

*Here we are more than half way through the year and the AGM is fast approaching. We hope you can join us to celebrate all our achievements over the year and to help with our plans for the future.*

*Read on for lots more news in this September issue.*

You are invited to the

# **ECHO AGM**

**Thursday 23rd October 2025**

**3.30pm for a 4pm start**



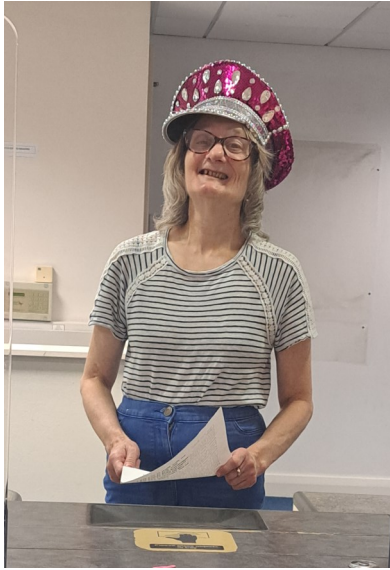
**Buffet, then dancing  
until 8pm**

**At the Sports and  
Social Club,  
Leominster, HR6 8JQ**

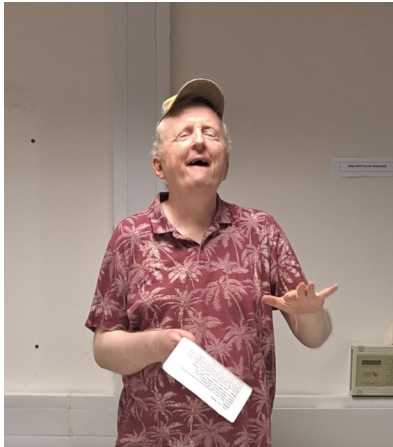


**RSVP - ECHO office, 40 West Street, Leominster, HR6 8ES  
01568 620307 or [echo.info@echoherefordshire.co.uk](mailto:echo.info@echoherefordshire.co.uk)**

## Storytelling Are Wired For Sound



Janet Locke



Alan Saunders



Paul Fletcher

We are Wired for Sound here at the new ECHO offices during our Wednesday afternoon Storytelling Sing along sessions (and having a mid week Rave!!!)  
DJ Saunders on the decks, Jazzy Janet on vocals and Footballer Paul Fletcher is Kickstarting our Ministry of Sound Storytelling style!

We are thrilled to find out that we are the first ECHO project to be currently working here. We are looking forward to seeing the developments that take place here over the months, seeing the transformation while we party on (and obviously work very hard to achieve our goals too!)

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

## Paying Money To ECHO

If you pay your bills using online banking is very important that you pay money into the new Lloyds account. If you pay by standing order, direct debit or make a regular or one off donation, you also need to use the new Lloyds account.

New bank name **Lloyds Bank**

Charity name **ECHO for Extra choices in Herefordshire Limited**

Sort code **30-99-50**

Account number **44827463**

Please check the bank details that you use before you make a payment. The old bank account was CAF bank and this account will be closing soon.



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# Ukulele for fun sessions

**Music for everyone!**

**No experience needed. Just come along and have some fun!**

**ECHO will be running 5 music sessions on Tuesdays in November and 5 on Fridays in January for ECHO participants to have a go at playing the ukulele.**

**Find out more, contact Claire Mee at the ECHO office**



Funded by  
UK Government



Herefordshire  
Council

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## We Need You! - Collectors Required



We have been given the opportunity to collect at the Hereford v Macclesfield game at Hereford FC on Saturday 11<sup>th</sup> October. Timings likely to be 1.00pm until 3.00pm (to be confirmed).



Christmas Collection at Morrisons in Leominster for a full day on Friday 19<sup>th</sup> December. Full details and slots available are to be confirmed.

Please contact Penny at the ECHO office if you would like to help at either of these collections.

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## End of Summer Eaton Barn Produce

Summer is one of the busiest seasons of the year at Eaton Barn. The participants, volunteers and staff work really hard with pruning, harvesting and of course watering the fruits, vegetables and plants they grow.

Current fresh produce available:

Cucumbers, marrows, courgettes, chillies, tomatoes (different varieties), apples (cooking and eating), garlic, broad beans, runner beans, plums, pears and onions. They also have pickled beetroot, fresh beetroot, rhubarb, damson jam, plum jam, red tomato chutney and beetroot chutney.



Eaton Barn  
Stoke Prior Lane  
Leominster  
HR6 0NA

01568 614748

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## Volunteer Voice

*For ECHO Participants,  
Supporters and Volunteers*

*September 2025*

### ***Welcome to the September edition of Volunteer Voice.***

With summer on its way out, thoughts turn to crisp and sunny autumnal days. If you know anyone with spare time once the schools start the new year, or someone who wants a new opportunity or challenge, take a look at the current volunteer vacancies and spread the word about how fab it is volunteering for ECHO!





## Volunteer Vacancy Ebay and Etsy seller at Clever Betsy



Do you:  
Have time to spare?  
Enjoy selling items online?  
Enjoy supporting people with disabilities?  
If so, we are looking for you!

Clever Betsy is an ECHO social enterprise project based in Leominster. It is an arts & crafts project with a particular focus on upcycling and producing a range of high-quality crafted items to sell in various outlets within the community. We want to maximise our selling potential, and therefore are looking for a volunteer to sell our items on Etsy and Ebay and to work with our participants, volunteers and staff to package and post products sold. This would be for one day a week, Monday to Thursday, between the hours of 9:30 and 2pm.



**Clever**  
Betsy

If you are interested in finding out more, please contact Roz Johnson  
on: 07719023534, (01568)620 307  
or email: [roz.johnson@echoherefordshire.co.uk](mailto:roz.johnson@echoherefordshire.co.uk)







## Volunteer Vacancy for a Fundraising Officer

Location: 40 West Street  
Leominster HR6 8ES  
Hours to be spread  
between  
Monday to Friday  
10am to 1pm  
(days and times tbc)

Are you looking to:  
Improve your CV?  
Get experience of fundraising and office work?  
Increase your confidence?  
Become part of a friendly and dedicated team?  
· Improve your communication skills?  
learn new skills?  
If so, we are looking for you!



### Purpose of the role:

This role would help the ECHO fundraising teams increase the reach and scope of the work that they do.

The role would also suit someone who is looking for experience in the areas of fundraising, the voluntary sector, office or outreach work and would form an excellent basis in this area.

### Key Tasks and regular duties:

- Work with the Fundraising Officers to secure funds for ECHO via grant applications
- Support the programme of fundraising events and activities
- Keep up-to-date and accurate information on supporters and funders, maintaining the records on the ECHO CRM database (Lamplight)
- Determine the needs and requirements of potential donors/funders and using this information, work with the fundraising team to develop and produce successful approaches tailored to their needs



If you are interested in finding out more or for a full role profile, , please contact  
or email: [echoherefordshire.co.uk](mailto:echoherefordshire.co.uk)

## Volunteer Vacancy at LifeLinks in Hereford

Do you:  
Have a day a week to spare?  
Enjoy supporting people with disabilities?  
Have access to a car and are willing to help us  
take groups out to different places?  
If so, we are looking for you!

Life Links is all about learning new skills, getting out and about, and supporting our local communities; no one week is the same. Activities are focused on group suggestions, and shopping and cooking are real favourites with everyone. We take time to find out what interests those who attend and always try to tailor the activities available to include these interests.

We see the confidence of individuals grow as they establish friendships and find their place in the group. We have an excellent staff team who are compassionate and bring lots of fun and laughter to every week.



Wednesday LifeLinks: Belmont Community Centre 9am -3pm  
Friday LifeLinks: Hampton Park United Reform Church 9am-3pm

If you are interested in finding out more, please contact Claire our Hereford Projects Manager,  
on 07719 055387

or email: [claire.tolley@echoherefordshire.co.uk](mailto:claire.tolley@echoherefordshire.co.uk)





## Volunteer Vacancy Retail Assistant at the Retro Station



Do you:  
Have a few hours a week to spare?  
Have retail experience?  
Enjoy selling beautiful items of furniture?  
If so, we are looking for you!

**Studio  
Mirai**  
未来

Studio Mirai is one of ECHO's social enterprises selling upcycled and restored furniture and wooden products manufactured by people with learning disabilities. We make and sell a variety of hand crafted upcycled and restored items, and we also have a retail space at the Retro Station, based at Yard Industrial Estate near the train station in Leominster. We work mainly on donated pieces of furniture and timber, helping the environment by reducing landfill.

We are looking for a voluntary retail assistant to spend three hours once a week. Skills and experience required include good customer service skills, working on a till, keeping records and of course haggling the price with customers!



If this sounds like something you would like to do, please contact Roz Johnson  
on: 07719023534 or (01568)620 307  
or Email: [roz.johnson@echoherefordshire.co.uk](mailto:roz.johnson@echoherefordshire.co.uk)



## Volunteer Vacancy Driver for Social and Leisure Events

Do you:  
Have a day a week to spare?  
Enjoy supporting adults with disabilities?  
Enjoy driving?  
Enjoy days out?  
If so, we are looking for you!



ECHO's social and leisure project runs various activities in community based locations to widen the choice of opportunities available to participants in public facilities. These include darts, club nights, days out to the seaside, exploring the local area, bowling trips, meals out and the occasional trip around Leominster's finest pubs. We are looking for a volunteer to help transport us and join us on days out.

If you are interested in finding out more, please contact Letty Flynn on: (01568) 620 307  
or email: [lynette.flynn@echoherefordshire.co.uk](mailto:lynette.flynn@echoherefordshire.co.uk)



## Volunteer Vacancy At ECHO's Sound & Vision Hub

Do you:  
Have time to spare?  
Enjoy digital media and music?  
Enjoy supporting people with disabilities?  
If so, we are looking for you!

ECHO has launched a new digital media project, 'Sound & Vision Hub', looking particularly at all aspects of what goes into video making, for social media, as well as presentations, podcasts and as stand-alone quality videos. It is a 'hands on' project, where participants learn about digital video recording and editing, sound recording, audio editing, creating music, and soundtracks, photography, taking images and more.



This volunteer position would involve you supporting ECHO participants in all areas to include digital sound recording, editing, creating music, spoken word and soundtracks, podcasts digital video recording and editing, learning camera, sound and non destructive editing techniques, image capture/photography, formatting and editing, creative writing/writing copy for publications, and the basics of broadcasting/podcasting. The project runs every Thursday, from 9:30am to 3:30pm in Leominster.

If you are interested in finding out more, please contact Roz Johnson  
on: 07719023534, (01568)620 307  
or email: [roz.johnson@echoherefordshire.co.uk](mailto:roz.johnson@echoherefordshire.co.uk)





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# ECHO Fundraising

*For ECHO Participants,  
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*September 2025*

## Golf Day, August 1st

Thank you to everyone who helped to make the Golf Day at Leominster Golf Club another super day. We raised over £900. Thanks to the Club, all of you who took part, Central Roofing for their sponsorship, to those who came along to help, and to the weather which was very kind to us!



This year's winning team



Sponsors Central Roofing:



Club President Alan Hooper with daughter Steph, ECHO participant



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## Final Amount for Duck Race £3575.35

Thank you again for everyone who bought a yellow £2 duck and thank you to all the kind companies who bought a green duck. The green running (floating?) was as follows:



Winners: Irwin Mitchell with Irwin McDuck!

Central Roofing with Rufus the Roofer,

*Concept Claim Solutions with Moby Duck*

Essiem Ltd with Dwayne The Duck Johnson

*J and A Davies with Quackers Independent Traders*

Gabbs Solicitors with Gabb-y The Duck

*Jackson Properties with Bill*

J Harper and Son with Harpy the Harper Duck,

*KGL Financial Planning with Ted the Duck*

Konsileo Insurance with Quacksileo Duck

*Marches HR with Quack to Work*

Mountain Perspective with Mountain Duck

*Leominster Festival with Karl the Duck*

Leominster Osteopaths with Bone Quacker

*Leominster Motors with Stu*

Leominster Town Council with The Mayoral Duck

*Leominster Rotary with Montague,*

Nat Hone with Lara Rose

*NFU Mutual with Count Duckula*

Oldfield Garages with Oldfields McDuck

*Ryelands Surgery with Ryelands The Duck*

Thorne Widgery with Widgery Waddles

*WLS Financial Solutions with Fix IT Quack*

Leominster Taxis & Travel with Magnificent Margot

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# REMEMBER A CHARITY IN YOUR WILL WEEK

## 08-14 September 2025

Remembering ECHO in your will is a chance to make the world a better place for adults with learning disabilities in Herefordshire.

Family and friends always come first, but once you've provided for those please consider leaving us something, however small. It's particularly important if you have children or loved ones with special needs.

If you want to leave us something you will need to speak to your solicitor first.

What you need to tell your solicitor:

- The name of the charity - ECHO for Extra Choices in Herefordshire
- 40 West Street, Leominster, HR6 8ES
- Charity Registration Number: 1096449

(If you don't have a solicitor we can help).

As you may remember, one very special person who left us a legacy was Janet Smart. With the legacy she left us it has helped us buy our new premises.



*Janet Smart*

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## Thursday 6th November: Big Fat Quiz 2025!

The cost is £60 per team of 4.  
This includes a delicious one  
course meal. In addition, you can  
sponsor a round of questions.

Leominster Golf Club, Ford Bridge  
Road, Leominster.



For further information, ring the ECHO  
office on 01568 620307

## Coming soon: Firewalk at The Shell Store, Thursday 27<sup>th</sup> November

from 5.00pm, tickets are available at  
£25 each from

[penny.weir@echoherefordshire.co.uk](mailto:penny.weir@echoherefordshire.co.uk)

The Shell Store will be decorated for  
Christmas and your friends and family  
can come along to enjoy the festivities  
and watch you as you walk on fire!



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