

Welcome to your October ECHO newsletter! You will find updates on ECHO activities, Volunteer news and all about ECHO's recent fundraising. Enjoy!

Don't forget the ECHO AGM is going to be on Thursday 10th October at the Sports and Social Club in Leominster at the earlier time of 3.30pm.

We want to invite you to the

ECHO AGM 2024

Thursday
10th October

3.30pm for a 4pm start

Buffet then music and dancing until 8pm

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



RSVP - ECHO Office West Street, Leominster HR6 8ES
01568 620307 or echo.info@echoherefordshire.co.uk

It is a great time to see friends and celebrate all the amazing ECHO projects.

Please let the ECHO office know if you are coming so we can make enough sandwiches!

If you would like transport to the AGM, please tell us as soon as possible so we can help.

Social and Leisure Update



Social and Leisure had a brilliant August and September with picnics in Ludlow, Leominster and Hereford.

We also enjoyed a weekend of camping at Eaton Barn where the campers hosted a BBQ, did quiet Karaoke, late nights and early mornings.

The campers were treated to a meal made by our trustee Hanna. Thank you so much it was delicious.

The camper of the year was Kevin Stuchbery for his excellent support to others and how helpful he was.

Letty and all the campers would like to say a massive thank you to Sue Palliser who came and stayed the whole weekend with us.

On the 11th of September we went to Barry Island for sun, sea and fish and chips. We didn't get much sun so we changed it to fun and managed to have a lovely time.

On Saturday 19th October we will be going to The Matrix, Hereford for a game of minigolf. If you are travelling from Leominster please meet Letty at the train station at 9.30am and if you are already in Hereford, the Coffee Cart at 10.30am ready to play at 11.30am. The cost is £20 and please bring extra money for drinks and lunch or bring a packed lunch. There are limited spaces so please book early.

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

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Rep Group Update

We met with John Champion, the West Mercia police and crime commissioner to tell him about our experiences with the police and what we think the police can do better to support adults with disabilities. We told him we want better lighting and more public transport later at night to help keep us safe. We want to see more police officers out and about in our community.

We also want better ways to report things to the police and have them give us more time and support when we do go to them.

There are things that we can do right now to stay safe and get help when we need it. Herefordshire Mencap have a safe places scheme. You can have a free 'I need help card' and put your name and emergency contact details on it and keep it in your bag. This way, if you ever need help, all you have to do is show this card and the person helping you knows who to contact. There are also shops and businesses in Herefordshire that have had training so that you can go to them and ask for help and they will know what the card means. They should have a yellow sticker in their window that looks like this.



If you would like a card, please let Claire Mee in the office know and she will give you a card.

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ECHO Carers Group

In late October/early November ECHO will be setting up a carers group. We really want to engage with families and others who support our participants as it will -



- Improve support we offer participants
- Improve support to carers
- Improve our activities

The initial meeting will be informal and an opportunity for people to get together, introduce themselves and share some of their thoughts and experiences of being a carer. I'd hope that this group would grow and then we might be able to identify areas where we could bring in speakers or gather useful information.

If you know a carer or supporter who might be interested in this, please let Mike know at: mike.cook@echoherefordshire.co.uk or call 01568 620 307 and let the office know.

Around The World - Drawings By Paul Hughes



Participant, Paul Hughes has another exhibition at Leominster Community Centre. He greeted his public with an apple juice and nibbles reception. Pop in and see his amazing pictures if you can!

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Positive about disabilities

Volunteer Voice

*For ECHO Participants,
Supporters and Volunteers*

October 2024

Welcome to the October edition of the Volunteer Voice newsletter. With autumn on its way, we are looking forward to cosy nights and lots of pumpkin spice lattes.

Read on to find out about the first meet up for StEP beneficiaries, and how volunteers can help showcase the wonderful work you do, at this year's AGM. Also, don't forget the volunteer social! Please do join us.



Monthly Meet Up

At the end of September, Roz and Michelle held the first monthly meet up for StEP beneficiaries. This is an opportunity for beneficiaries to share their experiences of work experience and of looking for and applying for paid employment, training sessions and even networking.

This session was a social event, where beneficiaries were able to meet each other and find out what everyone is doing. We of course had coffee, tea, biscuits and fruit too.

Our newest beneficiary Laura Matty spoke about her work experience with the StEP team at the ECHO office and how she will be looking for employment opportunities soon. Louis Baker told us about his work experience as a Radio ECHO volunteer and at Halo Leisure centre where he makes sure the gym equipment is kept hygienic and works in customer service on the front desk. Next, the StEP team have found him a placement at The Hereford Times to gain some work experience in journalism!

Photos: (Right) Louis at Halo

(Below right) Edmund at Berrington Hall

(Below)) David at Sumergil House



Edmund Proctor let everyone know what he will be doing at Berrington Hall as a customer service volunteer, greeting people as they arrive and driving people around the National Trust site in a buggy. Gwynnan Smith spoke about her work experience both in the ECHO office and at Age UK, where she is working on a project in conjunction with Innocent Drinks Company. No free smoothies or juices offered yet...

Dan Wall told us about his plans for the future as we are supporting him to get a job in retail. Kevin Stuchbery talked about his work experience as a steward for the Threads Through Creation exhibition at the Priory Church and David Riley spoke about his placement at Sumergil House School, where he will be valeting and doing maintenance work on their fleet of vehicles. It was really interesting for everyone to hear about all the different things beneficiaries are doing, and people said they enjoyed the meet up.

This month's meeting (26th September) will be focussing on the volunteer showcase for the AGM (more to come later) and the following month we will be holding a session on how to have difficult conversations and speaking up at work.





StEP Monthly Meet Up

When?

10am-11:30am on Thursday 26th September

Where?

Unit 4 Buttercross Arcade Leominster HR6 8BN
(Radio ECHO)

Why?

During this second meet up, we need to work on our StEP presentation for the AGM celebrating ECHO volunteers and StEP beneficiaries.

Tea, coffee and biscuits will be provided free of charge.



ECHO AGM Volunteer Showcase

You may be aware that each year, ECHO projects showcase what they do at the AGM. This year, for the first time, the StEP will be joining in.

Therefore, Roz, Michelle and Sue would like to invite all ECHO project volunteers and StEP beneficiaries to have the opportunity to share their experiences of volunteering with a twist thrown in....

Contact Roz if you would like to know more, or if you would like to be part of the showcase.



WE
NEED
YOU!

And finally, we would absolutely love to see you at the volunteer social next week. 35 West is booked, the buffet is ordered, so please come and join us!



Volunteer Social

Roz, Sue and Michelle
invite you to join us to celebrate the
end of the
1st year of the StEP!

On: Wednesday 25th September
From: 4:30pm - 7pm
At: 35 West, Leominster

A buffet will be provided and hot and cold drinks, cocktails and
beers are available to buy.

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





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ECHO Fundraising

For ECHO Participants,
Supporters and Volunteers

October 2024

Charity Abseil

22 brave souls took part, with ECHO's Newton's Apples team of Mike Cook, Michelle Hodnett and Sean Perks. We were joined by a contingent from About Face, including the dog puppet, a team from the Hit Squad Hereford who helped with the collection, and other kind volunteers. We all made ourselves hoarse from shouting encouragement from the safety of the ground.

It looks like we will raise between £4 and £5 thousand but we'll know more by next month.

We were particularly grateful to everyone at St Peter's Church, and we hope to work with them again in the future.



Michelle and Mike descend and Sean receives his certificate on completion - well done all!

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ECHO's Big Fat Quiz

We're now actively looking for teams of four - £15 per ticket for an individual and £60 for a team. We will be serving a delicious meal of sausage and mash both as a meat and a vegan/veggie alternative. Volunteers to help on the evening will be most welcome.

Thursday 7th November 2024

Leominster Golf Club, Ford Bridge Road, Leominster, doors open at 6.00pm.

For further information, ring the ECHO office on 01568 620307

or email penny.weir@echoherefordshire.co.uk



Christmas Collections at Morrisons



We have two special days coming up just before Christmas at Morrisons in Leominster.

Thursday 19th when About Face are singing and collecting and Friday 20th when Claire and the Rep Group will be leading the carols. If you can spare any time on those two dates, please contact us.

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