

Get in Clover with us this Spring

Create - Learn - Outdoors - Volunteer - Exercise - Relate



We all need to press pause and invest a little time away from the everyday stresses and strains of modern life. Clover is for anyone local over 18 who wants to take part in activities proven to make you feel good.

Serena Robinson joined our first ever *Wellbeing in Nature* course last summer, and said "*I really enjoyed being with others, and learning and sharing experiences with everyone*". Serena is now a Clover Course Provider herself! She really got into crochet while she a full-time carer, and found the benefits of this calming and creative activity brought pleasure and comfort when she needed it.

You can try crochet, along with handworking with clay, and mosaic making at our **Come and try it OPEN day** of creative activities. **This is at The Venue on Hill Street 3 February** - please note that places are limited and **you must pre-book at Clover-HR9.org.uk / helpline 01989 313002**. If you try it and you like it—you'll have the chance to book on to the full craft course.

We have our biggest and best Clover programme ready from this month – see the leaflet we've delivered along with this newsletter. Creative crafts will be in spacious indoor venues through February and March. We'll be doing more things outdoors later in the season.

Try our Passport to Activity. This gives you the chance to try out walking football, tennis and netball, touch rugby, plus a 7 day pass at the Halo Ross Leisure Centre.



In a few weeks' time, we will be offering Nordic walking, willow weaving, block printing, and a brand new sport for Herefordshire - Pickleball! And Herefordshire Wildlife Trust will be providing expert-led time immersed in nature, with the theme of *Getting creative in Nature*. Places are limited so check out the Clover website www.clover-hr9.org.uk to book early.

Nordic Walking is good for physical health and makes a great way to spend time with others outdoors.



Getting Creative in Nature, joined recently by Ross tree warden Rob Taylor.

Inside:

- ◆ Page 2: Ross Tennis Centre, Ross In Bloom, Ross Cancer Support Group, Platinum Jubilee
- ◆ Page 3: Horizon Centre, Ross Area Transport, Scouts, Scope
- ◆ Page 4: Events, Volunteering Opportunities

ANYONE FOR TENNIS?

ROSS TENNIS CENTRE

If you would like to have some fun and get a bit fitter this year then Ross Tennis Centre is the place for you. Each Saturday at 12 noon there is a FREE cardio tennis session. You don't need to be able to play tennis, but being able to hit a ball would be good. The aim of the session is to increase cardiovascular fitness with music and lots of laughs.

Perhaps you are a bit nervous but want to improve your mobility - then walking tennis (1pm Saturday) would suit you. No running or jumping, just fun and a gentle introduction into tennis.

These sessions will run until the middle of March.

Both these courses run until mid-March and are FREE- you can borrow racquets. Information and booking: www.rosstenniscentre.org.

BLOOMING LOVELY!



All you gardeners, or would-be gardeners, let's make our front gardens more colourful this summer. Hanging baskets, tubs, window boxes will

help to make a better place for us all, and for the bees and butterflies.

This year we will be entering Ross into the Heart of England in Bloom competition. The more people encourage their neighbours or street to make an effort, the better the town will look. We hope to introduce best garden, basket, window box competitions. Ross in Bloom also supports the yarn bombing campaign which has brightened up the town centre so much in recent months.

To find out more get in touch! You can contact Knitsey on Facebook for ideas about crocheting and knitting locally. For planting and gardening contact Rob Taylor robtaylor3456@gmail.com.

ROSS CANCER SUPPORT GROUP



We are here for anyone affected by cancer; patients, carers, family and friends. We aim to create a sense of community and provide information and support. Thanks to generous funding from Macmillan and JKHS, we are looking to develop the group, with visiting speakers on a range of interesting and relevant subjects.

We meet every third Tuesday in the month at John Kyrle High School Conference Centre between 5.30 and 7.30 pm, refreshments available. All are welcome - you can just call in for a while and see whether it is what you are looking for.

Contacts:- E-mail rcs@rosscancersupport.uk

Facebook Group: Ross Cancer Support Group

PLATINUM JUBILEE – PREPARE TO PARTY!

Over the celebration bank holiday weekend from Thursday 2nd to Sunday 5th June weekend, a number of events are being planned – see page 4. St Mary's church is looking for further ideas for the weekend and 'acts' for the Celebration Spectacular.



If you are a performer that would like to participate in these celebrations in any way please call: Paul Cummings – 07970 315630. St Mary's Church provides a spectacular performance space and the Church community are keen that this magnificent space should be used by the people of Ross as a Community space.

WIDENING HORIZONS



Ross-on-Wye Horizon Centre is offering adults with learning and other disabilities (including mental health issues), free access to the Horizon Centre via Galaxy Samsung tablets, including internet access. People involved with this project will have access to a library of activities and receive online support from day centre staff.

'Many of the people we support have been deeply affected by the pandemic, with many losing their confidence and experiencing anxiety and depression. We are hoping that this project will provide people with additional activities as well as help them to re-connect with their local community', said Director Maria Barnett.

Find out more from Maria or Clarissa at the Horizon Centre on 01989 253131 or maria@horizoncentre.co.uk.

ROSS AREA TRANSPORT

We offer friendly, helpful drivers for older or vulnerable people, including wheelchair users. Stan (pictured right) is just one of many people that we have helped with their transport needs for his regular visits to Hereford Hospital.



We have about 25 volunteer drivers, for our minibus or using their own cars. We could do with more, so if you have time to spare and want to join our team give us a ring. Mileage expenses are paid.

And if you need transport to a medical appointment you can make a booking on the same number.

You can contact us on 01989 765595 between 9.30-12.30 Monday to Friday.

SCOUTING FOR VOLUNTEERS



Our Ross-on-Wye Scout Group Executive Committee is urgently looking for volunteers for Chair and Treasurer, as well as those with fundraising and grant application skills. Like a board of governors in a school, our Executive Committee makes sure that the best quality Scouting is delivered to young people in the local area, safely and legally.

As a committee member you will help to support and develop local Scouting, allowing young people in the area to experience fun, friendship and everyday adventure. You will put your existing skills and experience to good use, making a real difference to the young people involved.

Training is provided and can be completed online and there will be a full handover from our existing Chair and Treasurer. If you would like further information, or can help, please contact: Alison Almond, Group Scout Leader - rossgsl19@gmail.com

VOLUNTEER WITH SCOPE

Scope is a national charity dedicated to improving the lives of people with disabilities. If you've an interest in fashion, we'd love you to help us make sure our shop always looks neat and welcoming, with super-stylish and creative displays. If you're a bookworm, music buff or interested in antiques/bric-a-brac, we'd welcome your expertise to help maintain our stock.



We'd love to find someone with a vehicle, who'd be happy to drop off our donation bags through people's letterboxes around the town and collect them from doorsteps when ready. And we also need someone interested in social media, to help promote Scope.

Find out more by popping into Scope at 1 Market Place, or contact rossonwye.shop@scope.org.uk or 01989 763804. Thank you!

Events

5th February 7:30 pm **The Big Variety Show: Music, Sketches, Games & Raffles** at the Phoenix Theatre in aid of Wilton Bridge Petanque Club. Tickets £15 from Rossiter Books or phoenix-theatre.org.uk.

8th February 9:30 am **Managing your Money**

St Mary's Hall, Ross. The Course will run for 3 consecutive weeks. Repeated starting 8th March.

21st February 2:30 pm **The mysteries of the Islamic miniature paintings**

Ross U3A meeting at the Larruperz Hall. Speaker: Javad Hashemi. Visitors welcome.

21st March 2:30 pm **Barrow to Baghdad and back again**

Ross U3A meeting at the Larruperz Hall. Speaker: Phillip Caine. Visitors welcome.

27th March 7:30 pm **Ross-on-Wye Community Development Trust AGM**

Online: email info@rosscdt.org.uk for details.

18th April 2:30 pm **Geology of Ross-on-Wye**

Ross U3A meeting at the Larruperz Hall. Speaker: David Green. Visitors welcome.

30th April/1st May **Ross Beer and Cider Festival** at Ross Rowing Club, HR9 7BU. Entry £6. Live music, food, undercover 'beerhall' marquee, camping site. Full details and online ticket orders: www.rossbeefest.org.

2nd – 5th June **Diamond Jubilee Events** (2nd) Trooping the colour Live Screening, Tea Dance, Concert, Lighting of the Beacon. (3rd) Jubilee Service Live Screening, Picnic. (4th) Music Festival. (5th) Church Service.

6th August **Ross Carnival** Procession Starts 1pm. Stalls, funfair and entertainment from 2pm.

Volunteering Opportunities

Ross CDT is always looking for new volunteers to join our friendly teams. Currently we need help particularly with:

Helpline team: Responding to messages left on our Helpline to support vulnerable people and those without internet connections to access services. Confidence with a computer or tablet is required. Time commitment: About 4 hours/week plus training.

Befriending team: to get to know people who are socially isolated and help them re-connect with others in the community. Time commitment: About 4 hours/week plus training.

Newsletter delivery team: Someone to coordinate our quarterly Ross Neighbourhood News delivery is needed, plus some more deliverers. Time commitment: up to 3 hours every quarter (more for the coordinator).

Ross Lions & Ross Rotary need volunteer stewards and bartenders for the Ross Beerfest on 30th April & 1st May. More details from publicity@rossbeefest.org.

