

Day	Time	Activity	Location
Mon	10.00-12.00	Email & Internet for Beginners	Training Room, HOPE Centre
	10.30-12.00	Toddler Days - 12months to 5years	HOPE Centre, Bromyard
	13.00-15.30	Midwife Clinic - Appointment Only	HOPE Centre, Bromyard
	13.00-15.00	Email & Internet for Improvers	Training Room, HOPE Centre
	18.30-20.30	Patchwork - create a landscape in fabric	Ring Ros Johansson 01885 4990534
Tues	09.30-12.00	Confident Calculations	Training Room, HOPE Centre
	10.30-12.00	Stay N Play - all ages welcome	HOPE Centre, Bromyard
	11.45-13.15	Start Your Day With Yoga tel - 01981 580 453	Info/Booking - 01981 580 453
	13.00-14.30	Family Relax Zone - all ages welcome	HOPE Centre, Bromyard
Wed	9.30-10.30	MoodMaster Sessions (call for more info)	HOPE Centre, Bromyard
	10.30-11.30	Health Trainer Visit	HOPE Centre, Bromyard
	10.30-12.00	See, Hear and Touch	HOPE Centre, Bromyard
	10.30-12.00	Computer Pick N Mix	Training Room, HOPE Centre
	13.00-14.30	Bumps 'R' Us! - For Pregnant Mums!	HOPE Centre, Bromyard
Thurs	10.00-12.00	Baby Massage - Starts again February 23rd	HOPE Centre, Bromyard - (please ring to book)
	10.30-12.30	Tot Talk (Health Visitor Well Baby Clinic)	Sarah: 07967838902
	13.00-14.30	Family Relax Zone - all ages welcome!	HOPE Centre Bromyard
	15.30-17.00	HALO Ballet Classes	The HALO Bromyard Centre 01432 260280
Fri	09.30-11.30	Family English	Training Room, HOPE Centre
	13.00-14.30	Baby Days 0 - walking	HOPE Centre, Bromyard
DAILY	08.00-18.00	HOPE Early Years 0-5 year olds PLACES AVAILABLE	HOPE Centre, Bromyard
DAILY	09.00-17.00	HOPE Café is now Open - Serving Homemade Soups, Salads, Cakes, Teas & Coffee! Everybody Welcome!	HOPE Centre, Bromyard - Upstairs in the New Building

Family Support

Training

Health

Local activity

Groups Days

For further information on any of our Groups or Courses please call **01885 488495**.

The H.O.P.E Family Centre,
Hereford Road, Bromyard, Herefordshire. HR7 4QU
www.hopefamilycentre.org

Email: admin@hopefamilycentre.org Or training@hopefamilycentre.org



Day	Time	Activity	Location
Mon	10.00-12.00	Email & Internet for Beginners	Training Room, HOPE Centre
	10.30-12.00	Toddler Days - 12months to 5years	HOPE Centre, Bromyard
	13.00-15.30	Midwife Clinic - Appointment Only	HOPE Centre, Bromyard
	13.00-15.00	Email & Internet for Improvers	Training Room, HOPE Centre
	18.30-20.30	Patchwork - create a landscape in fabric	Ring Ros Johansson 01885 4990534
Tues	09.30-12.00	Confident Calculations	Training Room, HOPE Centre
	10.30-12.00	Stay N Play - all ages welcome	HOPE Centre, Bromyard
	11.45-13.15	Start Your Day With Yoga tel - 01981 580 453	Info/Booking - 01981 580 453
	13.00-14.30	Family Relax Zone - all ages welcome	HOPE Centre, Bromyard
Wed	9.30-10.30	MoodMaster Sessions (call for more info)	HOPE Centre, Bromyard
	10.30-11.30	Health Trainer Visit	HOPE Centre, Bromyard
	10.30-12.00	See, Hear and Touch	HOPE Centre, Bromyard
	10.30-12.00	Computer Pick N Mix	Training Room, HOPE Centre
	13.00-14.30	Bumps 'R' Us! - For Pregnant Mums!	HOPE Centre, Bromyard
Thurs	10.00-12.00	Baby Massage - Starts again February 23rd	HOPE Centre, Bromyard - (please ring to book)
	10.30-12.30	Tot Talk (Health Visitor Well Baby Clinic)	Sarah: 07967838902
	13.00-14.30	Family Relax Zone - all ages welcome!	HOPE Centre Bromyard
	15.30-17.00	HALO Ballet Classes	The HALO Bromyard Centre 01432 260280
Fri	09.30-11.30	Family English	Training Room, HOPE Centre
	13.00-14.30	Baby Days 0 - walking	HOPE Centre, Bromyard
DAILY	08.00-18.00	HOPE Early Years 0-5 year olds PLACES AVAILABLE	HOPE Centre, Bromyard
DAILY	09.00-17.00	HOPE Café is now Open - Serving Homemade Soups, Salads, Cakes, Teas & Coffee! Everybody Welcome!	HOPE Centre, Bromyard - Upstairs in the New Building

Family Support

Training

Health

Local activity

Groups Days

EARLY YEARS



For further information on any of our Groups or Courses please call **01885 488495**.

The H.O.P.E Family Centre,
Hereford Road, Bromyard, Herefordshire. HR7 4QU
www.hopefamilycentre.org

Email: admin@hopefamilycentre.org Or training@hopefamilycentre.org

