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**Name ……………………………………..… Email Address ………….………………………………………………..…………. Tel No …………………………**

Here’s the latest update of our online Social and Leisure activities including the return of our first ‘face-to-face’ activities. For online sessions you need to have access to the internet and an email address and have Zoom downloaded to your computer, tablet or whatever device you use.

Choose the activities you would like to do and tick the ‘Yes Please!’ boxes and get the form back to the ECHO office – you can email it if you like to [echo.info@echoherefordshire.co.uk](mailto:echo.info@echoherefordshire.co.uk). We will send you the Zoom link to the activity shortly before it starts.

As you can see, each online session costs £3 but you don’t need to pay ‘up front’ - we will send you an invoice at the end of the month for any activities you have joined. Some sessions have limited numbers, so make sure you book your places as soon as possible! ‘Live’ activities are shaded blue and are as priced…

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Tuesday 1**  **June** | **ECHO does Millionaire**  Fancy meeting up with your friends, joining a team and having a fun time? Then ECHO does Millionaire is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 11.00 – 12.30pm | £3.00 |  |
| **Friday 4**  **June** | **The Rough Mix** *A fun music and percussion workshop…*  Aidan is back to lead your song writing and percussion session. Find something from a kitchen that can be hit, scraped, pinged, or otherwise make a reasonable noise with, and it has to be some item that you feel comfortable with, and are safe and comfortable handling. Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Friday 4**  **June** | **Thank Friday It’s ECHO!**  Is it a TV panel show? Is it a radio station? It definitely is the Antidote to Friday! Have a look back at your week, the week in the news, find out who’s a Mastermind and more. You’ll have to provide your own tea, biscuits, answers and opinions but we’ll do the rest… | 1.30 – 3.00pm | £3.00 |  |
| **Monday 7**  **June** | **Catch Up Coffee Morning…**  So, how was your weekend? What’s happening this week? And how *are* you? Grab yourself a cuppa and come and join some friends to catch up, have a chat and start the week with a relaxed social get-together | 11am - midday | £3.00 |  |
| **Tuesday 8**  **June** | **ECHO does Millionaire**  Fancy meeting up with your friends, joining a team and having a fun time? Then ECHO does Millionaire is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 11.00 – 12.30pm | £3.00 |  |
| **Tuesday 8**  **June** | **Women’s Social Evening**  Join Letty for a girl’s night in, where we can catch up and share our hobbies and passions. From crafts to knitting or even creative writing, if you love doing something and want to share your skills this is the perfect place for you! | 6:00-  7:30pm | £3.00 |  |
| **Thursday 10**  **June** | **House Party!** *A club night in your living room…*  Push back the furniture, turn down the lights, dress to impress and get ready for a big night out. Join our live DJ who will get you up and moving. You can even send in requests! The best night out by staying in… | 7.30 – 9.00pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Friday 11**  **June** | **The Rough Mix** *A fun music and percussion workshop…*  Aidan is back to lead your song writing and percussion session. Find something from a kitchen that can be hit, scraped, pinged, or otherwise make a reasonable noise with, and it has to be some item that you feel comfortable with, and are safe and comfortable handling. Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | £3.00 |  |
| **Friday 11**  **June** | **Thank Friday It’s ECHO!**  Is it a TV panel show? Is it a radio station? It definitely is the Antidote to Friday! Have a look back at your week, the week in the news, find out who’s a Mastermind and more. You’ll have to provide your own tea, biscuits, answers and opinions but we’ll do the rest… | 1.30 – 3.00pm | £3.00 |  |
| **Monday 14**  **June** | **Catch Up Coffee Morning…**  So, how was your weekend? What’s happening this week? And how *are* you? Grab yourself a cuppa and come and join some friends to catch up, have a chat and start the week with a relaxed social get-together | 11:00am-midday | £3.00 |  |
| **Monday 14**  **June** | **The Rendezvous Online** *Young Person’s Get Together..*  The Rendezvous is a night out on the town without leaving your own house for some of ECHO’s younger set for fun, music, quizzes and challenges. We even have our own theme tune! If you want a cool and enjoyable evening, The Rendezvous is for you. | 7.00 – 9.00pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Tuesday 15**  **June** | **ECHO does Millionaire**  Fancy meeting up with your friends, joining a team and having a fun time? Then ECHO does Millionaire is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 11.00 – 12.30pm | £3.00 |  |
| **Friday 18**  **June** | **The Rough Mix** *A fun music and percussion workshop…*  Aidan is back to lead your song writing and percussion session. Find something from a kitchen that can be hit, scraped, pinged, or otherwise make a reasonable noise with, and it has to be some item that you feel comfortable with, and are safe and comfortable handling. Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | £3.00 |  |
| **Friday 18**  **June** | **Thank Friday It’s ECHO!**  Is it a TV panel show? Is it a radio station? It definitely is the Antidote to Friday! Have a look back at your week, the week in the news, find out who’s a Mastermind and more. You’ll have to provide your own tea, biscuits, answers and opinions but we’ll do the rest… | 1.30pm-  3.00pm | £3.00 |  |
| **Monday 21**  **June** | **Catch Up Coffee Morning…**  So, how was your weekend? What’s happening this week? And how *are* you? Grab yourself a cuppa and come and join some friends to catch up, have a chat and start the week with a relaxed social get-together | 11am - midday | £3.00 |  |
| **Tuesday 22**  **June** | **ECHO does Millionaire**  Fancy meeting up with your friends, joining a team and having a fun time? Then ECHO does Millionaire is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 11.00 – 12.30pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Tuesday 22**  **June** | **Women’s Social Evening**  Join Letty for a girl’s night in, where we can catch up and share our hobbies and passions. From crafts to knitting or even creative writing, if you love doing something and want to share your skills this is the perfect place for you! | 6.00pm-  7.30pm | £3.00 |  |
| **Thursday 24**  **June** | **House Party!** *A club night in your living room…*  Push back the furniture, turn down the lights, dress to impress and get ready for a big night out. Join our live DJ who will get you up and moving. You can even send in requests! The best night out by staying in… | 7.30 – 9.00pm | £3.00 |  |
| **Friday 25**  **June** | **The Rough Mix** *A fun music and percussion workshop…*  Join Aidan to shake, rattle and roll! Be ready with something from a kitchen that can be hit, scraped, pinged, or otherwise make a reasonable noise with. Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | £3.00 |  |
| **Friday 25**  **June** | **Thank Friday It’s ECHO!**  Is it a TV panel show? Is it a radio station? It definitely is the Antidote to Friday!  Have a look back at your week, the week in the news, find out who’s a Mastermind and more. You’ll have to provide your own tea, biscuits, answers and opinions but we’ll do the rest… | 1.30 – 3.00pm | £3.00 |  |
| **Saturday 26**  **June** | **Picnic on the Grange, Leominster**  The Women’s Social hosts a picnic on the Grange, followed by ball games. You will need to arrange your own transport and bring your picnic with you. Blankets and Ball games provided.  Open to men & women. Weather permitting & Covid safety rules apply | 11.30am – 3.30pm | £2.50 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Monday 28**  **June** | **Catch Up Coffee Morning…**  So, how was your weekend? What’s happening this week? And how *are* you? Grab yourself a cuppa and come and join some friends to catch up, have a chat and start the week with a relaxed social get-together | 11.00am-  midday | £3.00 |  |
| **Monday 28**  **June** | **The Rendezvous** *Young Person’s Get Together..*  The Rendezvous is back! We return to Shooters Bar, Burgess St, Leominster, HR6 8DE, for our live night out. All the usual fun but no Zoom needed! Bring some for extra money for drinks and snacks...  If you have high support needs, please bring a friend or carer… | 7.00 – 9.00pm | £4.00 |  |
| **Tuesday 29**  **June** | **ECHO does Millionaire**  Fancy meeting up with your friends, joining a team and having a fun time? Then ECHO does Millionaire is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 11.00 – 12.30pm | £3.00 |  |