**Inclusion Network Herefordshire, December 2020**  

**Here are some things to do during the Christmas holidays.** Allinteractive is for all families, especially families with disabled children and young people in Herefordshire, funded by Herefordshire Council and delivered by Marches Family Network. These listings are available on [www.marchesfamilynetwork.co.uk](http://www.marchesfamilynetwork.co.uk) COVID-19 guidelines remain stay safe, practice good hygiene and the rule of 6 adults. Local and national advice may change so check with activity providers. For more details contact me on**- 07541748953 or** **development@marchesfamilynetwork.org.uk****. Angela, Allinteractive Inclusion Herefordshire**

**Allinteractive family things to do off and online in and virtually in Herefordshire**

* **Christmas lights** lots of towns and villages in Herefordshire including www.bromyardchristmaslights.co.uk
* **Cinderella, Live streaming** - Panto Live, for more details <https://pantolive.com/>
* **Dance Fest end of term YouTube channel, Wrap Up 18th Dec at 6pm** everyone welcome, https://www.dancefest.co.uk/performances/winter-wrap-up
* **Easy Peasy Christmas Star biscuits** https://www.easypeasyfoodie.com/easy-peasy-christmas-star-biscuits/
* **Hansel and Gretel online** more details at the Courtyard Arts Centre for families with children 7 years and under <https://www.courtyard.org.uk/digital/hansel-gretel-on-demand/?iframe-enable=0>
* **The Nutcracker BALLET ONLINE at The REP, *18 - 24 DEC 2020* https://www.birmingham-rep.co.uk/whats-on/the-nutcracker-at-the-rep.html**
* **National Trust, Croft Castle, Herefordshire Peter Rabbit Trail all weekends in Dec (except 26th Dec0 to 10th Jan) booking not needed but may be useful to check** [**https://www.nationaltrust.org.uk/events/95cd4ba9-822d-4781-ad7c-9614db147a2f/pages/details**](https://www.nationaltrust.org.uk/events/95cd4ba9-822d-4781-ad7c-9614db147a2f/pages/details)
* **National Trust Herefordshire**, Berrington Hall and a Georgian Xmas theme, has an excellent changing place with hoist changing bed and adjustable height sink. Annual membership for Disabled children under 16 is £10, carers go free and for Disabled 17 to 25 years old membership is c.£34 and includes parking and carers go free. You need to book in advance <https://www.nationaltrust.org.uk/lists/herefordshire>
* **Newbridge Farm** nr Ledbury open plus Christmas 19th Dec New year 2nd Jan booking essential, 01531 670780 <http://newbridgefarmpark.com/>
* **Teens’ Christmas films list** <https://www.seventeen.com/celebrity/movies-tv/g30141900/best-teen-christmas-movies/>
* **Family Lives** <https://www.familylives.org.uk/advice/your-family/special-educational-needs/fun-things-to-try-with-disabled-children/>

**2. More off and online activities in and around Herefordshire and beyond!**

* **Green Spider Climbing,** HR2 6LR, more details 01432 277716, climb@greenspiderclimbing.com
* **Gympanzees** <https://www.gympanzees.org/>
* **Flip Out Hereford** [**https://www.flipout.co.uk/view/flip-out-hereford**](https://www.flipout.co.uk/view/flip-out-hereford) **the Parent Carer Voice group have a card that can let carers in free for more information contact Parent Carer Voice Herefordshire** <http://parent-carer-voice-herefordshire.co.uk/Parent>
* **Mabel’s Sensory Activities** https://www.facebook.com/mabelssensoryactivities/
* **Oakerwood Leisure, Kingsland** <https://www.oakerwoodleisure.co.uk/>
* **Play Planet Hereford** – (children up to 12 years) weekdays 9am to 3pm and weekends 9 to 11, 11.30- 1.30pm, 2pm – 4pmfor more info contact Rachel or Atlanta 01432 355777 or playplanethereford.gmail.com – under 5s areas prices under 2s £2, 2-4 £4 and 5-12 £6
* **Starlight Dance and Fitness Hereford,** on and offline http://starlightcompany.co.uk/
* **Woodland Trust -** Use their website to find walks in Herefordshire such as Haugh Woods <https://www.woodlandtrust.org.uk/visiting-woods/woods/haugh-wood/>
* **Wyevalley easy access walks** <http://www.wyevalleywalk.org/content.php?nID=28>

**3. Arts, Stories and Performance**

* **Bag Books** <http://www.bagbooks.org/current-projects>
* **Everybody Dance** with lead artist, Rachel Freeman <https://everybodydance.org.uk/>
* **Graeae Theatre** [**https://graeae.org/news-opinion/**](https://graeae.org/news-opinion/)
* **Kidadl** loads of ideas and activities [**https://www.kidadl.com/**](https://www.kidadl.com/)
* **Music Mark** free online resources <https://www.musicmark.org.uk/resources/live-music-now-free-online-video-concert-library/>
* **Open Culture** for lots of free films, audio, online books etc. [www.openculture.com](http://www.openculture.com)
* **Pamis** storying telling <http://pamis.org.uk/?page_id=7>
* **Story Massage** <https://www.facebook.com/StoryMassageProgramme>
* **Tate Galley** lots of things to do and make <https://www.tate.org.uk/kids>
* **Unlimited** - https://weareunlimited.org.uk/

**Information and well-being Herefordshire**

* **Homestart** <http://www.home-startherefordshire.co.uk/>
* **LookUK**, based in Hereford, offers lots of great online sessions for visually impaired children and young people and their families. [www.look-uk.org](http://www.look-uk.org)
* **Marches Counselling Service, Hereford** [01432 279906](https://www.google.com/search?gs_ssp=eJwFwUsKgCAQAFDaRodwUeumcSrxCN2idPxAGSiF3b732m7044QmfTVJD40eoJJagXa5oCSEZXYaqgWaUZE6CA_rpNv6a88mcBHmflLh84zJi8L5jYZF4MzuzvYHr-QctA&q=marches+counselling+service+hereford&rlz=1C1CHBD_en-GBGB853GB853&oq=marches+counselling+&aqs=chrome.1.69i57j46.7732j0j15&sourceid=chrome&ie=UTF-8)[**www.**marchescounselling.org](http://www.marchescounselling.org),
* **Marches Family Network** [**https://www.marchesfamilynetwork.co.uk**](https://www.marchesfamilynetwork.co.uk) **MFN** provide shortbreak activities for children and young people with disabilities and additional support needs & family signposting and support.
* **National Autistic Society Herefordshire** <https://nas-herefordshire.co.uk/>
* **NoWrongDoor youth support and groups** <https://www.facebook.com/NoWrongDoorHereford/>
* [**Worcester Health Care NHS covid-19 info, https://www.hacw.nhs.uk/sltcovid19**](file:///C%3A%5CUsers%5CDevelopment%5CDesktop%5CtodosAprilMayJune2020%5CINHEREaprilmayjunejulyaug2020%5CWorcester%20Health%20Care%20NHS%20covid-19%20info%2C%20%20https%3A%5Cwww.hacw.nhs.uk%5Csltcovid19)

**Information and well-being**

* **Council for Disabled Children** <https://councilfordisabledchildren.org.uk/help-resources/resources/covid-19-support-and-guidance>
* **Family Fund** <https://www.familyfund.org.uk/Blogs/family-stories>
* **Fledglings,** <https://www.fledglings.org.uk/collections/sensory-stocking-fillers>
* **Historical Association** lots of ideas and things to do. https://www.history.org.uk/
* **Energy Diary, Light Foot,** a fun diary to check at home or school<https://lightfootenterprises.org/>
* **MENCAP** https://www.mencap.org.uk/blog/create-your-own-sensory-story-7-step
* **My Family Our Needs,** www.myfamilyourneeds.co.uk/supporting-yourself/family-wellbeing/
* **Sensory Trust**  www.sensorytrust.org.uk/information/factsheets/social-sustainability-toolkit.html
* **Tired Out and the Family Fund**  <https://www.tiredout.org.uk/>
* **Widgit symbols** <https://widgitonline.com/>

**More days out and in**

https://www.dayoutwiththekids.co.uk/blog/christmas-events-near-you

[**https://fantasticforfamilies.com/**](https://fantasticforfamilies.com/) **- great things to do and see off and online.**

<https://www.eatsleepliveherefordshire.co.uk/>

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

https://dickensmuseum.com/blogs/all-events/virtual-christmas-housemaids-tour?

<https://www.novemberclub.org.uk/Event/lost-found-and-told-new-audio-tales-for-northumberland>

<https://artsreach.co.uk/event/a-christmas-carol-online>

<https://www.wolseytheatre.co.uk/shows/the-snow-queen-online/>

<https://pioneersgallery.littleinventors.org/pioneers-invention-gallery>

https://www.airarts.uk/wp-content/uploads/2020/10/AirArts\_TakeTime.pdf

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**Contact Allinteractive**  for more details  **01568 614908 or 07541748953** **development@marchesfamilynetwork.org.uk** [**www.marchesfamilynetwork.org.uk**](http://www.marchesfamilynetwork.org.uk)

**Unable to wear a mask**? Euan’s Guide is providing free ‘face mask exempt’ badges to help people who cannot wear a face covering to get out and travel without harassment, [www.**euansGuide.com/badge**](http://www.euansGuide.com/badge)Alternatively a lanyard can be obtained from Hidden Disabilities. The lanyard and exempt card costs 55p. www.hiddendisabilitiesstore.com/shop.html (information from SIL newsletter <https://www.s4il.co.uk/> )

**Multi Agency Safeguarding Hub (MASH)** If you need urgent help contact the MASH teams in Herefordshire on 01432 260800 or in Shropshire on 0345 6789021.

**Happy Christmas and a very happy 2021**