

Activities Extra *online* & Extra July 2023



Name Email Address Tel No

Here's the latest update of our online, face-to-face Social and Leisure 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.

Choose the activities you would like 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 before it starts.

As you can see, each session shows the costs, 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.

When	Online Activity	Time	How Much?	Yes Please! (✓)
Monday 3 July	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	£4.00	
Monday 3 July	TFI Rendezvous Online. Quiz Night A chance to get together and enjoy a quiz night in your own home. All ages welcome a chance to test your knowledge and to ask your own quiz questions. As well as catch up with friends.	7pm - 9pm	£5.00	
Tuesday 4 July	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	£4.00	

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Monday 10 July	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	£4.00	
Thursday 13 July	House Party! <i>A club night in your living room...</i> 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	£4.00	
Monday 17 July	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	£4.00	
Monday 24 July	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	£4.00	
Thursday 27 July	House Party! <i>A club night in your living room...</i> 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	£4.00	
Monday 31 July	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	£4.00	

When	Weekly Activity	Time	How Much?	Yes Please! (✓)
Monday 3 July	Badminton: Weekly Meet Up Held at the Halo Leisure Centre Leominster join us for fitness and fun. Please bring a drink and arrange own transport.	6.00pm-7.00pm	£3.50	
Tuesday 4 July	Tennis: Weekly Meet Up in Partnership with Leominster Tennis Club Held at Bridge Street sports Centre on the outside courts this is for all abilities with coaching. Please arrange own transport.	5.00pm-6.00pm	£2.50	
Wednesday 5 July	Inclusive Football: No Wednesday football this week due to annual leave	6.15pm-7.15pm	£4.00	
Wednesday 5 July	Walking Club: Weekly Meet Up This is participant lead, meeting in Corn Square Leominster take a walk round Leominster and have chat with your friends	6:30pm-7.30pm	Free	
Thursday 6 July	Darts: Weekly meet up Letty will be coaching you and organising friendly matches for you. Practice Nights are an hour long with friendly matches being arranged as an extra night. Bring money for drinks and arrange own transport	5.00pm-6.00pm	£4.00	
Monday 10 July	Badminton: Weekly Meet Up Held at the Halo Leisure Centre Leominster join us for fitness and fun. Please bring a drink and arrange own transport.	6.00pm-7.00pm	£3.50	
Tuesday 11 July	Tennis: Weekly Meet Up in Partnership with Leominster Tennis Club Held at Bridge Street sports Centre on the outside courts this is for all abilities with coaching. Please arrange own transport.	5.00pm-6.00pm	£2.50	

When	Weekly Activity	Time	How Much?	Yes Please! (✓)
Wednesday 12 July	Inclusive Football: <i>No Wednesday football this week due to annual leave.</i>	6.15pm-7.15pm	£5.00	
Wednesday 12 July	Walking Club: <i>Weekly Meet Up</i> This is participant lead, meeting in Corn Square Leominster take a walk round Leominster and have chat with your friends	6:30pm-7.30pm	Free	
Thursday 13 July	Darts: <i>Weekly meet up</i> Letty will be coaching you and organising friendly matches for you, Practice Nights are an hour long with friendly matches being arranged as an extra night. Bring money for drinks and arrange own transport	5.00pm-6.00pm	£4.00	
Thursday 13 July	Football: <i>Weekly Meet Up</i> Held at Bridge Street Sports Centre Leominster join us for session of football with coaching.... <i>No Football on the 1st Thursday of the month due to Boogie Nights.</i>	6.30pm-7.30pm	£4.50	
Monday 17 July	Badminton: <i>Weekly Meet Up</i> Held at the Halo Leisure Centre Leominster join us for Fitness and fun. Please bring a drink and arrange own transport.	6.00pm-7.00pm	£3.50	
When	Weekly Activity	Time	How Much?	Yes Please! (✓)

Tuesday 18 July	Tennis: Weekly Meet Up in Partnership with Leominster Tennis Club Held at Bridge Street sports Centre on the outside courts this is for all abilities with coaching. Please arrange own transport.	5.00pm-6.00pm	£2.50	
Wednesday 19 July	Inclusive Football: Weekly Meet Up in Partnership with Hereford Lads Club. Held at The Point 4 Hereford. This is an inclusive football session for all abilities. Please and arrange own Transport.	6.15pm-7.15pm	£5.00	
Wednesday 19 July	Walking Club: Weekly Meet Up This is participant lead, meeting in Corn Square Leominster take a walk round Leominster and have chat with your friends	6:30pm-7.30pm	Free	
Thursday 20 July	Darts: Weekly meet up Letty will be coaching you and organising friendly matches for you, Practice Nights are an hour long with friendly matches being arranged as an extra night. Bring money for drinks and arrange own transport.	5.00pm-6.00pm	£4.00	
Thursday 20 July	Football: Weekly Meet Up Held at Bridge Street Sports Centre Leominster join us for session of football with coaching.... No Football on the 1 st Thursday of the month due to Boogie Nights.	6.30pm-7.30pm	£4.50	
Monday 24 July	Badminton: Weekly Meet Up Held at the Halo Leisure Centre Leominster join us for Fitness and fun. Please bring a drink and arrange own transport.	6.00pm-7.00pm	£3.50	
Tuesday 25 July	Tennis: Weekly Meet Up in Partnership with Leominster Tennis Club Held at Bridge Street sports Centre on the outside courts this is for all abilities with coaching. Please arrange own transport.	5.00pm-6.00pm	£2.50	
When	Weekly Activity	Time	How Much?	Yes Please! (✓)
Wednesday 26 July	Inclusive Football: Weekly Meet Up in Partnership with Hereford Lads Club. Held at The Point 4 Hereford. This is an inclusive football session for all abilities.	6.15pm-7.15pm	£5.00	

	Please and arrange own Transport.			
Wednesday 26 July	Walking Club: Weekly Meet Up This is participant lead, meeting in Corn Square Leominster take a walk round Leominster and have chat with your friends.	6:30pm- 7.30pm	Free	
Thursday 27 July	Darts: Weekly meet up Letty will be coaching you and organising friendly matches for you, Practice Nights are an hour long with friendly matches being arranged as an extra night. Bring money for drinks and arrange own transport.	5.00pm- 6.00pm	£4.00	
Thursday 27 July	Football: Weekly Meet Up Held at Bridge Street Sports Centre Leominster join us for session of football with coaching.... No Football on the 1 st Thursday of the month due to Boogie Nights.	6.30pm- 7.30pm	£4.50	
Monday 31 July	Badminton: Weekly Meet Up Held at the Halo Leisure Centre Leominster join us for Fitness and fun. Please bring a drink and arrange own transport.	6.00pm- 7.00pm	£3.50	
When	Activity Extra	Time	How Much?	Yes Please! (✓)
Thursday 6 July	Boogie Nights club night Join Letty at Shooters Bar ECHO's big night out. DJ, sound system, disco lights and a bar. It's only for ECHO participants and their support, so we have the club to ourselves. Let's party!	7.30pm – 9.45pm	£3.00	

Saturday 8 July	Life Skills: Picnic in Hereford Using Public Transport, we will be going over to Hereford for a picnic (weather permitting) Meeting at Leominster Train Station at 11am to buy tickets from the ticket machine. Leaving Hereford at 2.58pm. You will need ticket money and a packed lunch.	11.00am 3.30pm	£6	
	The Rendezvous Young Person's Get Together... No Rendezvous this month due to annual leave but 2 dates in August!	7.00 – 9.00pm	£4.00	
When	Summer Activity	Time	How Much?	Yes Please! (✓)
Saturday 8 July	Saturday Arts: Vintage Lace Mirrors: Using old lace, buttons, and painted sticks, decorate a mirror to hang in your bathroom or living room. Held at Rose Tinted Rags Hereford. Wear old cloths or apron, Tea, and Coffee 50p, bring your own lunch. <i>Please see Saturday Arts Booking Form</i>	10.00am 2.30pm	£25	
When	Summer Activity	Time	How Much?	Yes Please! (✓)
Saturday 8 July	Wye Dance: Lead by Tracy Crum This is a great chance to do some fun dancing, learn a new routine and do some exercise. This has been requested by participants after the fun they had at the Community Games and at the Colour Run. We will meet at the Priory. Please bring a drink.	11.00 12.00pm	£4.00	
Saturday 15 July	Nail Painting & Catch Up: Press Rooms Leominster Spend the morning Drinking and eating cakes as well as painting each other's nails. Please bring spending money.	11.30am 2.30pm	£4.00	

<p>Monday 17 July</p>	<p>Queenswood Walk & Photography: Go for a walk and social around Queenswood. Bring your own picnic. We will also be taking photos with our phones. Best picture gets printed in the newsletter. Own travel or bus and spending money needed.</p>			
<p>Saturday 22 July</p>	<p>Rainbow Hair Dye: Letty is raising money for the Barry Island trip by dying her hair rainbow colours. Join her at the ECHO Shop to see the transformation.</p>	<p>11.30am</p>	<p>Donation</p>	
<p>Wednesday 26 July</p>	<p>Barry Island: Day out on the train to Barry Island. The train stations are all accessible and so is Barry Island. There are shops and a fun fair for those that would like. Please bring a packed lunch and spending money. Train from Leominster leaves at 9.26am Train from Hereford leaves at 9.45am Return departs Barry Island 3.56pm or 4.56pm</p>		<p>£35.00</p>	