**Activities Extra & Extra *April* *2022***

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

Here’s the latest update of our online Social and Leisure activities including more ‘face-to-face’ activities. 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. Also, we have made some changes to times and days, so please check before you book.

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! (✓)** |
| **Friday 1****April** | **Thank Friday It’s ECHO!** Is it a TV panel show? Is it a radio station? It is definitely 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 4****April** | **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? | 10am – 11am | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Monday 4****April** | **The Rendezvous Online** *Young Person’s Get Together…*The Rendezvous is a night out on the town without leaving your own house... If you want a cool and enjoyable evening, The Rendezvous Online is for you. | 7.00 – 9.00pm | £4.00 |  |
| **Tuesday 5****April** | **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! | 6:00-7.00pm | £3.00 |  |
| **Friday 8****April** | **Thank Friday It’s ECHO!** Is it a TV panel show? Is it a radio station? It is definitely 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 11****April** | **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? | 10am – 11am | £3.00 |  |
| **Thursday 14****April** | **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… | 7.30 – 9.00pm | £3.00 |  |
| **Friday 15****April** | **Thank Friday It’s ECHO!** Is it a TV panel show? Is it a radio station? It is definitely 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 18****April** | **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? | 10am – 11am | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Friday 22****April** | **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 25****April** | **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? | 10am – 11am | £3.00 |  |
| **Thursday 28****April** | **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 29****April** | **Thank Friday It’s ECHO!** Is it a TV panel show? Is it a radio station? It is definitely the Antidote to Friday!  | 1.30 – 3.00pm | £3.00 |  |
| **When** | **Activity Extra!** | **Time** | **How Much?** |  |
| **Saturday 23****April** | **Women’s Social! Nibble & Natter…….**Join the ladies over in Leominster! We will be meeting at the Press Room for Coffee and then walking round the shops. Please bring your own activity i:e Knitting, card making, sewing etc. Plus money for drinks and food. Own transport will be needed. | 11.00 –2.00pm | £3.00 |  |
| **Monday 25****April** | **The Rendezvous** *Young Person’s Get Together…*We return to Shooters Bar, Burgess St, Leominster, HR6 8DE, for our live night out. 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 |  |