



Hear Our Voices get together report – May 2026

Introduction

The first Hear Our Voices event happened in October 2023. People with a learning disability unanimously wished to meet again and the consensus was 6 monthly.

The second and third Hear Our Voices events were in May and October 2024 at the Kindle Centre in Hereford. It continued in the same spirit filled with the energy and enthusiasm, ideas and voices of people attending. Our fourth and fifth events, were in May and October 2025 which were well attended with a really positive vibe throughout the day.

This year's first event was on 14th May and was attended by 74 people and once again, people brought their energy, ideas and enthusiasm to interact together and make a difference.

The event was organised by Herefordshire Mencap and Healthwatch Herefordshire and funded primarily by Healthwatch Herefordshire on this occasion.

This is a report of:

- What we did on the day
- What People said
- What people thought of the day and Hear Our Voices future plans

Appreciations!

Thank you to the participants on the day for coming along and making it a day full of energy and inspiration and most of all for sharing their enthusiasm and views.

Thanks to the people with a learning disability that spoke on the day and worked hard to organise and make the event a success.

Thank you to Healthwatch Herefordshire for funding the event.



Thank you to the support organisations who helped people to attend and participate: ECHO, Beacon College, Herefordshire Mencap, Enviroability, Walsingham Support, Health Checkers Speak Easy Now, Shared Lives, Star College and Aspire.

Thank you to the organisations that came along to support the event and listen to the views of people with a learning disability about community activities, the learning disability plan (Hannah Offord, Herefordshire Council), Matt Hudd (Mindfulness), Speak Easy NOW Health Checkers (Men's Health), Hereford Hospital Acute Liaison Nurses for people with a learning disability (Sam Bemand and Jayne Davies), Bev Davies from Herefordshire Mencap Register Campaign, and Healthwatch seated NHS exercises, Community Learning Disability Team (CLDT).

Thank you to Paul for stepping in as main compere for the event.

Participants

There were 74 people at the event. 49 participants with a learning disability from 10 support organisations with 19 support workers, 6 Speakers/organisation participants.

Agenda

9.45 to 10.15 Registration and refreshments

10.15 Welcome Paul from Herefordshire Mencap

10.20 Icebreaker – Mindfulness with Matt Hudd. Activity.

10.45 Learning Disability Register campaign - Bev from Herefordshire Mencap

11.00 Break

11.15 Men's Health – Speakeasy NOW Health Checkers

12.00 Lunch and filming

12.45 Hannah Offord, Herefordshire Council - update on the Learning Disability Strategy progress and current day activity survey

1.00 What help is available when you are in hospital? – The role of Hereford Hospital Acute Liaison Nurses for people with a learning disability, Sam and Jayne.

1.45 Healthy Living – NHS Seated exercises and share activity ideas that people can participate in.

2.15 What next: Hot topics for future events - October 2026, May 2027. Tabletop exercise.

2.25 Evaluation

2.30 End

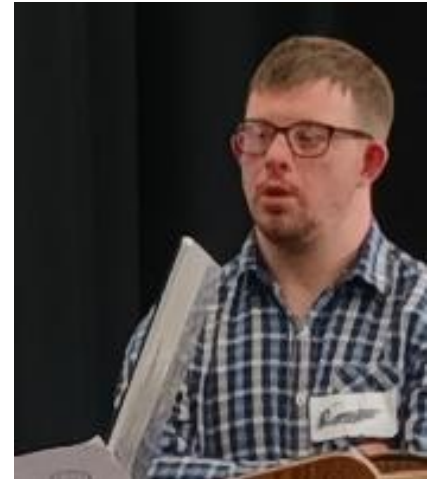


Welcome

Paul Burgess from Herefordshire Mencap welcomed everyone.

Welcome:

- ▶ I hope that you will find the day interesting and helpful.
- ▶ Housekeeping
- ▶ Description of breaks and agenda
- ▶ Photo policy
- ▶ Thank you to Healthwatch Herefordshire for funding the event.
- ▶ Please ask questions and tell everyone what you are thinking throughout the day.



Mindfulness Ice Breaker - Matt Hudd

Matt Hudd explained how mindfulness could help to manage the stresses and the strains of everyday life. Exercises were shared and everyone participated.



Learning Disability Register Campaign – Bev Davies

Bev explained the campaign to get people with a Learning Disability to register as Learning Disabled with their medical practices.

“I am Bev Davies and I have a learning disability. My GP (doctor) surgery knows I have a learning disability because I am on the GP Learning Disability Register”.

The Register is a list of people with a learning disability that most GP’s surgeries hold. It helps the surgery know who may need extra health support.

We are working with National Mencap’s ‘I’m In’ campaign encouraging people to contact their GP to make sure they are on their GP’s Register.

We will be working until February 2027 to get more people to be on their GP’s Register.

We want ALL people with learning disabilities to know about the Register and all the good things that happen when you are on it.

We will be contacting schools to tell young people about the good things that come from being on their GP’s Learning Disability Register.

We will be talking to gypsy, Romany and Traveller families about the campaign. Chris Smith from EnviroAbility is helping us with this.

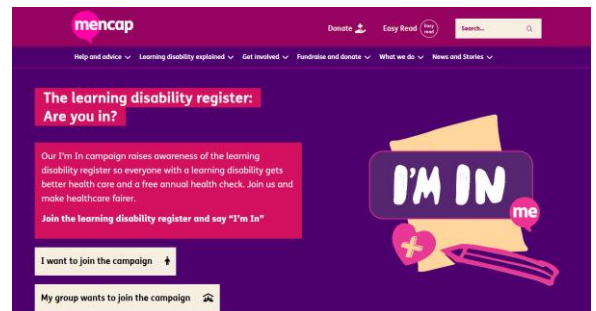
There is a lot of information on national Mencap’s website.

There is help to build your letter to your GP.

There is a lot of information for GPs and other professionals.

Thank you for listening.

Any questions?



Men's Health – Speakeasy NOW Health Checkers

Speakeasy Now Health checkers gave an informative talk about men's health. Lots of people participated in presenting important ways that men can protect themselves and look after their health.



What is this session about?



Helping men with a Learning Disability and Autism understand some of the health problems that affect men only.

We want to make sure you know how to recognise:

- Any changes when you go to the toilet for a wee
- The importance of checking your testicles

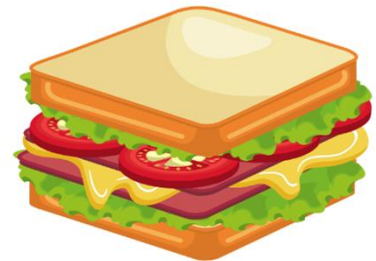
Some of the things we will talk about you might find embarrassing.

Please do not worry.



You can watch the full presentation here:

<https://tinyurl.com/spkesymen>



We then had lunch.

Update on the learning disability strategy progress and Day activities survey

Hannah Offord from Herefordshire Council updated us on the Learning Disability Strategy progress.

First, they want to introduce a new community activity strategy. It explains how we will help people:

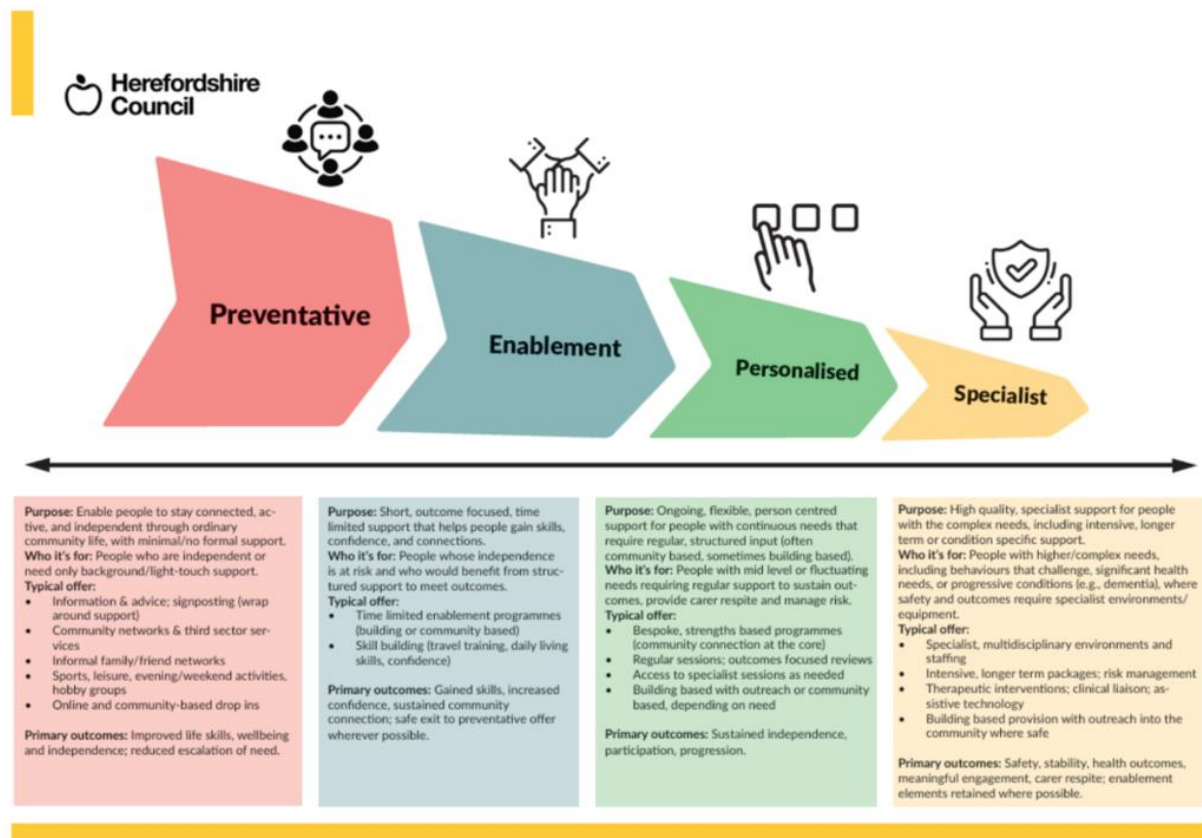
- do things they enjoy
- Learn new skills
- Be part of their community



- make friends and stay connected

The community activity strategy will bring in a new way for you to choose and buy your care.

Giving you more control, more choice and a wider range of options.



Secondly, they want to close St Owen's hub day centre in Hereford City.

Staff at Saint Owen's would move to aspire hub in canal Rd, Herefordshire city, meaning more activities and support would be available at this hub.

Before making any decisions, the council wants to hear what you think...

The council will write to and speak with everyone who will be affected by closing the day centres.

The council wants people to share their thoughts by filling out a survey.

There is an easy read survey as well as an online survey.

The council wants to make sure they offer services that are affordable and are good for people.

What will happen next

- All of the views given in the survey and here today will be thought about before any decisions are made.



- The decision about what happens next will be made by the counsellor who is responsible for adult social care over the summer.
- If anything changes it won't happen straight away. The council will continue to work with people and their families to ensure support is right for them in the future.

There were questions asked by people attending. These were mainly about concerns that day services are closing. Hannah explained that the services closing were attended by very few people and cannot be sustained.



Participants were concerned that people may not know about the services.

Hannah said that the Council will work with individuals to make sure they have the activities and support they need.



There was concern that people with a learning disability living nearby the Ross day centre might be affected and feel less safe/supported. Hannah said that they would discuss this with any individual affected.

Hannah urged people to complete surveys to say what they think of plans. Hard copies were available.

The survey closed on the 2nd June. [Have your say on Herefordshire's community activity and day services offer - Herefordshire Council](#)

What help is available when you are in hospital?

The Role of Hereford Acute Liaison Nurses for People with a learning disability – Sam Bemand and Jayne Davies

Who Are
we?

Jayne and Sam



What do we do?

Help you when you come to the hospital.

How to contact us

Call us: 07815 624053

e-mail: learningdisabilityliaison@wvt.nhs.uk

Hospital passport

You will need one of these if you are going to come to the hospital

Annual health check

You should go for a checkup with your nurse or doctor at the GP surgery once a year.

What next? Hot topics for future events – October 2026, May 2027

Next everybody put their minds to what they would like to see and discuss in future events. Each table made a list and we have grouped them into common themes. You can expect to see these requests in future get togethers!

Flip chart sheets May 2026

Housing

- ✓ Housing
- ✓ What help to move on from residential to community?



- ✓ Would like to move in the community with others (e.g. group of 4) so I would have friends and more hours from support workers
- ✓ Keeping pets

Transport

- ✓ We are worried about the Zipper bus service. Is it going to continue? What can we use instead? X2
- ✓ Transport
- ✓ Blue badges and other things we are entitled to
- ✓ Public access across Herefordshire
- ✓ Bus and train passes, railcard
- ✓ Travel training
- ✓ Someone from the council about transport and roads
- ✓ Bus station and railway station hub
- ✓ Transport, taxis, buses
- ✓ Car parking near your club
- ✓ More toilet facilities

Activities, holidays and things to do.

- ✓ Holidays
- ✓ Funding cut so I can't go on holiday anymore
- ✓ Activities – how important they are to us
- ✓ Community things to do
- ✓ Day trips: independent and organised by others
- ✓ More choice of activities
- ✓ Fun activities
- ✓ Day services come and talk to us about what's available
- ✓ Charities that support us
- ✓ Drama
- ✓ Courtyard



Employment, work and volunteering

- ✓ Jobs – getting a job
- ✓ Money
- ✓ Saving money
- ✓ Less funding = less activities

Things to do:

- ✓ Car driver
- ✓ Binman
- ✓ Farmyard
- ✓ Milkman
- ✓ Firefighter
- ✓ Help the refugees
- ✓ Save the animals
- ✓ Clean the pollution

- ✓ Build confidence
- ✓ Life Skills

Healthy Living

- ✓ More mindfulness
- ✓ MENTAL HEALTH AND ACCESS TO IT
- ✓ MENTAL HEALTH – MEN & WOMEN: HELP AND SUPPORT FOR OTHERS
- ✓ Anxiety and depression
- ✓ Bereavement help
- ✓ Healthy eating
- ✓ Food and education
- ✓ Health Checkers can deliver:
 - ✓ Bowel health, “healthy poo, healthy you”.
 - ✓ Reasonable adjustments
 - ✓ Respiratory health and dental health
- ✓ GP to attend



- ✓ Someone to come from cerebral palsy or other health conditions

Relationships

- ✓ Relationships
- ✓ Opportunities to socialise with others and access opportunities
- ✓ Friendships and socialising
- ✓ Hate crime online and online abuse and scams
- ✓ Bullying advice
- ✓ Support when we're afraid to talk
- ✓ Advocacy services
- ✓ Bullying



Organisations

- ✓ Police
- ✓ Dentist
- ✓ Nurses
- ✓ Surgeons
- ✓ Ambulance
- ✓ Hannah Offord to come back
- ✓ Shared Lives to come back
- ✓ Have the LD team back

Social services

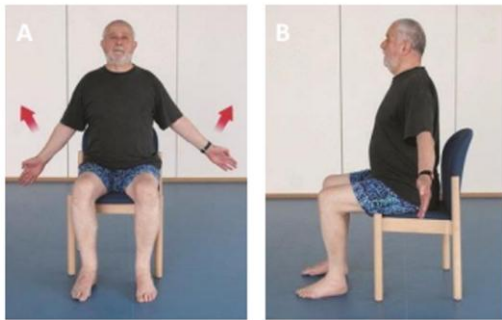
- ✓ More information about disability care packages for wheelchair users
- ✓ Photo ID for elections



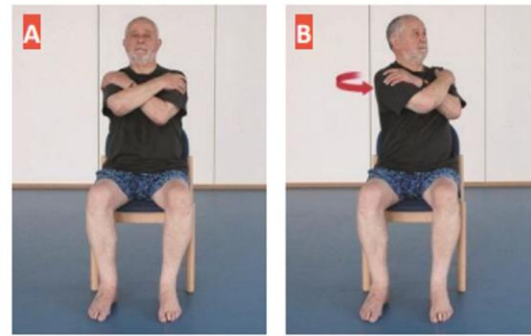
Healthy Living – NHS Seated Exercises that we can easily find and try at home.

Mary Simpson from Healthwatch took us through some seated exercises.

CHEST STRETCH



Upper Body Twist



<https://www.nhs.uk/live-well/exercise/sitting-exercises/>



Activities share

We had a table discussion to share activity ideas that people can participate in by looking at posters provided by the Learning Disability team and Drama activities compiled by Tracy Crum.

These are in the Appendix.



Evaluation – Reflections of the day

Comments were as follows:

HOV May 2026 Evaluation - 26 Evaluations in total

Have you found the event useful?

Yes: 19

No: 1

“some of it ,yeah”

What did you like about the event?

Mindfulness with Matt Hudd

Seeing Friends

The fruit

The Man Manual

Location

The nurses’ talk

Meeting the nurses again

All of it

The first bit – mindfulness session

Community Action; Support; Living hours (possibly Community Activities Survey?)

The fidget toys

Different presentations

Chance for everyone to ask questions

I found all of the presentations very interesting and learnt a lot

Presentations, All the presentations, The presentations, Presentations

Audience participation

Listening to different people's topics

Men's health

See lots of people enjoying themselves

All of it, Everything

I really liked it

Men's presentations

The nurses

Mindfulness with Matt Hudd

Meeting people

Food

Staff

What I like is about teaching us about things and talking to us and inviting me to come

What didn't you like about the event?

The coffee, No fruit juice

The noisy mic, The hum from the lights, The noise

Too much talking

Too long – shorten if down a bit, I think it's too long

Noise

Would you like to come to the next Hear Our Voices event?

Yes: 22

No: 3

We shall reflect on your feedback and aim to constantly improve!

See you on October 15th 2026!



Appendix 1 Drama opportunities

Want to take part in drama and performance based experiences?

This list of opportunities that welcome people with a learning disability has been compiled by a person with a learning disability for you.



HEREFORD AMATEUR PANTOMIME SOCIETY

EST. 1982

Herefordshire Amateur Pantomime Society - HARPS.

Very welcoming and inclusive. Email patty.archer@btinternet.com

We consist of volunteers who love to perform an annual pantomime.

Our main purpose is to raise money for the local charities in Hereford.

At HAPS we are always hard at work all year round, whether it be:

- Our production team planning next year's show,
- Our committee discussing current affairs,
- Or creating fundraising events for ourselves and supporters.

Website: <https://herefordpanto.co.uk> Email : marketing@herefordpanto.co.uk

Facebook: <https://www.facebook.com/herefordpanto>

Cost: Subscription fee – concessions £35

About Face

About Face offers five different experiences of theatre across the week:

The Performance Company; Drama for All; Theatre Skills; Theatre Foundation; Youth Theatre (for young adults aged 18–29 with learning or physical disabilities). We place participants based on their interests, abilities, and availability, ensuring everyone finds the right fit.

Martha Palmer-Fosbury, Artistic Director

About Face is open Mondays – Fridays 9.30am – 3.30pm and can found at The Forbury Workshop, 15A Church Street, Leominster, HR6 8NE

If you need to contact the project directly, then please call 01568 616301

<https://www.echoherefordshire.org.uk/activity/about-face/>

Funding in line with ECHO services. You can book a free taster day.



Cracked Slipper Theatre Company:



We are open to all age groups with projects and workshops aimed at a mix of ages but predominantly our work is with young people aged between 10 years to 25 years of age. We offer free to attend Drama groups and we reach out to those who may not be able to access the arts due to social and financial barriers.



We specialise in delivering a free to attend drama group that challenges and changes attitudes through issue-based drama.

Little Slippers is a free-to-attend drama group for children aged 7-10 years. Little Slippers runs every Monday from 4.30pm-5.30pm term time only at The Kindle Centre Hereford.

Drama 4 Change is a free to attend drama group for 10-18 years. Every Monday, 5.45pm-7.45pm at The Kindle Centre in Hereford.

Thought Bubble is a free to attend drama group for Neurodivergent young people aged 16-25 years. We run Every Monday 5.45pm-7.45pm at The Kindle Centre in Hereford

Ed Payne, Director <https://www.thecrackedslippercompany.org>

Contact through form on website or by phone The Kindle Centre - Belmont Rd, Hereford HR2 7JE [Phone: 01432 278070](tel:01432278070)

Courtyard Youth Theatres: in Bromyard, Ledbury and Hereford.



The Courtyard Youth Theatre gives young people the opportunity to develop a range of performance and personal skills in an inclusive, nurturing and respectful environment.

Options include: Hereford Youth Theatre; Bromyard Youth Theatre; Ledbury Youth Theatre; Ross-on-Wye Youth

Theatre; Film Making Club; Actors Academy - Writing for Performance

To find out more about joining Youth Theatre, contact:

takepart@courtyard.org.uk or 01432 340555 or fill form on website page to complete a Youth Theatre Application Form.



Appendix 2 – Active activities to participate in.



www.pedalabikeaway.co.uk/cycling-trails-for-everyone/familyleisure-cycling/

We love welcoming both locals and visitors to the area. We have wide array of top quality hire bikes for both the family cycle trail and the mountain bike trails. We have a cafe that caters for all dietary needs including famous homemade cakes and exceptional coffee, a workshop to fix any repairs your bike may need and a bike shop to sell you lots of lovely cycling related things. Essentially, we are a one stop shop!



The **traffic free** "Colliers Trail" (previously named "Family Cycle Trail") in the Forest of Dean is the perfect place to ride with family & friends and is directly accessed from Pedalabikeaway at the Forest of Dean Cycle Centre. This gentle bike trail follows old railway lines with opportunities to stop at viewpoints to learn about the area's historical heritage. You can shorten the trail with **Hicksters Way Loop** (approximately 4 miles)

THE COLLIERS TRAIL

Difficulty: Green

Trail Length: Nearly 10 miles

Trail Time: 1hr 30m to 3h

Highlights: Severn and Wye railway line, coal mines, Mallards Pike Lake, traffic free

A surfaced, circular route, suitable for all ages and abilities. The trail is best ridden in a clockwise direction, with link routes connecting to nearby villages and picnic sites. The Colliers Trail is one of the most popular traffic free cycle routes in Britain. Visitors can spot some of the local wildlife including wild boar, roe deer and even goshawk.

Want a break on the way around? Visit our café at the beautiful Mallards Pike Lake for homemade breakfast, lunch or light snack and fantastic, locally roasted coffee.

Pedalabikeaway Cycle Centre Cannop Valley: Nr Coleford Forest of Dean GL16 7EH

Telephone: 01594 729000

Hours 9am-5pm daily, 9am-9pm Thursdays, 9am-7pm Saturdays




halo
LEISURE

**EXERCISE
REFERRAL
PROGRAMME**




...where you are supported to exercise in one of Halo's safe, friendly and welcoming centres across Herefordshire.



There is no age situation or condition where physical activity is not a good thing

Your Health Professional at your surgery thinks **you would benefit** from taking part in **regular physical activity** and has recommended you to Halo Leisure and its Exercise Referral Scheme.




haloleisure.org.uk


halo

Here's how **HALO** can help you to move more to **improve your health & wellbeing:**

- A member of the Halo Exercise Referral Programme will contact you shortly.
- They will arrange to meet with you at a Halo Leisure centre for a friendly 1-1 appointment which will last no longer than 1 hour.
- They will listen to the activities you would like to do and also make suggestions too.
- Don't worry if it's been some time since you have taken part in physical activity - a fully qualified exercise specialist will provide support, advice and encouragement.
- They will talk you through your options - either on a pay-as-u-go basis or through a membership package.
- If you have any questions please contact us on:

halorefer@haloleisure.org.uk

Moving more will get **YOU** on the path to a **HAPPIER, HEALTHIER YOU.**

We hope to see you soon

haloleisure.org.uk



PRICES

Get unlimited access to Halo clinic sessions & access to gym, swim, toning suite, classes, golf & cycle track across Halo Herefordshire centres for £22 per month direct debit.

- Discount available for people receiving certain benefits.
- First consultation £5
- Pay-as-u-go prices available.


halo



HEREFORD CYCLE TRACK



£1.6m cycling facility for our local community



Located on the outdoor space at Hereford Leisure Centre



Free from traffic fun for all riders

Family activities - Recreational cycling
Training, competitive events and club use



Floodlit 1km closed circuit tarmac track



Off road track



Learn to Ride area for children

Laid out to mimic a road layout. Learn the Highway Code before heading out onto a live road



Adaptive bikes available for hire to support riders with disabilities



Cycle hub

Social area, toilets etc



Included in Active Halo Memberships



Find out more and view timetables at
haloleisure.org.uk/herfordcycletrack



hello from halo

A registered charity and social enterprise

Creating healthier communities



Inclusive Cycling For All...

We're thrilled to offer adaptive cycling sessions on our Cycle Track at Hereford Leisure Centre. Designed to make cycling accessible to everyone in the community, especially those with disabilities who might not otherwise have the chance to ride.

Details:

- Mondays, Wednesdays, Thursdays, Fridays
- 9:30 AM – 1:30 PM
- Accessible facilities, including toilets, on site

Cost:

- Included in Halo membership
- £2 concessions for non-members
- Carers ride FREE

Adaptive bikes are provided free of charge! Come along, enjoy the freedom of cycling, and be part of a supportive community environment!

You can book your slot on the Cycle Track website here, <https://haloleisure.org.uk/herefordcycletrack/track-timetable-bookings/> or via the Halo App at Hereford Leisure Centre or give us a call on 0142 842075 to find out more.

FEEL GOOD FOR LIFE...

Opportunity for people living with dementia, loneliness or depression to be active and to socialise.

Hereford Leisure Centre

Every Thursday
11.30am - 1.15pm

Join us and enjoy fun friendly keep fit activities. With assistance from specially trained staff. Then relax, chat and catch up with new friends over coffee, tea and biscuits.



£2.50 per person
Complimentary refreshments

**Carers go
FREE**

For more information, or to book call **07977 946989**
or visit www.haloleisure.org.uk/feelgoodforlife



www.haloleisure.org.uk


halo



Cotswold Boatmobility

We offer:

- Accessible boating for all with mobility or learning disabilities, together with friends and families.
- An opportunity to take part in water based activities on the Stroudwater Canal and have fun.
- A **Wheelyboat** which is wheelchair accessible and can be controlled from a wheelchair. It has a quiet and environmentally friendly electric motor. Seats up to eight.
- A pontoon boat which, depending on the weight, can take up to six wheel chairs.
- Five **Katakanus**. A Katakana is a very stable catamaran canoe. Seats up to six. Paddling is a shared activity



Where are we based and when do we go out?

We are based on the Stroudwater Canal at Harper's Field near the new auction rooms. From Horse Trough Roundabout in Stonehouse take the Ebley Road (signposted Ryeford, Ebley and Council Offices). We are the second entrance on the right and we usually have a flag out to mark the gate. (See map below for location, or search for Cotswold Boatmobility on Google maps.)

Parking is available, including disabled parking. We ask people arriving by car or minibus to park carefully and respect the needs of the local residents.

We go out as advertised on our [Facebook page](#), or by arrangement with individuals or groups, mainly on Mondays and Wednesdays but anytime to suit including weekends and evenings in summer. We go out all year round in all weathers - please come dressed appropriately.



<https://www.cotswoldboatmobility.org.uk/>





Coaching delivered by



Join Aspire United FC today



football

Aspire Living supports **adults with a learning disability** to live the life they choose. Our **passionate** and **dedicated** team of footballers is looking for more players. People of **any ability** are welcome to join - you just have to **love football**.



time and place

Every Tuesday, 10am to 11am
Pegasus FC, HR1 1EX
Paces deliver our club high quality, serious coaching.



contact

Contact the **Aspire Living Hub** for more information on **01432 266 881**
Or contact **Ian Smith** on **07730 530 113**





What's On at Aspire Monday Club
May 2024

If you would like more information on Monday Club please contact 01432 266881 or 07934 299172 or email tarah.mackley@aspireliving.org.uk
Radfords Rooms Radfords Rooms Radfords Rooms Radfords Rooms

Morning 10.15-12.30	Daytime 1.00-3.30 PM	Afternoon 3.30-6.30	Evening 6.30pm – 9.00pm
Crepe Day Community Hub 11-1.00 PM	Games and Fun Community Hub 1.00-4.00 PM	CLOSED	CLOSED
13 th May Lofty & Rich £13.00	  bingo 1.30-2.30	Social Afternoon Games and Chat Meet Friends Old and New	Games Night
20 th May Lofty & Rich £13.00	 dance 1.30-2.30	Social Afternoon Games and Chat Meet Friends Old and New	Cindy Dance Night 
27 th May Creative Fun Day 10.00-4.00 Community Hub	Creative Fun day  And Tea Coffee Community Hub	CLOSED	CLOSED
3 rd June Lofty & Rich £13.00	BINGO   bingo 1.30-2.30	Social Afternoon Games and Chat Meet Friends Old and New	 karaoke





**MATT HUDD IS INSTRUCTING A MARTIAL ARTS CLASS
FOR ADULTS WITH LEARNING DISABILITIES.**

**WEDNESDAY 1:30PM – 2:15PM.
FREE**

PLEASE CALL MATT FOR FURTHER INFORMATION.

**16 CONINGSBY STREET
HEREFORD
HR1 2DY**

 **07915 450 663**



TALK COMMUNITY

LEOMINSTER HEALTHY LIFESTYLE GROUP

LOOKING TO IMPROVE YOUR LIFESTYLE BUT UNSURE WHERE TO START?



THIS WEEKLY GROUP IS LED BY A HEALTH AND WELLBEING TRAINER WHO CAN SUPPORT YOU WITH GOAL SETTING AND BEHAVIOUR CHANGE.

EACH WEEK THERE IS AN OPPORTUNITY TO PARTICIPATE IN SUPERVISED AND ADAPTABLE GENTLE EXERCISE.



WEDNESDAYS
1.30PM - 2.30PM
HALO LEISURE CENTRE, LEOMINSTER



TO BOOK A PLACE PLEASE CONTACT US:
HLTS@HEREFORDSHIRE.GOV.UK 01432 383567



<https://www.courtyard.org.uk/events/music-and-movement-for-the-mind-autumn-2025/>



Music and Movement for the Mind – Autumn 2025

Thursday 27 November 2025 - To Thursday 18 December 2025

Tickets: £7.00

Event Information

Duration: 45 minutes

Thursdays, 2pm

[The Courtyard & Wye Knot Community](#) is thrilled to present a new series of seated armchair sessions designed to nourish the mind and body. Immerse yourself in the joy of gentle movement and uplifting music, expertly guided by Rose Sales.

Dementia-Friendly & Inclusive

Rose Sales, a renowned movement and music specialist with extensive experience working with individuals living with dementia in Hereford and Leominster spreading her joy in the local care nursing home.

Experience the Benefits

Gentle Movement: Enjoy seated exercises that promote flexibility, balance, and coordination, expertly guided by Rose.

<https://www.courtyard.org.uk/events/music-and-movement-for-the-mind-autumn-2025/>

Engaging Props: Explore a variety of props that stimulate cognitive function and enhance sensory experiences.

Uplifting Music: Discover the therapeutic power of music as it evokes memories, lifts spirits, and fosters a sense of joy.

A Community of Joy: Rose is dedicated to creating an inclusive and supportive environment where everyone feels welcome and valued. Her infectious enthusiasm and motivating spirit will make each session a truly uplifting experience.

Let Rose guide you on a journey of mindful movement and melodious moments.

Dementia Friendly Events are supported by:

GM Morrison Foundation



Radio ECHO

Radio ECHO provides the opportunity for participants to learn all the skills needed to take them from production meeting ideas through live stream broadcasting.

[LISTEN LIVE Tuesdays & Fridays, 1.30pm to 3.00pm](#)

Radio ECHO: Live! has been going out on Tuesday afternoons since February 2022 and is a mix of features, news, music and lots of banter.

But there's now twice the fun as a second show – Thank Friday It's Radio ECHO – was launched in July 2024 and is to be heard every Friday.

The two shows are quite different in content but share some basic similarities. On both days, the teams start with a blank page and devise what they will do in the show during the morning. They then set up the broadcast equipment, sound check and then go live for an hour and a half or more, recording the show so it can be released later as a podcast.

Along the way, everyone learns about using the equipment – microphones, mixing desk, DJ software and more – as well as improving their IT skills and becoming confident in front of a mic.

Most importantly, the members have learned a lot about working in a team, respecting different ideas, working very hard, learning from mistakes and pursuing excellence in everything they do – all whilst having the most fun possible.

At the moment, while ECHO is looking for the most appropriate vehicle to host the podcast, About Face has kindly offered to be the temporary host.

[Listen Anytime Here!](#)

The participants rotate roles every week to maximise their learning and experience. These include:

- News reading and making announcements
- DJ-ing music and jingles
- Learning to use microphones, the mixing desk and other technical equipment
- Working as a team to a tight deadline
- Aiming for excellence and broadcast quality





Radio ECHO Project Details:

Open: Tuesdays and Fridays, 9.30am to 3.30pm

COST: ECHO is an approved provider with Herefordshire Council and so the cost of attending a day service can often be included in a support plan. We accept commissioned places, direct payments or self funded attendees

HOW TO CONTACT US:

Nick Baker

Call on 01568 610 525 / 01568 620 307

Nick.baker@echoherefordshire.co.uk

or for new referrals, Claire Mee

claire.mee@echoherefordshire.co.uk

Call on 01568 620 307

Unit 4, Buttercross Arcade, Leominster, HR6 8BN

**Score
Community
Opportunities
Hereford**



Score Community Opportunities

Hereford – providing high quality opportunities and activities for people with mild to moderate learning disabilities at the heart of Hereford.

Our Ethos: we support people to enjoy the community they are part of, by engaging in fulfilling activities and opportunities that they choose.

Opening Times 09:00 – 15:00, Monday to Friday

We have allocated parking for drop off/pick up only.

Cost: £52.30 per day (half day sessions available)

Additional £2 a day for hot and cold refreshments (50p a day for cold refreshments only). People we support have access to the kitchen and can make a drink at any time, refreshments are unlimited.

Spaces are available throughout the week.

Activities we offer

We work in and around the community, making full use of local facilities, including accessible sessions for people with learning disabilities. We offer a variety of activities, with a focus on health and wellbeing as well as enabling people to grow or maintain their independent life skills, but daily programmes are flexible, and co-produced with the people we support.

Some of the activities are:

Sports and fitness: Racquetball, Kung Foo, Football, walking for fitness

Life skills: cookery, making drinks, transport training, health and safety responsibilities

Arts and creative: crafts, music, photography, dance

Wellbeing: manicures/hand massage, relaxation and meditation

We have access to trained and professional coaches for our fitness activities.

What to bring: Dress for the weather as we are often out and about in the community: coats, sunhats and sunscreen.

A packed lunch.

Some money to purchase a drink while out if you wish.

Claire Jackson

Support Manager

Affinity Trust

Score Opportunities, 5 Catherine Street, Hereford HR1 2DU

Tel: 01432 379 380

Email: score@affinitytrust.org



FOR MORE INFORMATION PLEASE SCAN THE QR CODE





Tel: 01432 340555

<https://www.courtyard.org.uk/events/singing-for-health-and-happiness-2026/>



Singing For Health and Happiness 2026

Friday 9 January 2026 -To Friday 27 March 2026

Cash payment on the door.

Event Information

Duration: 1 hours 0 minutes

Fridays 2-3pm – Term time only

Singing For Health & Happiness (S4H&H) gives people the opportunity to come together to improve various health and well-being issues (or none) by singing great songs and participating in singing games and accessible breathing exercises

