

MONTHLY NEWSLETTER – FEBRUARY 2025

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 Tuesday

Veterans Brew and Banter @ The Lion Café, Kington, 11:30-13:30

Every Wednesday

'Encore' Veterans Choir @ The Courtyard 10.00 – 11.00 FREE
Cafe Muse @ the Courtyard, Hereford 11.00 – 1500 FREE

Every Thursday

Veterans Brunch @ the HVSC* 10.30 – 1330. FREE / £2.00 donation
Art4Veterans @ Hinton Community Centre 1100 – 1400 art4veteransh@gmail.com

Every Friday

Brew & Banter @ the Tipsy Cat Café, Bridge Street. 11.00 onwards (10% discount to Vets)

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

Pain Clinic Thurs 20th Feb / D.W. Pensions Fri 22nd Feb - Queries? Ring HVSC 01432 674853

HEREFORD ARMED FORCES AND VETERANS BREAKFAST CLUB

*All veterans / serving personnel are welcome to join us for a fortnightly Saturday 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 : Meet **ALEX** – Extreme athlete, 3 x Ultras in 3 months, '**Project Possible**'.

Advocating for Men's Mental Health. THURSDAY 6th Feb 1930 at The NMITE Skylon Building, Rotherwas.

DON'T MISS THIS –

ART EXHIBITION – Creativity from our Armed Forces Community, De Koffie Pot, Left Bank Village,
GALLERY OPEN FRIDAY 7th - MONDAY 10th FEB 1100 – 1600.