

## 42,421 HOURS JAN-NOV 2021

2021 has certainly been a year to remember for many reasons!

We offer our services to a diverse range of clients aged from 18-99 empowering them to live their best lives.

## 2022 ACTIVITIES PROGRAMME LAUNCHED

This week we have launched our brand new activities programme.

The schedule is set to support adults with disabilities to stay fit and active and confident to access their communities.

## ENRYCH ARE ON THE MOVE (AGAIN!)

Enrych are set to pack up and leave Whitwick Business Centre to make way for new NWLDC offices.

The New Year will see us move to our new premises in Coalville.



ENRYCH PARTNERS WITH LCFC FOR TOURNAMENT



ACTIVE TOGETHER CHAMPION  
FOR ENRYCH!



FESTIVE CRAFTS SESSION  
IS A HIT!



SMILES AT ST. JOSEPH'S!



## WREATH MAKING GOES DOWN A TREAT!

PAs, clients and members of the local community enjoyed another fabulous session at our Feel Good Cafe in Coalville. This time we made table decorations using donations from a local florist, Colledge Florists, in Whitwick. Andrew, a young man with down's syndrome said "I love the Feel Good cafe. We always do fun things and I got to make something to take home."

### FEEL GOOD CAFE

Every Tuesday  
10am - 2pm  
at

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

(Re-opens Tuesday  
11th January 2022)



1st December saw two inclusive football teams meet their rivals Leicester City in the Community for a friendly football tournament. Enrych were overall winners of the competition. Ringo, the dog of one of our visually impaired service users is fast becoming the face of Enrych.

Jason, Ringo's owner said "I have absolutely loved the tournament and I am enjoying all of the new activities which are being offered by Enrych. I really feel part of something and getting out is really important to me"

## NEW REFERRALS ALWAYS WELCOME!



Do you currently have referrals for adults living with a disability, poor mental health or someone who is socially isolated? We empower people to gain confidence and independence at home and in the community and to access work and volunteering opportunities.

Referrals can be securely emailed to us through egress or directly to [coalvilleoffice@enrych.org.uk](mailto: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!

PA'S NEEDED IN LOUGHBOROUGH, COALVILLE, ASHBY & COALVILLE

Enrych are on the look out for more new people to join their amazing team of PAs across Leicester, Leicestershire & Rutland to meet increasing demand for support.

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](mailto:coalvilleoffice@enrych.org.uk).

Watch our [video](#) of why one of our young PA's loves her job!



## OUTDOOR SESSIONS TO BOOST MENTAL HEALTH

Enrych partnered with TCV (The Conservation Volunteers) throughout November & December to provide some outdoor sessions at The Outwoods in Loughborough - from forestry work to outdoor cooking, wreath making to exploring, those coming along have enjoyed the woodland adventures!

January will see the introduction of more nature therapy sessions with a new Forest bathing session run by partners Forest & Nature Therapy East Midlands.

“

I am thrilled to be working with Enrych. We want to use these sessions to take some time out of our busy lives, head to a densely forested area and let the nature do the rest. We might simply take a walk, have a chat, it's all very chilled. Connecting with nature provides a wealth of health benefits including reducing stress and anxiety and I want to play my part in doing this". Vicky.

”

**NEW**

**ENRYCH**

**FOREST BATHING**

STARTS MONDAY  
17TH JANUARY 2022



### WHAT'S IT ALL ABOUT?

Forest and Nature Therapy is the mindful, sensual and often spiritual or shamanistic practice of spending time in nature based settings; whether that be walking, running, cycling, sitting, meditating or camping; for the benefits of our health and overall sense of well-being. These sessions are all about reconnecting you with the healing powers of nature and improving your mental health and well-being through nature therapy

MONDAY 17TH JANUARY 10AM - 12 NOON  
CADEMAN WOODS (MEET IN THE BULLS HEAD CAR PARK, THERINGSTONE)

MONDAY 7TH FEBRUARY 10AM - 12 NOON  
SWITHLAND WOODS (MEET IN (SOUTH) CAR PARK, WOODHOUSE EAVES)

MONDAY 28TH FEBRUARY 10AM - 12 NOON  
BRADGATE PARK (MEET HALL GATES - CROPSTON - CAR PARK)

MONDAY 21ST MARCH 10AM - 12 NOON  
MOIRA FURNACE (MEET IN THE CAR PARK)



## STRICTLY FANS HAVE A TREAT IN STORE!

January 2022 will see the start of a new fitness class which is all about dancing and having fun. Fit Steps will be held in the dance studio of the brand new Whitwick & Coalville Leisure Centre every other Wednesday starting from 26th January.



NHS CHARITIES TOGETHER



East Midlands Ambulance Service

Enrych 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.

