

## Clover - the next phase



Thanks to everyone who has supported Clover over the last fifteen months. Over this time we have supported over a hundred people in joining activities as varied as Nordic walking, weaving for wellbeing, crochet, pickleball, embroidery, yoga, a variety of arts and crafts classes as well as sports, dance and community social groups, all aimed at bringing people together to share similar interests. We are really proud that the programme we put on has lived up to the Clover ideal, allowing people to Create, Learn, be Outdoors, Volunteer, Exercise and Relate to new people.

The funding for the programme ceases at the end of June, so we will no longer be able to put on free courses. But the working relationships we have formed between community groups, NHS and social care providers and activity organisers will continue as will the Clover website ([www.clover-hr9.org.uk](http://www.clover-hr9.org.uk)), which will be maintained into the future as the go to resource, listing wellbeing activities in and around the town. So if you are a course or activity provider and would like a free listing, please email [info@clover-hr9.org.uk](mailto:info@clover-hr9.org.uk) with full details of your activity and we will ensure it is uploaded to our website.



Finally, if you would like to learn more about the success of the Clover project over the last year, please join us at our free event on Thursday 9th June at The Kindle Centre, Belmont Road, Hereford HR2 7JE from 10am to 3.30pm - lunch will be included. Reserve your place online at [www.bit.ly/inClover](http://www.bit.ly/inClover) (capital 'C').

## Platinum Jubilee events

The Queen's Platinum Jubilee events in Ross are shaping up nicely and it promises to be a wonderful celebration of Her Majesty's 70 years on the throne.



Events will take place in the town centre, at St Mary's Church, at The Larruperz Centre and at The Bandstand in Caroline Symonds Gardens and will include live music, theatre, a family picnic, afternoon tea dances, choral concerts as well as the official Lighting of the Beacon.

**Full programme inside on page 2 >>**

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## Facebook live events - connecting with Ross

Our Facebook live events are still going strong and we hope we have provided useful information about local resources and support available in and around Ross-on-Wye. The panels, moderated by **Dr Simon Lennane**, have hosted many interesting speakers and local organisations. In April we welcomed **Margaret King** who is co-ordinating the Ukraine Refugee Appeal for Ross; **Gareth Nutt**, Ross Juniors PAN Disability Football coach; and **Sam Clement** from parkrun.

In May, our panel was joined by **Elaine Loe** from Wye Valley CAP Debt Centre, **Phill Haynes** from the Wye Valley River Festival and **Paul Cummings**, Secretary for the Jubilee Planning Committee at St Mary's Church.

>> Keep an eye out for our next free Facebook live event in June which will be advertised on our Facebook page [www.facebook.com/rosscdt](http://www.facebook.com/rosscdt)



## Platinum Jubilee Festival Programme

**Wed 30 April to Sun 12 June: High Street Safari App Trail**  
for families & children (town centre)

**Tues 24 May to Mon 6 June: Art & Photographic Exhibition** - St Mary's Church  
(Daily 09:00-17:00)

**Wed 1 June: 19:30-21:00: Film 'A Queen is Crowned'** – St Mary's Church Hall

### Thurs 2 June:

10:00-12:00: Screening of Trooping the Colour – St Mary's Church

14:00: Town Crier – The Market House

14:00-16:00: Afternoon Tea Party with Ross-on-Wye Town Band – St Mary's Church

19:00: Raise the Roof Celebratory Music Concert – St Mary's Church

21.35: The Piper and Lighting of the Beacon – The Prospect

### Fri 3 June:

10:00-13:00: Screening of the Service of Thanksgiving from St Paul's Cathedral – St Mary's Church

13:00-17:00: Afternoon Tea Dance (Prosecco Afternoon Tea 15:00-17:00 / Ross-on-Wye Town Band 17:00-19:00) – The Larruperz Centre

### Sat 4 June – Festival Day:

10:00-12:00: Coffee Morning – St Mary's Church

11:00-17:00: Wye Valley River Festival including street theatre, music and much more – Ross town centre, St Mary's Churchyard and The Prospect

13:00-15:00: Ross-on-Wye Town Picnic (BYO) – St Mary's Churchyard

19:00-22:00: Ross Platinum Festival with The Pasadena Roof Orchestra with BBQ and bar – The Bandstand, Caroline Symonds Gardens HR9 7BX

### Sun 5 June:

11:00: Songs of Praise Church Service with refreshments – St Mary's Church



Pick up an event flyer from the Ross-on-Wye Town Council offices (7 High Street), Made in Ross (upstairs at the Market House) or Truffles Delicatessen (46 High Street).

Further information and how to book selected events tel 01989 562373 (9.30am to 1pm)

or visit [www.rosstc-herefordshire.go.uk](http://www.rosstc-herefordshire.go.uk)

## Community volunteers

Ross Lions are local men and women who volunteer their time and skills to make a difference in the community. They offer a variety of volunteering opportunities throughout the year, especially at their fundraising events, the most recent being The Pancake Races which were a huge success in the centre of the town.



If you'd like to find out more, take a look at their website at [www.rossonwylions.org](http://www.rossonwylions.org) or their Facebook page @rossonwylions.

>> For an informal chat about available opportunities - no obligations! - call 0345 8335786 or email [lionsuewilding@gmail.com](mailto:lionsuewilding@gmail.com)

## EnviroAbility needs you!

EnviroAbility set-up and manage projects that integrate people with disadvantages into the community by providing real work opportunities and experiences. The team is now looking for volunteers so if you can help, please get in touch!

**Bookshop volunteers:** to help run their second hand bookshop in Ross, which also houses their Shopmobility project (scooters and wheelchair hire for local people and those visiting the town with mobility issues).

**Admin volunteers:** at the charity shop/office at the Old Mill to assist with sorting donations, dealing with customers, taking phone calls and keeping the shop tidy.

Volunteering at EnviroAbility is very rewarding and having fun is compulsory! So if you are interested in joining this friendly team and would like to have an informal discussion about any of the above opportunities which are available from Monday to Saturday, please get in touch!

>> Contact Paula or Danny on 01989 763388 or email [info@enviroability.org.uk](mailto:info@enviroability.org.uk).

## Supporting our youth

The Basement Youth Trust (BYT), located at The Venue on Hill Street, is a local charity that runs drop-in activity sessions for young people in Ross-on-Wye and the surrounding area. The sessions - which include anything from pool and music to fun at the skate park - are open-access and run by experienced Youth Workers.

The BYT understands the importance of engaging with the youth in the community and is now actively looking for new members to help expand the team.



If you think you could offer your skills to help as Charity Trustees and as volunteers with our management team or youth team please get in touch.



Can you help with the following?

- Website design and maintenance
- Finance
- General admin

Experience of working with teenagers or young people is not essential but would help.

>> Please email Susan Wilding to arrange an informal chat about the available roles at [sawilding@btinternet.com](mailto:sawilding@btinternet.com)

## Struggling to work your laptop?

The Age UK Digital Inclusion project has now been running for six months and is going from strength to strength. With the wonderful support from our now 13 strong volunteer team we have run three 6-week courses in Ross-on-Wye, Dinedor and Ewyas Harold with a fourth starting in Whitchurch and more planned for the summer.

The course helps older people learn about how to stay safe online, how to email, how to video call and much more. The Age UK team also offers home visits to sort out those annoying wifi issues!

One lady that the team helped had not been able to connect her lovely new laptop to her wifi so after a home visit they got her back up and running again. She also received one-to-one support from a volunteer at one of the Tuesday morning sessions at The Larruperz Centre, to learn how to get the best use of her new device. The project runs until September this year so please get in touch if you'd like to learn more.



>> For further information please telephone the Age UK team on 0800 008 6077.



## PAN Disability football club up and running

Ross-on-Wye Juniors Football Club has been aiming to create opportunities for people with a disability or impairment, who may not ordinarily be able to access a mainstream football environment.

Whilst not strictly following the restrictions of Walking Football, the sessions are of low intensity thereby making them accessible for all, hence the desire to extend the remit of the group to include those who may be suffering from Parkinson's, are in stroke rehabilitation, have mental health issues, are GP referrals (eg with a heart condition) or individuals with early on-set dementia.



All are welcome to participate so if you are aware of any individuals or organisations you think might benefit from joining our team, please get in touch.

>> For further information, please contact Jim Loftus on 07903 010475 or email him at [jim.loftus@btinternet.com](mailto:jim.loftus@btinternet.com).

## Do you want affordable homes for Ross?

If the answer is 'yes', read on!

The eagle-eyed amongst you might have noticed that the Ross District Community Land Trust banner on the railings near Morrisons is seeking new members. However, despite constant talk about the cost of homes in Ross, the team has been unable to attract any interest at all since its launch last summer.

The initiative is designed to help all who want to be housed affordably in the Ross area - so if that matters to you, please become a member—it only costs £1 to join what is your opportunity to change things. They are currently having early discussions about a potential site for a small number of new homes but that will go nowhere unless we can demonstrate real need.

Ross District



>> Visit <https://rosscdt.org.uk/rd-clt> for more details and join in the discussion!

## Ross Town Band



Ross-on-Wye Town Band - a group of like minded people who enjoy making music together and entertaining others - is in its 37th year and is now rebuilding following the pandemic. They have taken

the decision not to march or to contest so the pressure is off however, under the baton of Tim Murray, they are aiming to improve and perform varied programmes at concerts and other engagements throughout the year. Based at The Larruperz Centre in Ross, they are a friendly group and often make good use of the bar facilities following Friday night rehearsals!

The Training Band, under the baton of Elizabeth Foster, is thriving with approx 20 members of all ages and abilities and they will be performing at the Scarr Bandstand on 23rd July with other training bands from the Forest of Dean. Some members will be taking part in the Bailey Lane End Music Festival on 16th July 2022.

The small, but perfectly formed committee works hard to keep everything running smoothly so if you fancy joining them to play or just learn, please get in touch!

>> For a friendly chat, contact Viv on 07779 449 537 or email [v.leehynes@gmail.com](mailto:v.leehynes@gmail.com).

## Walking for wellbeing

The Ross-on-Wye Annual Walking Festival takes place this year from Friday 23rd to Sunday 25th September and offers a really diverse range of 24 guided walks exploring the environs of the River Wye - with a few old favourites as well!



Walkers can learn to identify riverside birds or late summer flowers, hunt for fossils, explore water meadows, woods or steep river banks; learn more about the old stories of Ross or Monmouth, challenge your photography, or relax on a steam train. There really is something for everyone – including your four legged friends (check the programme for dog-friendly walks).

Tickets are just £5, under-17s are free. Bring your friends; spread the word; enjoy the outdoors!

>> Visit [www.walkinginross.co.uk](http://www.walkinginross.co.uk) to view the detailed programme and booking information or find them on Facebook at @RossonWyeWalkingFestival.



## Affected by cancer?



Ross Cancer Support Group is for anyone and everyone who has been affected by cancer - patients, carers, family and friends alike. After the group's successful re-launch last September, and now that things are getting back to perhaps a new post-Covid normality, they are planning to expand their activities.

Join us on Tuesday 20th September from 3pm to 7pm at St Mary's Church, Ross-on-Wye for our 'Ross Cancer Information Event'. More information on this later.

All are welcome to join the group's monthly meetings every third Tuesday of the month in the Sports Centre at John Kyrle High School (Ledbury Road HR9 7ET) from 5.30 to 7.30pm (follow the signage to the meeting room). They frequently have visiting speakers and you are welcome to just drop in for a while if you don't want to stay for the whole meeting. Refreshments are available.

>> For further information, telephone 07501 211779 or email [rsc@rosscancersupport.uk](mailto:rsc@rosscancersupport.uk)

## Join a quilting club

Are you a quilter or would you like to join a local quilting group to practice?

The Ross Quilters are a local group who meet regularly every 3rd Thursday of the month from 1.30pm-4.30pm at Upton Bishop Millennium Hall.



The group recently made a donation of 25 heart-shaped cushions, each individually handcrafted with beautiful fabrics, and 52 fabric drain bags to Breast Cancer Haven. Breast Cancer Haven is a national charity that supports women throughout or after their breast cancer treatment.

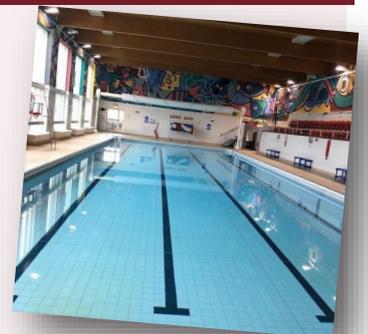
>> To join, contact Sue Jones, Membership Secretary, on 01989 485494.



## Get fit for summer!

Ross Swimming Pool aims to help people become more active, happier and healthier. Take a relaxing dip in the pool, visit the gym to work up a sweat or exercise with a friend at one of the 10 group exercise classes on offer. There are plenty of classes to choose from including aqua aerobics, indoor cycling, circuit training, kettlebells, yoga, legs, bums & tums or stretch & tone - all designed to get your body moving however you want! And after all that activity why not wind down in our steam room and sauna?

Learning to swim is a highly useful life skill and the Halo team wants to make this accessible to all, offering classes to suit all ages and abilities in the water. They even offer a **free** adult 'Learn to Swim' programme as well as **free** intensive 'Learn to Swim' courses for children during the school holidays.



>> To find out more, why not pop into the Halo Ross Swimming Pool which can be found at Red Meadow in Ross-on-Wye HR9 7DB or call 01989 763487. You can also give Halo a try with no obligation with their free 7 day pass - details are online at [haloleisure.org.uk/7daypass/](http://haloleisure.org.uk/7daypass/).

## Anyone for pickleball?



Ross Tennis Centre's new pickleball sessions are still going strong following the launch of their sessions this year! The Thursday morning pickleball sessions at 11am are proving very popular and a wide age range of men and women are having fun learning some new skills in a very gentle but fun environment. Head Coach Steve Barnett provides all you need for an hour of exercise and you can just turn up and play. Thanks to the Ross CDT's Clover project, this class is free of charge. What have you got to lose?

>> For further details or to book a court online, visit [www.rosstenniscentre.org](http://www.rosstenniscentre.org) - or you can call 07851 246035 and leave a message for Steve who will call you back.

### Free exercise classes at Ross Community Garden

Yoga: Tuesdays 11-12, Fridays 1.30-2.30  
 Tai Chi Movements for Wellbeing: Mondays 11.30-12.30  
 Ladies Fitness: Tuesdays 1-2  
 Men's Fitness: Mondays 1-2  
 To book, contact Tim Shelley, Tel 07972624378, [tim.shelley@haygrove.co.uk](mailto:tim.shelley@haygrove.co.uk)  
 All activities are free, but you can make a donation

Free Activity Taster Day  
 Sunday 17<sup>th</sup> July 10am-4pm

For more information nearer the time see Ross-on-Wye Community Garden Facebook Page



Age UK's Veterans Service can provide a wide range of personalised support to enhance the quality of life and wellbeing of veterans and their carers in Herefordshire & Worcestershire.



To be eligible:

- You must have completed one day of paid service in the Armed Forces, including National Service - **or** -
- You are a carer or family member of an Armed Forces Veteran.

>> For further information, contact Age UK's hub on 0800 008 6077.



## Could you be a Poppy Appeal Organiser?

The 2022 Poppy Appeal is **urgently** seeking a new Poppy Appeal Organiser for Ross-on-Wye. This is a vital role in helping to raise the essential funds to support our Veterans and since Ross is an established supporting town, this is a key role. Poppy Appeal Organisers are essential in enabling the RBL to support our Armed Forces Community through thick and thin - ensuring their unique contribution is never forgotten.

The Poppy Appeal Organiser for Ross-on-Wye will already be part of the community and would be happy to be the central contact to coordinate the appeal within the town. Key tasks would be ensuring poppies are distributed to those who sell them over the two weeks of Remembrance.

>> If you, or someone you know, could join the RBL team and become part of their incredible network of volunteers, please contact Jane at [jharries@britishlegion.org.uk](mailto:jharries@britishlegion.org.uk)



## Events

Date	Event	Details / Location	Further information
Thursday 19th May	Age UK Herefordshire & Worcestershire information sessions & advice on benefits, income, general wellbeing and social care.	The Larruperz Centre, Grammar School Close, Ross-on-Wye HR9 7QD	For further information, contact the Age UK hub on 0800 008 6077
Wed 1 June to Sunday 5 June	Queen's Platinum Jubilee events in Ross-on-Wye	<i>See page 2 for details</i>	Full programme available on Ross-on-Wye Town Council website at <a href="http://www.rosstc-herefordshire.gov.uk">www.rosstc-herefordshire.gov.uk</a> or email <a href="mailto:admin@rosstc-herefordshire.gov.uk">admin@rosstc-herefordshire.gov.uk</a>
Thursday 9th June	The Ross CDT's 'In Clover' free event – find out more about our social prescribing project in HR9 - lunch included	10am-3.30pm at The Kin-dle Centre, Belmont Rd, Hereford HR2 7JE	Tel 01989 313002 or email <a href="mailto:info@clover-hr9.org.uk">info@clover-hr9.org.uk</a>
Monday 20th June	Ross U3A Dorothy Nicolle 'The story of English Pub signs'	2.30pm at The Larruperz Centre, Grammar School Close, Ross-on-Wye HR9 7QD	
Sunday 17th July	Yoga and Tai Chi Free Activity Taster Day	10am-4pm at Ross-on-Wye Community Garden	Tel Tim Shelley on 07972 624378 or email <a href="mailto:tim.shelley@haygrove.co.uk">tim.shelley@haygrove.co.uk</a>
Monday 18th July	Ross U3A Outing for members	Details to be confirmed	
Monday 15th August	Ross U3A Dr Roderic Ashton - 'What happened in history when our leaders were mad or ill'	2.30pm at The Larruperz Centre, Grammar School Close, Ross-on-Wye HR9 7QD	
Monday 19th	Ross U3A Tea Party	Details to be confirmed	
Every Wednesday	Toast & Toddle	8.45am at St Mary's Church Ross-on-Wye	<a href="http://rossparishes.uk/toast">http://rossparishes.uk/toast</a>
Every Sunday	St Mary's Church Service	9.30am at St Mary's Church Ross-on-Wye and streamed live	<a href="https://rossparishes.uk">https://rossparishes.uk</a> , on the church notice board or call 01989 562175
Mondays, Tuesdays and Fridays	Mon 11.30-12.30 - Tai Chi Movements for Wellbeing Mon 1-2pm - Men's Fitness Tues 11-12pm - Yoga Tues 1-2pm - Ladies' Fitness	Ross-on-Wye Community Garden, 29 Old Gloucester Road HR9 5AA	Tel Tim Shelley on 07972 624378 or email <a href="mailto:tim.shelley@haygrove.co.uk">tim.shelley@haygrove.co.uk</a>

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

## More volunteering opportunities

>> **Friday Lunch Club drivers:** the group is desperately looking for volunteer mini bus drivers or people with their own cars to transport individuals or couples each week or every other week on Friday (12pm-2pm). For many. If you can help with transport at all, please call Sarah on **07814 624417** or email [sarahoneill362@btinternet.com](mailto:sarahoneill362@btinternet.com).

>> **Ross Good Neighbours Buddies:** if you'd like to help with grocery shopping and generally supporting neighbours who need a little extra assistance, please call our Helpline on **01989 313002** or email [help@rosscdt.org.uk](mailto:help@rosscdt.org.uk).

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

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