

You can help to warm Ross this winter!

Last year, Ross-on-Wye Community Development Trust ran a very successful **Warm Ross** campaign to help households at risk of fuel poverty. Sadly, many households, including the elderly and those with children, face the dilemma of choosing between heating or eating. A magnificent response from the Ross public raised more than £4000, which was used to make emergency payments for meter top ups or food vouchers for households in need. Recipients were identified by trusted agencies such as the **Community Larder** or **GP surgeries** and were so grateful for the help.

We are running the appeal again this year so that we can continue this work. If you can afford to, please do consider making a donation to support households in Ross who are at risk of fuel poverty. We are particularly grateful to those donors who have given Warm Ross the £250 **Winter Fuel Payments** they have received as a top up to their state pension, because they felt that they did not themselves need this extra support.



If you are able to, please make a donation to Warm Ross:

- **Online:** <https://bit.ly/WarmRossDonations>
 - **By cheque or cash:** please contact us on 01989 313002 for details
- >> **If you would like to know more, please email warmross@rosscdt.org.uk.**

Welcoming our new team member

This year our **Warm Ross** scheme is even more effective as we received funding from **National Grid** to appoint a Project Officer for the Warm Ross campaign and we have welcomed **Tina Knapman** to our team to fulfil this role.

Tina will work with our clients to achieve the best outcome for their household by seeking and offering practical advice as well as signposting to other organisations that can help. This in turn, helps to reduce the carbon footprint of those that we engage with. It makes sense to ensure that vulnerable households have access to the information they need to:

- Efficiently use the energy that they can afford by looking at cooking methods, laundry, thermostats, smart meters, off peak deals, etc.
- Confidently switch energy providers to ensure the best price
- Deal with fuel debt
- Fully understand their consumer and tenant rights.

>> **If you would like to know more, please contact warmross@rosscdt.org.uk**

Inside:

- ♦ **Page 2-3:** Ross CDT news, Ross Memory Café, u3a
- ♦ **Pages 4-5:** The Drama Company, Autism West Midlands, Friday Lunch Club, Ross Cancer Support Group, Basement Youth Trust
- ♦ **Page 6-7:** Ross Walkers, Litter Crew, Baptist Church, Ross Lions
- ♦ **Page 8-9:** Royal Voluntary Services, Horizon Centre, Citizens' Advice, Mentor Link
- ♦ **Page 10-11** Volunteering and What's On
- ♦ **Page 12:** What's On cont'd and Ross Good Neighbours contact details

Ross CDT's new Project Manager

Following our sad farewell to Project Officer, Alison Clarke, who we wish all the very best in her next role, we are delighted to announce the appointment of our new Project Officer, **Ali Park**.

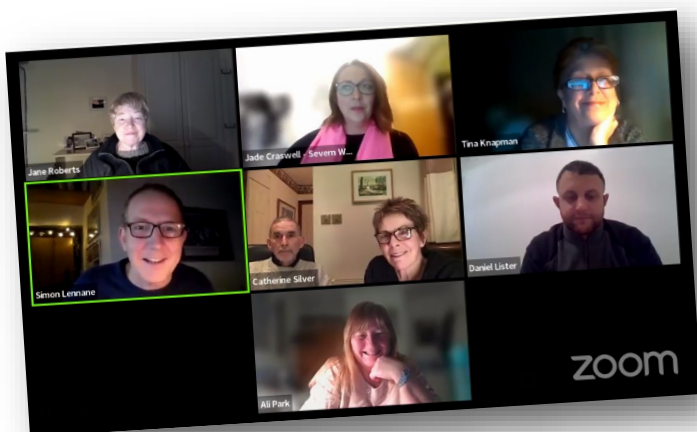
Many people in Ross-on-Wye will know, or be familiar with, Ali already as a former assistant at Vinetree Vets, lead singer in local band, Amaretto Lounge and previous RCDT shopping volunteer during the pandemic.

Ali will be the first point of contact for anyone wishing to find out more about our services and she will co-ordinate our activities, projects and sign-posting people in need to the right services and support in Ross-on-Wye.

Please join us in wishing Ali all the best in her new role and please do drop her a line if you need to get in touch at ali@rosscdt.org.uk.



January's Facebook Live - Winter Wellbeing



Our January Facebook Live, moderated once again by **Dr Simon Lennane**, welcomed the new Ross CDT **Warm Ross Co-ordinator, Tina Knapman**, to the panel as well as our new **Project Manager, Ali Park**. Both Tina and Ali are available if you need advice on any of our projects or if you need to connect with local community organisations.

Also on the panel, we were delighted to welcome **Jade Craswell**, Energy Advice Manager from **Severn Wye** who also brought some great tips on how to beat the

energy crisis this winter whilst **Danny Lister** introduced the new all-male **Walk and Talk Ross-on-Wye** group, who will be meeting regularly on the weekends, providing safe space for men to chat, socialise and enjoy an informal cuppa in the outdoors.

>> The next Facebook Live will take place in March so please keep an eye on our events page at www.facebook.com/rosscdt. To view the event, simply log on at 6pm on the night and if you want to join in the debate, email questions in advance to comms@rosscdt.org.uk or message us live in the comments box on Facebook.



Want to volunteer with any of the organisations in this newsletter? Get in touch!

Ross Memory Café

Ross Memory Café was launched in August 2023, as an additional resource in the town to Ross Meeting Centre, and is run by Dementia Matters Here. Memory Cafés are comfortable, social gatherings that allow people experiencing memory loss and their families/carers to connect, socialise, make new friends and build support networks. The team is very grateful that **Herefordshire Community Foundation** is supporting them financially this year and were delighted and extremely grateful that **The Phoenix Singers** held a Charity Concert in aid of the Memory Café in October. They meet on the first Tuesday of each month between 11.30am and 1.30pm at **The Larruperz Centre** - there is no need to book, just come along and join in.

>>For more information please contact Elaine Leney on 07506 992971 or email rossmeetingcentre@gmail.com.



Dementia Action Week : 13 to 19 May 2024

This year the **Dementia Friendly Ross on Wye Group** - set up with **Ross-on-Wye Town Council** support to make Ross feel friendlier, safer and more caring for people living with dementia and those who care for them - will once again be organising a fun packed week. The popular Tea Dance will be back along with Tai Chi at Ross Community Gardens and a host of other events.

>> If you or your organisation would like to be involved or host an event during the week, please contact Elaine Leney on 07506 992971 or email rossmeetingcentre@gmail.com.

Live life to the full with the u3a!

No longer in full-time work or raising a family? Join your local u3a to meet new people and enjoy exploring a wide variety of interests at a low cost. The overall ethos of the u3a is one of mutual learning. Founded in 1982, the u3a organisation is a UK-wide collection of locally-run interest groups that provide a wide range of opportunities to come together to learn for fun. The aim is for all members to contribute, in many different ways, to the success of the group. Membership costs just £17 for the whole year and you can benefit from a huge range of courses, talks and activities.



>> For more information visit us online at <https://u3asites.org.uk/ross> - alternatively contact Ross & District u3a via email at u3a.ross.membership@gmail.com .

We love a good drama

The **Drama Company** is a thriving local drama group for children and young adults aged 5 to 16 years and meets weekly during term time at **The Larruperz Centre** in Ross-on-Wye every Tuesday from 5pm to 6.15pm. The first session is a **free trial** so get in touch to book a place today!

As well as boosting self confidence and having plenty of drama fun throughout the year, the group works on family showcase performances, improvisation, drama games and script work.

Upcoming Drama Company Holiday Workshops:

- April 2nd, 3rd & 4th
- July 30th & 31st July, August 1st
- All sessions held at Gorsley Goffs School, Ross-on-Wye HR9 7SE
- From 9.30am to 12.30pm each day.
- Cost is £40 for all three days with our early bird booking!

>> For further information on how to book, contact Sarah O'Neill by emailing sarahoneill362@btinternet.com or call 07814 624417.



Free autism courses

Autism West Midlands is running courses for Autistic Teens and Adults including their **Autism Confident for Teens** course (13-17 yrs) and **Autism Confident for Adults** course (16+) in Hereford, starting February 2024.

The courses are open to anyone who identifies as autistic and are designed to help autistic teens and adults learn more about autism, share experiences, learn about strategies and resources available to help them and meet other autistic people. The courses are free to attend and refreshments are provided. Places must be booked in advance.

>> To find out more or book a place on either course please contact **Zoe Bristow, Assistant Manager Herefordshire and Worcestershire**, by email at zueb@autismwestmidlands.org.uk or phone 07749 497808. Further details can be found online at www.autismwestmidlands.org.uk

Autism Acceptance Week: Monday 1 to Friday 5 April 2024

Autism West Midlands will be running a range of events during the week of 1st to 5th April across Herefordshire. Would you like us to attend an event you have in your local area that week to help share more about autism? If so let us know!

>> Contact **Zoe Bristow, Assistant Manager Herefordshire and Worcestershire** by emailing zueb@autismwestmidlands.org.uk or telephone 07749 497808

That Friday Feeling!

The Friday Lunch Club takes place every Friday from 12pm until 2pm at The Larruperz Centre in Ross-on-Wye.

If you're over 75 years old and would like to join this wonderful Friday family, the cost is £9 for a two course meal including refreshments, treats, activities and companionship.

The team is also in need of mini bus drivers, chaperone companions on the mini bus and weekly drivers - so even if you can only help out every other week or once a month please do get in touch! DBS checks will be required but the team can help with this.

When? Every Friday 12pm to 2pm

Where? The Larruperz Centre, Grammar School Close, Ross-on-Wye HR9 7QD

>> **Contact Sarah O'Neill by emailing sarahoneill362@btinternet.com or call 07814 624417.**



The Ross Cancer Support Group's monthly meetings have now settled in at the Church Hall at St Mary's Church, meeting every first Tuesday of the month from 6pm to 8pm. There is free car parking after 6pm at the nearby Crossfields Car Park at the top of Church Street.

2024 DATES

6 FEB

5 MARCH

2 APRIL

7 MAY

4 JUNE

2 JULY

NO AUG
MEETING

3 SEPT

1 OCT

5 NOV

3 DEC

There is a guest speaker most months and a place to share information with patients and carers alike. The Ross Penyard Singers recently held a successful concert to help raise much needed funds for the group and were supported by the Royal Forest of Dean ensemble along with the Gloucestershire Poet Laureate, Brenda Read-Brown.

Paul Baker, Chairman of the Ross Cancer Support Group, thanked the choir for their wonderful effort and praised their new Musical Director, Mrs Sammy Martin, for the imaginative programme enjoyed by all.

>> **If you would like to find out more, please come along at anytime during the evening, alternatively telephone 07501 211779 or email rossonwyecancergroup@gmail.com.**

Free fun at the Basement Youth Trust



The Basement Youth Trust youth club is open every Tuesday, Wednesday and Thursday evening from 6pm to 8pm at The Venue on Hill Street in the centre of Ross. It's free of charge and open to

all 11 to 18 year olds, offering a range of creative and fun sports and hobbies including, dodgeball, boxing, art projects, cooking, games, pool table and plenty of activities centred around our young people in a safe and supportive environment. If you know someone who might be interested in giving it a try or you are a young person in Ross and would love to meet people, try your hand at a new skill or just come along for a cuppa and a chat, why not give it a go? The team hopes to see you there soon!

>> **Further information available at www.facebook.com/RossBYT**



New gates for walkers

Ross Walkers are Welcome (RWaW) has been busy together with the **Wye Valley National Landscape** (formerly AONB) to improve footpath access locally - replacing stiles with gates – or gaps! Since April 2023, an impressive 40 new gates have been installed with another 35 planned for this winter.

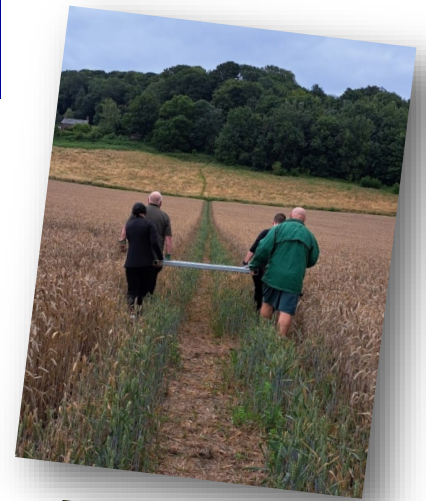
Installation has been done by **EnviroAbility**, **Herefordshire Ramblers** and a team of local volunteers, all supported by **Herefordshire Council Public Rights of Way team**.

If you fancy getting out and about this winter, why not try some of the fantastic new stile-free routes created, including:

- An 8.5 mile loop along the river and through farmland from Ross to Hole in the Wall & back, taking in parts of the Herefordshire Trail and Wye Valley Walk
- A 7 mile loop through woods and hills from Ross, over Penyard Hill to Weston-under-Penyard and back via Kingstone
- A 4 mile loop over Chase Hill and back through Cobrey & Hill Farms
- A short flat 2 mile walk from Ross through Marsh Farm & back along the Rudhall Brook.

>> For further details visit www.walkinginross.co.uk .

Photos: top right Walford Army and bottom right, Herefordshire Ramblers



Cleaning up in Ross-on-Wye



The first group litter pick of the year organised by **Ross Community Litter Clean Up Crew (RCLCUC)** attracted 19 enthusiastic volunteers including a lively contingent from John Kyrle High School.

Starting at the Fernbank Road Country Trail car park the group spread out over surrounding areas and after just one hour, the team returned to the Walford Road Collec-

tion Point with 12 full purple sacks of litter bringing the total collected for the first week of January up to an impressive 20 sacks.

>> The group organises monthly litter picks, so if you fancy joining in, please contact RCLCUC via Facebook, email rosslitter@gmail.com or text/phone 07771 521639.

Baptist Church Events and Activities

There's plenty going on at the Ross Baptist Church for both children and families so if you're looking for fun, interesting and creative projects to do after school or on the weekend, head over to the church and / or The Venue on Hill Street and join in! The events are all free of charge and current groups include:

Kingdom Crew: this group for babies up to Year 6 meets every Sunday during the morning service, starting off in church at 10.30am and then moving to The Venue, Hill Street. Includes games, crafts and fun activities based on a Bible story or truth. Finish time around 11.30am.

Kingdom Club: A free after-school group for children in Year 1- Year 6. We meet at 3.30pm – 4.45pm in The Venue, Hill Street. Sessions always start with a snack followed by games, crafts and other activities based on a Bible story or Bible truth. Once a month the session includes table tennis, pool and table-top football.

Toddlers: these sessions are held every Friday during term time 9.30-11.30am. Join us for fun, friendship and refreshment. These are free sessions but a donation can be made to the Compassion child the church sponsors should you wish.

Family Fun events: these are held every third Sunday and during school holidays. Family Fun Week runs for a week at the end of July each year. These are designed for all family members and specifically tailored to Primary aged children.

>> For further information, tel 01989 566966, email admin@rossbaptist.org or visit <https://rossbaptist.org>. Events take place at the Baptist Church, Broad St HR9 7DY or at The Venue, Hill St HR9 7AD.



Ross Lions news & events

Following the successful annual Christmas dinner held at The Larruperz Centre on Christmas Day, the Ross Lions are now planning for the first event of 2024 with The Pancake Races to be held on Sunday 11 February.

Following this, the next major event will be the Beerfest on the weekend of 4-5 May which is run in association with the Rotary and volunteers are always needed, so please get in touch if you have a few spare hours to help.

As always, the Ross Lions are busy running their new shop at the former pub, The Barrel, on Brookend Street near Aldi. Together with ebay sales they raise money for the causes they support, so quality donations and volunteer helpers are always greatly appreciated.

Finally, the Lions enjoy many social activities including barbeques, walks and lunches and the annual Charter Dinner which are a lot of fun whilst simultaneously helping people. The team is only able to do this thanks to members and volunteers, so if you want to make a difference, the team would love to hear from you.

>> For further information, contact valerie@wyyenet.co.uk or call 07773 330569.

Please donate to Warm Ross if you can: <https://bit.ly/WarmRossDonations>

ROYAL
VOLUNTARY
SERVICE

RVS ~ Ross Area Transport

Royal Voluntary Service volunteers provide Community Transport for trips where mobility issues can make it difficult, if not impossible, for you to use public transport or if you live in rural areas with limited transport. Trips usually include getting to or from hospital or to a GP appointment but can also include trips to the shops or into town or to social activities. Our Community Transport is comfortable and reliable, with a trusting relationship built between you and your volunteer driver.

Their volunteer-run Social Clubs and Events provide a wide range of activities from dancing, crafts and gentle exercises to specialist interests as well as the opportunity to catch up with friends.

Many events provide an opportunity to try something new out with taster sessions.

>> Please note, due to recent technical problems there is a new office number 01989 763726, or pop along to their premises between the High Street and the Corn Exchange car park at Pigs' Alley, Ross-on-Wye HR9 5HL.



Recycle your greetings cards!

The Ross-on-Wye Horizon Centre will be back at the Ross-on-Wye Town Council Saturday markets in March, selling their hand made cards, crafts and gifts. In the meantime, the people they support, plus staff and volunteers, are busy with lots of new creative ideas, so watch this space for more news! The Horizon Centre would be grateful to receive any used greetings cards you may have eg Christmas, birthday, get well, thank you cards etc, to enable their team to recycle them into new cards and crafts. Cards can be dropped off at Unit 3, Wolf Business Park, Alton Road, Ross-on-Wye HR9 5NB as well as pre-loved maps and map books. Finally, as the Horizon Centre is a day centre for adults with learning and other disabilities, they are always looking for people who would like to share their time and skills with others, making a difference to people's lives.

>> If you would like to volunteer or need further information, please get in touch by telephoning 01989 253131 or visit their website at <https://horizoncentre.co.uk>.



Citizens' Advice & Support

Autumn 2023 saw the Citizens' Advice (CA) team welcome six new volunteers from across the county. They attended workshops at NMITE Skylon Campus in Hereford to gain an overview of Citizens' Advice and the wide subjects they advise on ie **Debt, Welfare Benefits, Housing, relationships, immigration, consumer rights** and more, and are now completing self-study and observations to build their practical skills.



Above: Autumn 2023 trainees at NMITE Skylon Campus

A new Reception volunteer has recently joined the team and is making a valued contribution. Mike, a Volunteer Adviser, commented: *"I would recommend CA volunteering to anyone who gets on with people and enjoys a challenge. It's great to work with a fantastic team who all work for the benefit of our clients"*.

CA's volunteers are vital to the team and they couldn't do what they do to help people find a way forward without them. The team would like to thank **Ross-on-Wye Town Council** for their funding, supporting their weekly appointments in Ross.

>> For more information on their services, or if you'd like to become a volunteer on the team, please visit www.herefordshirecab.org.uk



Could you be a volunteer mentor?

Mentor Link is dedicated to supporting vulnerable and distressed children and young people by providing them with a volunteer mentor. Using Safer Recruiting techniques, fully trained adults will offer listening support and guidance to these young people during difficulties in their lives, which may include self-harm, bullying, traumatic bereavement and family breakdown.

Mentor Link is working with a foster care agency in **Ross-on-Wye** and need **Volunteer Mentors** to support Looked After Children and young people. The team is in desperate need of volunteers to help out and are looking for anyone who can spare an hour or two a week to help children and young people in the area. No specific experience or qualifications are required but a range of skills are desirable including the ability to



relate well to children, listening skills, communication skills and a non-judgemental nature. Role subject to enhanced DBS check and two satisfactory references. Full training, ongoing support and paid travel expenses.

>> If this sounds like you and you're keen to support a young person facing social and emotional difficulties, contact enquiries@mentorlink.org.uk or telephone 01299 822336. Further details are also online at www.mentorlink.org.uk.

Volunteering opportunities



Ross Good Neighbours Buddies and Helpline support: if you'd like to help with grocery shopping or befriending neighbours who need a little extra assistance, or if you'd like to join our Helpline team, please call us on **01989 313002** or visit <https://rosscdt.org.uk/>



Ross Lions is about having fun while helping local and international causes. Members enjoy social activities including BBQs, walks and dinners and the team is always looking for new volunteers. Please do get in touch if you're interested in helping out either at their major events or in their charity shop on Broad Street. >> **Email info@rossonwylions.org, telephone 0345 833 5786 or visit www.facebook.com/rossonwylions.**



Do you have a clean driving licence and enjoy driving larger vans? If so, **EnviroAbility** would love to hear from you as they are currently looking for a willing volunteer to drive one of their vehicles, transporting their friendly *Can Do* team to and from jobs, preferably Mondays and Thursdays (can be flexible). Please give Paula or Danny a call at the office on 01989 763388 or email info@enviroability.org.uk.



Advisers, Receptionists and Research & Campaigns volunteers needed! A weekly commitment enables CA to help people with the problems they face. No formal qualifications or experience required - all volunteers complete full, comprehensive training. If you can use Microsoft Word, are a good listener, a team player, open-minded, non-judgmental and able to meet the time commitment, get in touch! Reasonable travel expenses paid. Further information: **email recruitment@citaherefordshire.org.uk or call 01432 377583 or visit www.herefordshirecab.org.uk/get-involved-volunteer-with-us.**



Ross Community Litter Clean Up Crew (RCLCUC) are looking to replace their Volunteer co-ordinator. This opportunity would suit a person with organisational skills and access to transport. For more details contact Anne Taylor by text or phone **07771 521639** or email annemarietaylor000@gmail.com.



RVS needs volunteer drivers to provide Community Transport where mobility issues can make it difficult or impossible for people to use public transport or if transport is limited due to rural locations. Trips usually include getting to/from hospital, GP appointments, trips to the shops or into town for social activities. Please contact **01989 763726** if you can help!



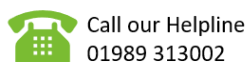
The Ross-on-Wye Horizon Centre is a day centre for adults with learning and other disabilities. We are always looking for people who would like to share their time and skills with others, making a difference to people's lives. If you would like to volunteer or need further information, please contact us on **01989 253131**.

What's on (cont'd overleaf)

Date / Time	Event / details	Location	Further information
Sun 11 Feb 11.00-15.00	Ross Lions Pancake Races Lots of fun for the family in the centre of town with a range of different race categories.	Ross-on-Wye town centre	Email Valerie at valerie@wyenet.co.uk 07773 330569
Mon 19 Feb 14.30	u3a Talk: <i>Producing The BBC's Antique Roadshow</i> with speaker Robert Arley. Members free or £2.	Larruperz Centre, Grammar School Close HR9 7QD	Tel Jim Christie 01989 562474 Email u3a.ross.chair@gmail.com www.u3asites.org.uk/ross/events
Mon 4 March 14.15	The Arts Society Ross-on-Wye Lecture with Paul Chapman on <i>Tom Roberts: Australian National Narratives</i> . Tickets £10 / members free.	Larruperz Centre, Grammar School Close HR9 7QD	enquiries@TheArtsSociety-RossonWye.org
Mon 18 March 14.30	u3a Talk: <i>Piers of the Realm - An Exploration of English & Welsh Seaside Pleasure Piers</i> with speaker Nigel Metcalfe. Members free or £2.	Larruperz Centre, Grammar School Close HR9 7QD	Tel Jim Christie 01989 562474 Email u3a.ross.chair@gmail.com www.u3asites.org.uk/ross/events
Sun 24 - Sun 31 March	Holy Week & Easter Services - various services for Holy Week and Easter across the week	St Mary's Church Hall, HR9 5HN	Mark Sanderson / mark@rossparishes.uk
Fri 29 to Sun 31 March	Ciderganza - Ross-on-Wye Cider & Perry Company's annual celebration involving food, drink, tastings & live music.	Yew Tree Inn Peterstow HR9 6JZ	Email yewtree@rosscider.com or visit https://rosscider.com/events
Sat 30 March 10.00 -16.00	The Great Bunny Bake Off Easter celebration. Food, drink, live music, arts & crafts, egg hunt and baking competition.	Ross-on-Wye Market House HR9 5NX	Jane Mainey tourism@rosstc-herefordshire.gov.uk
Sun 1 to Fri 5 April	Autism Acceptance Week Autism West Midlands will be running several events in the area - see page 2 of this newsletter.	Various	Zoe Bristow zoe@autismwestmidlands.org.uk 07749 497808
Mon 15 April 14.30	u3a Talk: <i>Waterworks Museum Hereford</i> with speaker Bob Higgle. Members free or £2.	Larruperz Centre, Grammar School Close HR9 7QD	Tel Jim Christie 01989 562474 Email u3a.ross.chair@gmail.com www.u3asites.org.uk/ross/events
Sat 20 April 19.30	Monmouth Big Band - live music concert & dance if you fancy it! Licensed bar. Tickets £15.	St Mary's Church Hall, HR9 5HN	Mark Sanderson / mark@rossparishes.uk
Fri 3 to Sun 12 May	Wye Valley River Festival - <i>The Ground Beneath Our Feet</i>	Ross-on-Wye (details tbc)	Email wyevalleyriverfest@gmail.com https://wyevalleyriverfest.com
Sat 4 to Sun 5 May	Ross BeerFest A weekend of live music, food and drink	Ross Rowing Club, Rope Walk HR9 7DD	www.rossbeerfest.org
Mon 13 to Sun 19 May	Dementia Action Week - Dementia Friendly Ross-on-Wye Group is organising a fun packed week including a Tea Dance, Tai Chi & other events.	Various	If you want to get involved, contact Elaine Loney / 07506 992971 / rossmeetingcentre@gmail.com
Sun 19 May 16.00	Come, Sing & Sup: Pentecost - 4pm to sing in choir or 6pm for the service; stay on for supper (£12.50) - no cost without supper	St Mary's Church Hall, HR9 5HN	Mark Sanderson / mark@rossparishes.uk
Mon 20 May 14.30	u3a Talk: <i>Beyond the Garden Gate</i> with speaker Graham O'Connell	Larruperz Centre, Grammar School Close HR9 7QD	Tel Jim Christie 01989 562474 Email u3a.ross.chair@gmail.com www.u3asites.org.uk/ross/events
Sun 26 May 14.30-16.30	Bands in the Park every Sunday (26 May to 1 Sept) and Proms in the Park on Sunday 21 July 1pm-7pm.	The Bandstand Caroline Symonds Gardens HR9 7BX	tourism@rosstc-herefordshire.gov.uk facebook.com/bandsintheparkross
Weekly	Ross Baptist Church holds a variety of free weekly events & activities for children and families after school or on the weekend. See page 7 of this newsletter for details.	Ross Baptist Church, Broad Street or The Venue, Hill Street	Baptist Church, Broad St HR9 7DY The Venue, Hill St HR9 7AD 01989 566966/ admin@rossbaptist.org https://rossbaptist.org

What's on cont'd..

Date & Time	Event / details	Location	Further information
Every Mon, Thurs & Fri	Mental Health Wellbeing Support Group Mon 9.30am-11am / Thurs 6.30pm-8pm / Fri 11.30am-1pm	St Mary's Church Hall, Ross-on-Wye HR9 5HN	Laura Pugh 07802 672278
Mondays, Tuesdays, Fridays 1 hr sessions	Mon 11.30 - Tai Chi Movements for Wellbeing Mon 13.00 - Men's Fitness with Shelley Tues 13.00 - Ladies' Fitness with Shelley (sessions are free but donations always welcome!)	Ross-on-Wye Community Garden 29 Old Gloucester Rd HR9 5AA	To book, contact Tim Shelley on 07972 624378 or email tim.shelley@haygrove.co.uk
First Tues of month 11.30-13.30	Ross Memory Café - a comfortable, social gathering allowing people experiencing memory loss and their families/carers to socialise & build support networks. Cost: £5 per couple incl refreshments & activities.	The Larruperz Centre, Grammar School Close HR9 7QD	Elaine Leney 07506 992971 (no need to prebook) or email rossmeetingcentre@gmail.com
Every 1st Tues of month	Ross Cancer Support Group, 18.00-20.00 - for anyone affected by cancer, meet every first Tuesday of the month to chat over a cuppa. All welcome.	St Mary's Church Hall, Ross-on-Wye HR9 5HN	07501 211779 rossonwyecancergroup@gmail.com
1st Wed of month 10.30-12.30	Herefordshire Carers Group - if you're looking after a family member or friend unpaid, join this friendly team for friendly advice and support.	Wye Community Church, Henry Street HR9 7AA	07932 831658 or contact Ali Field at alimay.field@btinternet.com or Mark Eardley/ mark.eardley@btinternet.com
Every 1st & 3rd Wed of the month	Wye Wednesday Market - local small businesses coming together to give you the best local handmade products and gifts plus charity fundraising.	Larruperz Centre, Grammar School Close HR9 7QD	Tel 07581 347242 or email wyewednesdaymarket@gmail.com
Every Wed, Thurs, Fri 10.30-12.00	Talk Community Hub drop-in sessions – friendly volunteers can provide information and signposting to services, groups and activities in the local area.	Community Garden, Old Gloucester Rd HR9 5AA	tim.shelley@haygrove.co.uk http://haygrove.com
Every Wed 10am-12pm	Warm Welcome - free food, drink, health and wellbeing advice. All welcome!	25 Kyrle Street, Ross-on-Wye HR9 7DB	Milly Boylan / 07827 668971 warmwelcomerossionweye@gmail.com
Every Thurs 11.30-15.00 £12 (member with carer)	Dementia Friendly Activity Day - friendship, fun and activities for people with dementia and their carers, incl quizzes, games, armchair exercises, crafts, indoor gardening, music & singing plus a simple lunch.	Tudorville & District Community Centre, Walford Ave HR9 5PZ	Ross Meeting Centre Elaine Leney 07506 992971 rossmeetingcentre@gmail.com
Every 3rd Thurs of month	Carer drop-in clinics 11.30-15.00 - a safe space for carers to come and chat to our care advisors and access information, advice and signposting.	Tudorville & District Community Centre, Walford Ave HR9 5PZ	CarerLinks - Crossroads Together www.crossroadstogether.org.uk
Every 1st Thurs of month	Sellack Good Neighbour Scheme Lunch 12.00 - two course lunch plus raffle - £8	Sellack Village Hall	Contact Carole Ajinkya on 01989 565562 to book your place
Every Thurs 10am-12pm	Warm Café - all welcome for tea, coffee and a chat plus mobile charging facility.	Forest & Wye Community Church, 15 Henry St HR9 7AA	Tel Aderyn Taylor-Roberts 07778 986691 or email aderyn@fcchurch.co.uk.
1st Sat of month 10.30- 12.00	Coffee & Sgwrs @ St Mary's - freshly ground coffee, tea, homemade cakes & a chance to chat in Welsh!	St Mary's Church Hall, Ross-on-Wye HR9 5HN	https://rossparishes.uk, on the church notice board or call 01989 562175
Every 3rd Sat of month	Armed Forces & Veterans' Breakfast Club 09.00 - tea, coffee and a chat	St Mary's Church Hall, HR9 5HN	Telephone 01989 565599 Email rossafvbc@gmail.com
Last Sat of month	Ross Country Music Club 19.30 - live Country music to accompany line dance or partner dance. £5 entry.	The Larruperz Centre, HR9 7QD	Anne Gray / agrayblue@hotmail.com
Every Sunday 9.30am	St Mary's Church Service In person and streamed live	St Mary's Church HR9 5HN	01989 562175 / https://rossparishes.uk / church notice board



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Ross Good Neighbours is a project of Ross-on-Wye Community Development Trust, registered with the Charity Commission No. 1185655

Advertise your group's event in the next edition - email comms@rosscdt.org.uk