

Welcome to the July edition of the ECHO newsletter. It really is summer now and we hope you're all enjoying the warmer weather!

Meanwhile, here's news and updates about our projects, fundraising and volunteers.



ColourFest 2025

We did it! Despite the threat of rain, nothing could dampen the fun and colour that is our ColourFest Day.

You can see a report on page 14 with more pictures, how much was raised on the day and more.

Thanks to everyone who came along!



Rep Group Update



ECHO Rep Group represent the participants at ECHO by helping to run the charity. They also take part in all sorts of events and consultations across the county.

The Reps help raise awareness about the issues that effect adults with disabilities, work with other charities like Herefordshire Mencap and Herefordshire Health Watch, they test websites and IT equipment to help make them more accessible, respond to council and government surveys and community consultations and get out and about to ECHO projects and wider community events

The Reps wrote to King Charles to tell him about all the good work that ECHO does and he wrote back! So, when you ask Rep group does anyone see you? They shout YES! even the King does!



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

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Storytelling Update

We are excited with the positive news that Storytelling has the go ahead to continue!

This year participants have refreshed their knowledge about Greek Myths, have practiced drama skills through improvisation, freeze framing, mime, dancing and movement.

The Storytelling participants have been raring to go and get involved with longer term projects. Over the weeks, we have been adventuring via a Storytelling Summer Holiday bus, which has stopped off each week to explore the participants favourite songs from their finely accumulated song list which the participants have been collecting for over 20 years together.

Participants have been inspired to act out their favourite songs, Storytelling is the Midweek Party!



Jazzy Janet Locke



Footballer—Paul Fletcher



Alan Saunders—DJ Saunders

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Saturday Arts Workshops at Rose Tinted Rags

Cheryl Hewitt from About Face Theatre is running some Creative Arts workshops. Come and join her for some fun creative arts days.

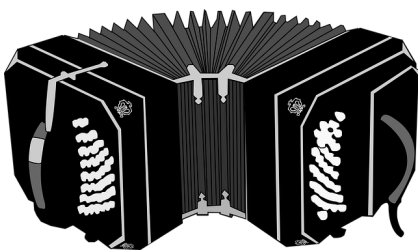
- 10.00am - 2.30pm at Rose Tinted Rags, Hereford.
- £25 per person.
- Payment and bookings to Rose Tinted Rags - 01432 360 981

Saturday July 5th – Seaside Small Worlds

Create a miniature seaside inside a box using all the wonderful things you find on the beach. Sand, shells, pebbles and bright sunny textiles.



Saturday Sept 6th – Concertina Books



Using mixed media and collage come and create an exciting 'stretchy' concertina book to use as a journal or sketch book or maybe to give as a gift.

Saturday Oct 11th –

Halloween Special - Day of the Dead

Come and see what Cheryl has in store for this special workshop celebrating The Day of the Dead.



Saturday Nov 15th – It's beginning to feel a lot like Christmas

A Christmas workshop making a special decoration.

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Open Court Tennis

You may know that ECHO has worked in partnership with Leominster Tennis Club for several years now. In recent times, they have held the price of the Tuesday ECHO session to £3.00, to keep it affordable and have generously donated proceeds back to ECHO as further support, which in the last 12 months amounted to near a £300



donation to the charity.

And now there's more good news! The tennis club has revised its membership fees, which now includes a special ECHO rate of £25 for the whole year. This means you become a member of the club, have access to coaching and other facilities. Regular players Louis and Jason, pictured here, have already taken advantage of the new scheme.

Many thanks to Leominster Tennis Club and their generous support of ECHO. If you would like to check out their membership offer and their newly refurbished courts, come along on a Tuesday, 5pm - 6pm, any week.

No experience or equipment needed and the session is open to participants, family members, supporters or just about anyone!



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Worcester Tribute Festival on 23rd August



Thanks to Royal Mencap 'Your Time Fund', ECHO has **10 free tickets** to the Worcester Tribute Festival on Saturday 23rd August at Worcester Racecourse. This is an amazing opportunity and will be a great way to have an accessible festival experience without having to travel half way across the country and camp. The ticket is free and ECHO will provide the transport for £5 and ECHO staff will be there to support you. You will also need to bring money for food and drink. We expect this to be a very popular activity so if you would like to go, please contact the ECHO office and we will add your name to the waiting list. If you have any questions, Letty will be happy to help.

It's a busy summer for Eaton Barn!

As you can see here, there are several events happening—the return of the popular Quiz Night on July 9th, Open Day and Dog Show on August 15th, which was a big success last year, both at the Community Garden itself, Stoke Prior Lane.

But first up, on Tuesday 8th July at Grange Court a talk as part of Leominster In Bloom. Details opposite or from Eaton Barn, 01568 614 748



LEOMINSTER IN BLOOM



JOIN US FOR AN EVENING
EXPLORING THE USE OF GREEN
SPACES FOR EDUCATION, THERAPY
AND COMMUNITY.

Tuesday, 8th July 2025

7pm

Grange Court,
Leominster



Guest Speaker
Tim Shelley
(Development Director)
from the Haygrove
Community Gardens
Charity

Free event. Proceeds from our
raffle will go to Eaton Barn
Community Garden.



Eaton Barn Fundraising
Event with quiz master
Letty Flynn

ECHO
Better Choices, Better Lives.

Quiz Night

Wednesday 9th July 2025
07:00pm-10.00pm
at Eaton Barn,
Stoke Prior Lane. HR60NA
Tel: 01568 614748

Teams of up to 6 people- £2 per person
Book a table in advance:
cath.warren@echoherefordshire.co.uk
or turn up on the night
We'll have:
Drinks, Snacks & Raffle

Bring your own chair!

ECHO
Better Choices, Better Lives.

Open Day & Fun Dog Show at Eaton Barn

Stoke Prior Lane. Leominster. HR60NA
Tel: 01568 614748

Friday 15th August
10.30am - 2pm

Fun categories- £2 per entry.
Register on the day 10.30-11.30am

Judges: Jennie Powell RVN Veterinary Nurse & Dog Groomer
Marc Holliehead, Dog Groomer
<http://www.ludlowdoggrooming.co.uk>

Raffle **Pop Up Cafe** **Plant stall**
Crafts for sale **Children's activities**

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Welcome to the July edition of the Volunteer Voice newsletter. Read on to find out how Hanna feels about volunteering at The Priory Centre and Studio Mirai, how StEP beneficiary Rachel has progressed to a new work experience placement at The Body Clinic and when and where the next volunteer social and StEP beneficiary meetup are.

Roz has returned to work (albeit working from home) after 7 months of medical leave and would like to thank everyone for their cards, gifts, messages and visits. It all meant a lot. She has really missed ECHO and hopes to be back in the office soon.



A spotlight on being a Priory Centre Volunteer

The Volunteer Voice interviewed Hanna, a volunteer at Studio Mirai and The Priory Centre to find out about her experiences of working with the participants and staff team at The Priory Centre. She said: "For a year and a half I have been a volunteer at the Priory project on Fridays. It's really a lot of fun. I love spending time with the participants. It sounds like a cliché but it really is very humbling as they teach me a lot about life.

Friday's participants have more complex needs and are non verbal. They respond positively to all that is offered to them. That doesn't happen by chance, but due to the amazing commitment and creativity of the project manager Tracy, and her incredible staff. She has nurtured such a skilled team which is a pleasure to be part of.

The staff give their whole hearts to caring for the participants. They encourage, build confidence, become childlike but never patronising in order to connect, to play, and develop a wonderful creative energy. There is much joy in being part of a wholly positive and really loving environment".



“A typical Friday involves lots”, Hannah continues, “from chair exercises or the parachute game, maybe there’s bingo or cards. Then a break for tea, coffee and cake! We usually have an amble ‘round town. Afterwards it’s back for lunch which always feels like sharing a family meal round the table chatting and laughing. Eating together feels really nurturing. Then we might do some more crafts. The whole place is full of beautiful things the participants have made! And it’s forever changing! The ideas the staff come up with are just fantastic.

Sometimes we relax watching a movie the guys have chosen. It’s such a joy hearing the guys laugh at the funny antics in a film. The Priory Project is a real blessing to so many of our participants. I try to go most Fridays and I am the richer for it”.



Rachel at the Body Clinic

The Body Clinic is on West Street in Leominster, They offer treatments for five areas of holistic health care; social, emotional, physical, spiritual and mental. Two weeks ago, they welcomed Rachel as a voluntary member of their team. They posted the following on their Facebook page. "Rachel has joined our reception team for a period of work experience. This placement has been facilitated through partnership with ECHO's Steps to Employment Project (StEP), which focuses on creating an inclusive work environment where individuals with varying abilities can find meaningful opportunities to contribute and grow professionally."

Rachel is very lucky in that in order to explain the treatments to customers, she will be experiencing some of them herself, starting with a massage!

She said, 'I am really enjoying working in a different environment. Learning about all the therapies is a real eye opener. Michelle helped me get settled in on my first day and I feel confident I will have plenty of help from Leanne who is the receptionist'.





Volunteer Social

Roz, Sue and Michelle
invite you to join us to celebrate the
amazing work of
ECHO volunteers and StEP beneficiaries
with tea, coffee, scones and music from
StEP beneficiary DJ

On: Wednesday 30th July
From: 4:30pm - 7pm
At: Studio Mirai, Bridge Street,
Leominster, HR6 8EA

RSVP by 20th July to Roz via text, email or phone on
07719023534 or (01568)620 307
roz.johnson@echoherefordshire.co.uk





StEP Meet Up

When?

9.30am-11:30am on
Thursday 31st July 2025

Where?

The Stables Gallery
at

Leominster Tourist Information Centre

Why?

Rachael Shepherd from the National
Careers Service will be attending so
please come prepared with questions.
There will also be a lovely Surprise in
store!

Light refreshments will be provided free of
charge.





Positive about disabilities

ECHO Fundraising

*For ECHO Participants,
Supporters and Volunteers*

July 2025

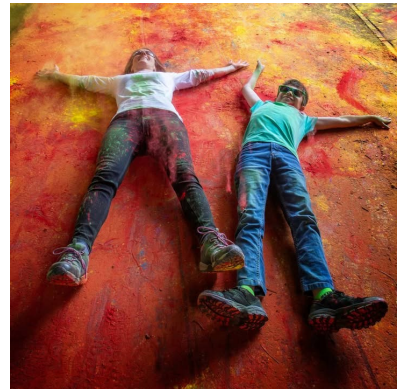
A big thank you to everyone who helped to make Colourfest 25 a big success on June 7th.



Thanks to all of you who took part, those who raised sponsorship or gave donations, our wonderful volunteers and not forgetting our sponsors - Brightwells, Central Roofing, Irwin Mitchell, Leominster Festival and Specsavers Leominster.

We raised over £2,500 and the money is still coming in!

Many thanks also to official photographer, Richard Shakespeare



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ECHO's Big Duck Race—July 19th

As we head into July, preparations are well under way for ECHO's first magnificent Duck Race!

As you can see, buying a Racing Duck for just £2 could win you a massive £250!

But you have to book your duck, which you do by going to the ECHO website:

www.echoherefordshire.org.uk/

And clicking on the Duck Race Raffle menu

This is what is happening on the day:

1.00pm BBQ, cakes, drinks, ice cream, Radio ECHO, games, including a brand new Splat the Rat made by Studio Mirai and prizes



**RAISING FUNDS FOR ECHO,
YOUR LOCAL DISABILITY CHARITY**

Saturday 19th July 2025

Studio Mirai, Bridge St, Leominster HR6 8EA

£250 first prize!

Ducks available now: use the QR code or see tinyurl.com/ECHO-Duck-Race



'Corporate' green ducks will be available for companies and organisations at £50 each. The green duck race will take place just before the main event. Prize money for the winner will be £200.

Book from penny.weir@echoherefordshire.co.uk



Leominster
Town Council



2.00pm Big Green Corporate Duck Race

2.30-2.45pm Yellow duck race

3.30 Winners announced.

You have to be in it to win it, book your duck today! Go to the website or scan the QR code here...

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Charity Golf Day

Friday 1st August at Leominster Golf Club
Mixed Texas Scramble with shotgun start
Teams of 4 required @£20 per player

ECHO is also seeking hole sponsors at £100 each, Central have generously agreed to enter 2 teams and sponsor 2 holes



ECHO's Big Fat Quiz

Thursday 13th November
At Leominster Golf Club.
Teams of 4 required



Santa Fire Walk

Thursday 27th November
To be held at The Shell Store at
Rotherwas, Hereford.

Step outside your comfort zone
on to hot ash!



For details about all of ECHO's upcoming fundraising events, go to:
www.echoherefordshire.org.uk/upcoming-fundraising-events/

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We Need Your Help – Vote for ECHO at Tesco Tenbury!

We're excited to share that **ECHO** has been selected to take part in the **Tesco Stronger Starts** customer vote! This scheme gives charities like ours the chance to receive a grant of **up to £1,500** – but we need your help to secure it.

From **1st July to 30th September**, customers at the **Tenbury Tesco** store will be able to vote for us using blue tokens given at the checkout. The more votes we receive, the more funding we'll be awarded!

These funds would make a real difference in supporting our ongoing work, so every token truly counts.



Do you shop at Tesco Tenbury? Know someone who does?

Please help us by spreading the word and encouraging friends and family to pop a token in the ECHO pot whenever they shop.

Thank you for your continued support!

Stronger Starts.



TESCO

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