

Welcome to the August edition of the ECHO newsletter. Read on for lots of news about our projects, fundraising and volunteers. Starting with ECHO's first Great Duck Race! Enjoy...

Yes, it was ECHO's first Great Duck Race Day on Saturday July 19th. We've had lots of positive feedback about the event and we are happy to announce that it's looking like the day raised something in the region of £3,500 - we'll give you the final total when we have it.

Well done and thank you to everyone who bought a duck; every pound helps support our amazing participants.

Once again, thank you for our generous supporters, Irwin Mitchell and Leominster Town Council, to our wonderful staff and volunteers who helped run the day and the many organisations who attended to make sure the event was the success it was...

Ducks away! More pictures from the day on page 12...



Some Very Sad News



It is with great sadness that Tom Egerton (Support Worker at Eaton Barn) passed away recently, following a short illness.

Tom was an integral member of the team at Eaton Barn and quickly established himself as a popular member of the crew with participants, volunteers and other staff.

He also made a great impression on the wider staff team who worked with, or met him. His presence will be greatly missed. Our thoughts are with his family at this very sad time.

Farewell and Good Luck to Angela

Angela Ayliffe, Deputy Chief Officer for Life Skills and Social and Leisure has recently left ECHO.

Angela joined ECHO over 4 years ago and although she will be missed, we wish her the very best of luck with her new ventures. Huge congratulations to Angela who recently graduated as a Cranio/Sacral Therapist.



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

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ECHO Needs You

Rep Group elections 2025



We believe that our participants should have a BIG say in how our charity is run. We are looking for 10 participants to join the ECHO Rep Group. We need people who have their own ideas and are not afraid to speak up for themselves and others. You are the experts on how ECHO can best support participants and we want you to help make ECHO an even more amazing place to be.



It doesn't cost anything to be on the Rep Group, but you do need to like hard work. They meet every Friday morning from 10.30 to 12.30 in

Leominster and run their own meetings with support from their worker.

To apply to be on Rep Group you need to fill in the form with this newsletter and send it back to ECHO. Claire will then support you to write a few words to tell people why they should vote for you and take your photo for the voting forms.



If more than 10 people apply, we will hold an election. All ECHO participants can vote for the people they think will do a good job. The 10 people with the most votes will be elected and will then come to Rep Group meetings.

If you think you might want to become a Rep but are not quite sure, please ring Claire at ECHO on 01568 620307 and she will help answer any questions you have before you decide to put your name forward for election. **Please send your form in by 11th August**



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ECHO's Next 3 Year Plan



It is time to start to develop our next 3 year plan. The plan (or strategy) helps to guide ECHO and sets our priorities over the next three years. The new plan should start in April and so we have about 6 months to bring it together.

The aim at the end will be to have a clear plan to help steer us towards 2029.

To help create the new plan we would like to bring together people from across the organisation to get a wide range of views and ideas. As a working group we will be restricted to about a ten people maximum to keep it focussed.

- **Trustees (inc. participant trustees)**
- **Staff (all levels)**
- **Volunteers**
- **Participants**
- **Family Carer**

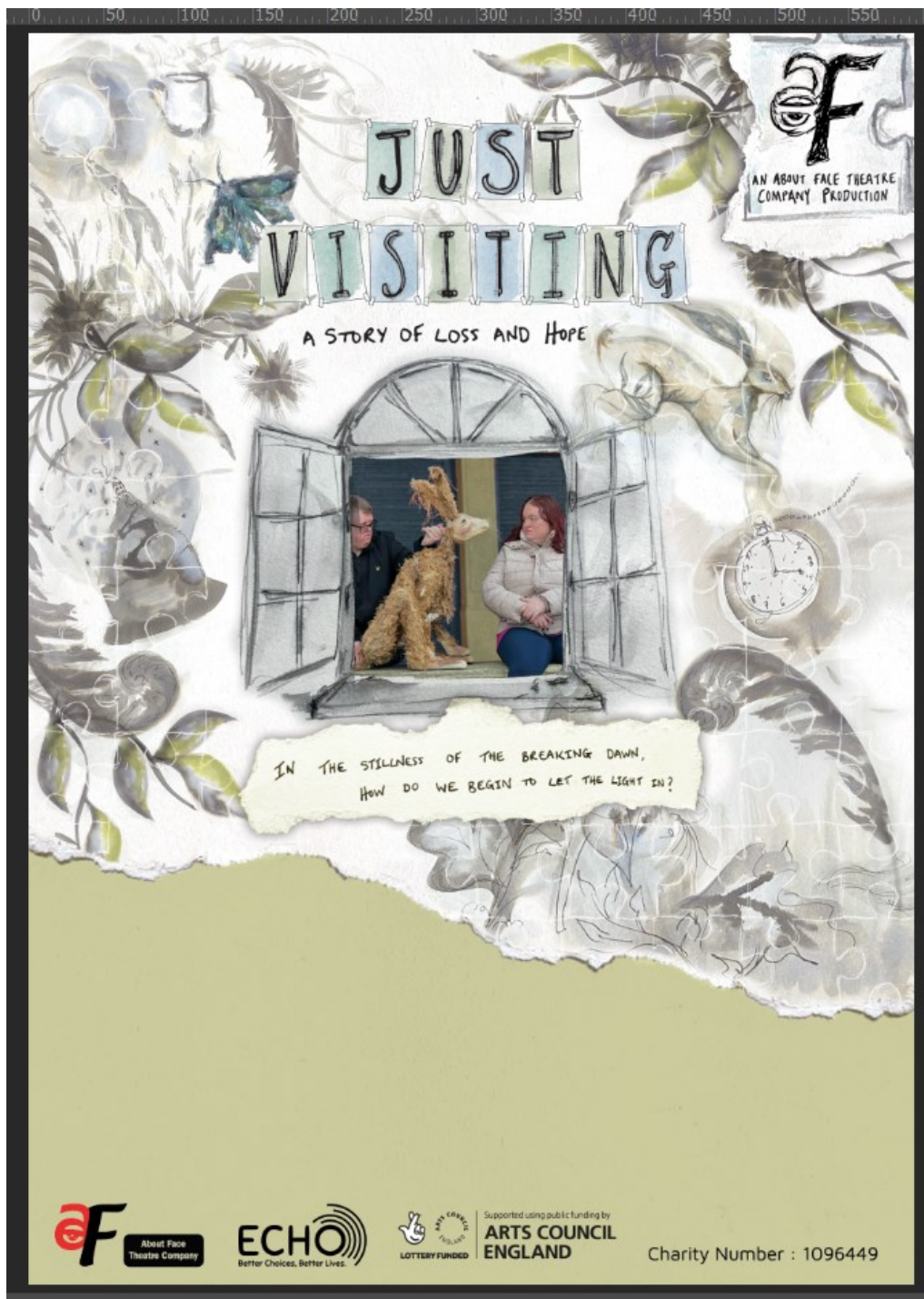
The role of group members will be to help develop the plans and share this with friends and colleagues. Meetings will likely be once per month for a couple of hours, with some work in between. The group is a great opportunity to help shape ECHO over the next few years and develop new skills.

If this is something you are interested in, please let us know so we can put the group together based on the response.

contact: mike.cook@echoherefordshire.co.uk or call 01568 620 307

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About Face have been rehearsing their new show “Just Visiting” which will be performed at The Courtyard on 10th September. We will be doing 2 shows, one at noon and one at 5pm in the studio. Tickets are available from The Courtyard, you need to book through them. This show has been funded by The Arts Council England.

We will also be doing the show at Leominster Community Centre on Thursday 30th October at 2pm. Tickets for this show will be available from the ECHO office at £5.00.

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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 Hollichead, Dog Groomer
<http://www.ludlowdoggrooming.co.uk>

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



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Positive about disabilities

Volunteer Voice

*For ECHO Participants,
Supporters and Volunteers*

August 2025

Welcome to the August edition of the Volunteer Voice newsletter. Read on to find out how much the StEP cake stall raised at the Duck Race, and what being a volunteer at Radio ECHO involves.

Thank Friday It's Radio ECHO



Meet the team: L—R, Peter, Nick Baker, Nick Haines, Louis, Ian and Lisa



StEP Cake Stall

Volunteer Coordinator Sue worked really hard to organise a cake stall to raise money for ECHO at the Duck Race fundraiser. Along with new Eaton Barn volunteer Annabel, they sold a huge selection of very delicious looking cakes, tea, coffee and cold drinks, raising a whopping...



Annabel loved her first stint as an ECHO volunteer, and said “Everyone that volunteered was very involved with helping and supporting the event. It was a great atmosphere and I really enjoyed my role serving refreshments, meeting other volunteers and some ECHO participants. I am looking forward to doing more.”



Sue would like to thank volunteers Anne Grace, Elaine Downs, Joy House, Hanna Woodall, Jeanette Washington, Jan Healey and Emma for the amazing cakes they very kindly made to be sold on the stall. (And the Volunteer Voice would like to thank Joy for her gluten free contribution). Thank you also to Letty who helped with setting up and clearing up.

A Spotlight on being a Radio ECHO Volunteer

Radio ECHO has three wonderful volunteers, Judith on a Tuesday and Louis and Lisa on a Friday. Radio ECHO volunteers are not just there to have fun, as it may seem as you watch the live link, but they also have huge input into the show and in supporting the participants!

Whilst the quality of the broadcast element of the sessions is central to the session, the planning, researching and learning aspects of the day are equally important, if not more so. Volunteers play a crucial part in helping the participants achieve by supporting the project manager Nick in delivering Radio ECHO sessions and supporting individuals or groups of participants to get the most out of their learning/ the session as a whole. This includes searching the internet for news stories/features, supporting with using Microsoft Word, helping to organise ideas and edit written features to correct word length, and assisting the use of other software and equipment needed for a broadcast.

Friday volunteer Lisa told the Volunteer Voice that “I have been a volunteer for Radio ECHO for around 4 months now and I really enjoy attending the project. I enjoy waking up on a Friday and being a part of Radio ECHO, it’s the highlight of my week and makes me feel like I have a purpose. All the participants are welcoming and friendly and I really feel a part of the ECHO community.”



Lisa with Radio ECHO presenter Ian



Positive about disabilities

ECHO Fundraising

For ECHO Participants,
Supporters and Volunteers

August 2025

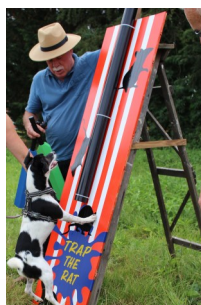
Saturday July 19th ECHO Duck Race Fundraising Day



Green ducks are go! The Mayor of Leominster presents winners Irwin Mitchell with their trophy...



Mr Byers is pictured here with participant Lindsey, who presented him with his prize of £100!



There was lots to see and do—and hear, thank you Radio ECHO. Once again, ECHO would like to say a big thank you to everyone who bought corporate ducks and who bought raffle tickets.

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01568 620307

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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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