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**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](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! (✓)** |
| **Friday 4**  **March** | **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 |  |
| **Friday 4**  **March** | **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 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Monday 7**  **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 | 11am-midday | £3.00 |  |
| **Monday 7**  **March** | **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 8**  **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! | 11 – 12.30pm | £3.00 |  |
| **Tuesday 8**  **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-  8:30pm | £3.00 |  |
| **Friday 11**  **March** | **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 |  |
| **Friday 11**  **March** | **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 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Monday 14**  **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 | 11am - midday | £3.00 |  |
| **Tuesday 15**  **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! | 11.00 – 12.30pm | £3.00 |  |
| **Thursday 17**  **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. 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 18**  **March** | **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 |  |
| **Friday 18**  **March** | **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 21**  **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 | 11am - midday | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Tuesday 22**  **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! | 11.00 – 12.30pm | £3.00 |  |
| **Friday 25**  **March** | **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 |  |
| **Friday 25**  **March** | **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 28**  **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 | 11am - midday | £3.00 |  |
| **Tuesday 29**  **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! | 11.00 – 12.30pm | £3.00 |  |
| **Thursday 31**  **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. 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 Extra!** | **Time** | **How Much?** |  |
| **Saturday 19**  **March** | **Women’s Social! Lunch Out…….**  Join the ladies over in Hereford for a meal out! You will need to bring money for your meal and drinks, and then our usual walk round town and the shops.  Please make your own travel arrangements. Letty will be going from Leominster and using public transport so anyone who would like to join her please let her know. | 12.00 –  2.00pm | £3.00 |  |
| **Monday 28**  **March** | **The Rendezvous** *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 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 |  |