

# Ross Neighbourhood NEWS

ISSUE 25



## Ross Nature Recovery Group

The Ross Nature Recovery Group has been making headway in planting at various sites in the town with local volunteers assisted by some of the staff from HCR Legal. They have planted 34 trees and 300 plants. There is still more to do before the bare root season finishes.

All our trees and plants have been sourced locally and our stakes recycled. Tree guards are biodegradable or reused. We have had the support of Herefordshire Council, their staff and funds to make this happen. This is just the start if you would

like to make a donation of time, money or trees. Keep looking at your own neighbourhood to see if it could be improved for nature. For more information, contact: Rob Taylor: [robtaylor3456@gmail.com](mailto:robtaylor3456@gmail.com)



## Herefordshire Shared Lives



Herefordshire Shared Lives carers, Sue and Pete Hanne, were recently honoured at a special Windsor Castle reception hosted by the King and Queen in recognition of 34 years of helping adults with support needs to enjoy a good quality of life within family style arrangements, building confidence,

independence, and a sense of belonging. Two individuals lived with them for a remarkable 25+ years!

We hope their story encourages others to consider becoming Shared Lives carers. Could this be you? Do you enjoy making a difference to people's lives? Carers work from home, receive around £600 per week for an adult supported long-term (max three people), receive ongoing support from a Shared Lives coordinator. Find out more at: [www.herefordshire.gov.uk/social-care-and-support/shared-lives-herefordshire/](http://www.herefordshire.gov.uk/social-care-and-support/shared-lives-herefordshire/)

**Volunteer. Join. Donate.**  
[www.rosscdt.org.uk](http://www.rosscdt.org.uk)  
Helpline 01989 313002





## Together Time

The Together Time group has been able to support families in the Ross area for the past 10 weeks. The group offers a welcoming environment for families, allowing them to engage in practical activities to help their children's development. The families who have attended have welcomed this group which supports very young children. It will hopefully recommence in September at the Children's Centre in Ross. Together Time has been supported by Ross CDT and Ross Town Council.

## The Friends of Ross Hospital

In the past couple of months we have installed raised beds (courtesy of Walford Timber) and a tool shed (courtesy of Ross Lions) in the hospital garden. These will be used by patients with help from hospital departments to aid recovery and help with other conditions.

We have purchased a new tympanometer (see photo below) for the Audiology Department so that patients can have hearing assessments locally.

Boards have been installed above patient beds to give patient details, needs and preferences.

Dementia kits have been supplied for the wards.

Our Summer Fete will be held at the hospital on 6 June.

**For more information, please contact Brian Cole: 01594 543330**  
**[briancole06@btinternet.com](mailto:briancole06@btinternet.com)**

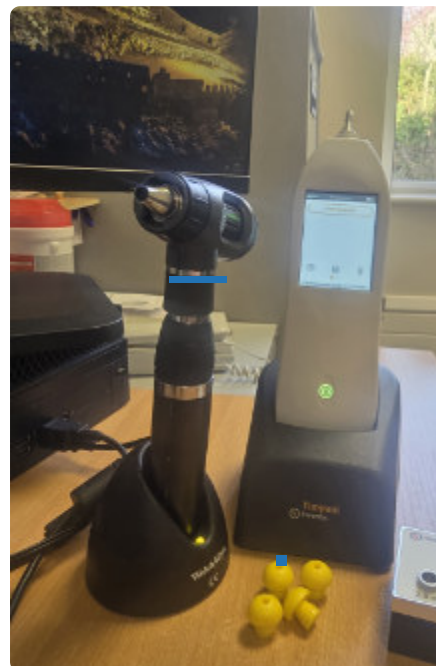


## Ross Litter Crew Welcomes New Members

On Saturday 28th February, members of Ross Community Litter Clean Up Crew set up a stall at Ross Market House to publicise their work. Despite a quiet day in town, we were pleased that a number of people stopped to offer their support and absolutely delighted that eight of those people were able to attend our North Ward Spring Clean on Sunday 16th March.

During March, 47 purple sacks of litter were collected in and around Ross, 40 of which were during the Great British Spring Clean. Special thanks go to Ashfield Park School Council who took part for the eighth year running. The young people are especially proud to be improving their local environment.

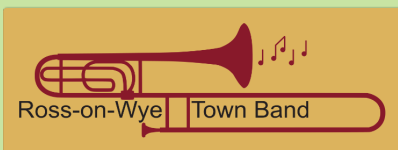
Ross Community Litter Clean Up Crew can be contacted via Facebook: RCLCUC email: [rosslitter@gmail.com](mailto:rosslitter@gmail.com) or Phone/text 07771 421639





## Ross Town Band

Both the Main Band and the Training Band have been rehearsing every Friday in preparation for engagements this summer. We are delighted to again be opening the town's free Bands in the Park summer concerts at the Bandstand, Wye Street on Sunday 17th May 2.30pm to 4.30pm. We hope you are able to join Ross' very own town band for an afternoon of varied music. Our Training Band, along with their MD, Deb Blake, will be taking part in the Rising Stars concert at the Scarr Bandstand, Coleford on Saturday 27th June, from 2.00pm. The afternoon will showcase local training bands, and they would love your support on the day.



For more details of all our events check our Facebook page [www.facebook.com/rossonwyetownband](http://www.facebook.com/rossonwyetownband)

**rossonwyetownband** If you'd like to know more about joining the band or hiring the band for an event, please contact us at [rosstownband@gmail.com](mailto:rosstownband@gmail.com)

**The Bandstand**  
Wye Street HR9 7BX

### Bands in the Park 2026

Sundays 2:30 - 4:30pm

**17th May** - Ross Town Band

**24th May** - Harlequinnet

**31st May** - Cheltenham Silver Band

**7th Jun** - Lydbrook Band

**14th Jun** - Malvern Big Band

**21st Jun** - Rilver's Gallows

**28th Jun** - AW Parker Band

**5th Jul** - Moonlighting

**12th Jul** - Usk Brass Band

**19th Jul** - Proms in the Park

2:00 - 7:35pm Extended

afternoon of live music,

**26th Jul** - Nailsworth Silver

Band

**2nd Aug** - Nothin' But Dust

**9th Aug** - Forest of Dean Brass

**16th Aug** - Worcestershire

Winds

**23rd Aug** - City of Cardiff

Community Band

**30th Aug** - Bourbon Alley

**6th Sept** - Cinderford Band

Free to attend with free car parking in Wilton Road car park and free public toilet facilities. Ice cream on sale from Kelsmor Dairy.

**Further Info:** [www.facebook.com/bandsintheparkross](http://www.facebook.com/bandsintheparkross)



Under the NHS 10 Year Plan, one of the main aims is to move hospital to community provision under the Neighbourhood Health Service by providing the appropriate resources.

One of consequences of this will be more pressure on Support Groups, increasing the need to work

collaboratively with primary and secondary care providers to ensure that they are aware of the range of support available, allowing patients to be referred appropriately.

As one in two people is affected by cancer, our Ross-on-Wye Cancer Support Group offers support to anyone affected by cancer. We meet on most first Tuesdays of the month from 6-8pm at St. Mary's Hall. You can drop in at any time to our friendly and welcoming group and we frequently have a visiting speaker. We would love to see you. **Contact:** [rossonwyecancersupportgroup@gmail.com](mailto:rossonwyecancersupportgroup@gmail.com), [rossonwyecancersupportgroup.org](http://rossonwyecancersupportgroup.org) or follow us on Facebook.

Call our **Helpline:** 01989 313002 or email: [help@rosscdt.org.uk](mailto:help@rosscdt.org.uk)

## Spring into Action with Tudorville Allotments



Our plots in Ross come alive each spring with fresh ideas, new growth and a friendly community spirit. With 51 plots across two sites (just off Wood Edge and behind the cemetery on Walford Road) there's a plot – and a place – waiting for you. Our community includes families discovering the joy of digging together, solo growers and couples of all experience levels from beginner onwards. Whether you're dreaming of home-grown vegetables, cutting costs on food bills, or spending more time outdoors as the days warm up – you'll reap all these benefits and more. For a modest annual fee, members enjoy discounts with Kings Seeds, updates from the National Allotment Society and a lively WhatsApp group. Highlights of the year include plot awards (best plot, shed and scarecrow), our AGM, and meet ups. There's currently a short waiting list, so now is the perfect time to sign up. To apply, contact our Secretary at [john.bosley@btinternet.com](mailto:john.bosley@btinternet.com)

## Swifts in Ross - Swift Conservation

The first week of May sees the arrival of swifts in Ross flying in from Africa, but where do they nest? Swift numbers have dropped dramatically nationwide due to loss of habitat and insect decline. It seems a good idea to record and map exactly which sites they use in Ross and help to preserve them. This needs help from the many eyes of Ross! Swifts gathering in screaming parties, swirling in noisy groups are not far from nesting sites so if you see these on a walk at dusk, nesting sites aren't far away. We would appreciate any information you can send us at [swiftsinross@gmail.com](mailto:swiftsinross@gmail.com)



## Ross-on-Wye Community Church

A great atmosphere filled the Community Church in Ross-on-Wye as residents and visitors came for this year's Easter Family Fun Day. Despite the early spring chill, the sunshine made a welcome appearance as the newly installed patio doors were opened. Outside, the popular bouncy castle kept children entertained, while inside there was no shortage of creativity. Families enjoyed a wide range of activities including badge-making, fridge magnet decorating, bracelet making and some rather impressive



balloon modelling. Throughout the day, a dedicated team of volunteers worked hard to welcome everyone, serving hot drinks and a delicious selection of cakes and biscuits. Their warm hospitality helped create a relaxed and friendly environment, encouraging many local families to drop in and join the fun. The event was a wonderful example of the community coming together as we celebrated Easter.



MEETING CENTRES UK  
ROSS MEETING CENTRE  
Helping members to  
live well with dementia

## Ross Meeting Centre Dementia Action Week

Ross Meeting Centre is co-ordinating a week of events for Dementia Action Week again this year to raise awareness, improve diagnosis and care and to support those living with dementia and their families. The week is sponsored and supported by local organisations with the aim of making Ross a more dementia friendly town.

Ross Meeting Centre, as part of Dementia Matters Here, provides weekly support for those living with mild/moderate dementia, meeting at Tudorville and District Community Centre each Thursday. In addition, we hold a monthly Memory Café and a monthly Dementia Carers' Group in order to support those who are concerned about their memory or caring for someone living with dementia.

For information, please contact Elaine Leney, Co-ordinator, on 07506 992971 [rossmeetingcentre@gmail.com](mailto:rossmeetingcentre@gmail.com)

### DEMENTIA ACTION WEEK

18-24 MAY 2026

All events are **FREE** and dementia friendly. Funded by a generous donation from Rosedale Retirement Home and co-ordinated by Ross Meeting Centre

#### Monday 18th May 11.00-14.00 Community Event at Ross Library Hosted by Ross Meeting Centre

Come along and meet us along with Admiral Nurses, Social Prescribers, Veteran Support, the Alzheimer's Society and many more organisations offering support and advice. Free tea, coffee, cake and sandwiches. For information call Elaine on 07506 992971

#### Tuesday 19th May 11.00 Churches Together - Celebrating the Seasons - St Mary's Church

Refreshments will be served after the service. No booking required.

For info contact Derek Glover on 01989 565167

#### Wednesday 20th May 10.30- 14.00

**Hereford Fun Day  
St Martin's Church, Ross  
Road, Hereford, HR2 7RJ**  
Singing for the Brain, Stalls and the Border Belles Choir To book contact Denise Wood on 07756 771134; Denise.  
[Wood@alzheimers.org.uk](mailto:Wood@alzheimers.org.uk)

#### Market Stall with Ross Meeting Centre Thursday 21st May 10.00-14.00

Visit our stall staffed by Ross Meeting Centre volunteers at **the Market Place** and chat with us about how we support those living with dementia and their families including signposting to other local and national organisations. For information call Elaine on 07506 992971

#### Saturday 23rd May 14.00-16.00 Tea Dance at The Conservative Club, The Avenue Hosted by West Bank Residential Home

Enjoy an afternoon of music and dancing, tea, cake and conversation. Chat to the West Bank team about care options. All welcome. To book email: [westbank@bucklandcare.co.uk](mailto:westbank@bucklandcare.co.uk) or call 01989 562741

#### Sunday 24th May 14.00-16.00 Afternoon BBQ at Rosedale Retirement Home, Ashfield Crescent

Join the residents for a fun afternoon of food, laughter and conversation. To book email: [rosedalecare@outlook.com](mailto:rosedalecare@outlook.com) Tel: 01989 218082 or 07985 367107

#### Sunday 24th May 14.30-16.30

#### Bands in The Park at The Bandstand, Wye Street

Come and say hello to Ross Meeting Centre whilst enjoying an afternoon of free outdoor live music. For information call Elaine on 07506 992971

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

Follow us  @rosscdt

**January** saw a hugely successful Burns Night with 55 attendees plus a members' breakfast at The Royal Hotel.

**In February**, there was a members' breakfast, a stall at Ross Health & Wellbeing Market, a Skittles Night for 28 with supper at the Conservative Club and our first coffee morning



**In March**, we hosted a members' breakfast, a coffee morning, a talk about the American Civil War by guest speaker, Paul Connell and we also enjoyed an informal trip to Normandy to visit the WWII Landings sites where crosses were laid at the graves of the fallen from Ross and surrounding areas.



**You are very welcome** to join us to find out more at our next Branch Meeting on Wednesday 20 May, 19h30 in The Buckingham Suite, Royal Hotel. For more information and membership, call 0800 307773 or email [RossOnWye.Secretary@rbl.community](mailto:RossOnWye.Secretary@rbl.community). Non-veterans welcome.

### Volunteer with RBL

We are always looking for volunteers whether knitting or selling poppies, help with events, taking on active member or committee roles, camaraderie, undertaking training to promote the help and support available from the RBL through our Contact Centre. Tel: 0800 307773, or email [RossOnWye.Secretary@rbl.community](mailto:RossOnWye.Secretary@rbl.community)

### Ross Namutumba Link

We continue to support the Farming Co-operative because of the way they help their members develop. Here is an example as explained by their organiser, Sam Nkenga:

SACCO is an acronym for Saving and Credit Co-operative Organization. Mainstream banks do not offer low income earners credit because they have no security so people with the same ideology come together as a group and slowly pull some money together. This helps members get simple loans, with small interest, for their social economic activities. Members also get dividends from their savings at the end of the year. I am training these members to learn and develop a saving culture, so that they can access credit with which to work on their set programs and better themselves.



Rose tends to her young pigs outside her family's new pen.

## Financial Support for Residents Using Heating Oil and LPG



Support is available now. For information and applications, please contact: [warmhomeslocalgrant@herefordshire.gov.uk](mailto:warmhomeslocalgrant@herefordshire.gov.uk)

Marches energy agency have also produced some information in regards to how to get the best from your oil boiler <https://mea.org.uk/oilboiler/>

The Crisis and Resilience Fund is a new scheme which will help residents manage sudden unexpected expenses or loss of income. For full information please see <https://www.herefordshire.gov.uk/community/help-with-the-cost-of-living/crisis-and-resilience-fund/>

Residents who are digitally excluded can access support and complete an application by calling Customer Services on 01432 260000, [crisisresiliencefund@herefordshire.gov.uk](mailto:crisisresiliencefund@herefordshire.gov.uk)

## Herefordshire Headway is Coming to Ross

Herefordshire Headway is a support network for those living with an acquired brain injury (stroke, accidents, tumours, haemorrhages, encephalitis, or traumatic brain injury), helping build confidence, develop independence, and connect with others who understand.

We welcome everyone from all surrounding areas that cannot access Hereford.

This group will run every two weeks from Wednesday 6th May, 10:00-12:00 at The Larruperz Centre which is fully accessible with free car parking.

We cannot wait to meet you all. Please contact us if you would like more information before attending. Call us on 01432 761000 or email us on [info@herefordshire-headway.co.uk](mailto:info@herefordshire-headway.co.uk)



TALK COMMUNITY

# Herefordshire Headway

at the Larruperz Community Centre, Ross-on-Wye

May 6th, May 20th,  
June 3rd, June 17th  
July 1st, July 15th, July 29th,  
August 12th, August 26th,  
September 9th, September 23rd

10am - 12pm

Offering support for people living with an acquired brain injury. Build confidence, develop independence and connect with others who understand.

Grammar School Close,  
Ross-on-Wye, HR9 7QD  
[www.herefordshire-headway.co.uk](http://www.herefordshire-headway.co.uk)  
01423 761000



# What's On

# Get involved!



Meet, Greet, Eat  
Find new friends,  
enjoy new activities  
and experience a  
welcoming community

## HORIZONS



Try a morning for free  
Regulars £ 3 donation

Every Wednesday  
10.30 - 2 Termtime  
The Venue  
Hill Street (Behind  
Sainsbury Car Park)  
Ross-on-Wye  
Just come along!



### The Phoenix Theatre

**6-13 June, 19h30 - Natural Causes**, a black comedy by Eric Chappell

**25-27 June, 19h30 - Phoenix Theatre Singers Summer Show**

More info and tickets from <https://www.phoenix-theatre.org.uk/>

### St Mary's Church, Ross-on-Wye HR9 5HN

*Ross Penyard Singers*  
**Shakespeare in Song**  
Saturday, 20th June at 7.00pm

Choral concert (including songs from West Side Story) given by Ross Penyard Singers.

Tickets £10 available online from [rosspenyardsingers.org.uk](http://rosspenyardsingers.org.uk) or on the door. Students and under 18s free.

### Bridstow Village Hall

Saturday 25th July, 1pm.

#### Community Lunch

£12.50 per person. Booking essential. Call: 07708 261380



Mon 20th to Fri 24th July  
10am till 12 noon

- |           |   |
|-----------|---|
| Monday    | Perfect Puppets in the Venue  |
| Tuesday   | Super Circus Skills in the Venue  |
| Wednesday | Spectacular Sports at Ross Rugby Club                                   |
| Thursday  | Thrilling Theatre in the Venue  |
| Friday    | Incredible Inflatables at Ross Rugby Club, followed by a family picnic. |

### Ross Children's Centre

The Ryefield Centre HR9 7QD

Wednesdays 3 June & 1 July  
12.30-14.30

#### Parent Carer Voice Support Group

**More Info:** Contact: 01432 260700 (Mon-Wed)  
[childrencentreservices@herfordshire.gov.uk](mailto:childrencentreservices@herfordshire.gov.uk)



Volunteer. Join. Donate.  
[www.rosscdt.org.uk](http://www.rosscdt.org.uk)  
Helpline 01989 313002

# VOLUNTEER

Be part of a more  
connected community.



## Hereford and Worcester First Responders

Our team of Community First Responders, Charity Supporters and Fundraisers is looking for new volunteers to join us as follows:

- Those with a first aid interest or background interested in community education e.g. CPR training.
- Those interested in helping our charity with fundraising to ensure that the team is able to continue to respond to emergencies and provide free education.

Please see our website for more information and to get in touch: [www.hwcfrr-ross.com](http://www.hwcfrr-ross.com)

### The Friends of Ross Hospital

We are always on the lookout for new committee members and helpers especially anyone with any knowledge of websites or Facebook.  
**Contact** Brian Cole:  
[briancole06@btinternet.com](mailto:briancole06@btinternet.com)  
Tel: 01594543330



**Govardhan Eco Farm**, near Ross-on-Wye, are looking for a small number of volunteers who enjoy being outdoors and getting involved in practical land-based work. The project is hands-on and informal, offering a chance to learn simple, nature-friendly approaches to working with the land while contributing to a positive local project. Sessions are small and relaxed, usually running as half-day morning sessions. If you are interested in getting involved or visiting the farm, **please get in touch: [fergus@ggi.org.uk](mailto:fergus@ggi.org.uk)**



## CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

Help individuals living with acquired brain injury to maximize their independence and rebuild confidence.

**Contact us today!**  
**01432 761000**  
[info@herefordshire-headway.co.uk](mailto:info@herefordshire-headway.co.uk)



## Midlands Air Ambulance Charity

We are looking for volunteers to join our Ross-on-Wye charity shop. Volunteering with us is flexible and inclusive. Whether you can spare a few hours a week or just occasionally, we'd love you to join our team. As a volunteer, you will provide friendly customer service, help keep the shop floor stocked and organised, sorting out donated items and promoting the charity's lifesaving work. We will provide full training and a uniform. Contact Alison Hill: 07785 623379 [alison.hill@midlandsairambulance.com](mailto:alison.hill@midlandsairambulance.com)



## Bridstow Village Hall

Bridstow Village Hall is charity run and we are looking for some new committee members/trustees to help with the smooth-running of the hall and to generally bring in some fresh new ideas. If this sounds like you, please call Carrie on 01989 763507 or email [bridstovvillagehall@gmail.com](mailto:bridstovvillagehall@gmail.com)

# What's On

## Regular Events

### St. Marys Church HR9 5HN

Every Sunday at 09.30

#### St Mary's Church Service

In person and streamed live

Every 1st Wed at 13.00

#### Lunchtime Concert

Every 1st Sat - 10.30-12.00

**Coffee & Sgwrs Coffee**, tea, homemade cakes and a chance to chat in Welsh!

#### Further info:

Tel: 01989 562175

[www.rossparishes.uk](http://www.rossparishes.uk)  
church notice board.

Every 3rd Sat at 9.00

#### Armed Forces & Veterans' Breakfast Club

Tea, coffee and a chat.

**Further info:** Tel: 01989

565599 or email  
[rossafvbc@gmail.com](mailto:rossafvbc@gmail.com)

Mondays 9.30-11.00 &

Fridays 11.30-13.00

#### Mental Health Wellbeing Support Group

**Further info:** Laura Pugh,

Tel: 07802 672278

### St. Marys Church Hall HR9 5HN

#### 1st Tuesday of the month 18.00-20:00

Ross Cancer Support Group  
For anyone affected by cancer, or post-cancer treatment - just drop in for a while if you don't want to stay for the whole meeting.

#### Further info:

Tel: 07501 211779

[rossonwyecancergroup@gmail.com](mailto:rossonwyecancergroup@gmail.com)

### The Larruperz Centre HR9 7QD

Last Sat of month - 19.30

#### Ross Country Music Club

Live country music to accompany line dance or partner dance. £5 entry

**Further info:** Anne Gray, email:  
[aegraysblue@hotmail.com](mailto:aegraysblue@hotmail.com)

Every Friday 9.30-12.00

#### Information & Advice

Confidential, non-judgemental service delivered by expert advisors on subjects such as welfare benefits, residential care and local services. Free of charge - appointment required.

#### Further info:

[www.ageuk.org.uk/wyvern/our-services/information-advice](http://www.ageuk.org.uk/wyvern/our-services/information-advice)

### Ross Baptist Church

Broad St HR9 7DY

Every Sunday at 10:30

#### Sunday Church Service

#### Further info:

[admin@rossbaptist.org](mailto:admin@rossbaptist.org)  
01989 566966 [rossbaptist.org](http://rossbaptist.org)

### Ross Cancer Support Group Coffee Club Various locations

Monthly 13.00-15.00

An informal drop in for local people affected by cancer with free coffee at one of our local Ross-on-Wye partners. Reservation required.

**Further info:** Paul Middleton  
[rossonwyecancergroup@gmail.com](mailto:rossonwyecancergroup@gmail.com)

### Taurus Healthcare and Ross-on-Wye Ramblers Wellbeing Walk

Every Monday 11.00am. We meet at the Wilton Bridge lay-by.

**Further info:** [alice.james@taurushealthcare.co.uk](mailto:alice.james@taurushealthcare.co.uk)

### Forest & Wye Community

Church Henry Street HR9 7AA

First Wed of the month  
10:30-12:30

#### Ross Carers Group

The group provides support for unpaid carers. Our meeting gives those who are caring for family members an opportunity to speak to others who are facing similar challenges, thus reducing isolation, and improving their wellbeing.

#### Further info:

Mark Eardley:  
[mark.eardley@btinternet.com](mailto:mark.eardley@btinternet.com)  
Tel: 07932 831658 or contact  
Ali Field: [alimay.field@btinternet.com](mailto:alimay.field@btinternet.com)

Every Thurs 10:00-12:00

#### Warm Café

All welcome for tea, coffee and a chat plus mobile charging facility.

#### Further info:

Dan Hawken  
[dan@fcchurch.co.uk](mailto:dan@fcchurch.co.uk)

### Ross-on-Wye Library

Cantilupe Road HR9 7AN

Every Tuesday 10.00-12.00

#### Ross Digital Café

We can help you to use your mobile phone or computer, whilst having a cuppa and cake! Bring your phone, tablet, or laptop to the café and get individual expert help.

**Further info:** [www.ageuk.org.uk/wyvern/activities-and-events/upcoming-events/digital-cafes/](http://www.ageuk.org.uk/wyvern/activities-and-events/upcoming-events/digital-cafes/)

## Ross Sports Centre Wilton Road HR9 5JA

Saturdays 10.00-11.00  
**Ross Juniors FC PAN  
Disability Football Squad**  
**Contact:** Gareth Nutt:  
gbnutt@gmail.com 07583  
232656

## Friends Meeting House Brampton Street HR9 7EQ

Every Sunday at 10.30  
**Southern Marches Area  
Quaker Meeting**  
**Further info:** www.smquakers.  
org.uk/local-meetings/ross-on-  
we/

## RVS Tearooms - Pigs Alley

(between High St & Corn  
Exchange car park)  
Tues & Thur 9.30-11.30  
**RVS Tearooms**  
Lonely, bored or just need a  
cuppa & a chat? Come along!  
Raffles and days out. £1 a  
cuppa. £5 annual membership  
**Further info:** Tel: 07974  
786457

## Sellack Village Hall

Every 1st Thurs at 12.00  
**Sellack Good Neighbour  
Scheme Lunch**  
Two course lunch plus raffle - £8  
**Further info:** Carole Ajinkya on  
01989 565562 to book your place

## @The Hub Corpus Christi Lane HR9 7AE

**Breakfast Club** 8.00-9.00  
Except Sunday and Tuesday  
**Drop-In** 9:30-12:30  
Monday, Thursday & Saturday  
**For more info:** Milly – 07827 668 971 email: admin@at-the-hub.co.uk

## Tudorville & District Community Centre Walford Ave HR9 5PZ

Every Thurs 11.30-16.00  
**Ross Meeting Centre  
Dementia Group**  
Friendship, fun and activities for  
people with dementia and  
carers. Quizzes, games,  
armchair exercises, crafts,  
indoor gardening, music &  
singing plus a simple lunch -  
booking essential £15 per  
couple. **Contact:** Elaine Leney:  
07506 992971  
rossmeetingcentre@gmail.com

Every 3rd Thurs of month  
11:30-15:00

## Carer Drop-in Clinics

A safe space for carers to come  
and chat to our care advisors  
and access information, advice  
and signposting.

### Further info:

Carer Links - Crossroads  
Together  
www.crossroadstogether.org.uk

First Fri of month 14.00-15.30

## 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 - no need to pre-book  
**Further info:** Elaine Leney:  
07506 992971

rossmeetingcentre@gmail.com

Last Fri of month 14.00-15.30  
**Ross Dementia Carers Group**  
For anyone caring for a loved  
one who has dementia. We  
create an informal, safe space  
where you can share concerns  
without judgement, find peer  
support and make friendships.  
No need to book, just come  
along where a warm welcome  
awaits you.

**Further info:** Elaine Leney:  
07506 992971  
rossmeetingcentre@gmail.com

## The Venue Hill Street HR9 7AD

Every Tue, Wed, Thur  
18:00-20:00

## Basement Youth Trust

Youth club open to all 11-17  
year olds. Sports, fun and  
loads of supervised activities.  
Free entry.

**Further info:** www.facebook.  
com/RossBYT

## The Royal Hotel HR9 5HZ Table 28

Every Mon & Weds 10.30

## Ross SOLO Group

For anyone living on their own,  
the SOLO Group welcomes you  
for a friendly chat and cuppa -  
Table 28 in the Royal. Free to  
join – there is always someone  
there to greet you. We regularly  
organise cinema, theatre, coach  
trips, garden parties, lunches,  
walks, games events, evening  
meals.

**Further Info:** 07947 065247 or  
email rossologroup@gmail.com

# What's On *Get involved!*

## Ross Town Council Offices Cantilupe Road, HR9 7AN

1st & 3rd Tues 9.30-15.30

### Herefordshire Veteran Support Centre – Ross Drop-In Hub

Whether you're a veteran, a serving member returning to civilian life or a family member seeking advice, support guidance or simply someone to talk to, the team is here to help. No appointment needed – just come along for a warm welcome and confidential support.

#### Further Info:

community@rosstc-herefordshire.gov.uk

## Women's Institute

**Upton Bishop WI** meet 2nd Tuesday of each month, 7.00-9.00pm at The Hub, St Mary's Garden Village, HR9 7WP.

**Bishopswood WI** meet 2nd Friday of each month, 4.00-6.00pm at Bishopswood Village Hall.

**Sparkling Wye WI** meet 2nd Wednesday of each month, 7.30-9.30pm at Ross Bowling Club.

**Further Info** on all WI meetings listed: 07947 065247

## Ross Children's Centre The Ryefield Centre HR9 7QD

Tuesdays 9:30 - 10:30

### Mums & Movers Yoga

Tuesdays 10:45 - 12:00  
pre-book only

### Post-Natal Yoga for Mums & Babies

pre-book only  
**For Info on above:** Tracy Pink  
07977 494463

Tuesdays 13.00 -14.30 (term time only)

### Together Time

**More Info:** Jayne Evans:  
togethertimeross@gmail.com

Wednesdays 9:15 - 11:00

### Health Visitor Drop-in Session

**More Info:** 01432 260700

(Mon-Wed)

childrencentreservices@herefordshire.gov.uk

## Walford Village Hall, Ted Allen Room HR9 5QS

Every Tuesday 9.00-13.00

### Oh Sew Busy Bees Sewing Group

- Bring your sewing project and enjoy company and advice. £5 session. **Info:** Tel: 07947 065247

ohsewbusybees@gmail.com

## The Mill Race Pub, Walford HR9 5QS

1st & 3rd Weds 11.30-14.30

**Bobbin' Along** bobbin lace making & other crafts.

**More info:** Tel: 07947 065247

## The Larruperz Centre HR9 7QD

**U3A Talks** (Free to members. Non-members welcome for a small charge)

Monday 18th May 14.30

Kate Bridstow: **Saving Lives by Saving Time - Your Local Air Ambulance**

Monday 15th June 14.30

Fiona Morison: **The Early Settlement of America by English Explorers**

Monday 20th July 14.30

Nathalie Mignotte: **Gardens of the Sun King of Versailles**

**Info:** www.rossu3asite.uk

## Civic Society Events

Wednesday 13 May, 2pm -

### Shell Store in Rotherwas -

Guided tour of the Rotherwas Munitions Factory by Angela Williams.

Wednesday 10 June, 2pm - Lower Green, Mordiford Walk (1.4 mile) following the

**Mordiford Dragon Trail** led by Marjorie Shackleton

Wednesday 8 July, 2pm - Hope and Anchor car park - Guided walk following the **Ross Willow Walk** led by Julie Balsom

**Contact:** Mark Eardley: mark.eardley@btinternet.com 07932 831658

Ross CDT is very grateful for support from these current and recent funders:



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**Call our helpline**  
**01989 313002**



help@rosscdt.org.uk

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

**Volunteer. Join. Donate.**  
**www.rosscdt.org.uk**