

AUGUST FIGURES ARE IN! 4098.5 HOURS!

It's been a busy summer at Enrych despite it being the main PA holiday time we have had very few cancellations. Our amazing team have provided a staggering **4098.5 hours** of support! New referrals are welcome as always!

NEW ACTIVITY PROGRAMME FINALISED

A packed brand new Activity Programme will be launched next week which will include fitness and support activities as well as a range of social activities using funds awarded by the NHS Charities Together

PEOPLE LEARN THE BENEFITS OF CONNECTING WITH NATURE

A recent nature therapy session with Wildminds was held at Moira Furnace to support adults living with poor mental health.

PAGE 3



CLIENT WITH DEMENTIA ENJOYS THE OUTDOORS!



CLIENT ENJOYS BEING BACK AT KURLING CLASS AFTER LOCKDOWN



BOCCIA IS BACK!



GARDENING PROJECT EMPOWERS CLIENT TO GAIN CONFIDENCE



CAKE DECORATING @ OUR FEEL GOOD CAFE!

PAs, clients and members of the local community are enjoying the range of activities being offered at the Feel Good Cafe in Colaville. Here, one of our clients living with a visual impairment thoroughly enjoyed the cake decorating session; he said "I really enjoy coming each week and catching up with everyone, the best part of the cake decorating was enjoying it with a cuppa at the end!"

FEEL GOOD CAFE

Every Tuesday
10.30am - 2.30pm
at

The Marlene Reid
Centre, Belvoir Road,
Coalville,
LE67 3PH

(Bookings no longer
required)



On 3rd September we supported Scotlands Park Bowls Club by holding a 'Bowls Bash' at their club house. Those that came enjoyed having a go at outdoor bowls and meeting new people.

One of our clients who we support said "It's been amazing, I have met some lovely people and have made some new friends. I have enjoyed it that much I am going to find a local bowls club so I can join and develop my skills further".

NEW REFERRALS WELCOME!



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.

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!

PA RECRUITMENT DRIVE CONTINUES!



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 in becoming a PA can call 01530 832926 for an informal chat or can email their CV directly to coalvilleoffice@enrych.org.uk.



NATURE THERAPY SESSION HIGHLIGHTS BENEFITS OF NATURE ON HEALTH

A session with Wildminds at Moira Furnace in August enabled those living with disabilities and poor mental health and those who are socially isolated to enjoy the outdoors, meet new people and find out about how connecting with nature can help general and mental health and wellbeing. One service user CH, said "I was a bit sceptical about forest bathing but found the whole experience really enjoyable. I have benefitted from just being able to chat to different people."

COUNT DOWN TO SERVICE USERS HEAD SHAVE!

Next week one of our clients will be braving the shave to raise funds for Enrych as a thank you for all we have done for her.

Since the cafe opened at The Marlene Reid Centre in Coalville in May, Danni has volunteered each week and her confidence has grown significantly. Danni researches ideas for activities and enjoys making cakes to bring along and share

“ I absolutely love being part of the cafe and being able to brighten people's day. It is lovely to see so many people enjoying being back out in the community.

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.

”


Danni's

SHAVE TO RAISE!

SEPTEMBER 21ST

10.30AM -2.30PM

FEEL GOOD CAFE AT MRC COMMUNITY ACTION

Danni is shaving her head to fundraise for us! Donate at <http://www.justgiving.com/Dannielle-Thornton>

01530 832926
hello@enrych.org.uk
www.enrych.org.uk



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

NEW TIME

CADEBY HOMES

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

ENRYCH

FITNESS FRIENDS

Mondays 10am - 11am
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 01530 832926 or email hello@enrych.org.uk

www.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.

WELLBEING AT WHISTLEWOOD

ENRYCH

FREE Green Connections Day
Thursday 16th September: 10am - 5pm*
Whistlewood Common, Melbourne, Derby, DE73 8DH

www.enrych.org.uk | 01530 832926 | hello@enrych.org.uk

WHAT IS GREEN CONNECTIONS?

Evidence shows that connecting with nature has benefits for people's mental & general health & wellbeing. Derbyshire Mind has offered Enrych a FREE day with Wellbeing at Whistlewood to experience the value of slowing down and connecting with nature, to improve their confidence and give them the opportunity to meet new people

WHAT WILL HAPPEN ON THE DAY

The day will run from 10am - 5pm but you can come along with your client for their session and enjoy spending time outside in nature in a safe and peaceful location. There will be a range of activities on offer and participants will be gently supported to connect with nature, connect with each other, and connect with themselves. Whether it is raining or sunny, activities are provided in line with the changing seasons and include varying horticultural based activities, conservation activities, natural art and crafts, and 'Forest bathing'.
*You will not be expected to stay the full day unless you have a full day session with your client.

WHAT YOU WOULD NEED TO BRING?

Most time will be spent outdoors and out in the woods and fields so we ask that participants to come prepared for all weathers (sun cream, hats and/or well-weathered coats) and are advised to wear sturdy shoes suitable to the weather. It is best to be very well people can bring changes of clothes in case they need them.
Please bring a mask for use in the Inside spaces. It is recommended to all participants that they bring a good packed lunch plus any special diets required to keep themselves comfortable. We have running water in our kitchen and will be offering refreshments, but it is advisable to bring a personal drink too.
TIP - Bring a mug with you so they can have a hot drink brewed on the premises.

JOIN US FOR A ADVENTURE IN NATURE

Spend Time Outdoors!

Rejuvenate your mind. Bask in nature's beauty!
Wednesday 27th October | 10.30am - 12.30pm
Grace Dieu Woods (Meet at the Bulls Head, Thringstone LE67 8LR)

FREE

Join us for a wild yet relaxing adventure in nature with Wild Minds Nature

Wild Minds Nature will share their love and joy of nature with you, and show you ways to re-connect with nature to help your physical and mental health & wellbeing.

Talking. Laughing. Connecting.

A wonderful 2 hour long session of nature-based activities. All you need is a drink and a great imagination.

The fun and relaxed session will include meditation, forest bathing, nature art, tai chi & an opportunity to increase your own knowledge of the natural world and how it can have a positive effect on you.

Spaces are limited. Book by calling 01530 832926 or email hello@enrych.org.uk

The 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.

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