

JULY FIGURES ARE IN!

Despite it being peak summer holidays Enrych have still managed a whopping **3722 hours and 35 minutes** of support! New referrals are welcome as always!

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NEW INITIATIVES LAUNCHED

A range of new initiatives have recently been launched using funds awarded by the NHS Charities Together

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FEEL GOOD CAFE ENJOY ARTS SESSION

This week those attending the Feel Good Cafe enjoyed having a go at Silk Painting when a local artist came along.

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CLIENT WITH DEMENTIA ENJOYS THE OUTDOORS!



FEEL GOOD CAFE GETTING EVERYONE TOGETHER!



INDEPENDENCE IN THE COMMUNITY IS KEY!



GARDENING PROJECT IMPROVES WELLBEING PG 3



FEEL GOOD CAFE FULL TO THE BRIM!

Capacity at the Feel Good Cafe was reached this week when locals came along to have a go at silk painting with local artist Hayley Fern.

One visitor said "I have not been out of the house for months, today I have made friends with five people and have thoroughly enjoyed my time here having a chat, painting and having a cuppa".

Are you working on a referral for someone living with a disability, poor mental health or someone who is socially isolated and feeling anxious about getting back out into the community to explore social and volunteering opportunities?

Referrals can be securely emailed to us through egress or directly to coalvilleoffice@enrych.org.uk.

If you have any questions about a service user or want to know more about the services we provide, speak to a member of the team by calling 01530 832926.

FRAMEWORK CLIENTS WELCOME

Following some recent confusion we wanted to clarify that we accept referrals from Adult Social Care, GP Practices, Social Prescribers and from individuals wishing to refer themselves.

Through our services we will support them to increase their confidence, independence at home and in the community and to access leisure and learning activities.

We have been supporting adults living with disabilities and poor mental health, some with complex needs, for more than 35 years. Call us for a friendly chat!



This week a group met at Bradgate park met for a picnic and a game of boules to celebrate National Picnic Month.

It was great to see everyone chatting, enjoying the lovely surroundings and making friends. The initiative was the first of many to reduce social isolation and improve health and wellbeing in Leicester, Leicestershire & Rutlands using funds awarded by NHS Charities Together.

A whole range of initiatives will be introduced over the next two years of the project - for details of those currently running information can be found by clicking [here](#).



PA RECRUITMENT DRIVE UNDERWAY!

Enrych are on the look out for new people to join their amazing team of PAs across Leicester, Leicestershire & Rutland to meet increasing demand for support for adults with disabilities, poor mental health and for those who are socially isolated.

Anyone interested can call 01530 832926 for an informal chat or can email their CV directly to coalvilleoffice@enrych.org.uk.

PARTNERSHIP WITH TCV THROUGH GREEN GYM GARDEN PROJECT

Enrych have partnered with TCV (The Conservation Volunteers) on a Green Gym project in Measham on the Millenium Garden site.

The garden had become overgrown and was not being maintained so with a group of Enrych & TCV volunteers along with local residents the garden is now taking shape and attracting wildlife as well as providing a fun, safe place for the volunteers to meet up and keep active.

Anyone interested being part of the project which runs every Thursday from 10am - 12 Noon can email ben.woolley@tcv.org.uk

More information is available [here](#).



**WE ARE LOOKING FOR YOU!
JOIN OUR TEAM!**

Ever thought about becoming a Personal Assistant for Enrych?

We've been around for more than 35 years. If you are a self employed PA why not take advantage of not having to worry about training, insurance, holiday pay and cover for those you support - we do all that for you!

We support adults living with physical or learning disabilities, poor mental health and those who are socially isolated to gain independence and become more independent at home and in the community.

Call us on 01530 832926 for an informal chat or email your CV and a letter explaining why you think you would make a good PA to coalvilleoffice@enrych.org.uk



SERVICE USER HEAD SHAVE FUNDRAISER!

One of Enrych's clients has volunteered to have her head shaved on 21st September to raise funds for Enrych following her successful volunteering role at the Feel Good Cafe.

Since the cafe opened in May, Dannii has volunteered each week with support from her PA Lorraine. They both research ideas and love running the cafe and getting to know all the visitors.

Dannii said "I absolutely love being part of the cafe and being able to brighten people's day. It is lovely to see so many people coming to the cafe and enjoying being back out in the community." Dannii added "Enrych have transformed my life, with my PAs I get to live a normal, busy, active life and get to go to places I could not go to on my own."

Dannii's PA Lorraine said "I am overwhelmed to see how Dannii's confidence has grown since she started volunteering at the cafe, she absolutely loves it!".

MEASHAM GARDENING PROJECT

JOIN US EVERY THURSDAY 10AM-12 NOON

MEASHAM GREEN GYM

Join In | Make A Difference | Feel Great

MEASHAM COMMUNITY GARDEN, WILKES AVENUE, MEASHAM DE12 7HB

Call Ben on 07740 899718 or Sam on 07971 601227 or email ben.woolley@tcv.org.uk to register your interest

www.enrych.org.uk







THE CASCAID PROJECT PRESENTS A

PICNIC IN THE PARK

WEDNESDAY 15TH SEPTEMBER
12.30PM - 3PM
QUEENS PARK LOUGHBOROUGH

Grab a picnic blanket/ chair, bring your packed lunch and we'll provide the cream scones!

Book now by calling 01530 832926 or email hello@enrych.org.uk

This project has been supported by NHS Charities Together through your local NHS Charities, Leicester Hospitals Charity, Raising Health (Leicestershire Partnership NHS Trust) and the East Midlands Ambulance Charitable Fund







www.enrych.org.uk

Just £2.50 per session

OUTDOOR BOOT CAMP

Every Monday 12.30 - 1.30pm
Coalville Park, 42-46 London Rd
Coalville LE67 3JB

- Suitable for all levels of fitness
- Classes are suitable for ages 18-64
- First session FREE then just £2.50 per session
- No equipment just exercise mat and water is recommended

TO BOOK CALL GEORGIA ON 01530 454735 or Email Georgia.james@nwleicestershire.gov.uk





OUTDOOR BOWLS BASH

FREE

COME ALONG & HAVE A GO AT BOWLING!



www.enrych.org.uk

3rd September | 2-4 PM
Scotland Bowls Club, Scotland's Playing Fields, Forest Road, Coalville. LE67 3SP

Call 01530 832926 or email hello@enrych.org.uk to book your place.
Refreshments available





NEW TIME




FEEL GOOD CAFE

The Feel Good Cafe is funded by Cadeby Homes

Bingo | Play Your Cards Right | Quizzes | Arts & Crafts | Board Games
Cafe selling hot & cold drinks & snacks


Every Tuesday 10.30am - 12.30pm

MRC Community Action, The Marlene Reid Centre, Belvoir Road, Coalville LE67 3PH




For more information contact:
01530 832926 | www.enrych.org.uk | hello@enrych.org.uk

Enrych, Unit 10 Whitwick Business Centre, Stenson Road, Coalville LE67 4JP





MOSAIC ART WORKSHOP


Thursday 9th September 10am - 12.30pm @ The Enrych Offices

Join a mosaic artist to make your own creation to take home. Refreshments will be provided. Limited spaces available. Call 01530 832926 or email hello@enrych.org.uk to book your space

Enrych Offices, Unit 10 Whitwick Business Centre, Stenson Road, Coalville, LE67 4JP

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