

About ECHO

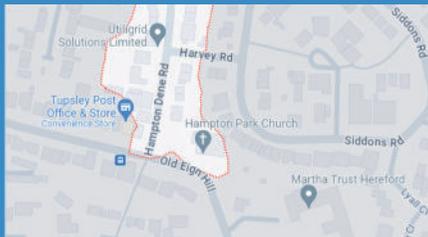


ECHO is the largest provider of innovative day opportunities for people with learning and other disabilities in Herefordshire.

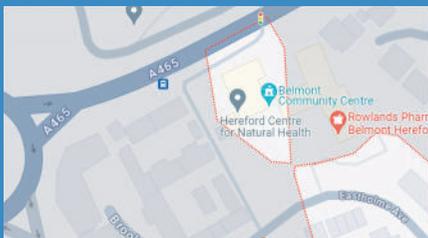
LifeLinks, like most of ECHO's activities, is suitable for people with moderate or severe learning difficulties, but we will try to support anyone, including those with mental health difficulties and physical or sensory impairments.

Find LifeLinks:

Wednesday: Belmont Community Centre, Eastholme Avenue, Belmont, Hereford, HR2 7UQ



Friday: Hampton Park Church, Hampton Dean Road, Tupsley, Hereford, HR1 1UJ



Tel: 01568 620307

Email: echo.info@echoherefordshire.co.uk

Fundraise for ECHO

As a charity, ECHO relies on fundraising to help us keep activities running for really vulnerable adults in Herefordshire.

This is why we ask that if you benefit from our services, know someone who does or just agree that people with disabilities should be given a real chance in life, that you help us raise the funds we need to develop and grow.

By giving a regular monthly donation you can help us continue our vital support to people with learning and other disabilities in Herefordshire. Regular monthly donations help us plan because we know what income to expect month in and month out.

If you would like to support our work by giving a regular donation, you can either:

Go To www.echoherefordshire.org.uk

and click the **DONATE** button on the front page

Contact our office:
40 West Street, Leominster, HR6 8ES

Email: echo.info@echoherefordshire.co.uk

Ring: 01568 620307

Charity No: 1096449 Company No: 4475254



Thank you
from all of us at ECHO



Positive about disabilities

LifeLinks



Local community volunteering, adult learning and life skills

Laura



“There’s always lots of things to do and I like seeing everybody each week. I have lots of fun...”

At LifeLinks, our disabled participants get involved in the local community. You might:

- Shop for older people
- Volunteer at projects within the local community
- Help shop and cook lunch for the group
- Learn life skills
- Have fun and make friends

“Working at Life Links is a privilege. No day is the same and we always have lots of fun, whatever we do...”

(LifeLinks Manager)

Ali & Sammy



Being in the city means that there are always lots of things to see and do, which is great, as our participants love nothing better than being out and about.

Our participants are always fully involved in discussions about the activities they do and plans for the day.

The group will often go out on trips to help find out more about the topics they are working on.

“I like coming to LifeLinks and I enjoy seeing my friends and making things...”

Laila



Alice

