



### **ENRYCH PROVIDE 40,000+ HOURS DURING LOCKDOWN!**

Throughout the pandemic our team of PA's has worked relentlessly to provide support for adults living with disabilities.

We realised very early on that there was a risk of these vulnerable adults becoming even more isolated during lockdown and our PA's have played a key role in supporting them to look after their mental, physical and general health and wellbeing during these challenging times.

From online fitness classes to lots of local walks, to batch cooking at home our PA's have continued to empower those we support to keep as active and healthy as possible!



### **THERE IS LIGHT AT THE END OF THE TUNNEL!**

Over the last year we have all become familiar with the 'new normal' way of working. From setting up home offices, juggling home schooling and coming to terms with the reality that as social creatures we actually miss seeing other people, it has been a bumpy ride for many!

Let's not forget that Enrych moved offices at the end of 2020 and we have now have a brand new team that has been formed to position ourselves for growth. Our admin team has grown significantly to enable us to lead on wellbeing/support initiatives as well as have a dedicated Support Services team who continue to provide general administrative support across all areas of Enrych.

We all know that realistically there is no 'back to normal' even if everything stays the same we have to accept that our dynamics have changed and what our clients needed before may not be what they need now.

Our priority is to ensure that no-one living with a disability is isolated or lonely and that they have the opportunity to choose how they spend their leisure time. We are working hard to eliminate loneliness and social isolation, empowering individuals to engage fully with their communities and participate in local activities and opportunities.



## **PA SERVICES. VOLUNTEER BEFRIENDING. DIGITAL INCLUSION.**

if you know of anyone who would benefit from having a PA please contact us.

If you are currently working on a referral and need some more information about the services we provide please feel free to call us on 01530 832926 for an informal chat alternatively you can email [coalvilleoffice@enrych.org.uk](mailto:coalvilleoffice@enrych.org.uk) to access our admin team directly.

We accept referrals from social services, GP practices, Social Prescribers, Local Area Co-ordinators and from individuals themselves.

Our volunteer befriending services offer a less regular service to adults living with a disability to access leisure or learning activities.

We also accept referrals for our digital inclusion service which provides advice and support to enable people to access information and services online.



## **NEW ONLINE SESSIONS PROVE SUCCESSFUL!**

Our wide range of online sessions have been very popular. We offer a coffee morning, an exercise class, craft and art groups as well a group for football fans and one for fans of nature!

We have had some really positive feedback!

"Enrych is filling a crucial gap in my restricted social life"

"Enrych changed my world and helped me to go out"

"I would never be able to do what I do, and would never have had the same opportunities if I hadn't got my own PA"

"Being able to see familiar faces online has made lockdown more bearable. The sessions are something to look forward to each week"

We are working with TCV (The Conservation Volunteers) on a new project in Measham to provide a community space for those we support to meet and enjoy nature. The green gym will offer lots of opportunities to make friends, grow fruit and vegetables and make insect and bird houses. Our allotment in Ashby will also resume soon following our Volunteers working day in early May.

We are also looking at having a weekly wellbeing cafe in Coalville and a Summer Boot Camp which will be run by a fully qualified Personal Trainer.

Exciting times ahead!

**hello@enrych.org.uk**

**www.enrych.org.uk**

**01530 832926**