

ECHO membership/registration



Each year we ask all participants to become members of ECHO. Membership is due at the beginning of April and costs £5 a year which pays for all the newsletters and information we send out to members. It also means that you can vote at our AGM and have a say about things that are important to you. Forms will be sent out to participants soon. Please fill the membership/registration form in very carefully as it is important we have correct up to date information.

If you're a volunteer or friend and would like to support us by joining or renewing your membership please contact the office for a 'Friends of ECHO' membership form.

Staff and Volunteer Training Day 23rd February 2017



48 staff and volunteers came to our annual training day. This year it was all about autism. Most people really enjoyed the day and appreciated the lovely lunch and the time to chat to other staff and volunteers.

The feedback was great, thanks to everyone who took the time to fill it in. I had a chat with one volunteer from Clever Betsy who said:

"I certainly did enjoy it. Lee's got such a knack of putting it over, his delivery was really entertaining. My granddaughter has autism and Lee answered a lot of questions for me. I feel I understand her better now. I learnt a lot."

We have noted everyone's comments (good and bad) and suggestions for next year. If anyone has any more ideas for 2018 please let Steph or Denise know.

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



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Inclusive Volunteering Funding



In April the funding for our Inclusive Volunteering Project ends. This covers Denise's work with the ECHO volunteers, participant volunteers and buddies. We have applied for some more funding but there will be a gap of at least 6 months, and of course we may not succeed.

The Board have decided we must keep Denise on to continue to recruit and support our volunteers, but we will have to dig into our savings to do this and to cover volunteers' expenses.

If anyone would like to help fundraise towards the £6,000 we pay in volunteer expenses each year please talk to Lisa Woakes, she will be happy to help.

ECHO Sponsored Walk 2017



The Rep Group are organising a sponsored walk. It's for everyone - participants, volunteers, staff and friends, so we can come together and help raise some money for ECHO.

The walk will be about 4 miles long and be accessible so wheelchair users can join in. If you think ECHO is the 'Bee's Knees' and would like to support us, save the date, Saturday 19th August 2017. More news and sponsor forms in future newsletters.

ECHO, Brandon Trust and The Cartshed Community Learning Project



ECHO is working with people from other organisations on a Community Learning project. The group produced beautiful willow baskets during their time in the Cartshed woods. While they have been at Clever Betsy they have decorated the baskets and planted them with colourful primulas. Last week the group used the baskets to create a seasonal window display.

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Introduction to Tennis



Leominster Tennis Club offered ECHO a short course of tennis lessons. The aim was not only to show a group of participants how to hit a tennis ball but also how a game of tennis works – what are the rules, who stands where and so on.



The course finishes at the end of March and we hope that some of the players will go on to try out the club night at Leominster Tennis Club or even become a member of the club.

We hope we can work with Leominster Tennis Club again and are very grateful to their coach Howard and volunteers from the club for all their hard work.

About Face 'Don't Stare' 2017 Tour



During February and March, About Face took their play and workshop about bullying and hate crime into schools in the Kington area. They performed at Weobley High and at Pembridge, Kington, Almeley and Eardisley Junior schools.

The performances were funded by Kington Lions and were a great success in all the schools. Chris Smith of the Kington Lions said, "Kington Lions are really pleased to be able to support and work with ECHO in their great work locally – the About Face performances and workshops with the local children will pay great dividends in our communities in the years to come".

Many thanks to Kington Lions for their support and well done to all the actors involved.

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Basic Baking with Jacqueline Stewart



From May 4th – June 29th Jacqui will be running an 8 week course to learn how to make simple cakes, pastries, biscuits and breads. This will be held on Thursdays 10.30am – 1.00pm at Saxon Hall, Hoarwithy Road, Hereford. The cost is just £16 to cover ingredients (£2 per week).

There are a couple of spaces left so if you are interested please contact the office for a booking form and to reserve your place.

ECHOfest – July 15th 2017



ECHOfest this year will be at Dom's Bike Stop, just outside Leominster on the A44 to Bromyard Road. There is a music stage, a hot food outlet and a bar, lots of parking and space to camp over if you want to make a night of it!



As well as music, food and drink there will be a programme of activities to give everyone plenty to do during the day and into the evening.

Back by popular demand will be Rocky Road to Ruin and our very own Lofty and Rich from Yam Jams with their band Last Tree Squad.

Further details to follow in future newsletter but make sure you save the date – July 15th 2017.

ECHO Disco – Thursday April 6th



Our disco in April will again be at Shooters Bar. This is just behind ECHO in the central carpark, Burgess Street, HR6 8DE. Make sure you don't miss a great night. Time 7.30pm – 9.45pm, £3 entrance plus money for drinks.

Dates for your diary.....

SCYP - Social Club for Young People (Ages 16 – 30) – April 10th, May 8th, June 12th, July 10th. Further details to follow.

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