



Positive about disabilities

ECHO Newsletter

*For ECHO Participants,
Supporters and Volunteers*

November 2024

Welcome to the November edition of the ECHO newsletter. Read on for lots of news about our projects, fundraising and volunteers. And of course, ECHO's AGM!

The AGM was held on Thursday 10th October which was participant led and presented by Radio ECHO. There were 115 people in attendance including Nat Hone, Deputy Lieutenant and Patron of ECHO, Councillor Gill Murdoch, Mayor of Leominster and Hilary Hall, Corporate Director, Well Being, Herefordshire Council. The evening was enjoyed by all and during and after the official business there were project presentations and displays around the hall, including a Giant Weave of the ocean by the ECHO Weavers, produce from Eaton Barn and samples from Studio Mirai plus the Human Fruit Machine! And a delicious buffet and lots of dancing to end the evening...



We always want to hear about anything you have to say to ECHO



40, West Street, Leominster, HR6 8ES



01568 620307

Reg. Charity no: 1096449



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ECHO is very excited to be able to build on its excellent track record of supporting and empowering participants with new funding from the National Lottery.

The advocacy team is going to grow and we are busy finding a new member of staff.

As part of the extra funding, Claire is going to run some drop in sessions for participants.

- Do you need help getting a parking blue badge or a rail card?
- Do you want help to get a cheaper internet deal?
- Do you want support to get an annual review at the doctors?
- Need help understanding letters that have been sent to you?
- Are you having problems getting your mobile phone to work or do what you want it to do?
- Is there something worrying you that you just want to talk about?

If you said yes to any of these questions, you can book a space by calling the office on 01568 620307.

The drop in sessions will be at the West Street Office on

Friday 25th October 2pm - 4pm

Saturday 26th October 11am – 3pm

Saturday 9th November 10am – 3pm

Tuesday 12th November 10am - 4pm

Monday 18th November 1pm -3pm

Thursday 28th November 10am - 3pm

If you can not get to any of these sessions and you go to an ECHO project, let Claire know on 01568 620307 and she can come to visit you there.

Items for Sale from Eaton Barn

Eaton Barn are selling jams, chutneys and pickles in addition to their Christmas wreaths and craft items this year. These are available now at Eaton Barn £4 each, or at one of our markets - Leominster Library on Friday 28th November and the Leominster Victorian Market on Saturday 14th December. Orders for wreaths can be placed now. £8.50 small 10" and £12.50 large 12".



Festive
LEOMINSTER

Leominster Town Council

Leominster Victorian Street Market

Saturday 14th December
Corn Square & Broad Street,
Leominster
9am - 3pm

For more information and to enquire about a stall please contact
markets@leominstertowncouncil.gov.uk

Photographs courtesy of Ben Brotherton

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Rose Tinted Rags

Rose Tinted Rags in Hereford currently has vacancies on a Monday, Tuesday and Wednesday. The project is a collaboration between ECHO and the Green Eyed Monster Company.

We are a textile and art based project where we work on pieces for you to take home or for our next exhibition. We run small groups where everyone supports each other and has fun.

We go on trips to galleries and exhibitions and have had several, successful and professional exhibitions and fashion shows ourselves.

We are currently working on a kimono project for a show at The Courtyard in 2026.

Contact our Referrals Manager, Claire Mee, at the ECHO Office for further details and to arrange a visit if you are interested in attending.



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**Clever Betsy
is having
her first ever
art exhibition!**

**Dates: 4 - 22 November
at
The Courtyard
Hereford**

**This exhibition celebrates
the imagination and inspirational approach
of the adults with learning disabilities
who attend the project.**

**The added skills, experience and talents
of staff and volunteers make
Clever Betsy an exceptionally stimulating
and collaborative environment.**

**The result is this eclectic collection of
beautiful, truly original pieces
you won't see anywhere else.**

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Farewell to Jodie



Our Finance Officer, Jodie Thompson is moving onto pastures new. Jodie has been with ECHO for 2 years and everyone is sad that she is leaving but wish her all the very best in her new venture. Here she is doing a sterling job at the AGM bar with Trustee, Jason

Congratulations to Roxanne

Roxanne (pictured right) is a Relief Staff member and has recently been appointed as a Part-Time Support Worker at The Priory Centre. She is very excited to join the team.



Welcome to Anne

Anne (pictured left) volunteers at Studio Mirai and we're pleased to say that she has recently joined the Relief Staff

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Following the success of the Radio ECHO project, ECHO is launching a digital media project! Are you interested in or would like to learn about:

- Sound recording, editing, soundtracks
- Digital video recording & editing, camera, sound and editing techniques
- Photography, taking images & editing
- Writing for publications
- Basics of broadcasting/podcasting



ECHO has secured an award from Kingspan Insulation GB Planet Passionate Community Fund to set up a pilot scheme that will give introduction to the techniques above and that, we hope, would lead to an ongoing Day Activity as part of ECHO's menu of opportunities.

There will be very limited places on the pilot project, so if you would like to know more or be considered for a place, please contact the ECHO office as soon as possible and we will give you more information!

Meanwhile, talking of Radio ECHO, the project has several vacancies for team members/presenters on Tuesdays and Fridays. Contact Nick Baker (nick.baker@echoherefordshire.co.uk) or the ECHO office for more info...



(Left) The team at Radio ECHO: Live! Every Tuesday, 1.30pm.

See the [ECHO Facebook page](#) for details.

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Volunteer Voice

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Welcome to the November edition of the Volunteer Voice. October was a very busy month for the volunteer team with the Volunteer Social Event, the StEP beneficiary monthly meetup and the AGM. We hope all who attended enjoyed our showcase and if you would like to know more about the StEP, please contact Roz or Michelle.



Volunteer Social

The volunteer event was held at 35 West, and it was lovely to see so many of our volunteers in a social setting. This event was to celebrate the end of the first year of the Steps to Employment Project, which has been incredibly successful. Thank you to all who were able to attend, and we will be hosting the next social event in February.

Thank you also for completing and returning your volunteer surveys. These are to inform the outcomes of the StEP set by our funders, the National Lottery and Roz is busy writing the end of year 1 report for this. Your comments are as ever invaluable, for measuring the importance and benefits of volunteering, for volunteers, participants and ECHO staff.





Thank you to all volunteers and StEP beneficiaries for contributing to and taking part in our showcase for the AGM. It was amazing to be able to look back at all the achievements and joy that have happened in the first year of the StEP, and in ECHO projects.




Thank you also to StEP beneficiary David 'DJ' Riley for being ECHO's resident DJ! It was great to see so many people up and dancing.

Exciting news! Roz, Claire Mee, Claire Tolley and Judith Haines will be running a new ECHO families/carers group. We hope that this will give families/carers of ECHO participants a safe space to share experiences, challenges, tips, advice and knowledge with each other.

Please do come and join us in Leominster, Hereford or both. And enjoy some light refreshments and a chat with other ECHO families/carers.


ECHO Families/ Carers Group



Leominster
Unit 4
Buttercross Arcade
Leominster
HR6 8BN
10am- 12pm
1st Monday of the month
starting on 4th November

For more information please contact
the ECHO Office on: (01568)620 307
Roz Johnson:
roz.johnson@echoherefordshire.co.uk
07719 023 534
Claire Mee:
claire.mee@echoherefordshire.co.uk
07989 403 548

Hereford
Belmont Community
Centre
Eastholme Ave
Hereford
HR2 7UQ
1st Wednesday of the month
starting on 6th November





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ECHO Fundraising

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Abseil Update

Huge thank you again to everyone who contributed towards the abseil on 7th September. Thanks to our sponsors and everyone who took part. Special congratulations to Michelle Hodnett, pictured here with Mike Cook, who so far has raised a mammoth £850 and rising!

In total, so far, we have raised, net of all costs, £3800.



ECHO is delighted to have been awarded £19,991 to deliver vital support and advocacy to those with learning disabilities in Herefordshire. It is with thanks to the players of The National Lottery Community Fund that this has been possible.

ECHO participants can be seen here celebrating the award at the recent ECHO AGM!



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ECHO's Big Fat Quiz: November 7th 2024

Irwin Mitchell Solicitors continue to support ECHO in many ways. They have kindly agreed to be the overall sponsor for the Quiz again this year. We are also in the process of getting corporate question round sponsors. So far, we have sponsors from BT Local Business in Herefordshire, KGL Financial Planning and WLS IT Solutions. Big thank you to them.



The nosh on the night will be sausage and mash and for those who are veggies or vegan they will be serving vegan sausage and mash.

We still have some team places left, and we may be able to match you up with others if you can't make a full team of 4. Details from the ECHO office.

Christmas Collections at Morrisons

We have teamed up with Morrisons to hold two days of collecting money with Christmas music in December. About Face will be performing on Thursday 19th December from 11.00am and will be staying for a Christmas lunch in the café there.



On Friday 20th December, About Face will perform again from 10.00am until 11.00am. After that, Claire and the Rep group plus others will be singing carols from 11.00am.

Please let us know if you would like to help collect on either day – if you can't spare a lot of time just come along for half an hour to help and join in the festivities. You don't even need to wear a Santa or Elf hat – just come as you are!

ECHO would like to thank Terina, the Morrisons Community Champion, and her whole team for making us so welcome. We're all going to have great fun.

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