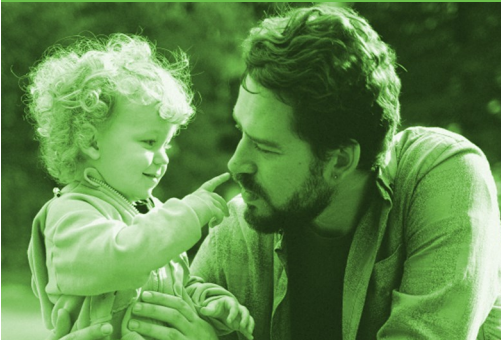


## MORE ABOUT US...

### 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)



### EARLY YEARS

Our rural setting is for children aged 0-4 and is open from 8-5.30pm Monday – Friday, 50 weeks of the year.

Children are in two age groups, 0-2 and 2-4 years.

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

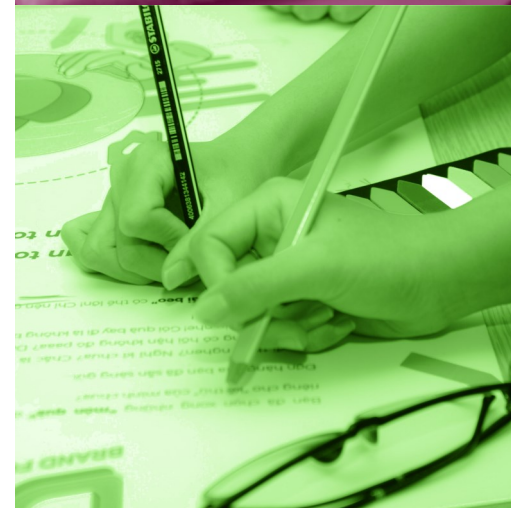
The room features bubble tubes, soft play, interactive wall panels and much more! Hire for single use or for group bookings up to 8 people. Contact us for more information or to enquire about our room hire fee.



*Café • Child Contact • Support Services • Early Years*



# What's On



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

### 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)

### MINI MONDAYS

**10.30am - 12.00pm**

An action packed play session for children aged 0-5 and their parents/carers. Tea, coffee and light snack provided. No booking required just drop in. Suggested donation £1.



### CREATIVE CAFÉ

**2.00-3.30pm**

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.



## TUESDAYS

### SHEDS TOGETHER

**9.30am-4pm**

Please see Thursday

### SENSORY STARS

**0 - pre walkers**

**10.30- 11.15am**

**Walkers - 5 years**

**1.30- 2.15pm**

Join our Centre SEND Co-ordinator in our bespoke sensory room, explore the resources and how they are used to promote a child's sensory experience and development. Spaces are limited and **booking is essential**. Suggested donation £1.

Please call **01885 488495**.

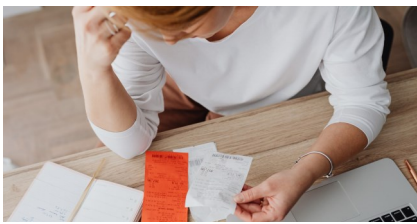


### CITIZENS ADVICE

**Herefordshire**

**10.00am- 3.00pm**

Face-to-face appointments at the Centre. To book call **01885 488495** and 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

**11.30am - 2.00pm**

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 5.00-7.00pm

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**



### Stay & Weigh with Health Visitor Clinic

**10.00am - 12.00pm**

Baby friendly drop-in morning with the local health visiting tea, offering baby weigh in advice and support.

No booking required-just drop in. Suggested donation £1



## FRIDAYS

### Fun on Fridays

**10.00 - 11.30am**

A fun session for children aged 0-5 and their parents/carers.

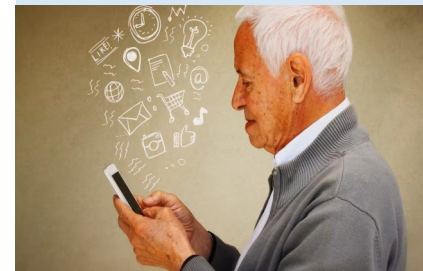
Arts, crafts, outdoor play & song time. Tea, coffee and light snack provided. No booking required just drop in. Suggested donation £1.



### 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**.



## 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**