides plenty of inspiration and rejuvenation at this time. Come and find out more with Herefordshire Wildlife Trust.

**Calming Crochet:** crochet is a mindful, relaxing, calming and creative activity that allows you to concentrate on what you are doing in the moment and to forget about other concerns.

## Walking and wellbeing: 24-26 September



The **Ross-on-Wye Walking Festival** is a wonderful way to enjoy the Herefordshire countryside and learn more about nature with like-minded people. There are 14 guided walks over three days (24-26 Sept) and tickets are still available for some of the walks. View details of the festival walks online at [www.walkinginross.co.uk](http://www.walkinginross.co.uk), search 'Walking in Ross' on Facebook for latest news or contact the ticket office by emailing [rosswalkingfestival@outlook.com](mailto:rosswalkingfestival@outlook.com).

Running alongside the Walking Festival, Ross-on-Wye Town Council is hosting its first ever one-day free community wellbeing and world music event - **Equinox Festival** - on Saturday 25 Sept at the Bandstand in Caroline Symonds Gardens. The event will promote health and wellbeing activities available in and around Ross-on-Wye and Ross-on-Wye Community Development Trust will be attending and providing information on all its Clover activities. A morning of outdoor health and fitness classes will be followed by two kashaka workshops hosted by **Jon Sterckx**, world music percussionist. Later in the afternoon, hear music from the **Ajay Karmic Blues Duo**, **Sheema Mukherjee** on sitar and a live world music DJ set hosted by **Andy Kershaw**, former BBC radio presenter.

If you'd like to get involved - as a sponsor, to run a fitness or yoga class, to help out as a steward or to apply to host a food or drink pitch - email [tourism@rosstc-herefordshire.gov.uk](mailto:tourism@rosstc-herefordshire.gov.uk) or call Ross-on-Wye Town Council on 01989 562373 during office hours (9.30am-1pm).



### Clover partners:



## Clover: what, when, how?

**When & where?** Find out about dates and times for our events on page 2 by calling the Helpline on 01989 313002 (just leave us a message and we'll get back to you), by emailing us at [info@clover-hr9.org.uk](mailto:info@clover-hr9.org.uk) or by viewing details online at [www.clover-hr9.org.uk](http://www.clover-hr9.org.uk).

**Who can take part?** Please note all of these activities will be offered first to individuals through referrals from GPs or, for example, carer groups. Some may fill before we can publicise them, otherwise they are free to anyone in the HR9 area.

**Transport:** if you find you have trouble arranging transport to come along to these, please let us know, as we may be able to help through our volunteer driver scheme.

## Did you know?



There are lots of opportunities in the HR9 area to meet new people, get active, creative and much more! Get in touch and find your fit this autumn.



- Walking football
- Silver Swans ballet
- Knit and natter
- Walking tennis
- Touch rugby
- Yoga
- Guided walking
- Glass painting



*What do you want to do?* Suggest activities you would like to see in HR9 by completing a short survey at [www.bit.ly/cloverfeedback](http://www.bit.ly/cloverfeedback)

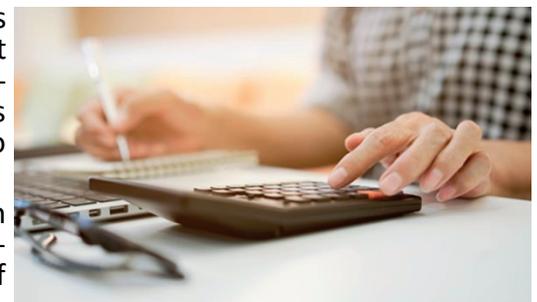
## Debt Advice

Ross-on-Wye Money Box



**Ross-on-Wye Money Box** - our new campaign to raise awareness of all debt advice services available in the HR9 area - held its first Debt Awareness workshop on 18 August at The Larruperz in Ross-on-Wye with debt advice expert, Elaine Loe, from Christians Against Poverty. The event was targeted at professionals who may have clients in need of debt advice or support.

**Next Debt Awareness workshop:** will be held on Zoom on **Wednesday 3 November** from 2pm to 4pm. Designed for professional people in all walks of life, you will gain an understanding of what you can do to help people who might be struggling, or heading towards problems with debt. There are lots of options to give support and advice in our area - visit the Clover website for more details - [www.clover-hr9.org.uk](http://www.clover-hr9.org.uk).



## New course: Managing Your Money

Starting 20th September (evening) this free course will teach you budgeting skills and a simple, cash-based system that works. In just a few weeks, you will get to grips with your finances so you can budget, save and prevent debt.

The course is delivered by **Christians Against Poverty**. We are sourcing a venue presently, please see the Clover website for venue, times and other details.



## Useful information

**Money On Your Mind:** a new Herefordshire website with information about a range of money advice services  
[www.talkcommunity.org/moym](http://www.talkcommunity.org/moym)

Other sources of independent and free advice:

[www.moneyadvice.service.org.uk](http://www.moneyadvice.service.org.uk) for free and impartial money advice

[www.nationaldebtline.org](http://www.nationaldebtline.org), an online tool to get debt help

Clover partners:



## Cancer care & support



Ross Cancer Support Group, supported by Macmillan, is finally re-launching, after an unprecedented time for everyone. The re-launch will take place on Saturday 18th September from 11am to 3pm at John Kyle High School conference room. There will be entertainment, talks, refreshments and a chance to find out more information and where to go for support. The event is completely free, including free car parking, and is for anybody affected by cancer. The group is run by a team of volunteers so if you would like to get involved please email [rsc@rosscancersupport.uk](mailto:rsc@rosscancersupport.uk). In particular, if you have admin skills, we are looking for an enthusiastic, committed individual to join the team.

You can keep up with the group's latest news on social media - search 'Ross Cancer Support Group' on Instagram, Facebook and Twitter. After the re-launch there will be regular monthly meetings on Tuesdays at John Kyrle High School from 5.30pm to 7.30pm on 19 October, 16 November, 14 December and 18 January. We look forward to seeing you on Saturday 18th September.

>> For further information or if you have any questions send the team an email at [rsc@rosscancersupport.uk](mailto:rsc@rosscancersupport.uk).

## Apply for Ross-on-Wye student grants



Off to university or school this autumn and need some financial assistance? Ross Educational Foundation welcomes applications for grants for equipment, laptops, travel costs to help students under the age of 25 who normally live in Ross-on-Wye.

>> To apply for a grant, you can complete the online application which can be found at [www.rosscdt.org.uk/ross-educational-foundation](http://www.rosscdt.org.uk/ross-educational-foundation) or email the secretary, Nick Richmond, at [nick.richmond2015@gmail.com](mailto:nick.richmond2015@gmail.com) for a form.

## Open gardens are back!

Ross-on-Wye Open Gardens will return in June 2022, organised by the Friends of St Mary's and they are planning an even bigger and better event than in 1999. As such, they are seeking gardens all over the town - big or small, new or well established - if you find peace in your garden, please invite others to share that peace for a weekend. There are also many stunning front gardens around the town - take a walk along Merrivale Lane this week to see some of them. We will therefore have a 'Front Gardens' category as well. If you are interested in opening your garden up to the public, or can help in any way, please contact Peter on [marilyn-peter@thereynolds.com](mailto:marilyn-peter@thereynolds.com).





After a month-long pilgrimage along the River Wye from Plynlimon to Chepstow, to raise awareness of the environmental destruction the river is facing, Angela Jones launched her 'Death of the Wye' coffin on 9 August from the pebble beach next to Ross Rowing Club to highlight the state of the river.

Campaigners say phosphorous levels in the water are soaring due to some 20 million chickens being reared in farms in Herefordshire and Powys. The phosphorous then creates the perfect conditions for algae to grow, turning the river green and making it hard for other wildlife to thrive.

>> If you'd like to get involved or find out more, visit Herefordshire Green Network's website at <https://hgnetwork.org>.



## Ross Lions working in the community



Lions International clubs are a global network of volunteers working together to make a difference in their communities. The Ross-on-Wye Lions club is no exception and always likes to help local people, which they have been doing since 1971. The team recently made a substantial donation to allow a local young man to buy a specialist wheelchair which will improve his quality of life. The team has also offered grants to all local Primary Schools to purchase educational resources to assist with 'Catch up Learning'. And finally, after eventually locating the owner of the bench outside the Lions Den charity shop on Gloucester Road, the Ross Lions have obtained permission to renovate the bench outside the shop which will create a much nicer place to sit and chat.

>> Further details available at [www.rossonwyelions.org](http://www.rossonwyelions.org) or have a look at [www.facebook.com/rossonwyelions](https://www.facebook.com/rossonwyelions).



## Dementia support

Ross Meeting Centre opened in March 2017 to provide support for local people living with dementia and their carers. The weekly meetings are full of fun, activities and friendship and take place every Wednesday at Christ Church, Edde Cross Street.



Sessions were originally run by a dedicated band of volunteers until they were suspended in March 2020 due to Covid 19 restrictions. Seeking to re-open in the autumn 2021, the team would be pleased to hear from anyone willing to join as a volunteer. In addition, they are currently looking for a volunteer administrator so if you can help please get in touch.

>> For further information or to volunteer, please telephone 07498 032839 or email the team at [rossmeetingcentre@gmail.com](mailto:rossmeetingcentre@gmail.com)

## Sing out Strong

Sing out Strong (SOS) began life as a small family of choirs for mental health and wellbeing, around Herefordshire and the Welsh border. Set up by Founder and Principal Conductor Emma Rowland in 2019, SOS was one of the first UK choirs to make the switch to online rehearsals during the 2020 COVID-19 pandemic. Emma realised that there would be thousands of singers around the world missing the support, friendships, music and routine of their regular choirs and so launched the SOS Virtual Choir through free, live-streamed sessions on Facebook.



As the pandemic progressed, so SOS started to grow. The virtual choir was featured on BBC News, BBC World, BBC2 and ITV, and its projects have appeared in Good Housekeeping and Happiful Magazines. With 11,000 singers in 100 countries, the VC is a true example of how music kept the world together when the pandemic forced us apart. The virtual choir is still thriving and from Autumn 2021, SOS will launch in Ross-on-Wye, to promote the message of singing and wellbeing, and working to raise awareness of good mental health.

### Next events - St Mary's Church, Ross-on-Wye:

- ◆ Saturday 6 November, 10am-1.15pm: Movies & Musicals
  - ◆ Saturday 11 December, 10am-1.15pm: It's Not Christmas Without
  - ◆ Saturday 8 January, 10am-1.15pm: Sing the World
- (The cost for the above events is £20 for 3 hours)

>>Further details can be found online at <https://singoutstrong.co.uk/workshops> or email Emma Rowlands at [emma.musicmaking@gmail.com](mailto:emma.musicmaking@gmail.com).

### Join the Border Belles!

The Border Belles, the new Sing out Strong choir in Ross-on-Wye, launches this autumn. No experience needed, just turn up to enjoy an evening of music, friendship and wellbeing.

Sessions will be held every Wednesday from 8 September, 7.30pm-9pm at Bridstow Primary School, Ross on Wye HR9 6PZ. Enjoy a free taster session, and then just and then £6 weekly.

Further information:  
01989 430130 / [hello@singoutstrong.co.uk](mailto:hello@singoutstrong.co.uk)  
[www.facebook.com/BorderBellesChoir](https://www.facebook.com/BorderBellesChoir)

## Free friendship, coffee & cake!

Fancy meeting new people or having a chat over a coffee & cake? The Ross Quakers are holding their free coffee and cake drop-in mornings every second Tuesday of the month from 10.30am to 12pm starting again this September. Meetings will be held in their lovely garden if the weather is fine, or in the large meeting room if wet, and there will also be a Traidcraft stall available. The Quaker Meeting House is located at the bottom of Brampton Street in the Friends Meeting House, 3a Brampton Street, HR9 7EQ.

>> Find out more by contacting Fiona on 07791 622748 or drop her a line at [fionasb603@gmail.com](mailto:fionasb603@gmail.com).



## Volunteer opportunities (*continued overleaf*)



**Companion Line Volunteer:** Not having someone to talk to regularly can be lonely if you are used to sharing your home and time with others. Age UK's Companion Line supports people across Herefordshire and Worcestershire with a regular phone call and you will be matched with a client that may have similar interests and hobbies to you to ensure the easiest journey through The Companion Line service for both the volunteer and the client.

**Footcare Volunteer:** you will support our busy Footcare & Podiatry service, cutting toenails on healthy feet. No experience necessary and you will receive full training. Footcare appointments are held at both the Ross-on-Wye and Worcester offices.

>> For further details on both roles please email Sarah Dawson at [marketing@ageukhw.org.uk](mailto:marketing@ageukhw.org.uk) or telephone 007341569156

### Drivers needed!

The Friday Lunch Club returned in July to The Larruperz Centre, welcoming old faces and new. The group provides a wonderful, sociable way to meet people and catch up each week over a delicious cooked lunch, dessert, tea or coffee plus activities such as quizzes, bingo, raffles, games and singing. The £7 cost for the afternoon includes transport to and from the venue.

The group however is desperately in need of a few more volunteer minibus drivers for the Ross Action Committee Bus as they are very short of drivers for the Friday sessions. Drivers are also needed for their social trips during the week, plus shopping for the elderly and disabled.

If you can spare a couple of hours once or twice a month, please call **Rosemary Rigby on 07981 540477** or **Sarah on 07814 624417** or email [sarhoneill362@btinternet.com](mailto:sarhoneill362@btinternet.com). The team cannot run without your support so please do get in touch if you can help!



### Volunteer with the Sea Cadets

Ross-on-Wye and Monmouth Sea Cadet Unit, a registered volunteer charity, is a youth organisation which caters for young people from 10 to 18 years of age. They are a uniformed youth organisation and training is based on a nautical theme, teaching essential life skills such as teamwork, first aid and catering as well as offering practical skills both on the land and water. They meet twice a week as well as offering week and weekend activities. They are currently looking for the following volunteers:

**Instructor:** you will have the choice of being in uniform or not and you will be involved with teaching young people new skills and experiences. All the necessary training and qualifications will be provided. Even if you are only available one night a week, please get in touch.

**Committee Member:** meeting approximately every 6 weeks, committee members help run the unit by raising funds, ensuring they have the relevant equipment and resources, maintaining property as well as ensuring everything is in place so they can operate efficiently.

**Fundraising Officer:** you will also be part of the Committee and ideally you will have experience of writing funding applications or applying for funding.

**Administration Support:** supporting the instructional team by ensuring communications are sent out, personal records kept up to date and people are booked onto relevant courses.

>> Contact Alethea by emailing [rossmonmouthseacadets@gmail.com](mailto:rossmonmouthseacadets@gmail.com) to apply for one of the voluntary positions or to find out more.

## Events

Date & time	Event	Details / Location	Further information
4-11 September	h.Art week	Various locations in Ros including Made in Ross at the Market House, Gallery 54 on the High St and St Mary's Church	St Mary's Church <a href="https://rossparishes.uk/h-Art">https://rossparishes.uk/h-Art</a>
Sunday 5 September 1pm-8pm	Proms in the Park	Caroline Symonds Gardens Wye Street HR9 7BX	Ross-on-Wye Town Council: 01989 562373 or email <a href="mailto:admin@rosstc-herefordshire.gov.uk">admin@rosstc-herefordshire.gov.uk</a>
Sunday 12 September 11.00am - 1.30pm	The Ross CDT Big Picnic followed by Bands in the Park at 2.30pm	Caroline Symonds Gardens, Wye Street HR9 7BX	Tel: 01989 313002 Email: <a href="mailto:info@rosscdt.org.uk">info@rosscdt.org.uk</a>
19 Oct, 16 Nov, 14 Dec, 18 Jan - 5.30pm-7.30pm	Ross Cancer Support	John Kyrle High School, Ledbury Rd HR9 7ET	Email: <a href="mailto:rcs@rosscancersupport.uk">rcs@rosscancersupport.uk</a>
Fri 24 to Sun 26 Sept	Ross-on-Wye Walking Festival	Various walks in and around Ross-on-Wye	Email: <a href="mailto:rosswalkingfestival@outlook.com">rosswalkingfestival@outlook.com</a>
Saturday 25 September 8am-10pm	Equinox Festival - wellbeing & world music	The Bandstand, Caroline Symonds Gardens HR9 7BX	Contact Ross-on-Wye Town Council on 01989 562373 or email <a href="mailto:tourism@rosstc-herefordshire.gov.uk">tourism@rosstc-herefordshire.gov.uk</a>
Wed 3 November 2pm-4pm	Ross Moneybox Debt Awareness training for professionals in all walks of life	Online Zoom event	Visit <a href="http://www.cloverhr9.org.uk">www.cloverhr9.org.uk</a> or call our Helpline on 01989 313002
Various youth meet ups on most days of the week	Ross-on-Wye Baptist Church social events for young people	Ross-on-Wye Baptist Church 50A Broad St HR9 7EA	Please text/phone 07305 185093 or email <a href="mailto:pete@rossbaptist.org">pete@rossbaptist.org</a> for further details.
Every second Tues of each month, 10.30am-12pm	Ross-on-Wye Quakers' coffee mornings - enjoy free coffee and cake in our lovely garden!	The Friends' Meeting House 3a Brampton Street Ross on Wye HR9 7EQ	Please contact Fiona on 07791 622748 or email <a href="mailto:fionasb603@gmail.com">fionasb603@gmail.com</a>
Every Wed, 8.45am	Toast & Toddle	St Mary's Church Ross-on-Wye	<a href="http://rossparishes.uk/toast">http://rossparishes.uk/toast</a>
Every Sunday, 9.30am	St Mary's Church Service	St Mary's Church or streamed live for access at home	<a href="https://rossparishes.uk">https://rossparishes.uk</a> , on the church notice board or call 01989 562175

If you would like to advertise your group's event in the next newsletter, email details to [comms@rosscdt.org.uk](mailto:comms@rosscdt.org.uk)

## Volunteering opportunities *continued...*

>> **We Are Farming Minds:** is looking for reliable **Helpline Volunteers** who are empathetic, open-minded and have good listening and communication skills. The charity was set up by farmers for farmers, to break the stigma around mental health. **Contact Emily by email on [wearefarmingminds@gmail.com](mailto:wearefarmingminds@gmail.com) or call 07506 567500**

>> **Ross Lions** always appreciate volunteers to help run the Lions Den shop on Gloucester Road and they have a variety of community services that need support - if you'd like to help or join as a member, **contact Valerie on 01989565466 or 07773330569 or email [valerie@wyenet.co.uk](mailto:valerie@wyenet.co.uk)**

>> **Ross Tennis Centre:** is looking for help applying for Grants to enable them to offer subsidised or free tennis sessions for individuals or groups in need. If you would like to help this organisation reach more members of our community, **contact Val on 01989 762086.**

>> **Ross Cancer Support:** the team is currently looking for an enthusiastic, committed **Administrator** to join the team so if you have a couple of hours a week and some basic admin skills, please get in touch by emailing [rcs@rosscancersupport.uk](mailto:rcs@rosscancersupport.uk).

>> **Ross CDT is recruiting** - check out our volunteer opportunities at [www.rosscdt.org.uk/volunteer/volunteer-with-rcdt](http://www.rosscdt.org.uk/volunteer/volunteer-with-rcdt) which include **Social Media Co-ordinator** in our Communications Team, **Neighbourhood Buddies** and volunteer **Team Leaders** for some exciting new projects.

 Call our Helpline  
01989 313002

 [help@rosscdt.org.uk](mailto:help@rosscdt.org.uk)

 [www.rosscdt.org.uk](http://www.rosscdt.org.uk)

 [www.facebook.com/rosscdt](http://www.facebook.com/rosscdt)

 [@ross\\_cdt](https://twitter.com/ross_cdt)