



FirstLight Trust
Supporting veterans locally

afvbc
ARMED FORCES & VETERANS
BREAKFAST CLUBS
Return to the Tribe
HEREFORD
www.afvbc.NET



MONTHLY NEWSLETTER – DECEMBER 2024

EVENTS / ACTIVITIES FOR VETERANS / SERVING PERSONNEL

Every Saturday

*Armed Forces & Veterans Breakfast Clubs meet @ Wetherspoons.
Alternate weeks 0930 'ish – 1100 'ish @ Hereford or Leominster

Every Monday

Mental Health nurse available @ HVSC* – drop in for a chat
Plus, Head, Hand, Leg Massage by RNIB Student, Megan (term-time only) 10 – 3pm Free

Every Wednesday

Football then Brew & Banter 1700 @ HFA pitch Widemarsh Common. FREE. First Light Trust. Not 25th!
'Encore' Veterans Choir @ The Courtyard 10.00 – 11.00 FREE

Cafe Muse @ the Courtyard, Hereford 11.00 – 1500 FREE (Last meet 18th. Start back 8th Jan.)

Every Thursday

Veterans Brunch @ the HVSC* 10.30 – 1330. FREE / £2.00 donation (Not 26th Dec!)
Art4Veterans @ Hinton Community Centre 1100 – 1400 Contact art4veteransh@gmail.com
(Last meet 19th. Restart 9th Jan.)

Monday to Saturday

The First Light Café Broad Street. 0830 – 1600 (Closed 25th & 26th Dec)

*@Herefordshire Veteran Support Centre, 100 Widemarsh Street, open Mon to Fri 10 – 5pm

Christmas Week open as normal - except for Tues 24th (½ day), Closed 25th / 26th Dec.

Pain Clinic Thurs 19th Dec / D.W. Pensions Fri 27th Dec - Queries? Ring HVSC 01432 260656

*All veterans / serving personnel are welcome to join us for a fortnightly breakfast get-together, and banter swap. (No fees) Apply Facebook HAFVBC, and "REJOIN THE TRIBE"

Ring 07436 7211140 or E-Mail afvbchereford@gmail.com

Why don't you join us for Breakfast?



HEADS UP - for THURSDAY 23RD JAN - at THE COURTYARD

Tickets £25 – FUNDRAISER FOR HVSC

An evening with LOUIS RUDD MBE (ex- RM & SAS) REACHED S. POLE x 6 TIMES

(Only person, ever, to have traversed Antarctica under human power, and done it twice)