

## Happy not Hungry this Christmas in Ross!



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This issue of Ross Neighbourhood News is the last of 2021. We thank everyone who has supported Ross Good Neighbours during the year, including our readers, donors, members, and especially our hard working volunteers. We wish them all a peaceful and joyful Christmas.

However, times are hard for an increasing number of people, with price of food rising rapidly. Fortunately, there are lots of local volunteers working to make sure that food is not a worry for anyone this year. So, if you need some help with food over the Christmas and New Year period, or you know

someone who does, remember that there are local groups doing a fabulous job who would love to help.

Sadly, the usual **Christmas Day dinner at the Larruperz Centre** cannot go ahead this year, but a lunchtime meal is being cooked and home-delivered by local volunteers, particularly for those who may be alone or isolated. For more information contact Paula at EnviroAbility Tel 01989 763388.

**Ross Community Larder** is open to all, subject to referral, at St. Mary's Church Hall every Tuesday 9am-11am including the 21st and 28th December. Find out more on [www.facebook.com/FriendsofRossCommunityLarder](https://www.facebook.com/FriendsofRossCommunityLarder) or 07748 319940.

**The Zero Waste Stall** at Ross Community Garden, Old Gloucester Rd is open Monday-Saturday 10.30am-11.30am (but not Christmas Day and Boxing Day). Just turn up for a wide selection of surplus food from supermarkets, available free, or for a donation if preferred. [www.facebook.com/Zero-Waste-Stall-101041668532996](https://www.facebook.com/Zero-Waste-Stall-101041668532996)

And remember, if you find it difficult to get to the shops, need help with minor household tasks, or would like a friendly volunteer just to talk to, you can contact **Ross Good Neighbours** on 01989 313002 or through our website [www.rosscdt.org.uk](http://www.rosscdt.org.uk)

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## Be in Clover for Winter and leap into Spring

Create - Learn - Outdoors - Volunteer - Exercise - Relate



There's lots going on in and around Ross leading up to Christmas, the turn of the year and beyond. With activities designed to help you get healthy and keep well, and generally just to help you feel good, there's bound to be something for everyone.

Please note: places are limited, and all activities are offered first to individuals referred by GPs, and other NHS and care groups. Some may be filled before we can publicise them, or have just one or two places left – so get on to [Clover-HR9.org.uk](http://Clover-HR9.org.uk) straight away to find out!



**Calming crochet** – a relaxing, creative and mindful activity that will be taught at your pace. Be aware it can become a real passion!

**Christmas Wreath making** - a one-off activity with materials and expert tuition provided to make the best decorations you'll ever show for the festive season.

**Get creative in nature** – Explore nature and be creative during the winter months, including photography, collage, and meeting new people . NO prior art or craft experience necessary! with Herefordshire Wildlife Trust.



**Seated exercise** - Gentle, chair-based exercises that improve posture and balance, help maintain a healthy weight and boost energy levels. Held at Walford Village Hall, every second Wednesday 11-12 **from 15th November** - Free, no booking necessary (please arrive a few minutes early to sign in).

Look out for the exciting new **Passport to Activity** with Clover in the New Year.

Visit the website [clover-hr9.org.uk](http://clover-hr9.org.uk), email us [info@clover-hr9.org.uk](mailto:info@clover-hr9.org.uk), call us **01989 313002**

There are lots more activities listed on our website, with more being added all the time, so don't forget to keep checking to see if there is something new for you.

### Clover Training Courses

Clover, with Active H&W, is hosting courses in:

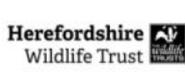
- Emergency First Aid (22 November)
- Mental Health First Aid (31 January)
- Safeguarding for adults (24 January)

FREE for all volunteers, carers, and those involved in public groups in HR9. Held at The Larruperz, in convenient afternoon sessions, each 3 hours in length.

Please register interest by email to [info@clover-hr9.org.uk](mailto:info@clover-hr9.org.uk)



#### THE CLOVER PARTNERSHIP



Supported by the Thriving Communities Fund, made possible thanks to:



## Campaigning to clean up the River Wye



At Ross on Wye Angling Club we have been busy on behalf of all the users of our river to reverse the pollution that is slowly removing its life and once abundant beauty. We told ITV News about the phosphate pollution and they have broadcast nationally interviews with our concerned members, who are monitoring the river twice weekly for phosphates. 88 % of the readings are above the 'safe' limit.

We have initiated petitions with our partners River Action and have informed meetings with DEFRA and the Environment Agency. The tide is slowly turning as the problems facing all of our rivers, through poor, unregulated farming practices and the water companies' handling of sewage, are brought to light. The fight is a long way from over. You can help by writing to Jesse Norman, our MP. To find out more about the problems our river is facing, watch the hour long Riverside film, made by George Monbiot <http://www.rivercide.tv>

*Robert Leather, Chairman of Ross Angling Club being interviewed in Ross by ITV*

## Cancer Care & Support



After a successful re-launch on the 18th September at John Kyrle High School, with good press coverage, we held the first of our regular third Tuesday of the month meetings on the 19th October at John Kyrle Conference Centre 5.30 to 7.30pm. The meeting was well attended by both existing and new members. It was great to have a catch-up after such a long time over drinks and snacks: we all agreed that there is nothing like a face-to-face opportunity to meet and share our various experiences, and give mutual support.

We are here for anyone and everyone who has been affected by cancer so, if it is for you, why not come to one of our next meetings on the 23rd November or 14<sup>th</sup> December at JKHS, it would be great to see you.

E-mail: [rcs@rosscancersupport.uk](mailto:rcs@rosscancersupport.uk) Facebook Group: Ross Cancer Support Group

## New opportunity for Ross Groups

Next year, the Community Garden in Old Gloucester Rd are planning to start a Multi-Agency Stall next to their Talk Community Information Hub. They are wanting local organisations, charities and community groups that support people in the Ross area, particularly in relation to care, health and wellbeing to use this space. Could you use this area to promote what you do or raise awareness of a particular campaign? The garden is open 6 mornings a week and a typical timing slot would be 10am-12noon.

It's free, all you need to do is book it! They are planning the 2022 calendar now, so please contact Tim Shelley for more information: [tim.shelley@haygrove.co.uk](mailto:tim.shelley@haygrove.co.uk) Tel: 07972 624378

The stall is not available to businesses at the moment.



## Vaccination Success

Covid vaccinations at the Larruperz Centre have now come to an end and so, therefore has the requirement for volunteer support.

Since December 2020, 707 support shifts have been carried out by over 100 CDT, Rotary and Lions volunteers totalling 2582 hours on site in all weathers. Thousands of vaccinations have been administered to people from 14 to 104 years of age, almost all of whom have been very happy to see us there.



We have to give a special mention to Richard Williams from Rotary who has coordinated the volunteers throughout and given up over 150 hours of his own time on that job.

Volunteers continue to support vaccination sessions at local surgeries and will do for as long as we are needed.

For information about the vaccine programme, including how to get your jobs, visit:

<https://herefordshireandworcestershireccg.nhs.uk/covid-19-vaccine>

## Community Land Trust Seeks Members

Ross District



Following the CDT's Facebook Live event in March this year a small steering group was formed under the CDT umbrella to test interest in taking forward a community-led housing Trust for the Ross district.

If affordable local housing that matters to you or your family, please join us by calling 01989 313002 or going to [www.rosscdt.org.uk/rd-clt](http://www.rosscdt.org.uk/rd-clt) for more information or to sign up.

The more members we have, the more we can make a credible case for local involvement in decision making about housing in our area; membership costs just £1 annually. Active involvement in steering group meetings is not a requirement – but membership ensures that you'll be consulted on big decisions.



## Computer Café



Coming soon - Age UK Herefordshire & Worcestershire will be launching a computer cafe, which helps people to feel more confident getting online and using technology.

We will be looking for volunteers to help people get familiar with using different devices such as computers, tablets or mobile phones.

We help people to use the internet safely, set up and use social media and manage everyday tasks such as ordering online shopping.

## Ross Blooming in 2022

Seems a bit early to think of next spring and summer but Ross in Bloom wants Ross to be colourful and wildlife friendly next year. So could we all make a big effort to create a beautiful town which is bee friendly, butterfly friendly, visitor and neighbourhood friendly. Plant a window box, hanging basket, make your front garden special, or Yarn bomb your front door. If you have a garden, small or large, would you like to show it to the public? Have you any ideas that would help? This is not a competition, more about a joint effort to make Ross a nicer colourful place. Give it some thought and get in touch!



Contact Ross in Bloom ([robtaylor3456@gmail.com](mailto:robtaylor3456@gmail.com) 01989 563670) or Jolanta Wright for Yarn Bombing, knitting and crochet (find her on Facebook at the Knitsey page).

## It's Open Again!



The sessions for young people, aged 11-18, have restarted in The Venue, Hill Street, Ross. Open on Tuesday, Wednesday and Thursday evenings from 6pm, the drop-in sessions are free to attend.

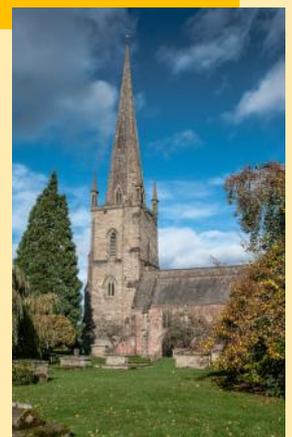
Activities on offer include football, table tennis, pool, and computer games, but there are opportunities for teenagers to suggest what other activities they would like.

Always on offer is a warm drink and the company of others. After so long apart, it has been great to have the doors open once again!

Anyone interested in knowing more, feel free to contact us via our Facebook page and remember – we are always looking for volunteer adults to help us run both the sessions and to join the management team.

## News from St. Mary's

Everyone is invited to help celebrate the great Christmas Festival. Our Christmas Services are included on p. 8 - we hope that you will be able to join us. The Church is working with Herefordshire Council to establish a Talk Community Hub to provide access to a range of support services and information. Toddle and Toast continues to be a huge success and all are invited to come along on Wednesday mornings for a chat, coffee and a chance for toddlers to play together in a safe environment - more details on the website. We are planning activities for next year, including a spectacular community concert on 2nd Jun. So if you are a musician, singer or have a drama group or other 'act', please contact [inspiringhope@rossparishes.uk](mailto:inspiringhope@rossparishes.uk). Other planned events include a Safari Supper, Concerts and Organ Recitals, a Promise Auction and a Flower Festival. Watch the website for further details: [rossparishes.uk](http://rossparishes.uk)



## Volunteering opportunities



### Ross Meeting Centre

Ross Meeting Centre reopened in September after closure due to Covid restrictions and we meet every

Wednesday at Christ Church, Edde Cross Street to offer support, friendship and fun for local people living with dementia and their carers.

We have had singing, painting, quizzes, nature talks, flower arranging and much more, with many more fun activities planned over the coming weeks.

We would love to hear from anyone willing to join our band of volunteers.

More details can be found on our Facebook page at [facebook.com/RossMeetingCentre](https://facebook.com/RossMeetingCentre). For further information about the centre, contact Elaine on 07498 032839 or at [rossmeetingcentre@gmail.com](mailto:rossmeetingcentre@gmail.com)

### Royal British Legion Standard Bearer

The Ross & District Branch RBL is looking to fill the important and responsible position of Branch Standard Bearer.

The appointed person must be physically able to handle the Standard in varied conditions to ensure that the Branch is represented in its best light. The duties of the Branch Standard Bearer include amongst others, attending official Parades, Remembrance Services, Conferences, all Legion events locally and in the County and most importantly, when requested by families, attending funerals.

Another important duty is keeping the Standard secure and looking after its care and maintenance. The Legion gives initial full training which also includes the dress code and there is also the opportunity to enter competitions held between Standard Bearers.



If you want to know more and feel excited in being part of the local branch of the Royal British Legion, which for over 100 years has provided social and emotional support to veterans and their families, please contact Graham Aplin, Branch Chairman 07788 272500 [rosstownband@rbl.community](mailto:rosstownband@rbl.community)



### Trustees sought to join Ross Children's Charity

It's official - Ross Children's Projects is now registered with the Charity Commission. The trustees are delighted and

can't wait to see the charity realise its potential. But in recent times, some key figures have stepped away and Ross Children's Projects now need more trustees to help drive the charity forward and make a real difference to the lives of our youngest members of the community.

- ⇒ Firstly, we are seeking a new Chair. This essential role is pivotal to the charity going forward.
- ⇒ Secondly, we seek anyone with links to Children's services in the area who is able to provide valuable insight into areas of need.
- ⇒ Thirdly, we seek someone who can help with bid writing and evaluation.

Ross Children's Projects aim is to create more opportunities for play and development for 0-11 year olds in Ross-on-Wye and the surrounding area.

Please send expressions of interest to Susannah [susannahrayfield@yahoo.co.uk](mailto:susannahrayfield@yahoo.co.uk) or via [facebook.com/RossChildrensProjects](https://facebook.com/RossChildrensProjects)

### ROSS-ON-WYE TOWN BAND

Ross Town Brass Band has vacancies for all players to join the band or the training band and for anyone interested in learning to play a brass instrument.

We are a non-contesting and non-marching band who play for our own enjoyment and to entertain the people of Ross and surrounding area.

[www.rosstownband.com](http://www.rosstownband.com) or see us on Facebook.

## Volunteering opportunities



### Volunteer with the Basement Youth Trust

**Youth Working Volunteer:** Young People are what we are all about. We run drop-in sessions for secondary school age youngsters in Ross on Wye. At our sessions there can be pool, football, xbox games, snacks and drinks, basketball, general chat and discussions - whatever the young people want we will try to offer. Anyone who wants to work with people - you would learn a lot with us!

Our volunteers need to want to support young people, to be interested in their needs and willing to listen to their opinions. We need good role models, so any previous experience is useful but not essential. If you also like kicking a football, playing pool, have creative ideas and willing to try new things, that will always help.

**Trustee Vacancy:** We also have a need for adults on our Trustee / Management Committee. If being active is not for you but you want to offer your skills in organisation, finance or work with young people we would love to hear from you.

Contact: Contact Sue on 01989 562145 or [sawilding@btinternet.com](mailto:sawilding@btinternet.com) to find out more without obligation.



### EnviroAbility Asks

Do you have a few hours to spare on a Monday morning to volunteer for a local charity? Do you have a clean driving licence and enjoy driving larger vans? If

this sounds like you we would love to hear from you. We are currently looking for a willing volunteer to drive one of our vehicles on a Monday morning 9am-12pm (approx), working alongside some of the best volunteers to collect clean recycling (paper and cardboard) from businesses in and around Ross.

We are also currently seeking keen volunteers to assist in the running of our second hand bookshop in Ross, which also houses our Shopmobility project where we loan scooters and wheelchairs to local people and those visiting the town with mobility issues.

Volunteering opportunities are available at our charity shop/office at the Old Mill. Jobs will include assisting with sorting donations, dealing with customers, taking phone calls, and general tidying of the shop. The above opportunities available are Monday-Saturday.

Please get in touch if you are interested in joining our friendly team and would like to discuss what opportunities are available. You can send us a message on Facebook, give Paula or Danny a call at the office on 01989 763388 or email [info@enviroability.org.uk](mailto:info@enviroability.org.uk) and we will be happy to answer any questions you may have. Volunteering at EnviroAbility is very rewarding and here, fun is compulsory! We look forward to hearing from you!

Rotary



**Ross Rotary** and **Ross Lions** always welcome new members. The only qualifications needed are a willingness to serve your community and the ability to have fun. Go to either [rossonwyelions.org](http://rossonwyelions.org) or [rossrotary.com](http://rossrotary.com), or even both!

**Ross Town Council** requests volunteer stewards for the Christmas Fayre on Saturday 21<sup>st</sup> November. Stewards needed in shifts from 10.00am to 6.00pm. To offer your services and help to make this great community event happen email: [admin@rosstc-herefordshire.gov.uk](mailto:admin@rosstc-herefordshire.gov.uk) or phone 01989 562373 Mon-Fri between 9:00-13:00.

## Events

### Ross Christmas Fayre

Join us on **Saturday 21<sup>st</sup> November** for our annual Christmas Fayre where you can get all your lovely gifts and treats including food, drink, arts, crafts, decorations, jewellery and much more. Stallholders will be available from **11am until 5pm** on the streets adjoining the Market House in the centre of Ross-on-Wye. There will be street entertainment plus music in the afternoon so come along and get in the festive spirit. Santa might even make an appearance depending on how many reindeer he can get hold of for the day.

### Friends Meeting House

Brampton Street, Ross on Wye. We would love to welcome you to our free Coffee and Cake Drop in on the 2nd Tuesday of each month, from 10.30 - 12 noon. There is also a Traidcraft stall. We are a Fairtrade place of worship, and are doing our best to support Fair Trade. Meeting for Worship is on on Sundays from 10.30 am. All are welcome.

### Christmas Services at St Mary's

Sun 19th Dec

- ◆ 4.00 pm Nine Lessons and Carols

Thu 23rd Dec

- ◆ 5.30 pm Carols in the Churchyard

Christmas Eve

- ◆ 4.00 pm Crib Service
- ◆ 5.30 pm Carols in the North Churchyard
- ◆ 11.30 pm Midnight Mass

Christmas Day

- ◆ 8.00 am BCP Service
- ◆ 9.30 am Eucharist

### Ross Beer and Cider Festival

Ross Beer and Cider Festival is back! Ross Lions and Rotary are already in the planning stages of Ross Beer & Cider Festival which takes place over the early May Bank Holiday weekend (30<sup>th</sup> April-2<sup>nd</sup> May 2022). To keep up with who will be performing, what drinks will be available and, most importantly, how to purchase tickets for what will be our great comeback weekend, please add **rossbeerfest.org** to your favourites list.

Ross-on-Wye  
Money Box



### Debt Awareness Course

Training for people who may come into contact with others who struggle with finance.

Tue, 23 November 2021

14:30 – 16:30

Online

Register at: [bit.ly/debtcourse](https://bit.ly/debtcourse)

## WANTED

The Clover Project is looking to launch a weekly cookery class at a local venue with an experienced trainer aiming to develop skills in healthy cooking on a budget. We would like to hear from any caterer or catering equipment supplier who may be able to provide portable hobs, cooking equipment including scales, bowls and utensils.

If you can help, please contact  
[richard@rosscdt.org.uk](mailto:richard@rosscdt.org.uk)

