

MONTHLY NEWSLETTER – JANUARY 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 (7th Jan on)

Every Wednesday

'Encore' Veterans Choir @ The Courtyard 10.00 – 11.00 FREE
Cafe Muse @ the Courtyard, Hereford 11.00 – 1500 FREE (8th Jan on)

Every Thursday

Veterans Brunch @ the HVSC* 10.30 – 1330. FREE / £2.00 donation
Art4Veterans @ Hinton Community Centre 1100 – 1400 art4veteransh@gmail.com (9th Jan on)

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 16th Jan / D.W. Pensions Fri 24th Jan - Queries? Ring HVSC 01432 674853

**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 - 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)