

# Social and Leisure Activities *February 2026*



Name .....

Email Address .....

Tel No .....

Here's the latest update of our online, sports and other Social and Leisure activities. For online sessions you need to have access to the internet and an email address and have Zoom downloaded to your computer, tablet or whatever device you use.

Choose the activities you would like and tick the 'Yes Please!' boxes and get the form back to the ECHO office – you can email it if you like to [echo.info@echoherefordshire.co.uk](mailto:echo.info@echoherefordshire.co.uk). We will send you the Zoom link to the activity before it starts.

As you can see, each session shows the costs, but you don't need to pay 'up front' - we will send you an invoice at the end of the month for any activities you have joined.

When	Online Activity	Time	How Much?	Yes Please! (✓)
First Monday of the month 2 <sup>nd</sup> February	<b>Rendezvous Online. Quiz Night</b> A chance to get together and enjoy a quiz night in your own home. All ages welcome a chance to test your knowledge and to ask your own quiz questions. As well as catch up with friends.	7pm - 9pm	£7.00	
First Tuesday of the month 3 <sup>rd</sup> February	<b>Women's Social Evening</b> Join Letty for a girl's night in, where we can catch up and share our hobbies and passions. From crafts to knitting or even creative writing, if you love doing something and want to share your skills this is the perfect place for you!	6:00- 7.00pm	£7.00	
Tuesday Twice a month 10 <sup>th</sup> & 24 <sup>th</sup> February	<b>House Party! A club night in your living room...</b> Join our live DJ who will get you up and moving. You can even send in requests! The best night out by staying in.....	7.30 – 9.00pm	£7.00	

When	Weekly Activity	Time	How Much?	Yes Please! (✓)
Every Tuesday	<b>Tennis:</b> <i>Partnership with Leominster Tennis Club</i> Held at Bridge Street Sports Centre on the outside courts this is for all abilities with coaching. Please arrange own transport.	5.00pm-6.00pm	£3.00	
Every Wednesday	<b>Walking Club:</b> <b>Starting Back on 4<sup>th</sup> March</b> This is participant lead, meeting in Corn Square Leominster take a walk round Leominster and have a chat with your friends.	6:30pm-7.30pm	Free	
Every Thursday	<b>Darts:</b> Letty will be coaching you and organising friendly matches for you. Practice nights are an hour long with friendly matches being arranged as an extra night. Held at Shooters Bar, Burgess Street, Leominster Bring money for drinks and arrange own transport.	5.00pm-6.30pm	£7.00	
Every Thursday (except 1 <sup>st</sup> )	<b>Football:</b> <i>Accessible Walking Football</i> Held at Bridge Street Sports Centre Leominster. Join us for a session of football with coaching....	7.00pm-8.00pm	£7.00	

When	Activity Extra	Time	How Much?	Yes Please! (✓)
Every Tuesday	<p><b>Jigsaw Dance.</b> <i>Dance and movement.</i></p> <p>This is a creative dance group where you devise your own dance pieces and choose your own music. This is held at The Courtyard Hereford Jigsaw have been working with ECHO doing events such as Tea Dances and Light up Leominster.</p> <p>Enquires/Contact Dancefest 01905611199 to book a place or drop in no need to book via ECHO.</p> <p>Bring a drink.</p>	2.00pm-3.30 pm	Pay Jigsaw	
Every Tuesday	<p><b>Yoga</b> <i>Jane's Yoga.</i></p> <p>The yoga class is designed to be accessible to all, includes movements to keep all the joints in the body supple along with standing and seated postures to encourage movement and stability, the class ends with stillness and quiet relaxation.</p> <p>The approach is informal, often humorous and uses imagination, with time if needed for participants to share news and thoughts.</p> <p>Held at Leominster Library – if you have not been before please contact the office if you are thinking of coming along.</p>	3.00pm-4.15pm	£7.00	
First Thursday of the month 5 <sup>th</sup> February	<p><b>Boogie Nights</b> <i>club night</i></p> <p>Join Letty at Shooters Bar ECHO's big night out. DJ, sound system, disco lights and a bar. It's only for ECHO participants and their support, so we have the club to ourselves. Let's party!</p>	7.00pm – 9.15pm	£7.00	

When	Activity Extra	Time	How Much?	Yes Please! (✓)
Every Friday	<b>Friday Club: <i>lunch with friends</i></b> Bring your own lunch and join in with a host of different activities. From crafting to gaming. This fun drop-in session is ideal if you want to relax and do activities on your own or have the opportunity to do something more upbeat.	12.30pm-3.00pm	£7.50	
Saturday 7 <sup>th</sup> February	<b>Life Skills. <i>Winter Warmer</i></b> This month our Letty will be hosting so come and join her for the winter warmer. Then we are off to the community food share which has become one of our favourites. Don't forget to bring a shopping bag and money for a visit to coffee 1.	11.00am-2.30pm	£15.00	
Saturday 14 <sup>th</sup> February	<b>Day Night Club.</b> Join Letty at Shooters Bar ECHO's big day out. DJ, sound system, disco lights and a bar. It's only for ECHO participants and their support, so we have the club to ourselves. Let's party!	12.30pm-3.00pm	£7.00	
Last Monday of the month 23 <sup>rd</sup> February	<b>The Rendezvous: <i>Get Together...</i></b> Our monthly quiz and game of pool. At Shooters Bar, Burgess St, Leominster, HR6 8DE, join us for a lively night out. Bring some extra money for drinks and snacks...	7.00 – 9.00pm	£7.00	
Saturday 28 <sup>th</sup> February	<b>Go With the Flow.</b> Going by train we are spending the day in Hereford. Please bring extra money for lunch and shopping. You can also bring a packed lunch to save money. Leominster train 9.54am meet at train station 9.30am Hereford train 4.28pm arrive at Leominster 4.41pm	9.30-5.00pm	£15.00	