

JULY 2025

THE MONTHLY LIST OF ACTIVITIES FOR VETERANS AND ARMED SERVICES PERSONNEL IN THE HEREFORD AREA



Return to the Tribe
HEREFORD
www.afvbc.NET



100 Widemarsh Street, open Mon to Fri 10 – 5pm

Queries? Ring HVSC 01432 674853

Every Saturday

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

Every Monday

Mental Health nurse Louise available @ the HVSC* – drop in for a chat
Also **Meg's Massage - Head, Hand, Leg.** Free 10 – 3pm

Every Tuesday

Veterans Brew and Banter @ the Border Bean, 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
Football session for Military Vets & Blue Light 5.00 – 6.00pm
@ the SSAFA Herefordshire County Ground (HR4 9NA)

Every Thursday

Veterans Brunch @ the HVSC* 10.30 – 1300. FREE / £2.00 donation
Art4Veterans @ the Hinton Community Centre 1100 – 1400
art4veteransh@gmail.com

Every Friday

Coffee & cake for the (mil & ex-mil) Ladies @ the Cosy Club 1100 - 1230

*@The HVSC – **BARS Session** (Bookable) Thur 3rd July. **Free legal advice – Lanyon & Bowdler** 1100 – 1300
and **'Carers Links'** - Wed 9th July. **Dept. of Work & Pensions** Fri 4th / Fri 25th July
Vets social gathering with tea & coffee - Deer Park Care Home, Ledbury 1400 – Free

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" or E-Mail afvbchereford@gmail.com