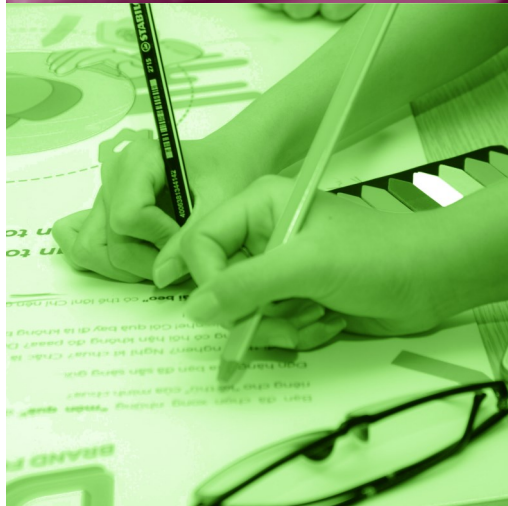




Café • Child Contact • Support Services • Early Years



# What's On



## MORE ABOUT US...

### CHILD CONTACT

The HOPE Centre is the only private NACCC enhanced accredited child contact centre in Herefordshire, helping provide a safe, neutral, comfortable place for children to see their non-resident parent or other close family members.

For more information email - [childcontact@hopefamilycentre.org](mailto:childcontact@hopefamilycentre.org)



### SENSORY ROOM

Our fully-resourced Sensory Room is full of wonderful, exciting equipment and play activities, most suitable for ages 0-5 years and for those with additional learning needs.

The room features bubble tubes, soft play, interactive wall panels and much more! Hire for single use or for group bookings up to 8 people. Contact us for more information or to enquire about our room hire fee.



### EARLY YEARS

Early Years provision, catering for children aged 3 months to school age.

We accept both two year-old and three year-old funding and are open 50 weeks of the year from 8am to 5.30pm Monday – Friday.

For more information please visit our website [www.hopefamilycentre.org](http://www.hopefamilycentre.org) or email [info@hopefamilycentre.org](mailto:info@hopefamilycentre.org)



For more information about any of our activities, please call **01885 488495** or email us on [info@hopefamilycentre.org](mailto:info@hopefamilycentre.org)  
**HOPE Centre, Hereford Road, Bromyard HR7 4QU**

## MONDAYS

### MONDAY FRIENDS 10.30am - 11.30am

A fun-filled stay and play for parents and little ones - sensory, messy play and lots of fun. No booking required. Call **01885 488495** for more information.



### WEST MERCIA WOMEN'S AID

For more information call Hope Support Services Team **01885 488495**, email: [inclusion.idva@wmwa.org.uk](mailto:inclusion.idva@wmwa.org.uk) or call their 24-hour helpline **0800 783 1359**

Live chat **Mon-Fri 9-5**  
[westmerciawomensaid.org](http://westmerciawomensaid.org)



### CREATIVE CAFÉ 2pm-3.30pm

Drop-in adult craft club in Hope Café. Bring your own project or try a new one - let's share and learn together. £2, including a hot drink. Transport available. Call **01885 488495** for information.

## TUESDAYS

### CARING FOR CHILDREN Adult Learning Level 1/2 10am - 2.30pm (term-time)

Accredited Family Learning course. Build confidence and gain a qualification. Two hours per week. **Free** crèche, subject to availability.

Contact: [cathyw@ymtb.co.uk](mailto:cathyw@ymtb.co.uk) or our Support Services Team.



### SHEDS TOGETHER 9.30am-4pm

Please see Thursday

### CITIZENS ADVICE Herefordshire 10am - 3pm

Face-to-face appointments at the Centre. To book call **01885 488495** or talk to our Support Services Team.



## WEDNESDAYS

### FOOTCARE CLINIC 9.30am - 1.30pm

Various dates by appointment only, Age UK Hereford & Localities deliver foot care in a safe, friendly environment at the Hope Centre. Free parking. Call **0333 0066299**

or email: [contact@ageukhl.org](mailto:contact@ageukhl.org)

### OVER 60'S LUNCH CLUB 11.30noon - 2pm

Every Wednesday over-60's from the local community enjoy a nutritious, home-cooked main course, a delicious pudding & tea/coffee. Just £5.50. Make new friends. To book call **01885 488495**

### AGE UK Hereford & Localities

Over 50's advice & guidance with a specialist advisor. Call **0333 0066299** or email: [contact@ageukhl.org](mailto:contact@ageukhl.org) for information/ to book.

### 11-16 Drop-in at Hope Café

Youth group 5-7pm  
Wednesday fortnightly. Food and drinks provided. For information call **01885 488495**

## THURSDAYS

### SHEDS TOGETHER 9.30am-4pm

A space for over 50's to connect, chat create. £5.00 per session  
Call Age UK **0333 0066299** or our Support Services **01885 488495**



### BABY FRIENDS & Health Visitor Clinic 10.00am - 12noon

Friendly drop-in – a hot drink, a chat, support, advice and baby-weighing from the local Health Visiting team.



Suitable for 0-pre walkers.

## FRIDAYS

### DIGITAL INCLUSION days and times by appointment

One-to-one support for safe use of laptops, tablets & phones, including access to emails, internet and social media.

To book an appointment please call **01885 488495**



### FRIDAY FRIENDS 10.30am - 12noon at the Public Hall

Early Years trained staff facilitate messy play, crafts and a range of fun activities, songs and rhymes. £1 per family, including refreshments. No booking required.



## HOPE CAFÉ

HOPE Café serves delicious meals, freshly-baked cakes and drinks. A perfect place to meet with friends and enjoy our lovely views.

We also have a soft play area for children to play.

**Open Mondays, Tuesdays, Thursdays and Fridays 10am-3pm and the second Saturday of each month 10am-12.30pm**