



Summer Events 2022

Providers that have let us know about their summer activities are listed here for easy access. Please scroll down to browse all other listings.



2FacedDance – Summer Intensive 22

Monday 15 August - Thursday 18 August 2022, 10am - 4pm at the Centre for Movement in Hereford - open to ages 7-11s and 12-18s.

Experience exceptional training, fun, energy and creativity of tuition provided by top industry professionals as they take you through exciting choreography, culminating in a performance for friends and family to watch at the end of the four days!

Just £50.00 for all 4 days or £15 per day. Head to our [website](#) to book your place.

We also have 5 free places available for the full 4 days. Please contact education@2faceddance.co.uk to discuss.

Hereford Community Farm – SEND Family Fun Days

Wednesday 27 July, Wednesday 10 August and Wednesday 17 August, from 11am to 2pm.



Come and meet our friendly animals, crafts and activities for you to try or just 'chill out' in the Bell Tent and orchard. Please bring your own lunch and dress suitably for the weather and being in an outdoor environment. We are wheelchair accessible but please do contact us if you have particular access requirements you would like to discuss.

Numbers are limited so please pre-book to attend.

Email: herefordcommunityfarm@gmail.com or call Julie on 07971 423817

Ross Juniors Football Club – Mixed Ability Inclusive Sessions

Ross Juniors FC have started a fantastic initiative with a new training session for teenagers who want to play football but feel unable to join in the existing teams for whatever reason - whether it is due to lack of confidence, fitness levels or social, emotional or mental health needs.



Teens who may be anxious about attending alone are welcome to bring along friends or relatives to join in for support as the sessions are mixed-ability and fully inclusive. As well as improving

football skills, the focus will be on having fun and boosting confidence, with improved fitness an added bonus.

The sessions run from 5pm to 5.45pm on Fridays at the Ross Sports Centre. All sessions are free and the coaches are both male and female. Sessions will run throughout the holidays if there is enough interest.

Please contact Jim Loftus to find out more. Call 07903 010475 or email jim.loftus@btinternet.com

Herefordshire Wildlife Trust

Go Wild in the Park: Summer Fun Day

Date: Sunday 24th July, 10am to 4pm

Venue: Belmont Country Park, Hereford

Cost: Free

A morning for families to discover the joys of bugs, creepy crawlies, and winged wonders. With Tim Kaye, join in the hunt for creatures we usually ignore, and discover a world of fabulous beasts. And in the afternoon, aimed at adults, another journey of discovery: this time looking for flowers, plants and fungi – unexpected finds in ordinary places.



Adventure Club

Date: Thurs 11th Aug, Fri 12th Aug, Tues 16th Aug, Weds 17th Aug, Thurs 18th Aug.

Venue: Queenswood Country Park and Arboretum, Leominster

Booking: www.herefordshirewt.org/events

Cost: £20 per child

Audience: Ages 8 to 12 years

Get Wild this Summer with adventures in the woods including campfire cooking, fire lighting, den building, using tools, games and more!

National Trust

Berrington Hall (Nr Leominster)

Summer Trail event page: [Summer Trail](#)

General summer activities: [Summer holidays at Berrington](#)

Brockhampton (Nr Bromyard)

Summer trail event page: [Summer Trail](#)

General summer activities: [Family fun at Brockhampton this summer](#)

Croft Castle (Nr Leominster)

Summer trail event page: [Summer Trail](#)

General Summer activities: [Fun for families at Croft Castle this summer](#)

The Weir Garden (Nr Hereford)

Festival of Archaeology: [Festival of Archaeology: children's activities](#)

Summer trail event page: [Summer Trail](#)

General Summer Activities: [Summer holidays at The Weir Garden](#)



Inclusive Activities and Venues in Herefordshire

Explore days out, local clubs and groups and new places to visit in your area.

Click on the links to find out more about what's available.



[Arts & Crafts](#)



[Attractions
& Days Out](#)



[Cinema,
Film & Theatre](#)



[Dance, Music &
Movement](#)



[Family / Group
Activities](#)



[Farms & Zoos](#)



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[Historic
Buildings /
Heritage](#)



[Museums &
Galleries](#)



[Parks & Green
Spaces](#)



[Play Areas](#)



[Sports, Physical
Activity &
Leisure](#)

If you are a parent/carer or a venue in Herefordshire and you would like a provider to be included in these listings, please contact Emma Kelly at Herefordshire Council by email emma.kelly@herefordshire.gov.uk or call 07792 882381.

NB. Inclusion in these listings is not an endorsement of any activity or venue and is for information purposes only. We advise you to check directly with the venue if you have any questions about the accessibility and suitability of the activity or venue along with information about pricing and availability.

Click [here](#) for a key to symbols used in the listings.

Key:



Wheelchair
Accessible



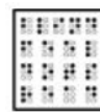
Disabled Parking



Disabled Toilet



Lift



Braille



Induction Loop



Quiet Space /
Room



Map



Mobility Scooter
Available



First Aider



Accessible by
Public Transport



Large Print



Easy Read



Audio



PECS



Sign Language



Concessions



Queue Passes



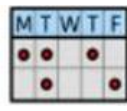
Picnic Area



Sheltered Picnic
Area



Quieter Times



Dedicated SEND
sessions



Changing Places



SEND Trained
Staff

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Arts & Crafts:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Carnival Arts Herefordshire www.carnivalartsgroup.co.uk/ info@carnivalartsgroup.co.uk	Art events, workshops and festivals.	All ages	
CUP Ceramics Hereford, HR1 www.cupceramics.com/ info@cupceramics.com	An open-access ceramics/pottery studio providing studio membership, educational courses and community access sessions for all.	5+ years	
Dash Arts Shrewsbury, SY1 www.dasharts.org/ info@dasharts.org 01743 272939	Disabled-led visual arts charity offering workshops	All ages	
Eastnor Pottery Eastnor, HR8 www.eastnorpottery.co.uk/ admin@eastnorpottery.co.uk 01531 633886	Remarkable clay and pottery experiences designed to explore and develop creativity in all ages and abilities. Contact us to discuss your requirements.	All ages	
Glazydayz Ledbury, HR8 www.glazydayz.co.uk/ contactglazydayz@googlemail.com 01531 636019	Glazydayz is a studio where you can paint a wide range of pottery in a bright, fun and relaxing atmosphere. Quietest times 10am-4pm on Tues/Weds in term time.	All ages	
Harts Barn Craft Centre Longhope, GL17 www.hartsbarncraftcentre.co.uk 01452 830954	Arts and craft shopping centre with a cookery school and historic cider press.	All ages	
Ignite Herefordshire www.ignite-cic.co.uk ian@ignite-cic.co.uk	Community activities and projects focusing on the arts and physical activity.	All ages	
Marches Family Network Hereford, HR4 www.marchesfamilynetwork.co.uk/ play@marchesfamilynetwork.co.uk 01568 614908	Activities including arts and crafts, sensory play and circus skills for children and young people with disabilities.	3 - 25 year olds.	Highly inclusive provider. Facilities dependent on venue – contact for details.
Meadow Arts Herefordshire www.meadowarts.org 01584 873964	Contemporary art charity delivering ambitious and accessible projects in unexpected rural places.	All ages	
Nature Tots Leominster, HR6 c.braid@herefordshirewt.co.uk	A Children in Need funded project supporting families and children under 5 through activities and crafts in the wild. Open to those with a referral.	Pre-schoolers	Check with provider – dependent on venue.
Sidney Nolan Trust Presteigne, LD8 www.sidneynolantrust.org/ info@sidneynolantrust.org 01544 260149	The Sidney Nolan Trust is a registered charity. We have a changing range of exhibitions, workshops, talks, concerts and events held in our Gallery, our grounds and in Rodd Court. Many of these are family orientated. We have gardens to explore and outdoor games for children to enjoy. We also have pop-up café. We are open in 2022 until the end of October on Thurs, Fri & Sat 11am - 4pm.	All ages	
Spare Room Arts Herefordshire www.spareroomarts.co.uk hello@spareroomarts.co.uk	Mobile art workshops for all ages and abilities.	All ages	

The Arthouse Studio

Weobley, HR4

www.thearthousestudio.co.uk/

Art workshops and classes.

All ages

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Attractions & Days Out:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Brobury House and Gardens Brobury, HR3 www.broburyhouse.co.uk/ enquiries@broburyhouse.co.uk 01981 500229	Brobury House offers access to our beautiful gardens. We have a number of ponds and open access onto the river Wye therefore children must always be accompanied by a responsible adult. Some parts of the gardens are flat and therefore accessible to wheelchair users, however the majority of the gardens are on gravel sloping paths or grass which is not suitable for the majority of wheelchair users. In summer months we have a café which is accessible for wheelchair users.	All ages	
Broomy Hill Railway Hereford Society of Model Engineers Hereford, HR4 www.hsme.co.uk/ secretary@hsme.co.uk 01981 458306	Public running days throughout the year – a chance to ride on the model railway – tracks from 250 yards to 1 mile long. Other seasonal events during school holidays. Café on site and free parking.	All ages	
Castle Green Hereford, HR1 http://www.friendsofcastlegreen.org.uk/	Green space at the heart of Hereford City Centre with occasional community events.	All ages	
Dinedor Outdoor Centre Dinedor, HR2 www.dinedoroutdoorcentre.org.uk dinedoroutdoorcentre@gmail.com 07926 963793	Outdoor centre with a range of activities on offer at different times of the year e.g. den building, lawn games, coppicing.		
Dunfield House Kington, HR5 www.dunfieldhouse.org.uk info@dunfieldhouse.org.uk 01544 230563	Activity centre with swimming pool, treasure trail, games room, adventure playground and campfire site. Bookable privately for groups.		
Firelight Abbey Dore, HR2 www.hearthlight.org.uk/firelight/ harriet@firelight.org.uk 07856 406397	Activities and groups centred on fostering a living connection with nature. Seasonal crafts and celebrations, woodland explorations, games and stories.		
Harts Barn Craft Centre Longhope, GL17 www.hartsbarncraftcentre.co.uk 01452 830954	Arts and craft shopping centre with a cookery school and historic cider press.	All ages	
Haugh Woods Hereford, HR1 www.forestryengland.uk/haugh-woods westengland@forestryengland.uk 0300 067 4800	Woodland home to 600+ species of butterflies and moths.	All ages	
Hergest Croft Gardens Kington, HR5 www.hergest.co.uk gardens@hergest.co.uk 01544 230160	70 acre garden with many wheelchair-accessible areas along with a tearoom and shop.	All ages	
Longtown Outdoor Learning Longtown, HR2 www.longtownoutdoorlearning.co.uk office@longtownoutdoorlearning.co.uk 01873 860225	Multi-activity outdoor centre for families and groups with paddle boarding, high ropes, climbing, walking and canoeing. Offers after-school and holiday activity clubs for 6 to 14 year olds.	6+ years old	

Marches Family Network Hereford, HR4 www.marchesfamilynetwork.co.uk/ play@marchesfamilynetwork.co.uk 01568 614908	Days out for children and young people with disabilities.	3 - 25 year olds.	Facilities vary dependent on venue – contact Marches for more information.
National Trust Berrington Hall Nr Leominster, HR6 www.nationaltrust.org.uk/berrington-hall berrington@nationaltrust.org.uk 01568 615721	Georgian mansion and surrounding 'Capability Brown' landscape and grounds with café, bookshop, walks, play area and historical collections. Lots of events throughout the year.	All ages	
National Trust Brockhampton Nr Bromyard, WR6 https://www.nationaltrust.org.uk/brockhampton brockhampton@nationaltrust.org.uk 01885 482077	Medieval manor house with woodland walks, café, bookshop, walks, play area and historical collections. Lots of events throughout the year.	All ages	
National Trust Croft Castle Nr Leominster, HR6 www.nationaltrust.org.uk/croft-castle-and-parkland croftcastle@nationaltrust.org.uk 01568 780246	Castle and parkland with café, bookshop, walks, play area and historical collections. Lots of events throughout the year.	All ages	
National Trust The Weir Garden Nr Hereford, HR4 www.nationaltrust.org.uk/the-weir-garden theweir@nationaltrust.org.uk 01981 590509	Riverside garden with nature walks, picnic area and events throughout the year.	All ages	
Newbridge Farm Park Ledbury, HR8 www.newbridgefarmpark.com/ julie@newbridgefarmpark.com 01531 670780	Family run farm park with tractor trailer rides, adventure playground, zip wire, park and barns.	All ages	
Oaker Wood Leominster, HR6 www.oakerwoodleisure.co.uk info@oakerwoodleisure.co.uk 01568 780111	Outdoor activity centre offering family and group sessions of quad biking, high ropes, woodland trails, clay pigeon shooting, laser clays, glamping and more.		
Queenswood Country Park & Arboretum Leominster, HR6 www.queenswoodandbodenhamlake.org info@queenswoodandbodenhamlake.org 01432 530 088	Queenswood is the only designated country park in the county Queenswood has many attractions for people of all ages. Special events are organised throughout the year.	All ages	
Really Rural Bromyard www.reallyrural.co.uk info@reallyrural.co.uk 01885 489104	Outdoor activities including archery, bushcraft, country skills, target shooting, team building.		
Red Kite Feeding Centre Powys, LD7 www.gigrin.uk chris@gigrin.uk 01597 810243	160-acre farm with a feeding centre for Red Kites. To see hundreds of red kites descend in front of you there is no other place to see the spectacle than at Gigrin Farm. We are open every day of the week during school holidays. In term-time we are open 12:30-5pm Sat to Weds. We feed the red kites at 3pm. We have guinea pigs and donkeys, a peacock and a friendly hen. Bird-watching, café, gift shop and picnic sites along with a farm trail.	All ages	
River Wye Camping Symonds Yat West, HR9 www.riverwyecamping.com enquire@riverwyecamping.com 01600 890672	Canoe hire, river cruises, arcade, soft play, trampoline, picnic site and riverside walks.	All ages	

Rooted Forest School Talgarth, nr Welsh border www.rootedforestschool.co.uk info@rootedforestschool.co.uk 01885 489104	Weekly woodland tots group, kids' holiday clubs, birthday parties and explorer sessions. We have experience of working with children of all ages and with groups with various additional needs including ADHD, Downs Syndrome, Autism and physical disabilities. We all hold Level 3 Forest School Leaders qualifications as well as First Aid certificates, full insurance, and are all fully DBS certified.	Up to 12 years old	
Severn Valley Railway Kidderminster to Bewdley www.svr.co.uk contact@svrlive.com 01562 757900	Vintage steam train ride with accessible carriages. Call before you book to discuss individual needs and to ensure access with wheelchairs as this is limited.	All ages	
Small Breeds Farm Park & Owl Centre Kington, HR5 www.owlcentre.com info@owlcentre.com 01544 231109	A range of small breeds, rare and miniature animals with a tea room and gift shop. A beautiful scenic place where adults and children can share their love of animals and have hands-on experience with them.	All ages	
The Space Guard Centre Knighton, Powys, LD7 www.spaceguardcentre.com/ mail@spaceguardcentre.com 01547 520247	National 'Near Earth Objects' Information Centre open to visitors and housing telescopes, a planetarium and small gift shop.	All ages	
Woodland Friends Hereford Hereford, HR4 woodlandfriendshereford@gmail.com 07922 333476	Forest school and outdoor learning sessions plus holiday clubs and family fun days.	All ages	
Wye Valley Area of Outstanding Natural Beauty Hereford to Chepstow www.wyevalleyaonb.org.uk information@wyevalleyaonb.org.uk 01600 710846	Area of outstanding natural beauty with information about easy access routes.	All ages	
Wye Valley Visitor Centre Ross-on-Wye, HR9 www.wyevalleyvisitorcentre.co.uk 01600 890 360	Countryside location with hedge puzzle, butterfly zoo, miniature golf, laser tag, café, picnic area and walks. Gender neutral toilet with changing lift and ceiling hoist and changing bench.	All ages	

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Cinema, Film & Theatre:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
About Face Theatre Company Leominster, HR6 www.aboutfacetheatre.co.uk admin@aboutfacetheatre.org.uk 01568 616301	Theatre company for people with learning disabilities. Performing in Herefordshire and offering workshops for primary and secondary schools.		
Arts Alive Herefordshire www.artsalive.co.uk/ info@artsalive.co.uk 01588 620883	Arts Alive and Flicks in the Sticks, bring high quality and affordable entertainment within easy travelling distance.	All ages	
Conquest Theatre Bromyard, HR7 www.conquest-theatre.co.uk conquest@conquest-theatre.co.uk 01885 488575	Theatre with a variety of shows plus a youth drama club for 7+ year olds.	All ages	
Courtyard Theatre Hereford, HR4 www.courtyard.org.uk/ boxoffice@courtyard.org.uk 01432 340555	We provide a space for innovation, creativity, and participation for the whole community. At The Courtyard you can catch stellar touring shows and in-house productions. We bring you brilliant blockbusters and art-house film. We run inspiring workshops for children with SEND. You can grab yourself a cake and tea from the Courtyard Café Bar. Termly SEND workshops. Check website for details.	All ages	
Odeon (Hereford) Hereford, HR4 www.odeon.co.uk/cinemas/hereford 0333 014 4501	Odeon hold Autism-friendly screenings one Sunday per month. Check website for listings and select the 'autism-friendly' filter.		
Playhouse Cinema Leominster, HR6 www.playhousecinemaleominster.co.uk/ Playhousecinemaleominster@gmail.com 01568 616460	Cinema offering film showings and live events.	All ages	
Regal Tenbury Wells Tenbury Wells, Wr15 www.regaltenbury.co.uk/ info@regaltenbury.co.uk 01584 811 442	Historic cinema showing films, live comedy and other shows.	All ages	
Rural Media Herefordshire www.ruralmedia.co.uk/ info@ruralmedia.co.uk 01432 344039	Works with communities, schools, groups and individuals to create issue-driven films, heritage and digital arts projects that raise awareness, influence change and celebrate rural life.		
Stagecoach Hereford Hereford, HR1 www.stagecoach.co.uk/hereford 01432 820818	Performing arts school for children and young people with training for singing, dancing and acting.	Age 4 – 18 years	
The Drama Company Ross-on-Wye, HR7 www.dramacompany.co.uk sarahoneill362@gmail.com 01989 720627	Drama workshops for children from 4-18 years old. Offers regular weekly workshops and holiday clubs.	4 – 18 years old	

The Market Theatre Ledbury, HR8 www.themarketttheatre.com contact_form_7@themarketttheatre.com 07967 517125	Live shows, screenings and films. Opportunities for children and young people to join the youth theatre group and audition for the pantomime.	All ages
The Phoenix Theatre Ross-on-Wye http://www.phoenix-theatre.org.uk/ takepart@courtyard.org.uk 01432 346526	Youth theatre group for ages 8-14 years. Showing films and live shows for a variety of audiences.	All ages 8-14 for youth group
Vamos Theatre Worcester, WR1 www.vamostheatre.co.uk info@vamostheatre.co.uk 01905 312921	Theatre company specialising in masked performances. Vamos Central theatre skills group for 16-25 year olds with mild to moderate learning disabilities.	All ages for performances 16 – 25 for theatre skills group

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Dance, Music & Movement:

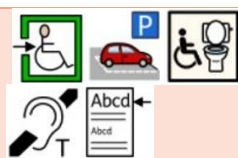
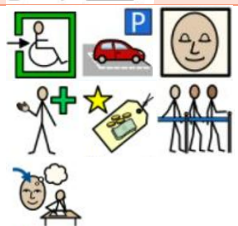
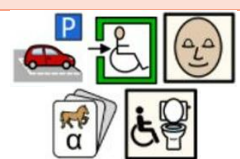
Venue Name, Location & Contact Details	Description	Age Range	Accessibility
2Faced Dance Hereford, HR1 www.2faceddance.co.uk/ hello@2faceddance.co.uk	Dance club creating innovative performance and participation programmes alongside a captivating community dance programme. The building is wheelchair accessible but users may need support on the ramp as it is quite steep. Please contact the centre for support.	Age 4+	
3 Degreez Allstarz Hereford, HR2 & HR4 www.3degreezallstarz.com/ hereford3degreez@hotmail.com 07792 254217	Community club teaching Cheerleading, Dance, Tumbling and Fitness with friendly, professional coaches in a welcoming atmosphere. With the use of safe and appropriate training equipment to guide the development of learning new skills, building confidence and body awareness.	All ages. Dedicated group for primary-aged children with SEND on Weds PM.	
Dance Fest Herefordshire www.dancefest.co.uk michelle@dancefest.co.uk	Dance classes at various venues, community settings and events.	All ages	
Dolloway Dancers Hereford, HR2 www.thedollowaydancers.com/ cdolloway@aol.co.uk	Dance classes for all ages and abilities.	Age 4+	
Encore Enterprises CIC Herefordshire www.encore-enterprises.com info@encore-enterprises.com 01432 853219	County music service providing music lessons, youth choirs and ensembles and other musical opportunities.	All ages	
Everybody Dance Herefordshire www.everybodydance.org.uk/ rfeverybodydance@gmail.com	Everybody Dance aims to inspire, explore and create great dance experiences with disabled and non-disabled people of all ages in unexpected spaces.	All ages	 Facilities vary at each location – contact for details.
Ignite Herefordshire www.ignite-cic.co.uk	Community activities and projects focusing on the arts and physical activity.	All ages	

Mabel's Sensory Activities Ledbury, HR6 www.facebook.com/mabelssensoryactivities/	Mabel's Sensory Activities Ltd provide a sensory experience for adults and children with complex needs. There is a calm and relaxing contrast room with contrast wall panels, mirrors, heated vibro-acoustic water bed and fibre optic curtain, sensory lighting and an over-head ceiling track hoist. The interactive light room has large bubble lamp, mirrors, plinth, remotes, fibre-optics tails, projectors and an interactive light and sound panel. There is also an indoor sensory garden area and an activities room with a dark den, sensory lights, a variety of sensory toys and equipment to explore.	All ages	
Melody Dance Company Hereford & Leominster www.melodydancecompany.weebly.com/ melodydance@hotmail.co.uk	Dance classes for all ages and abilities plus school holiday clubs.	All ages	
Nicola's School of Dance Hereford area www.nicolasschoolofdance.co.uk/ admin@nicolasschoolofdance.co.uk	Dance classes including cheerleading, ballroom, Latin and freestyle.	Age 1+	
Sing and Sign Herefordshire www.singandsign.co.uk clairecox@singandsign.co.uk	Baby signing lessons with a different theme each week.	Babies / Pre-school	
Stagecoach Hereford Hereford, HR1 www.stagecoach.co.uk/herford 01432 820818	Performing arts school for children and young people with training for singing, dancing and acting.	Age 4 – 18 years	
Starlight Fitness Herefordshire www.starlightcompany.co.uk/ move@starlightcompany.co.uk	Dance classes including school holiday activities and parties.	Age 4+	
Wye Circus Hereford, HR4 www.wyecircus.com info@wyecircus.com 07961 912803	Circus performances and workshops. Weekly grounded circus, aerial and fitness sessions for all ages. Baby massage and preschool sensory classes.	All ages 4+ for skills groups	Facilities vary dependent on venue. 

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Family / Group Activities:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Aardvark Books and Café Bucknell, SY7 www.aardvark-books.com/ aardvaark@btconnect.com	Book barn with children's section with play area and cafe. Hold regular events on site.	All ages	
Aspire Youth Club HR1, Hereford www.facebook.com/AspireYouthClub/ 07725 619839	The Aspire Youth Club (AYC) is a youth group for young people with a learning disability. Age 11-18. The club runs on a Thursday evening 6pm - 8pm at the Aspire Community Hub. It cost £3 per week. We have various activities running each week, which change on a regular basis, including discos, day trips, photography classes, arts & crafts, pool table, games, computers, sports. (If interested and aged 18-25, please contact us).	11-18 years (please contact if 18-25)	 
Battlelands Paintball Ewyas Harold, HR2 www.battlelands.co.uk/ admin@battlelands.co.uk 01981 240896	Paintball for 8+ years old.	8+ years	
Bedlam Paintball Hereford, HR2 https://bedlampaintball.co.uk/venue/herford-much-dewchurch/paintball/ info@bedlam.co.uk 0800 410 2020	Paintball for 12+ years old.	12+ years	
The Children's Bookshelf Hereford, HR1 www.facebook.com/ChildrensBookSpecialists/ thechildrensbookshelf@gmail.com 07720 287943	Book shop specialising in children's books with a Kids Hub bookable space for hosting parties and events.	All ages	
Close House Hereford, HR1 www.closehouse.org tammys@closehouse.org.uk 01432 274239	Close House is a Youth Centre in Hereford. We help young people aged 11 to 24 to become mature, be helpful and grow hungry for a full life. We offer a safe space for young people to access activities, groups and services. We provide opportunities to get creative and expressive through our Art and Music After School Workshops or to become engaged within the community via our EPIC Volunteering Programme. All of our projects aim to be Safe, Supportive and Inspiring.	11 – 24 years	
Cob Oven Herefordshire www.coboven.co.uk cobovenman@me.com	Wood-fired cob oven pizza-making workshops and mobile pizza van.	All ages	
Colwall Youth Project Colwall, WR13 www.colwallcommunitychurch.com/colwall_youth_project	Youth led organisation for 9-16 year olds supporting young people through pre-teen and teenage stages of growing up.	9-16 year olds	
Eastnor Castle Eastnor, HR8 www.eastnorcastle.com enquiries@eastnorcastle.com 01531 633160	Castle and extensive grounds including deer park, arboretum and lake. Various family events throughout the year.	All ages	  

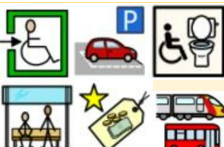
Herefordshire Children's Centres Herefordshire www.facebook.com/HfdsChildrensCentres childrencentreservices@herefordshire.gov.uk 01432 383430	Children's Centres offer family wellbeing and support services, early education, parenting courses and activities and groups for children. Available in Broadlands, Coningsby & Kington, Ledbury. Ross-on-Wye, South City and Golden Valley, Bromyard and Widemarsh.	Pre-school and others – check listings for details.	Dependent on venue – contact for more information.
Herefordshire Libraries Leominster and Hereford www.herefordshire.gov.uk/libraries-1/library-services-children-young-people	Public libraries with children's section. Regular events and groups for children and young people.	All ages	
Hope Family Centre Bromyard, HR7 www.hopefamilycentre.org/	The Hope centre is a safe and friendly space at the heart of the community in Bromyard. We have a child contact centre, Early Years provision and a community cafe on-site. We support all members of the community and have a support services department that deliver a wide range of activities both within the centre and on an outreach basis.	Pre-school and other events for all ages	
Houghton Project Bodenham, HR1 http://www.houghtonproject.co.uk/ karen@houghtonproject.co.uk 01568 797900	Not-for-profit farm project providing opportunities for people with learning difficulties and disabilities to learn rural skills.	13+ years old	
Kid's Kitchen Herefordshire www.kidskitchen.org.uk/herefordshire hshire@kidskitchen.org.uk	Stay and play style cookery lessons.	All ages	Dependent on venue – check with provider.
Kingsland Bowling Club Kingsland, HR6 www.kingslandbowlingclub.co.uk 01568 770546	Bowling club – check website for sessions available.		
Little Play World Herefordshire www.littleplayworld.co.uk nikkis@littleplayworld.co.uk	Pop-up pretend play pre-bookable and offering regular open play sessions across the county.	0-8 years old	Dependent on venue – check with provider.
Longtown Outdoor Learning Longtown, HR2 www.longtownoutdoorlearning.co.uk office@longtownoutdoorlearning.co.uk 01873 860225	Multi-activity outdoor centre for families and groups with paddle boarding, high ropes, climbing, walking and canoeing. After-school and holiday activity clubs for 6 to 14 year olds.	6+ years old	
Mabel's Sensory Play Ledbury, HR6 www.facebook.com/mabelssensoryactivities/	Mabels Sensory Activities Ltd provide a sensory experience for adults and children with complex needs. There is a calm and relaxing contrast room with contrast wall panels, mirrors, heated vibro-acoustic water bed and fibre optic curtain, sensory lighting and an over-head ceiling track hoist. The interactive light room has large bubble lamp, mirrors, plinth, remotes, fibre-optics tails, projectors and an interactive light and sound panel. There is also an indoor sensory garden area and an activities room with a dark den, sensory lights, a variety of sensory toys and equipment to explore.	All ages	

Madley Environment Centre Madley, HR2 www.mesc.org.uk/ contact@mesc.org.uk 01981 251616	MESC offers environmental activities for people of all ages and abilities on their beautiful nature reserve.	All ages	
Marches Family Network Hereford, HR4 www.marchesfamilynetwork.co.uk/ play@marchesfamilynetwork.co.uk 01568 614908	Activities including arts and crafts, sensory play and circus skills for children and young people with disabilities.	3 - 25 year olds	Facilities vary dependent on venue. Please contact Marches for more information.
MFA Bowl Hereford Hereford, HR1 https://mfabowl.com/hereford/ booking.hereford@mfabowl.com 0843 290 8944	We're an old nostalgic bowling alley with arcade games and pool available. We are a family orientated business and we try our best to make sure everyone has a great time with us here at MFA bowl that includes all ages and requirements.	All ages	
Nature Tots Leominster, HR6 www.herefordshirewt.org/blog/tag/nature-tots enquiries@herefordshirewt.co.uk	A Children in Need funded project supporting families and children under 5 through activities and crafts in the wild.	Pre-schoolers	Dependent on venue – check with provider.
Sing and Sign Herefordshire www.singandsign.co.uk clairecox@singandsign.co.uk	Baby signing lessons with a different theme each week.	Babies / Pre-school	
Skate Hereford – The Core Hereford, HR1 www.skatehereford.co.uk sam@skatehereford.co.uk 01432 507200	Roller skating rink with lessons and fun sessions for all ages along with holiday clubs.	All ages	
The Cart Shed Nr Hereford, HR4 www.thecartshed.co.uk info@thecartshed.co.uk 01544 318231	Woodland based activities held outdoors, year round. The focus of the charity is mental health and well-being, enabling individuals to live the best lives they can. If visiting to decide if it is suitable, we advise visiting between the 11 and 2. If joining sessions we would discuss an individual's needs prior to enrolment.	Age 15 - 25	
The Grove Golf and Bowl Leominster, HR6 www.grovegolfandbowl.co.uk info@grovegolfandbowl.co.uk 01568 610602	Golf and bowling with a restaurant on site.	All ages	
Trewern Outdoor Education Centre Hay-on-Wye, HR3 www.trewern.org Trewern@lbbd.gov.uk 01497 820512	Multi-activity outdoor centre available to book for families and groups with paddle sports, archery, BMX track, bushcraft, low ropes, climbing, walking and canoeing. Holiday activity clubs are available to eligible families through the Holiday Activity and Food (HAF) programme.		
Vamos Theatre Worcester, WR1 www.vamostheatre.co.uk info@vamostheatre.co.uk 01905 312921	Theatre company specialising in masked performances. Accessible trailers and performances. Vamos Central theatre skills group for 16-25 year olds with mild to moderate learning disabilities.	All ages 16–25 for theatre skills group	
Widemarsh Children's Centre Hereford, HR4 www.herefordshire.gov.uk/directory-record/14/widemarsh-hereford ChildrenCentreServices@herefordshire.gov.uk 01432 383430	Speech and language sessions, soft play, baby groups, adult learning and parenting courses, café, outdoor play area.	All ages	



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Farms & Zoos:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Hereford Community Farm Hereford, HR4 www.equine-animal-assisted-therapy.org.uk herefordcommunityfarm@gmail.com 07971 423817	Hereford Community Farm offers support to people with additional needs through a programme of Animal Assisted Interventions, Therapeutic Horticulture and Equine Assisted Learning. Holds regular SEND Family Fun Days in school holidays.		
Llama Trekking at Old King Street Farm Ewyas Harold, HR2 www.oldkingstreetfarm.co.uk/llama-trekking/ info@oldkingstreetfarm.co.uk 01981 240208	Exclusive group booking for llama trekking - call in, catch, halter, groom and walk your llama through our fields and farm, or the Herefordshire countryside.	All ages – the venue can adapt the activity to suit your group.	Please contact the venue to discuss how they can make the visit work for you.
Newbridge Farm Park Ledbury, HR8 www.newbridgefarmpark.com/ julie@newbridgefarmpark.com 01531 670780	Family run farm park with tractor trailer rides, adventure playground, zip wire, park and barns.	All ages	
Red Kite Feeding Centre Powys, LD7 www.gigrin.uk chris@gigrin.uk 01597 810243	160-acre farm with a feeding centre for Red Kites. To see hundreds of red kites descend in front of you there is no other place to see the spectacle than at Gigrin Farm. We are open every day of the week during school holidays. In term-time we are open 12:30-5pm Sat to Weds. We feed the red kites at 3pm. We have guinea pigs and donkeys, a peacock and a friendly hen. Bird-watching, café, gift shop and picnic sites along with a farm trail.	All ages	
Wye Valley Visitor Centre Ross-on-Wye, HR9 www.wyevalleyvisitorcentre.co.uk 01600 890 360	Countryside location with hedge puzzle, butterfly zoo, miniature golf, laser tag, café, picnic area and walks.	All ages	

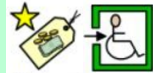
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Food & Drink:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Cob Oven Herefordshire www.coboven.co.uk cobovenman@me.com	Wood-fired cob oven pizza workshops and mobile pizza van.	All ages	
Eaton Barn Community Garden Leominster, HR6 www.echoherefordshire.org.uk/project-manager-eaton-barn/ Cath.baker@echoherefordshire.co.uk 01568 614748	Community project for adults with learning disabilities growing fruit, vegetables, herbs and plants for sale to the public.	All ages	
Growing Local is Going Local Hereford, HR4 www.growinglocal.org.uk/ info@growinglocal.org.uk 07813 622890	Temporarily closed but in the process of creating an inclusive educational garden and hub for all ages. Read about it here: https://growinglocal.org.uk/herford-community-market-garden-update/	All ages	
Harts Barn Craft Centre Longhope, GL17 www.hartsbarncraftcentre.co.uk 01452 830954	Arts and craft shopping centre with a cookery school and historic cider press.	All ages	
Jamboree Malvern, WR13 www.jamboree-preservers.co.uk	Jam preserving co-op run for and by people with learning disabilities.		
Kid's Kitchen Herefordshire http://www.kidskitchen.org.uk/herfordshire hshire@kidskitchen.org.uk	Stay and play style cookery lessons.	All ages	Dependent on venue – contact for details.
Marches Family Network Hereford, HR4 www.marchesfamilynetwork.co.uk/play@marchesfamilynetwork.co.uk 01568 614908	Activities include cookery sessions for children and young people with disabilities.	3 - 25 year olds.	Highly inclusive provider. Facilities dependent on venue – contact for details.
Sir Grow-A-Lot Ross-on-Wye, HR9 www.enviroability.org/project/sir-grow-a-lot/ info@sir-grow-a-lot.org.uk 01989 763388	Community project enabling local community to grow their own vegetables and volunteer to support others to do the same. Open days and other events are held throughout the year.	All ages	

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Historic Buildings / Heritage:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Eastnor Castle Eastnor, HR8 www.eastnorcastle.com enquiries@eastnorcastle.com 01531 633160	Castle and extensive grounds including deer park, arboretum and lake. Various family events throughout the year.	All ages	
Hampton Court Castle Hope Under Dinmore, HR6 www.hamptencourtcastle.co.uk visit@hamptencourtcastle.co.uk 01568 797777	Medieval castle surrounded by lawns, woodlands and gardens. Open to the public from spring to autumn. Gift shop and café on site.	All ages	
Hellens Manor Much Marcle, HR8 www.hellensmanor.com/ info@hellensmanor.com 01531 660504	Historic house and gardens including heirlooms of Anne Boleyn, Queen Mary Tudor.	All ages	
Hereford Cathedral Hereford, HR4 www.themappamundi.co.uk/ www.herefordcathedral.org/ office@herefordcathedral.org	Hereford Cathedral hosts regular events and exhibitions and is also home to the Hereford Mappa Mundi, one of the world's unique medieval treasures.	All ages	
Museum of Cider Hereford, HR4 www.cidermuseum.co.uk/ enquiries@cidermuseum.co.uk 01432 354207	Cider museum includes cider mills, presses, bottles, old photographs, watercolours, advertising memorabilia and a rare collection of English lead crystal cider flutes. Ground floor fully accessible for wheel chair users including the Tea Room and toilets. A lift gives access to the Beam Press Gallery. As the cellars are not accessible to those with mobility problems, this will be reflected in the admission price you are charged. Your carer goes free.	All ages	

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Museums & Galleries:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Canwood Gallery Checkley, HR1 www.canwoodgallery.com	Charity art gallery exhibiting thought-provoking art.	All ages	
Hereford Museum & Art Gallery Hereford, HR4 www.visitherefordshire.co.uk/discover/herford-museum-and-art-gallery herefordmuseums@herefordshire.gov.uk 01432 383383	The museum and gallery is the home for displays and exhibitions of the Hereford Collection as well as the work of local artists, students, and craftspeople.	All ages	
Herefordshire Archives & Records Centre Rotherwas, HR2 www.herefordshire.gov.uk/herefordshire-archive-records-centre archives@herefordshire.gov.uk	Archives and records centre with public access.	All ages	
Museum of Cider Hereford, HR4 www.cidermuseum.co.uk/ enquiries@cidermuseum.co.uk 01432 354207	Cider museum includes cider mills, presses, bottles, old photographs, watercolours, advertising memorabilia and a rare collection of English lead crystal cider flutes. Ground floor fully accessible for wheel chair users including the Tea Room and toilets. A lift gives access to the Beam Press Gallery. As the cellars are not accessible to those with mobility problems, this will be reflected in the admission price you are charged. Your carer goes free.	All ages	
The Waterworks Museum Hereford, HR4 www.waterworksmuseum.org.uk/ info@waterworksmuseum.org.uk 01432 342192	Visitors can see the UK's widest range of working pumps and engines from across Herefordshire, neighbouring counties and Wales. The museum is one of Herefordshire's leading visitor attractions with something for all ages. Children enjoy using hands on exhibits, including in the unique Heritage Water Park, and the museum has a permanent exhibition to Hereford in WW2.	All ages	

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Parks & Green Spaces:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Eastnor Castle Eastnor, HR8 www.eastnorcastle.com enquiries@eastnorcastle.com 01531 633160	Castle and extensive grounds including deer park, arboretum and lake. Various family events throughout the year.	All ages	
Hergest Croft Gardens Kington, HR5 www.hergest.co.uk gardens@hergest.co.uk 01544 230160	70 acre garden with many wheelchair-accessible areas along with a tearoom and shop.	All ages	
National Trust Berrington Hall Nr Leominster, HR6 www.nationaltrust.org.uk/berrington-hall berrington@nationaltrust.org.uk 01568 615721	Georgian mansion and surrounding 'Capability Brown' landscape and grounds with café, bookshop, walks, play area and historical collections. Lots of events throughout the year.	All ages	
National Trust Brockhampton Nr Bromyard, WR6 https://www.nationaltrust.org.uk/brockhampton brockhampton@nationaltrust.org.uk 01885 482077	Medieval manor house with woodland walks, café, bookshop, walks, play area and historical collections. Lots of events throughout the year.	All ages	
National Trust Croft Castle Nr Leominster, HR6 www.nationaltrust.org.uk/croft-castle-and-parkland croftcastle@nationaltrust.org.uk 01568 780246	Castle and parkland with café, bookshop, walks, play area and historical collections. Lots of events throughout the year.	All ages	
National Trust The Weir Garden Nr Hereford, HR4 www.nationaltrust.org.uk/the-weir-garden theweir@nationaltrust.org.uk 01981 590509	Riverside garden with nature walks, picnic area and events throughout the year.	All ages	
Queenswood Country Park & Arboretum Leominster, HR6 www.queenswoodandbodenhamlake.org info@queenswoodandbodenhamlake.org 01432 530 088	Queenswood features an extensive and exciting range of attractions that are interesting, fun and healthy for people of all ages. Special events are organised throughout the year.	All ages	
Wye Valley Area of Outstanding Natural Beauty Hereford to Chepstow www.wyevalleyaonb.org.uk information@wyevalleyaonb.org.uk 01600 710846	Area of outstanding natural beauty with information about easy access routes.	All ages	

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Play Areas:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Please get in touch with details of any play areas that you would recommend to families of children and young people with SEND.			

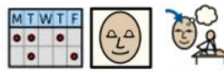
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Sports, Physical Activity & Leisure:

Venue Name, Location & Contact Details	Description	Age Range	Accessibility
Battlelands Paintball Ewyas Harold, HR2 www.battlelands.co.uk/ admin@battlelands.co.uk 01981 240896	Paintball for 8+ years old.	8+ years	
Bedlam Paintball Hereford, HR2 https://bedlampaintball.co.uk/venue/herford-much-dewchurch/paintball/ info@bedlam.co.uk 0800 410 2020	Paintball for 12+ years old.	12+ years	
BikeRight! Hereford, HR2 www.bikeright.co.uk lydiacritchley@bikeright.co.uk 07547 672631	We offer free Bikeability training to schools in Herefordshire and can hire the adapted bikes from Halo for riders to use. We run summer holiday cycle training for children. We also offer free 1:1 adult cycle training and led rides for women, both of which people are welcome to take part in using one of the adapted bikes (for ages 16+).	School age+	
Boulder Barn Hereford, HR1 www.boulderbarnclimbing.co.uk/ angie@tasteforadventure.co.uk 01432 359392	Climbing centre for all abilities from 'tiny climbers' to adults.	All ages	
British Military Martial Arts Hereford, HR2 https://britishmilitarymartialarts.co.uk/asses/herford/ jonahjones@lm-bmma.com 07944 280913	Martial arts training for children and adults, all abilities welcomed. Military style kickboxing / martial arts. Contact the centre for information about pricing.	All ages	
Bromyard Bowmen Archery Club Bromyard, HR7 www.bromyardbowmen.org bromyardbowmen@gmail.com	A beginners' course or proof of competence is required for membership to be able to use the shooting facilities. For safety reasons, all participants need to be able to follow instructions / directions. We have fixed sessions of 6:30pm - 9:00pm on Mon, Tues & Thurs, plus Sunday 2pm - 4:30pm.	8+ years old	
BuggyFit Hereford Hereford https://buggyfit.co.uk/location/ben-harwood-tupsley-quarry-hereford/ Buggyfit.hereford@outlook.com	Fitness class for parents of 0-3 year olds.	Pre-school	
Bulmers Angling Club Herefordshire www.bulmersanglingclub.co.uk/ info@bulmersanglingclub.co.uk 01432 270340	Angling club covering various sites on Wye and Lugg.		
CrossFit Bull (Kids) Hereford, HR1 www.crossfitbull.co.uk/crossfit_kids/ crossfitbull@hotmail.co.uk	Fitness classes for children 3-5 years and 5-12 years old.	3+ years	
Flip Out Hereford, HR4 www.flipout.co.uk/explore/flip-out-hereford/1 hereford@flipout.co.uk 01432 370500	Indoor inflatable adventure arena with a café. Offers dedicated SEN sessions on Thursday 6-7pm and Sundays 9:30 - 10:30am The park is quieter in the morning Tuesdays - Fridays during school hours. Pre-visit tours welcomed.	All ages	
Green Spider Climbing Club Hereford, HR2 www.spiderclimbing.com/greenspider/ climb@greenspiderclimbing.com 01432 277716	Indoor climbing centre.		

Greyhound Rugby Club Hereford, HR4 www.greyhoundrhc.co.uk/ greyhoundjuniorsinfo@gmail.com 01432 354221	Inclusive rugby club for 4+ years old.	4+ years	
Halo Leisure Bike Hire Hereford, HR4 https://www.herefordshire.gov.uk/cycling-1/cycling/12 01432 272512	Specialist cycle hire available including wheelchair bike, hand bike, twin bike, tandem bike, tag-along bike. Leaflet here: https://haloleisure.org.uk/images/70288_Bike_Hire_Terms_conditions_FINAL_WEB.pdf	All ages	
Halo Leisure JumpINGym Hereford and Leominster https://haloleisure.org.uk/activities/herfordshire/childrens-activities/soft-play hlc@haloleisure.org.uk 01432 842075 / 01568 612540	Soft play / gym for children and young people. The super soft environment and accessible facilities makes this an ideal venue for children with disabilities. Siblings can join younger children.	Under 10s	  
Halo Leisure Swimming Hereford and Leominster https://haloleisure.org.uk/centres/herfordshire/herford-leisure-pool hlc@haloleisure.org.uk 01432 842075 / 01568 612540	Quiet Sessions available - We make the following adjustments to create a welcoming, sensory friendly, gentle and relaxed experience: No public announcements on the tannoy (except in an emergency), No music, Lower capacity so fewer swimmers in the pool, No jumping or diving, No shouting or lifeguard whistles (except in an emergency)	All ages	    
Hereford & County Athletics Hereford, HR4 www.herefordcountyathletics.co.uk/info@herefordcountyathletics.co.uk 01432 267608	Athletics Club	9+ years	
Hereford Harriers Wheelchair Rugby Hereford, HR4 www.herefordrhc.co.uk/wheelchair-rugby/ chairmanjuniorhrc@gmail.com 01432 273410	Hereford Harriers Wheelchair Rugby Club provides Wheelchair Tag Rugby sessions. The club is open to all and our sessions are held at Hereford Leisure Centre, every second Sunday 9.15 – 10.45. Wheelchairs and other equipment is provided for use free of charge - the only criteria is that you can push a chair and catch ball, the rest we can work on! We aim to develop the sport in within Herefordshire to offer opportunities to people with and without a disability to participate together in sport without barriers.		
Hereford Kayak & Canoe Nr Staunton-on-Wye, HR2 www.herefordkayakcanoe.co.uk paddle@herefordkayakcanoe.co.uk 01981 257258	Canoe / kayak hire and sessions.		
Hereford Lads Club Hereford, HR4 www.herefordladsclub.co.uk gds7786@outlook.com 01432 370139	Hereford Lads Club offers boys and girls football coaching & development. We work hard to make the Lads Club a safe and enjoyable environment for all the children, regardless of the sport they play or their abilities. All our coaches and volunteers are DBS checked and qualified in Safeguarding and First Aid. Coaches complete Herefordshire FA's Introduction to Coaching Football online course as a minimum qualification.	5+ years Weekly sessions for SEND Weds PM	 
Hereford Muay Thai Hereford, HR2 http://www.herefordmuaythai.co.uk/ herefordmuaythai@yahoo.co.uk 07786 543345	Friendly, inclusive martial arts club.		
Hereford Rowing Club Hereford, HR4 www.herefordrc.co.uk/ events@Herefordrc.co.uk 01432 273915	Inclusive rowing club with Bar and Function/Event facilities.	11+ years	  

Hereford United Hereford, HR4 www.herefordfc.co.uk info@herefordfc.co.uk 01432 268257	Football team with regular matches to watch – accessibility support available.	All ages	
Hereford Yoga Centre Hereford, HR1 www.herefordyoga.co.uk info@herefordyoga.co.uk 01432 353324	Yoga classes with one aimed at children in Y1-6	5+ years	Please contact to discuss individual needs.
Herefordshire Cricket Club Hereford, HR4 www.herefordshirecricket.co.uk/ lindsey.beynon@wccc.co.uk 07741 272502	Super 1s offers young people with disabilities, aged 12-25, the opportunity to play cricket regularly. Funded by the Lords Taverner's charity, Herefordshire Cricket can deliver free coaching and the chance to play regular sport for those with disabilities. The intention is to develop the physical and mental well-being of players, help them make friends and interact with positive role models. This is much more than just getting cricket bats into hands. It's about everyone's potential in life, regardless of circumstances.	12-25 years	 
Herefordshire Football Association Hereford, HR4 www.herefordshirefa.com/players/disability info@HerefordshireFA.com 01432 342179	Football Association offering a range of different football groups, training, competitions for CYP with disabilities.		
Herefordshire Netball Hereford, HR1 www.herefordshirennetball.co.uk srh40@btinternet.com 07970 246646	Netball club with junior clubs from Year 4 upwards.	8+ years	
Herefordshire Raceway Weobley, HR4 www.herefordshireraceway.org.uk info@herefordshireraceway.org.uk 01544 318334	Karting for 8-16 years old.	8-16 years	
Herefordshire Riding for the Disabled Holme Lacy, www.rdahereford.org/ admin@rdahereford.org 01432 870831	Therapeutic activities with horses including riding, grooming, hippotherapy and stable management	5+ years old	        
Ignite Herefordshire www.ignite-cic.co.uk	Community activities and projects focusing on the arts and physical activity.	All ages	
Kingsland Bowling Club Kingsland, HR6 www.kingslandbowlingclub.co.uk 01568 770546	Bowling club – check website for sessions available.		
Ledbury Swifts FC Ledbury, HR8 www.ledburyswiftsfc.org.uk clubsec@ledburyswiftsfc.org.uk	Junior football club.		
Little Seahorses Swimming Herefordshire www.littleseahorlesswimming.co.uk/ office@littleseahorlesswimming.co.uk 07968 116128	Swim school for babies, toddlers and children.	All ages	

Luctonians Sports Club Leominster, HR6 www.luctonians.co.uk/junior-rugby/ charlotte.brown@luctonians.co.uk	Luctonians Sports Club is a sports club located in rural Kingsland. We offer a large range of activities such as rugby, cricket, netball, rounders.	All ages	
Marches Family Network Hereford, HR4 www.marchesfamilynetwork.co.uk/play@marchesfamilynetwork.co.uk 01568 614908	Activities including swimming, bowling, circus skills, sports sessions, and outdoor bushcraft skills for children and young people with disabilities.	3 - 25 year olds	Highly inclusive provider. Facilities dependent on venue – contact for details.
Matt Hudd Martial Arts CIC Hereford, HR1 www.matthuddmartialarts.com/	A warm, friendly safe environment teaching martial arts to all abilities. Children over 5 may be left without parental supervision (discuss with centre).	Pre-school to adults	
MFA Bowl Hereford Hereford, HR1 https://mfabowl.com/hereford/ booking.hereford@mfabowl.com 0843 290 8944	We're an old nostalgic bowling alley with an arcade games and pool available. We are a family orientated business and we try our best to make sure everyone has a great time with us here at MFA bowl that includes all ages and requirements.	All ages	
Noakes Farm Riding Centre Bromyard, HR7 www.noakesfarmridingcentre.co.uk/facilities/ noakesfarm@btconnect.com 01885 483467	RDA Accessibility Mark indoor and outdoor riding school with accessible toilets.	All ages	
Pedalabikeaway Coleford, GL16 https://pedalabikeaway.co.uk/home-pedals/ info@pedalabikeaway.co.uk 01594 729000	Bike hire in Forest of Dean with access to the family trail.	All ages	
Play Planet Hereford & Tiny Town Hereford, HR4 www.softplayhereford.co.uk/ playplanetthereford@aol.com 01432 355777	Indoor soft play with areas for different age groups. Tiny Town is in the space above Play Planet and operates separately as a mini world for younger children to explore. Quieter SEND Sessions on Sundays.	All ages	
Ross Juniors FC Ross-on-Wye, HR9 www.rossjuniorsfc.com jim.loftus@btinternet.com	Football club with a PAN Disability team for 16+ year olds and an inclusive mixed-ability group for teens with additional support for SEMH needs.	Teens+	
Ross Rowing Club Ross-on-Wye, HR9 www.rossrowingclub.co.uk junior.captain@rossrowingclub.co.uk	Inclusive rowing club.		
Ross-on-Wye Bowling Club Ross-on-Wye, HR9 www.rossbc.club/	Bowling club – check website for sessions available.		
Ross-on-Wye Tennis Centre Ross-on-Wye, HR9 https://clubspark.lta.org.uk/RossonWyeTennisCentre info@rosstenniscentre.org.uk 07851 246035	Ross Tennis Centre (RTC) was established in 1987 to offer great tennis facilities for the residents and visitors of Ross-on-Wye and the surrounding area. It is a thriving place with five teams competing in the H&WLT A leagues. The facilities include four floodlit tarmac tennis courts, which are available all year round from 8.00am to 10.00pm. The Pavilion has a wheelchair access toilet, shower/changing and tea/coffee making facilities which can be accessed by members. Non-members are also welcome to play at Ross Tennis Centre.	All ages	

ShrewsAbility Shrewsbury, SY2 www.shrewsburytowninthecommunity.com admin@shrewsburytowninthecommunity.com 01743 289177	Football club with a range of inclusive sessions including DCD (age 5-16) and for 16+ years a Cerebral Palsy, Down's Syndrome, Powerchair football and Amputee football session.	5+ years	
Shushokan Karate Hereford and Bromyard www.shushokan-karate.co.uk loushushokan@hotmail.co.uk	Karate club with sessions for 4-6 years and 7+ years old.	4+ years	
Skate Hereford – The Core Hereford, HR1 www.skatehereford.co.uk matt@skatehereford.co.uk 01432 507200	We are a not for profit community sports facility, run by the community for the community which promotes health, wellbeing, fitness and social inclusion, through the sometimes artistic, always aerobic, competitive and inclusive sport of Roller Skating. We offer lots of different sessions for all abilities and ages and are fully inclusive. Please check the website for session times.	All ages	
South Wye Police Boxing Academy Hereford, HR2 www.hintoncommunitycentre.org.uk/boxing vince.mcnally@googlemail.com 07525 452110	Boxing club for all ages and abilities.		
St Martin's Bowls Club Hereford, HR2 www.stmartinsbowlsclub.co.uk/ 01432 269177	Bowling club with bowls buggies for people with disabilities to access bowling		
The Grove Golf and Bowl Leominster, HR6 www.grovegolfandbowl.co.uk info@grovegolfandbowl.co.uk 01568 610602	Golf and bowling with a restaurant on site.	All ages	
The Point 4 Gym & Fitness Centre Hereford, HR1 https://thepoint4.co.uk/enquiries@rnc.ac.uk 01432 376376	Fully accessible gym and fitness centre that uses revenues to support training for CYP with a visual impairment.		
Tipton Hall Riding School Tedstone Delamere, HR7 www.tiptonhall.co.uk sue@tiptonhall.co.uk 07792 358742	Riding school with regular group classes and private lessons available.	All ages	
Toros FC Hereford, HR2 www.facebook.com/torosfcbelmontabbey/ secretary@torosfc.co.uk	Junior football club.		
Wyedean Canoe Hire Symonds Yat East, HR9 www.wyedean.co.uk info@wyedean.co.uk 01600 891376	Canoe / kayak hire and sessions.		

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