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

Here’s the latest update of our online Social and Leisure activities. 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 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!

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| --- | --- | --- | --- | --- |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Monday 1**  **March** | **Catch Up Coffee Morning…**  Grab yourself a cuppa and come and join some friends to catch up, have a chat and start the ECHO week with a relaxed social get-together | 11:00am-midday | £3.00 |  |
| **Tuesday 2**  **March** | **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! | 2.00 – 3.00pm | £3.00 |  |
| **Thursday 4**  **March** | **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. Nick will DJ live and Letty will be there to 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 5**  **March** | **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 - the group play their ‘instruments’ together.  ***Please note – due to a change in funding this session is no longer free*** | 10.00 – 11.00am | £3.00 |  |
| **Friday 5**  **March** | **Thank Friday It’s ECHO!**  Join us at **TFI ECHO** for the antidote to Friday - chat, music, quizzes, a look back at the week and some general silliness. Wind down the week with a laugh! | 1.30 – 3.00pm | £3.00 |  |
| **Monday 8**  **March** | **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 8**  **March** | **The Rendezvous Online** *Young Person’s Get Together..*  The Rendezvous is a night out on the town without leaving your own house. Join Nick and Letty 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 |  |
| **Tuesday 9**  **March** | **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! | 2.00 – 3.00pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Tuesday 9**  **March** | **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 |  |
| **Friday 12**  **March** | **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. | 10.00 – 11.00am | £3.00 |  |
| **Friday 12**  **March** | **Thank Friday It’s ECHO!**  Games, music, quizzes, chat and general silliness. Get yourself a tea and some biscuits and wind down the week at **TFI ECHO** with a laugh! | 1.30 – 3.00pm | £3.00 |  |
| **Monday 15**  **March** | **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 |  |
| **Tuesday 16**  **March** | **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! | 2.00 – 3.00pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Thursday 18**  **March** | **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. Nick will DJ live and Letty will be there to 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 19 March** | **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. | 10.00 – 11.00am | £3.00 |  |
| **Friday 19**  **March** | **Thank Friday It’s ECHO!** (formerly Friday Club Online)  Games, music, quizzes, chat and general silliness. Get yourself a tea and some biscuits and wind down the week at **TFI ECHO** with a laugh! | 1.30pm-  3.00pm | £3.00 |  |
| **Monday 22**  **March** | **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 22**  **March** | **The Rendezvous Online** *Young Person’s Get Together..*  The Rendezvous is a night out in a bar in your own house. Join Nick and Letty 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 23**  **March** | **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! | 2.00 – 3.00pm | £3.00 |  |
| **Tuesday 23**  **March** | **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 |  |
| **Friday 26 March** | **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. | 10.00 – 11.00am | £3.00 |  |
| **Friday 26 March** | **Thank Friday It’s ECHO!**  Games, music, quizzes, chat and general silliness. Get yourself a tea and some biscuits and wind down the week at **TFI ECHO** with a laugh! | 1.30 – 3.00pm | £3.00 |  |
| **Monday 29**  **March** | **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 |  |
| **Tuesday 30**  **March** | **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! | 2.00pm-  3.00pm | £3.00 |  |

**Please note:** we are planning new activities to add to our programme, do let us know if there are things you would like to try.

Details, ECHO Office, 01568 620307, email [echo.info@echoherefordshire.co.uk](mailto:echo.info@echoherefordshire.co.uk).