

Spring 2018 Newsletter

Welcome to our Spring Newsletter, we have packed a lot into this edition, the personal stories are particularly heart-warming simply because they emphasise the whole point of why Leonard Cheshire and Sue Ryder set up the charity in 1986; to support adults with different kinds of disabilities in a way that should be person centred, empowering, and inclusive. Please look out for the social and fundraising events in 2018; this promises to be our busiest year yet and it would be fantastic to see you at some or all of these! Enjoy the read!

Some will know that Enrych, previously known as Ryder Cheshire Volunteers, has a long past connection with Leicestershire. Mr John Blunt, owner of Staunton Harold Hall, and a supporter of Enrych, has provided this article for the newsletter:

"If you had met Leonard Cheshire, as I did a couple of times, you wouldn't suspect his extraordinary achievements. Quiet and unassuming, he led by example. He was particularly good at engaging with individuals and remembering their names. Awarded a VC for his work as a bomber pilot at the end of the war against Germany, he was a passenger on the US plane which dropped the atomic bomb on Nagasaki.



The Lake at Staunton Harold Hall. cc-by-sa/2.0 - © Colin Smith - geograph.org.uk/p/128077

Back in civvy street, he found himself caring for a chum with a long term incurable illness. He realised that the health service had limited provision for these sort of patients and this led him to found the first of his Cheshire Homes.

The Dowager Countess Ferrers first contacted him with a gift of clothes from her late husband. Then she persuaded him to come and look at her family's ancestral home in Leicestershire. Staunton Hall, with seventy acres of gardens and parkland, had been sold in 1954 to a demolition company. Semi-derelict after use as a prisoner-of-war camp, we locals loved the house but could see no future for it. Leonard Cheshire took it on, though with no money to pay for it, and unleashed such a torrent of generosity and goodwill that it went on to become the largest of his Cheshire Homes.

One thing he did to raise some cash was to sell the stand of beech trees on the knoll above the Serpentine Lake, and replant with a mixture of beech and scots pine. These were well established when my family bought the lake and hillside from the trustees in 1974. I carried out a thinning, which my father said was too heavy – we always disagreed on this subject. Today they make a splendid setting for the holiday lodge which our children have built close by.

But this wood has no name, and Cheshire no memorial nearby. So, with family agreement we are going to call this Leonard's Wood, and carve a plaque for it on the nearby Staunton Ridgeway. After all, we owe it to him that the house is here at all."

Enrych has endeavoured to ensure that the person centred approach, promoted by Leonard Cheshire, is as strong as ever.

Have you wondered how this newsletter is compiled? By an Enrycher of course!

"I have been volunteering with Enrych as a designer for over 6 years and I am honoured to be able to help such an amazing charity make a positive difference to people's lives. I love putting the newsletter together and getting the chance to read all of the interesting and inspiring stories! I currently work for a healthcare company in Hertfordshire and would like to thank Enrych for providing me with extra design experience which has really helped me in my career since graduating in 2014." ~ Kimberley Harris



Three men and Enrych!

Last year the World Health Organisation said cases of depression had ballooned in the past decade, making it the leading cause of disability worldwide. Loneliness is now being recognised as an epidemic. One of the important aspects of the work of Enrych is to play our part in strengthening the resilience of our communities; one of the ways we do this is facilitating new friendships; we hope you enjoy this story.

Jason, who has a visual impairment, has been attending the art group for a couple of years. Here's his story:

"I have attended the art group for some time and always enjoy the art and the company. Being a light hearted and sociable person I seem to bring people together without realising it. I befriended Eric who also has a visual impairment and suggested we attended the group together.

I'm proud to be part of the group; it's good for so many reasons. Not only the opportunity to create art but more importantly for me, the social side. Everyone attending is accepted and appreciated for who they are and what they bring to the group. Although we all share a similar interest, the group brings people together and I feel it is a lifeline in the community. Enrych enables disabled people to get out into the community not only at the art group but by arranging a varied programme of social events too. The opportunity to go out as a group and enjoy a day together is very important to me; Enrych provides these events. It makes me feel independent and empowered. I can't think of anything similar to be honest. We are just 3 lads having some banter – it really works for us!"



Eric, who has a visual impairment, is a newcomer to the art group. He's been attending for a couple of months now. Here's how he feels about coming to the art group:

"This has been my first experience of creating art work. I wasn't sure what to expect but after 5 minutes I had settled in and started on my first landscape. By the end of the session I had created something which I was really proud of, I couldn't really believe it, I'd really surprised myself. I met Matthew during that first week.

It felt good to be part of such a friendly group of people. It's a really diverse group of people of all ages and disabilities but it works well and gives a valuable opportunity for people to come together in an informal setting. At the Enrych Christmas Lunch, the art group table was definitely the noisiest. We had a great laugh together; the food was good too!"



Matthew, who has autism and a learning disability, has been attending the art group since October 2017. Here's what he has to say about the Enrych Art Group:

"I enjoy art but I was looking for the opportunity to meet new people too. I'd heard about the Enrych Art Group and decided to give it a try. On my first visit I felt a mixture of excitement and nerves but soon felt comfortable and enjoyed the session.

After a couple of weeks, I met Eric and Jason, they seemed friendly chaps so I introduced myself and we all sat together.

We get along great; we share a mutual interest in art but it's developed into a friendship now. I look forward to seeing them at the art group and having the opportunity to chat, not just about the art we are working on but anything and everything. We all have a great sense of humour too.

We all went to the Enrych Christmas lunch together, it was a great social occasion. We are planning on attending some more events together and I'm really looking forward to that. It has made such a difference to my life as my social circle is small and I have limited opportunities for making new friends. Since I have joined the art group I've met some really great people, created some great art work and had opportunities to participate in social events too. I really do appreciate that."



Could you be an Enrycher too?

Jamie tells his story:

"I began volunteering with Daniel in October 2017. He was looking for someone to play chess and card games with; I thought, 'I'd enjoy that', so an introduction was arranged. We got on well, from the initial meeting really, it was a great match!

We share a similar sense of humour and find we can chat about all sorts of subjects; it's good to spend time together. Daniel has MS and it is not easy for him to access the community for companionship, so I visit him; it works well.

I find volunteering so rewarding. I never imagined one person could make a difference, but it really can. Words can't express how I feel as a volunteer. I look forward to visiting Daniel; it brings me happiness and joy, that's the only way I can describe the feeling. That's priceless to me."



Here's what Enrych member Daniel has to say about the difference a volunteer makes to his life:

"I was dubious to start with, about having a volunteer, but as soon as I met Jamie I knew that we would get along. I look forward to his visits; he brightens up my day and we have a laugh together. He's a very nice chap.

It's good for me to be able to communicate with someone outside of my family and the care staff. It can be isolating when you can't get out as much as you would like to and the opportunity to meet new people is limited. Having a volunteer really makes a positive impact on my life.

You did a good job matching us up Enrych; it has really made a difference to my life."

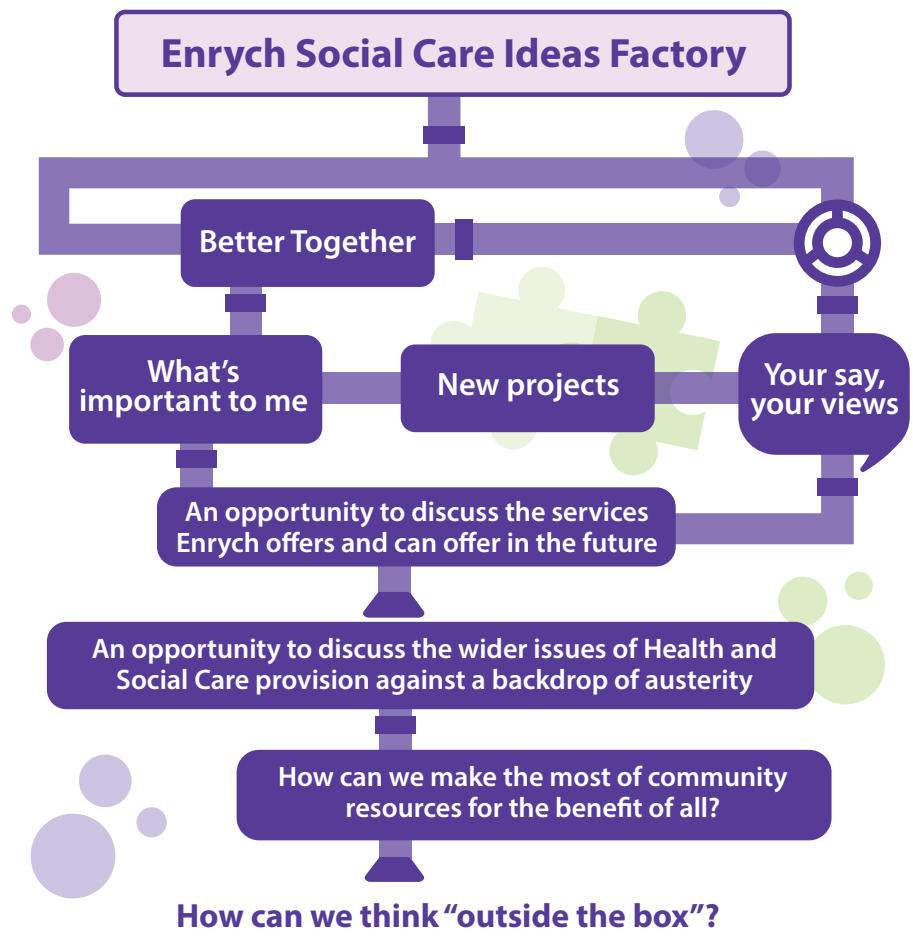
Enrych facilitates a monthly social care forum - it's called the Ideas Factory. Would you like to come along?

We discuss any matters relating to disability related issues in the county. There is usually an officer from Leicestershire County Council present too.

The forums take place monthly at the Marlene Reid Centre - check on Facebook or the website for the latest details.

Please confirm your attendance with Colin Edis: 01530 832926 or colin.edis@enrych.org.uk

Please let us know if you have transport requirements and if you have any access needs.



14 years and still cooking with gas!

Colin and Enrych volunteer Joan, pictured here in 2009, had already been in a volunteer partnership for 5 years and remember this indulgent Chocolate Christmas Pudding Cake with fondness. Although it took them 5 sessions to complete, it tasted delicious!



Fast forward to 2018 and Colin and Joan are still meeting on a regular basis and continue to share their mutual interest in cookery. Over the years they have made many tasty treats together from Viennese whirls to pork pies, homemade jams to freshly baked bread. It is an inspiring partnership that has lasted for so many years not only involving culinary delights but has developed into a friendship as well.

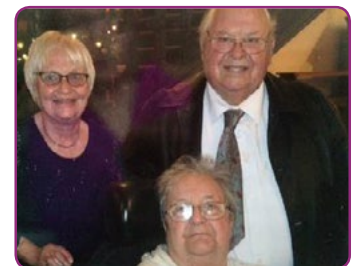
Colin, who has arthritis and is a full time carer for his wife Jill, (who is proud to be chief taster), became an Enrych member in 2004 and was introduced to Joan soon after. Colin said: "Initially I really wanted to improve my cooking skills as I prepare most of the everyday meals, but over the years, with Joan's support, I have been able to try really challenging recipes. I still enjoy learning and I am certainly more confident now. Joan has become a good friend to Jill and myself and we both look forward to her visits; when we are not cooking we always have plenty to talk about! It has made a big difference in our lives in so many ways."



Joan, a retired home economics teacher, wanted to continuing sharing her knowledge and experience with others. Joan said: "When I retired I wanted to experience a different perspective in life and, if possible, combine this with teaching and cookery; two things that I enjoy. Volunteering with Enrych was the ideal choice because it has allowed me to continue with something I enjoy whilst sharing my knowledge with Colin. It has been a really good experience and I value the friendship that has developed. Colin and I have both needed a certain degree of flexibility in our meeting arrangements due to other commitments; we have achieved this and that's been an important factor in the longevity of the partnership. Volunteering is a really rewarding experience; it's definitely worth exploring if you have an interest or skill you want to share and some time to give."

Thank you Joan and Colin for sharing your story.

Enrych would like to extend sincere thanks to Joan and her family and friends for their very generous donation. An amazing £845 was presented to Enrych following a celebration event where Joan and family decided that instead of receiving presents, it would be so much better for their guests to make a donation to a local charity, and one that Joan has been involved in for so many years. Joan said, "We wanted to support a local charity that really makes a difference to adults with disabilities. Having first-hand experience of the support that Enrych provides to the local community it was a perfect choice."



A great fundraising idea, and one that will make a real difference, please contact Sonia if you would like to do something similar or if you have another idea that would benefit the charity.

Do you have any time at all to spare as a volunteer?

We would love to hear from you if you have a little spare time to offer as a befriender, a fundraiser (every little helps), an admin worker, a gardener, an artist, a driver, a teacher, a volunteer trustee or any skill or experience you have which you think may benefit people with disabilities. Thank you.

Down on the Allotment

NEWS: Enrych have been given part use of an adjacent allotment to work on too for the coming season. Any volunteers to help with getting it into shape would be appreciated. Please contact Sonia.

Last year was another fabulous growing season at the Enrych Community Allotment in Ashby. Generously provided by the Ashby Allotment Association in partnership with Enrych, the allotment is a vibrant and accessible space for the benefit of adults with disabilities.

The Conservation Foundation's Tools Shed project have also supported the allotment by donating reconditioned tools; already in use by volunteers and gardeners.



Tammy is one of the gardeners who benefits from the allotment at Ashby. Tammy, who has a learning disability, is supported by a personal assistant to enable her to access the community and enjoy activities and hobbies. The Enrych allotment has enabled Tammy to pursue one of her favourite interests. Here's Tammy's story:



"It's been about 2 years since I visited the Enrych allotment in Ashby with Sonia. Since then I have been growing my own herbs, vegetables, soft fruits and flowers and it's a wonderful way to spend my time.

Weather permitting, I visit the allotment every week with my personal assistant and I take great pride in maintaining my plot. I have met some of the other gardeners and volunteers at the allotment and this has helped improve my confidence and increase my social circle. It is a good place to meet people who share an interest in gardening. Without the Enrych allotment I would not have this great opportunity to learn so much about gardening, meet new people and grow food that is fresh and tastes good. It helps me to keep active and my diet has improved as a result of being more aware of what I am eating; I have nearly achieved my goal weight.

I am also supported by a volunteer from the Master Gardeners charity who offers expert advice and 1:1 mentoring through each season to increase my gardening skills and knowledge. We have worked together to create a beautiful space which I am really proud of. One of the things I enjoy is picking fresh herbs and vegetables and trying out new recipes with them when I get home.

I love to go to the allotment and see everything growing – it's very rewarding and great to keep active and be out in the fresh air!"

You will see that the work at the allotment has provided the opportunity to forge links with 3 other charitable organisations – Enrych will always seek to network and collaborate with others for the overall benefit of our members, one of the things that shows our uniqueness and person centred ethos in facilitating choices and opportunities.



Enrych Social and Fundraising Events 2018

“ The day helped increase my social circle a great deal. ”

‘An Evening of Music’ - Friday 8th June, 6:30 - 9pm

Free entry – any donations will be put towards the work of Enrych in Leicestershire.
Hosted by: Thringstone Primary School, Hensons Lane, Thringstone, LE67 8LJ.



Summer Charity Fayre - Saturday 9th June, 11am – 3pm

Enrych will have an information stand and tombola stall. Please come and see us!
Christ Church, London Road, Coalville, LE67 3JA.



Pub Quiz evening with Fish and Chips Supper

When: Saturday 9th June, 6:30-9:00pm
Venue: Marlene Reid Centre, 85 Belvoir Road, Coalville, LE67 3PH.



£12.50 per ticket includes the meal. Come as individuals, couples or as a team!
We have limited space so please contact sonia.lear@enrych.org.uk for your tickets for what will be a great evening. Raffle prizes will be much appreciated.

King Richard III (KRIII) Visitor Centre and Leicester Cathedral Tour

Free wheelchair accessible mini bus can be arranged on request.

When: Wednesday 20th June

Schedule:

11am: Arrival at Leicester King Richard III Visitor Centre. Opportunity for refreshments at the White Boar Café.

11:45am: 10 minute introduction to KRIII Visitor Centre followed by a self-led visit around the exhibition.

Lunch can be purchased at the White Boar Cafe.

1:50pm: Guided Tour of Leicester Cathedral.

3pm: Depart.

£12 per person – Free of charge for carers (this is the admission ticket for the Visitor Centre and one hour guided tour of the cathedral including the history, as well as King Richard III).

King Richard III Visitor Centre



Discover the incredible story of the last English king to die in battle and the first to be DNA tested.

www.kriii.com

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We are indebted to the Barchester Foundation for the mini bus funding.

Day Trip on the Symphony - Peter Le Merchant Canal Boat Friday July 20th

Departing at 10am from Canalside Moorings, Beeches Road, Loughborough LE11 2NS. The boat returns at 3pm. **Cost: £10 per person. Lunch is an extra cost.** Tea, coffee, soft drinks and biscuits are provided free of charge. On this trip we will proceed up river to Normanton on Soar for lunch at The Plough Inn.



Twycross Zoo - Thursday 6th September

Free wheelchair accessible coach has been made possible by a generous donation. Planned pick up points are Loughborough (9am) and Ibstock (9.45am). Departure from Twycross Zoo at 3pm. £16.50 per person – free of charge for carers.



Ulverscroft Manor - Tuesday 16th October

Priory Lane, Ulverscroft, LE67 9PH. £8.00 donation is required please. Arrive at 10:30am for coffee and biscuits, two course lunch at 12:30pm, tea & cakes at 2:30pm, depart by 3pm.



Christmas Lunch and Raffle 2018

Thursday 13th December, 12 noon, £16.00pp
The Link Hotel, New Ashby Rd, Loughborough, LE11 4EX.

Please contact Sonia to book your place.

Enrych Art Group

This is a beginners group for anyone to come along to and have some fun as well as enjoying the company of others.

When: Thursdays, 1pm - 2pm.

Venue: Marlene Reid Centre, 85 Belvoir Rd, Coalville, LE67 3PH.

First session is free, then £2.00 thereafter. Drinks provided free of charge.

For more information please contact Sonia on: 01530 832 926 or email: sonia.lear@enrych.org.uk



For all of these events, please contact Sonia to book your place or to receive more information.

Chatsworth House: 25th May 2017

Some will remember the fabulous trip we enjoyed at Chatsworth last year. Here are some of the comments we received in feedback:



"Living the dream of being at Chatsworth."

"We both had a lovely day, excitement and laughs all the way."

"Everything was done for the best of the guests."

"It was a pleasure to be involved with this great day out."

"P enjoyed the company and scenery."

"Getting out for the day – visiting a place of interest, being with my friends
'Thank You Enrych!'"

"The shops were wonderful, and the house...!"

"Fantastically well organised by Enrych – all the information was there beforehand; felt safe and secure all day."

"M enjoyed the day – talked about it for days afterwards – everyone was friendly and welcoming – thoroughly enjoyed our day – Thank you and well done Enrych."

Contact Us

Enrych Support (charity number 1129666)

Sonia Lear, Volunteer Coordinator: sonia.lear@enrych.org.uk, 07871 469944

Miriam McKee, Chair of Trustees: 01530 832926

Colin Edis, Part Time Development Officer: colin.edis@enrych.org.uk, 07966 245033

Main office number: 01530 832926 | **Website:** www.enrych.org.uk

Please note that some of the names in our stories have been changed.

We are sending you this newsletter because you have told us you want to hear about Enrych. If you would like to receive this newsletter in a different accessible format (eg large type, email) or if you would like to unsubscribe, please contact us. If you received this via the post, but would like to receive newsletters by email in the future do let us know - it saves paper and postage! And if we have any of your contact details incorrect, please let us know - we want to get it right.

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How you can help

Enrych Support is entirely funded by donations made to the charity. We need to raise around **£30,000.00** each year in order to maintain and develop the services we offer to people with disabilities. Any gift will make a difference and is greatly valued, either a one off donation or a monthly amount.



Just contact the office for a donation form and details of how to donate.

Thank you for your donation!

