

Herefordshire Community Network

Support for Ukraine – information for guests

Clubs for kids and adults

- 1) **Volleyball team** - play every Sunday at 5.00 – Bishops Meadows. Just go along and join in.
- 2) Halo are hoping to offer **swimming lessons** with a Ukrainian coach – TBC
- 3) **Hereford academy of dance**

A dance school based in Hereford. Classes available include ballet, tap, jazz, modern and musical theatre.

Hereford Academy of Dance is committed to offering all students the opportunity to learn to dance in a structured, healthy, age appropriate and inspirational environment that will help them achieve their personal best. They believe that all children, whatever their passion or ability should have the opportunity to perform and enjoy their moment onstage.



Get in touch:

info@herefordacademyofdance.com

01432 266836. The office is open during term time.

Please provide your telephone number, email and postal address, age and school year (if appropriate) of your child – we will then send you details of possible classes. Please then contact us to confirm which class(es) you would like your child to join, check any queries and come along to **the first lesson as a free trial** (for a trial class please wear something easy to move in and dance in bare feet.) At your trial class you will be given a registration form to complete.

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For more information go to the website or scan the QR code

[How To Join – Hereford Academy of Dance](#)



4) Hereford Squash Tennis & Racketball Centre

Hereford Squash Tennis & Racketball Centre is a thriving and progressive club providing first class, excellently managed, sports and social facilities, for both members and the wider community in a positive, safe environment.

- Facilities include 5 first class heated squash courts
- 4 resurfaced asphalt tennis courts with LED lighting.
- 2 All Weather Floodlit Padel Courts
- Modern Bar /lounge area with free WI FI for members and visitors
- Outside seating area with a view of the tennis courts
- Comfortable Changing rooms with showers.
- Pool table, Table tennis table, skittle alley.
- Racket stringing service & racket hire available



For more information go to the website or scan the QR code

[Hereford Squash Tennis & Racketball Centre / Tennis / Squash/Padel \(Ita.org.uk\)](#)



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5) Greyhound Rugby Club

Greyhound Rugby Club is an amateur club based in Hereford. The Club prides itself on being a social and family orientated club that enjoys all aspects of Rugby. The club currently have 1 [Senior Men's](#) side that play their rugby in the [North Midlands League](#), The [Senior Ladies](#) are currently playing in the [Women's NC Midlands 2 South League](#). We also have a thriving [junior](#) section with Tag Rugby, Boys under 13 and under 7 sides.

Training Times

Senior Men's

Tuesdays and Thursdays 19:00 – 21:00

Senior Ladies

Thursdays 19:00 – 21:00

Junior & Tag Rugby

Sunday 10:00 – 12:00

For more information go to the website or scan the QR code

[Contact Us – Greyhound RFC](#)



6) Free music lessons for kids in the Kids project!

Kids! Music! Stage! every Thursday 4 pm till 5pm at Church House.

Kids are taught by a famous composer and storyteller Alla Mihai. To sign up for classes, please contact Lena Marchenko +44 7923 364226 hereford@augb.co.uk, join the project's Telegram group - <https://t.me/kozachat>

7) Events arranged by Association of Ukrainians in Great Britain Hereford Branch (AUGB Hereford):

Tea Morning 50+ Thursday 10 -12

Ukrainian choir Thursday 6 - 7.30

Health club Mon 6-7 pm, Thur 1-2 pm, Sat 8.30- 9.30am

Church House HR1 2DL.

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Information can be

found <https://www.facebook.com/share/g/faoJJg5fqwEFprkY/?mibextid=WC7FNe>

Contact Lena Marchenko

hereford@augb.co.uk

8) Dolloway Dancers Children's Dance Classes

Join the Children's Dolloway Dancers Class at Northolme Community Centre.

During term time, on Friday's. Pop along to enjoy dancing to pop, disco, freestyle music, themes from shows and much more.

Ages 4 - 8 Years welcome at 4:30 pm - 5:30 pm

Age 9 years and up welcome from 5:30 pm - 6:30 pm

Date: Friday 13 September 2024

Time: 4:30pm - 6:30pm

Venue: [Northolme Community Centre](#)

Cost: £6

Organiser: The Dolloway Dancers

If more information is required please contact 07557276849 or visit

www.thedollowaydancers.com,

www.facebook.com/DollowayDancers

Or scan the QR code



!Dance!
Classes

At Northolme Community centre Belmont Hereford

Children aged 4 to 8 FRIDAYS
4.30 to 5.30pm

Ages 9 up at 5.30 to 6.30pm

LADIES Tuesdays 6.30 to 7.30pm
Ross On Wye

LADIES Wednesdays 7 to 8pm
Larruperz Center

Other classes available including children and adults with learning disabilities.

Fun dances to suit all. pop, disco freestyle, themes from shows and more

Take a look at our face book page or website
Dolloway Dancers
call 07557276849
you tube

£6 pw

Meet friends

Lift mood

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9) Young Boots Football Academy - Training Sessions

Young Boots Football Academy offers weekly football training sessions for children of all footballing ability, it doesn't matter if they are just starting out on their journey, want some extra practise whilst playing for a team or just love to play at any opportunity.

Training sessions are on Sundays from 9.30am to 10.30am at Trinity Primary School in Hereford.

Football Academy believes every child should get to play football and shouldn't be put off by teams or clubs that make them feel like they aren't good enough! That's why Young Boots was founded.

Young Boots focuses on developing the children's self-confidence and belief in themselves in a fun and engaging way. The more fun they are having the more they are learning without even realising.

Date: Sunday 15 September 2024

Time: 9:30am -
10:30am

Venue: [Trinity Primary School](#)

Cost: £3 per session

Organiser:
Young Boots
Football
Academy

**Come along to
Young Boots Football
Academy training
sessions!**

**LEARN NEW SKILLS,
MEET NEW FRIENDS,
DEVELOP CONFIDENCE
AND GET ACTIVE!**

**TRINITY PRIMARY
SCHOOL
EVERY SUNDAY AT
9.30AM**

Go to the website [Young Boots Football Academy](#) or scan the QR code



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10) Centre Stage

For Neurodivergent young people age 16-25 years, to develop social skills, confidence and self-expression through drama.

For more information email

thecrackedslippercompany@gmail.com or take a look at our Facebook page.

Date: Monday 16 September 2024

Time: 5:45pm - 7:45pm

Venue: [The Kindle Centre](#)

Cost: FREE

Organiser: The Cracked Slipper Company



Centre Stage
a FREE to attend drama drop
for neurodivergent
16-25 year olds

Every Monday
5.45-6.45pm at
The Kindle Centre
Hereford

The CRACKED SLIPPER
COMPANY
Charity Number 1188616

The EVESON
Trust

To book a free place email
thecrackedslippercompany@gmail.com
or register online at
www.thecrackedslippercompany.org

11) Line dancing for beginners at Holme Lacy Village Hall

Learn to Western Line Dance with Single Star Country & Western. Sessions on the third Thursday of the month from 7pm to 9pm, at Holme Lacy Village Hall, are for beginners.

Our club members like to assist and are friendly.

Date: Thursday 19
September 2024

Time: 7:00pm - 9:00pm

Venue: [Holme Lacy
Village Hall](#)

Cost: £5



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Organiser: Dev Galal

Information correct as of 14.10.2024