



ENRYCH

DECEMBER 2021 NEWSLETTER

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!



SMILES AT ST. JOSEPH'S!



FESTIVE CRAFTS SESSION
IS A HIT!



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.

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.

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, THRINGSTONE)

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 - CROSTON - 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.



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.

**STARTS WEDS
JAN 26TH 2022**



ENRYCH

New!

NEW DANCE CLASS
FIT STEPS WITH SAM

HERMITAGE LEISURE CENTRE, WHITWICK 11AM - 12 NOON
ALTERNATE WEDNESDAYS STARTING 26TH JANUARY 2022
[FIRST 4 SESSIONS FREE THEN £3 PER SESSION]

Get Fit | Have Fun | Learn how to dance | No partner required!

Raising Health **LEICESTER HOSPITALS CHARITY** **NHS CHARITIES TOGETHER**

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.

£5 per person

Indoor Bowls & QUIZ

Let's all catch up!
(Price includes refreshments & jacket potato)

FRIDAY 4TH FEBRUARY
10.30AM - 1PM

**SCOTLANDS PARK BOWLS CLUB,
OFF FOREST ROAD, COALVILLE**

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

www.enrych.org.uk

ENRYCH

NHS CHARITIES TOGETHER **SCOTLANDS PARK BOWLS CLUB** **LEICESTER HOSPITALS CHARITY** **Raising Health**

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.

NEW

Reminder: Walking Football
Castle Donington Community College,
Mount Pleasant, Castle Donington, Derby DE74 2LN
Mondays 6pm - 7pm

Same game at a slower pace! All
abilities welcome
Make friends | Keep active | Have fun

FREE **JUST TURN UP & PLAY!**

NHS CHARITIES TOGETHER **Raising Health** **mesports** **LEICESTER HOSPITALS CHARITY** **f**

01530 832826 | hello@enrych.org.uk | www.enrych.org.uk

**SPRING
Bowling Party**

MARCH/11/2022

10.30am - 12.30pm **2 GAMES** **01530 832916**
hello@enrych.org.uk

PLACE:
Hollywood Bowl,
Lubbesthorpe Way, Leicester
LE19 1JZ

f **D** **ENRYCH**

www.enrych.org.uk

ENRYCH

ARTS & CRAFTS GROUP

New for 2022!

Starts Wednesday
19th January
10am - 12 Noon
(Alternate Wednesdays)

Christ Church,
London Road,
Coalville

Try something new | Make
friends | Task your mind |
Book by calling 01530
832926 or email
hello@enrych.org.uk
LIMITED SPACES

NHS CHARITIES TOGETHER **Raising Health** **LEICESTER HOSPITALS CHARITY** **NHS**

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.

ENRYCH

YOGA CLASS
**HOOD PARK LEISURE CENTRE,
ASHBY**

Tuesdays 11.15am - 12.15pm
All abilities welcome

Raising Health **NHS CHARITIES TOGETHER** **NHS** **LEICESTER HOSPITALS CHARITY** **mesports**

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.

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

01530 832926

07842 598512

coalvilleoffice@enrych.org.uk

enrych.org.uk

Enrych wish you,
your colleagues,
friends and family a
happy and healthy
Christmas and all
the very best of
everything for 2022

ENRYCHHQ

f

ENRYCH