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

Here’s the latest update of our online Social and Leisure activities including more ‘face-to-face’ activities, which we have put at the end of this form. Many of our online Activities will have a Christmas theme to them! 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](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 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! (✓)** |
| **Thursday 2**  **December** | **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 3**  **December** | **Beat That!**  Beat That ask you to suggest songs to play, so you can sing along, play along and dance along! At the end will your song BEAT THAT? | 10.00 – 11.15am | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Friday 3**  **December** | **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 6**  **December** | **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 6**  **December** | **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 | £4.00 |  |
| **Tuesday 7**  **December** | **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 |  |
| **Tuesday 7**  **December** | **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! | 11am – 12.30pm | £3.00 |  |
| **Friday 10**  **December** | **Beat That!**  Beat That ask you to suggest songs to play, so you can sing along, play along and dance along! At the end will your song BEAT THAT? | 10.00 – 11.15am | £3.00 |  |
| **Friday 10**  **December** | **Thank Friday It’s ECHO!**  **Cancelled Due to AGM** |  |  |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Monday 13**  **December** | **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 14**  **December** | **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 16**  **December** | **House Party! Xmas Special** *A club night in your living room…*  Push back the furniture, turn down the lights, dress to impress for Xmas and get ready for a big night out. Join our live DJ who will get you up and moving.  *Oh I wish it was the House Party every day…* | 7.30 – 9.00pm | £3.00 |  |
| **Friday 17**  **December** | **Beat That! For Xmas …**  Beat That ask you to suggest songs to play, so you can sing along, play along and dance along! At the end will your song BEAT THAT? | 10am – 11am | £3.00 |  |
| **Friday 17**  **December** | **Thank Friday It’s ECHO! The antidote to Xmas**  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 20**  **December** | **Catch Up Coffee Morning… With a Mince Pie!**  So, how was your weekend? What’s happening this week? And how *are* you? Grab a Christmas snack and discuss your plans for the Festive Season… | 11am - midday | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Tuesday 21**  **December** | **ECHO does Millionaire: Xmas Special**  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 |  |
|  | **Finish For Christmas……….. see you in January** |  |  |  |
| **When** | **Activity Extra!** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Saturday 11**  **December** | **Women’s Social-Xmas Bowling.**  *We would like to open this up for anyone to join Men and Women!!!!!!!!!!!*  Women’s Social Group will be meeting in Hereford at the train station for 11.30 to go bowling for 12 pm. We have booked to play 3 games. There will be Limited places so book early.  You will need your own transport. Letty will be getting the train from Leominster. Please bring extra money for food and drinks.  For details, please ring the ECHO office, 01568 620307 | 11.30-  2.30pm | £13.00 |  |
| **Monday 20**  **December** | **The Rendezvous Xmas Special** *Young Person’s Get Together…*  We return to Shooters Bar, Burgess St, Leominster, HR6 8DE, for our live night out. We will be having all the best bits of The Rendezvous with a Christmas theme but no Zoom needed!  Bring some for extra money for drinks and snacks...  If you have high support needs, please bring a friend or carer… | 7.00 –  9.00pm | £4.00 |  |