

## MONTHLY NEWSLETTER – APRIL 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 (Not 14<sup>th</sup> – 27<sup>th</sup>) 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 (Term fees apply)  
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](mailto:art4veteransh@gmail.com)

Every Friday

Brew & Banter @ the Tippy Cat Café, Bridge Street. 11.00 onwards (10% discount to Vets)  
Coffee & Cake for the (mil & ex-mil) Ladies, De Koffie Pot, Bridge Street. 1100 – 12.30  
Booking essential – 01432 674853

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

NEW!! Free legal advice – Lanyon & Bowdler 1100 – 1300 Wed 9<sup>th</sup> April

Pain Clinic Thurs 21<sup>st</sup> Apr / Dept. of Work & Pensions Fri 18<sup>st</sup> Apr plus another day TBN.

BARS Sessions – (Bookable) 1100 – 1400 Thursday 24<sup>th</sup> April

Queries? Ring HVSC 01432 674853

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#### 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/no dress code/no rank) The King's Fee, Wetherspoons, Commercial Road, Hereford. Apply Facebook HAFVBC, and "REJOIN THE TRIBE"

Ring 07436 7211140 or E-Mail [afvbchereford@gmail.com](mailto:afvbchereford@gmail.com)

Why don't you join us for Breakfast?

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#### VETERANS DAY TRIP TO THE NATIONAL MEMORIAL ARBORETUM

Bookable through the HVSC. £10 each. Mobility scooters available on site if booked in advance.

Thursday 17<sup>th</sup> April – Pick-ups Hereford – Leominster - Bromyard