**Activities Extra & *Extra*  *August 2021***

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

Here’s the latest update of our online Social and Leisure activities including another ‘face-to-face’ activity, which we have put at the end. 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. 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 you places as soon as possible!

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| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Monday 2****August** | **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 3****August** | **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 3****August** | **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! | 6:00-8:30pm | £3.00 |  |
| **Thursday 5****August** | **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 6****August** | **The Rough Mix** *A fun music and percussion workshop…*Aidan is back to lead your song writing and percussion session. Sing, dance and play along… | 10am – 11am | £3.00 |  |
| **Friday 6****August** | **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… | 1.30 – 3.00pm | £3.00 |  |
| **Monday 9****August** | **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 |  |
| **Monday 9****August** | **The Rendezvous Online** *Young Person’s Get Together..*The Rendezvous is a night out on the town without leaving your own house. We even have our own theme tune! If you want a cool and enjoyable evening, The Rendezvous Online is for you. | 7.00 – 9.00pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Tuesday 10****August** | **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 – 12.30pm | £3.00 |  |
| **Friday 13****August** | **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… Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | £3.00 |  |
| **Friday 13****August** | **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.  | 1.30 – 3.00pm | £3.00 |  |
| **Monday 16****August** | **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 17** **August** | **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 |  |
| **Thursday 19****August** | **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 20** **August** | **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 20** **August** | **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… | 1.30 – 3.00pm | £3.00 |  |
| **Monday 23** **August** | **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 24****August** | **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 27****August** | **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 27****August** | **Thank Friday It’s ECHO!** Is it a TV panel show? Is it a radio station? It definitely is the Antidote to Friday! Has your week been good, bad or somewhere in between? Check out what’s been happening in the news this week, possibly become a Mastermind but prepare to work with your team to unravel whatever fiendish challenge comes your way… | 1.30 – 3.00pm | £3.00 |  |
| **Monday 30****August** | **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 31****August** | **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 Extra!** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Saturday 14th August****Saturday 14th August** **(continued)** | **Summer Walk and Picnic!**Come for a stroll around the beautiful Queenswood park & arboretum. Bring a packed lunch for a picnic, suitable clothes for the weather and sturdy footwear and enjoy a Healthy Activity with ECHO!If travelling on public transport, ECHO would be grateful if you help keep everybody safe by wearing a face covering. You can take this off when you get to Queenswood.Bus Times:**Hereford: Going - 492 Bus leaves Hereford Country Bus Station at 10.45am. Arrives in Queenswood at 11.22am.** **Return to Hereford: 492 Bus leaves Queenswood at 2.11pm and arrives Hereford Bus Station at 2.48pm****Leominster: Going - 492 Bus leaves Leominster Bus Station at 10.00am. Arrives in Queenswood at 10.11am.** (We will have a cup of tea in the café while we wait for the Hereford bus)**Return to Leominster: 492 Bus leaves Queenswood at 3.22pm and arrives Leominster Bus Station at 3.28pm** | 11.30am (and see bus times)Make your own way orpublic transport | £3.00 |  |
| **Monday 23****August** | **The Rendezvous** *Young Person’s Get Together..*The Rendezvous is back! Following July’s ‘try out’ at going live, we return to Shooters Bar, Burgess St, Leominster, HR6 8DE, for our night out. All the usual fun but no Zoom needed! Bring some extra money for drinks and snacks...If you have high support needs, please bring a friend or carer…Remember, this session is for any ECHO participant aged 16 – 30. If you have never been before, give it a try, you’ll have lots of fun! | 7.00 – 9.00pm | £4.00 |  |