

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

March Disco – Change of Venue



The disco on the 2nd March will now be at Shooters Bar, Burgess Street, HR6 8DE (behind ECHO) due to problems at Bridge Street. This is a smaller space without much seating so all the more reason to dance the night away.

Healthy Fridays: A Short Walk followed by a healthy lunch



Once a month at Friday Club you can have a healthy lunch for £2. The walk starts at 12.30pm at Leominster Sports & Social Club. Lunch is at 1.00pm and the first date is the 24th February. Spaghetti bolognese is on the menu. Contact ECHO if you would like to book for the healthy lunch.

Supported Barge Holiday with DART on the Kennet and Avon Canal, Friday 16th to Monday 19th June 2017



This year ECHO is organising a small group holiday with a difference! We have booked a long weekend on a canal boat on the beautiful Kennet and Avon Canal for 5 participants and an ECHO support staff member. This is with DART - Disabled Afloat Riverboats Trust.

The holiday is mainly for ECHO participants who may not get another holiday this year. The cost of the holiday will be £340. This covers transport there and back, accommodation, and all meals and activities for the three days and nights on the barge. As well as the ECHO staff member there will be three DART crew members on board who will take care of all the cooking and skipper the boat.

If you are interested, please contact ECHO for a booking form.

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

Wednesday LIFELINKS



Wednesday Lifelinks will be running a table stall at the Buttermarket in Hereford on the 29th March. There will be bric-a-brac, books, clothing, Easter cards and handmade items for sale.

If you're in town please drop by to say hello and support us.

Stephen celebrates his 60th Birthday



Stephen has been coming to ECHO activities for over 23 years. In early February he celebrated his special birthday with his friends at Clever Betsy, Storytelling and Friday Club where Lucy made him this wonderful cake. Stephen is the oldest person in this country with Rubinstein-Taybi Syndrome (RST). Stephen said "I hope to be at ECHO for another 5 years then I will retire!"

New Staff



Due to ECHO's baby boom we are pleased to welcome 2 new members of staff to cover maternity leave.

Emily Penrose will be joining the Clever Betsy team while Zoe is on maternity leave.

Suzie Owens has joined the About Face team to cover Martha's maternity leave.

Message from Martha



I would like to say a huge THANK YOU to all the staff and participants at ECHO who have made me feel so welcome over the past seven months and been so supportive of my pregnancy. I will miss you all so much but look forward to introducing our new daughter to you all soon and returning to work when the time comes. Martha xx

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Jemma Donnelly has joined About Face as a new volunteer.

Caitlin Powell will be one of our younger volunteers and hopes to be supporting 2 Hereford participants to go swimming.

Rosie Taylor has started as a volunteer for Thursday Sport. She will also be helping with the monthly disco.

Volunteers Wanted



If you know anyone who is looking for a volunteering position on Fridays, please let them know that the Clever Betsy shop and Friday Club are looking for help.

Wednesday Lifelinks have a vacancy for a volunteer and the Our News Our Views team would like to have help on Thursdays.

Congratulations to our Walkers



The Every Step Counts Friday walking group are continuing to walk every week and are managing to use their pedometers to record their steps. It's great that Tracey and Simon are catching the earlier bus from Hereford so they can do the walk. Well done to Walk Leaders Jason and Kevin for helping everyone to get fit and healthy.

SCYP
Social Club for Young People
(Ages 16 – 30)

Charity Reg No: 1096449 Charity Reg No: 1047075

Shooters Bar, Burgess St, Leominster, HR6 8DE
£3, bring extra money for drinks...

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Our get together in March will be Taskmaster Challenge involving physical, mental and word challenges. If you're between 16 and 30 years old, want to make friends, socialise and have fun why not come along.

13th March, 7.00 – 9.00pm at Shooters Bar.

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About Face news

You will remember last month that About Face's home at the Forbury had been reduced to rubble in order to make some changes to part of the building. The good news is all the work is done and what a difference! You can see from the reaction of some of the actors here just what a wonderful job the builders and everyone involved has made.



About Face started their run of school performances with 3 shows and workshops at Weobley High School. Doing 3 performances of 'Don't Stare' in a row was very challenging for the company, particularly for the newer members, but everyone did really well. Feedback from the school was very positive and the 80 students who saw the performances all enjoyed the experience. Well done everyone!

Date for your diary.....



In August 2015 ECHO held a day of live music, workshops, entertainments, food, drink and more besides. It was called ECHOfest and we've got some good news – IT'S BACK!

So put the 15th July in your diary. There will be more information in later newsletters.



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