

For participants, staff, volunteers, families, carers, friends and members

## ECHO Volunteer and Staff Training Day 23<sup>rd</sup> February 2017

Our next training day for ECHO volunteers and staff, is on Thursday 23<sup>rd</sup> February 10.00am until 3.45pm at Grange Court in Leominster. Lee Burden from Autism West Midlands will be our trainer for the day. He will be covering a general overview of Autism, Communication, Sensory Issues and Anxiety.



Lunch and hot drinks will be provided, so we need to know numbers for the catering and for Lee so he can bring the right number of resources with him. Please let us know if you are coming by 17<sup>th</sup> February. It should be an interesting day, and we look forward to seeing everyone.

## Job vacancies with ECHO

### Clever Betsy Project Assistant (Maternity Cover)

Mondays – Wednesdays for 12 months.



We need someone to work with Rebecca and the volunteers at Clever Betsy whilst Zoe is on maternity leave. An interest in arts and crafts plus experience of working with people with learning disabilities essential.

Closing date: 1<sup>st</sup> February.

Interviews: 8<sup>th</sup> February

See our website for more details:

<http://www.echoherefordshire.org.uk/get-involved/work-for-us/>

**We always want to hear about anything you have to say to ECHO**



40, West Street, Leominster, HR6 8ES



01568 620307

Reg. Charity no: 1096449



[www.echoherefordshire.org.uk](http://www.echoherefordshire.org.uk)

## ECHO's Baby Boom



Congratulations to Martha and Zoe who are both expecting babies this spring. Whilst Martha is away her work at About Face will be covered by Suzie Owens. The actors in the main company already know Suzie as she has been a volunteer at About Face for many years.

## Every Step Counts



ECHO members are taking small steps to a healthier life. Walk Leaders Jason and Kevin will be leading walks from Yam Jams and Leominster Town Council Office on Friday lunch times. At first the group will go around The Grange two times. It's hoped that as walkers get fitter they will go around more times.

Each walker will be given a pedometer so they will know how many steps they have taken and a personal diary in which they can record their progress. Angela Pendleton, Mayor of Leominster joined the walkers for the first walk in January.

## Storytellers Visit the Pantomime



In their last session before the break the Storytellers went to see the Aladdin pantomime at the Courtyard. They are following up the visit with a Herefordshire Council Adult and Community Learning course about how magical objects can change a story.

## Volunteers say Hello and Goodbye

We were very sad to lose Andrew Boar who is moving out of Herefordshire. He did a great job volunteering with About Face and will be missed by everyone.

We are very pleased to welcome Molly Higginbottom to Friday Lifelinks and Su Pollard to Storytelling.

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## Lindsey helps at St. Michael's Coffee Shop



Since November Lindsey has been helping out at St. Michael's Coffee Book Shop. Lindsey is learning new skills, becoming more confident and enjoying meeting new people. Sue, who works at the café, says that the place would fall apart without Lindsey and they are trying to find ways to bottle her laugh.

## Waste to Waist at Berrington Hall



The Frock On 'Waste to Waist' exhibition is now at Berrington Hall for 6 months. It's wonderful that many more people will get to see these beautiful waistcoats. There is also a 4 page article about 'Waste to Waist' and Rose Tinted Rags in the January edition of British Patchwork and Quilting magazine.

## About Face News



This month About Face are touring their play about hate crime called 'Don't Stare' at 5 schools in the Kington area. Thank you to Kington Lions Club for paying for this tour. The actors are also rehearsing another play, 'The Boy Who Opened Doors', for three further performances, so it's a busy time!

Meanwhile, About Face has been having some major building work done at The Forbury workshop. Everything is rather dusty at the moment but we hope to have a new kitchen soon. Thank you to 'Awards for All', The Screwfix Foundation and the Morrisons' Foundation for paying for this building work.

## Request from Rose Tinted Rags



Rose Tinted Rags would like donations of gold butter papers for one of their art projects. Please hand in clean papers at the ECHO office or at Rose Tinted Rags, Governor's House, Hereford.

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## Jody starts at ECHO



Jody started working one day a week in the office at the beginning of January. She quickly clears everything that's in her tray and makes a great cup of tea as well!

## SCYP



SCYP, the young people's social club, had a mega-quiz in January. SCYP is a great place to be every month at Shooters Bar in Leominster. If you are 16 – 30, why don't you come along? In February we're planning a Comedy Store evening, so prepare to have your funny bone tickled!

Monday 20<sup>th</sup> February, 7 – 9 pm. £3, bring extra money for drinks

## ECHO Disco



The disco returns to its regular spot in February on the first Thursday of the month, so slip into your boogie shoes and get dancing.

## Dates for your diary.....

ECHO Disco – 2<sup>nd</sup> February, 7.30pm – 9.45pm, in the Function Room, Bridge Street Sports Park, Leominster.

SCYP (Social Club for Young People) – Monday 20<sup>th</sup> February, 7 – 9pm, Shooters Bar, Leominster.

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