ENRYCH

PA SERVICES

ENRYCH
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Enabling Independence

ABOUT ENRYCH

WHAT WE DO & WHERE WE OPERATE

Our Central Team is based in Leicestershire and manages our personal assistant service. We also have a Leicestershire and Derbyshire branch providing a range of social activities and our Connect digital support service which supports individuals to get online.

There are further Enrych services in Oxfordshire, Buckinghamshire and Berkshire all offering a wide range of services for adults with disabilities – from one to one volunteer partnerships to social events and even mini breaks.

Whether you are looking for a personal assistant to help you live independently and achieve your social goals, want to work with a volunteer who can help you access the many social activities facilitated by our Enrych Teams or you need support to get online and connect with family and friends, we are here to help.

Enrych continues to seek new and innovative ways to empower those we serve to engage and achieve their personal and social goals. To help them do this, we also work in the community and in partnership with like-minded organisations.

Enrych was established over 30 years ago by Leonard Cheshire and Sue Ryder,

At Enrych we believe that every adult living with a disability should be empowered to make the best choices and be supported to achieve their social and personal goals to enable them to live active and independent lives.

Our mission is to work collaboratively to eliminate social isolation and improve well being for adults living with a disability.

Our Values are trust, respect, integrity and transparency and we take a person centred approach to everything we do.

OUR MISSION & AIMS

Our Vision is that every adult living with a disability can enjoy full social inclusion and be empowered to choose how they achieve it.

Our Mission is to work collaboratively to eliminate social isolation and improve wellbeing for adults living with a disability.

OUR SERVICES

ONE TO ONE PA SUPPORT

We've been delivering our personal assistant service for almost 10 years now and we work hard to match our clients with a personal assistant who has the most appropriate skills and shared interests. The aim is not only to empower them to achieve their goals but to build a relationship of trust and friendship. Our service will be entirely tailored to suit their needs.

Our clients may be looking for one to one support with daily living tasks or want to purchase personalised support for specific activities. Whatever support they need our personal assistants will work with them to achieve their goals. They may need support to maintain their home, keep on top of paperwork or to plan and cook a meal. They want to go shopping or for a walk, but don't want to do this on their own. They may have always wanted to undertake fitness activities, pursue a hobby or simply want to start enjoying getting out to meet friends, Whatever it is, they want to do we can help!

All our personal assistants are referenced, DBS checked and fully trained. We welcome referrals from health care professionals, social services, disability organisations or direct from those seeking support.

We now support around 200 individuals enabling them to remain in their own homes and empowering them to make choices about how they live. Whilst remaining independent is a key element of our work, reducing loneliness and ensuring those living at home are not at risk is also one of the priority aims for Enrych.

What our clients say about our PA service:

"I look forward to visits from my PA; they are my lifeline"

"My PA enables me to continue to pursue my hobbies, despite my disability"

"Having a PA enables me to continue to live in my own home"

"I am a full time carer for my wife, who is living with dementia, when she spends time with her PA, I get to enjoy some 'me time' to pursue my own hobbies"

CASE STUDY 1:

Dannii is a 25 year old young lady with bucket loads of energy! As a result of her medical condition Dannii can have several seizures every day. Dannii had been desperate to live as normal a life as possible, to meet friends and do the things every young person deserves to have the opportunity to do.

Dannii was matched with Jade, her PA, who is a similar age and has similar interests. Jade works with Dannii to achieve her goals and supports her to enjoy life to the full. They enjoy walking Dannii's therapy dog, Teddy, and having him around has improved Dannii's confidence and helps her to be much more independent. As well as engaging in activities such as walking, going bowling and having makeovers, Dannii was able to achieve the 'normality' she desperately wanted.

Dannii would like to move into her own home one day so Jade has now started working more closely with her to help her gain the skills she needs to live independently which includes cooking, menu planning, home tasks, budgeting etc.

When Dannii moves Jade will continue to support her as she settles into her new home and new life.

Teddy plays a big part in the support Dannii needs - he has recently completed his training and is now her full-time assistance dog. Teddy has helped Dannii become more confident out in the community which has enabled her to become more independent.

CASE STUDY 2:

Having PA's enables Louise to work through her anxieties.

The regular support gives her the opportunity to talk openly to someone she trusts and gets on well with.

Having a PA empowers Louise to live independently with support to maintain her home, keep on top of correspondence, manage her finances and live a healthy lifestyle..

Louise's love of the great outdoors enables her to keep fit and healthy. Louise said "I love walking and being able to go out and about with my PA, it gives me lots of time to talk, especially when something is bothering me" Louise added "I really trust them both and I know they will be open and honest but at the same time we can have a real giggle too, I look forward to their visits, and I consider myself very lucky to have two PA's who I get on so well with - they are both my life line."

Health and fitness are important to Louise so Belle & Rhonda work closely with her to identify her personal goals, supporting her to achieve them. Louise's increased confidence has enabled her to become a valued member of a local karate club.

Louise loves cooking and eating healthily so Belle & Rhonda support her to plan her menus each week and then shop for the ingredients. They enjoy cooking together and are forever researching new recipes and new ideas for meals.

CASE STUDY 3:

Betty is her mid 80's and living with dementia. She lives with her husband Barry who is her full time carer.

Betty has the most amazing relationship with her PA's Michelle & Jill. The support her PA's provide not only enables Betty to enjoy doing things she has always loved such as baking and gardening but it also provides much needed respite for Barry.

Barry says that the PA's visits enable him to have 'me-time' in his shed or to work on his PC but to him this is so incredibly important as it means he can do things he is unable to do when he is on his own with his wife as her illness means that she becomes anxious if she is not by his side.

The PA's often enjoy looking through old photographs and sharing memories with Betty. They garden together and bake together so Betty can treat her husband to tea and cake and enjoy tea parties in the garden.

Her PA's enable Betty to do things she couldn't do alone and ensure that Betty can continue to live at home with Barry and enjoy spending their time there together. Barry says "Betty is always very relaxed when her PA's visit. Betty used to love to bake, so being able to do this with her PA's support makes such a difference to her wellbeing". Barry added "Having them has made such a difference to our lives".

Having PA's to support Betty provider much needed carer's respite for her husband Barry.

He uses the time to work in his garden or on his computer knowing that Betty is safe and happy doing something she enjoys.

CASE STUDY 4:

Being a volunteer at a local allotment means that Nick gets to see his friends regularly and can also spend time with his PA doing something he really enjoys - digging in the dirt!

Nick is 60 years old and has lived with poor mental health for over 40 years.

With support from his PA Nick has secured a volunteering placement on a communal allotment each week. He loves buying the seeds and compost he needs and enjoys watching his plants grow. He also enjoys the peace and quiet of the allotment in a calm and stress-free environment.

Whilst Nick is out his brother can have some much needed respite from his caring role. Nick's confidence has grown dramatically after making lasting friendships with others there who are also living with disabilities.

At home Nick is supported with meal planning and batch cooking. Nick has diabetes so being in control of his diet is very important to him. With Enrych support he has been empowered to make healthy food choices and cook healthily and cost effectively.

Increasing his independence and reducing Nick's social isolation have always been key outcomes – having a PA has not only enabled Nick to achieve more independence, but also to make new friends and pursue his love of gardening.

CASE STUDY 5:

PA support allows Shane to be much more independent in the community,

Shane's confidence has increased and having support enables him to meet new people.

His volunteering role has given him a purpose and being able to go swimming and do lots of walking keeps him fit and healthy too.

Shane is an active and alert 23 year old who was diagnosed with autism at 16. Routine and structure are very important to Shane so he enjoys the regular support from his PA's.

Shane is incredibly vulnerable in the community so his support has focussed around increasing his awareness of stranger danger and financial abuse. Shane's PA's have seen his confidence increase, he thrives in their company and enjoys learning new things.

Shane and his PA enjoy a volunteering role in a local charity shop, it gives him a purpose and he loves interacting with members of the public.

Shane has a real love of the outdoors. He enjoys lots of walks and adventures, he will make dens in the local woodland and he has a real passion for nature so he will regularly visit local places of interest where he can explore things and ask lots of questions.

Lyn, Shane's step-mum said "Having a PA has made an incredible difference to not only Shane's life but ours too", Lyn Added "The PA's are amazing, they have so much patience and I know when Shane is with them he is always having fun, when he comes home he loves to tell us all about what he has been doing."

CASE STUDY 6:

Having a PA enables Mathew to access the community safely which has increased his confidence massively.

His volunteering role at the local charity book shop enables him to meet new people all the time which he loves.

Mathew has been supported by Enrych since 2015 and as a result has built a very strong, trusting relationship with both of his PA's.

Mathew lives in supported living and his PA support enables him to have time out to access the community independenly, go the gym and enjoy volunteering at the local charity book shop.

His PA's work with Mathew to increase his financial independence and also support him to purchase any essential items. Mathew has a love of the outdoors and enjoys taking a picnic and going for long walks.

Mathew's family live locally to where he lives and it is incredibly important to them that the PA's communicate with them regularly too. Angela, Mathew's Mum said "the Enrych PA's are amazing, they show so much compassion and respect to Mathew and the care they provide is second to none". Angela added "His PA's played a key role when Mathew transitioned into supported living".

Having a PA enables Mathew to access the community safely and visit the wider community which he would not be able to do on his own."

CASE STUDY 7:

Robert is in his 50's and has recently moved into supported living. His PA's supported him through this transition and now support him to maintain his independence at home and to access the community.

Robert can become anxious when things change so his relationship with his PA's has been very important in helping him to settle into his new lifestyle and surroundings.

Robert now has an allowance each week and his PA's work with him to budget and not to overspend on things he doesn't need. Each week they work together to write a shopping list of his essential items which Robert will then buy when they are out together.

At home PA's support him to keep his room clean and tidy and to do his washing. Robert said "I love having my PA's and being able to go out for walks and have a cup of tea" Robert added "I also love going to see my Mum, sister and my cats, I know I can talk to my PA's about anything and this makes me happy".

Robert's confidence continues to grow and he now lives independently knowing he has the reassurance of his PA's to discuss any issues he has.

Robert has learned how to cook since being in supported living and enjoys trying lots of different foods, His PA's have seen his independence and confidence grow.

Robert recently moved into supported living and having PA's meant that he had lots of support to deal with the huge changes in his life.

His PA's now support him to increase his independent living skills and he is thriving in his new home.

CASE STUDY 8:

Sam met his PA Becky in July 2020 and cannot believe what an impact she has had on his life.

Sam has dyspraxia and the support he has had from Becky has enabled him to become much more open minded and confident.

Sam said "Becky is so calm and has such an air of positivity. We have similar morals & being of a similar age has really enable me to connect with her and trust what she is saying" Sam added "I look forward to her visit every week and we have done so much together already, walking, yoga and we have even learnt some Spanish together - it feels like I have known her for years!"

Sam and Becky often cook together which has resulted in him being much more confident in the kitchen, he now often cooks a meal for his parents.

Being independent is very important to Sam and Becky has spent time supporting him to have positive relationships using mindfulness techniques and yoga. Sam added "So many people have let me down in the past, Becky is reliable and fun and she has taught me how to deal with difficult situations so that I feel much more confident than I have ever felt before!"

Having a PA has made Sam so much more confident and positive. Having similar morals and being of a similar age has enabled him to reassess past experiences and be able to look at how he can have positive relationships in the future.

CASE STUDY 9:

Maria feels like her confidence has increased since having a PA. She gets to go out and do things she wouldn't do on her own. She gets to do girly things like dressing in her favourite dresses and dancing to Bollywood music which she loves!

Maria is just 20 years old and attends college locally. Maria has PA support to reduce her social isolation and since having a PA she now enjoys accessing the community regularly and doing things she would not have done on her own.

Maria is very quiet and shy and having a PA has increased her confidence beyond her expectations. Both of her PA's are in their 20's so they can chat about anything that is bothering her and give her advice and support which is massively important to her.

Quite often they have 'girly' time together, Maria will wear her favourite dress and they will dance to Bollywood music which is great therapy for Maria if she is feeling low.

Maria said "Going shopping on your own is not much fun and I am not very good with money so having my PA with me makes me feel confident and safe and we have a giggle along the way too" Maria added "I would be at home on my own a lot if I did not have my PA's so I look forward to our sessions every week".

Maria will continue to develop her independence and confidence and look at some travel training in the future.

CASE STUDY 10:

Claire is in her early 50's and her condition means she struggles with day to day living tasks such as ironing, changing her bed and keeping on top of the daily chores at home.

Claire said "My PA's are my absolute lifeline. You do not realise how much you take for granted every day until you are put in a position where you need support, I would not be here right now if I had not have had my PA's to support me mentally, physically and emotionally"

Claire is fiercely independent but needs her PA's to support her to access the community, Having her PA's close by means that she maintain her independence but feels safe too. Claire added "They show the utmost respect and never try to do things for me, it is very much a case of we do things together and that means so much to me"

Claire's PA's help her to keep on top of her admin and have also supported her to buy and set up a laptop to enable her to make payments and shop online and keep in touch with her friends and family.

Claire is fiercely independent and appreciates the compassion and respect she is shown by her PA's.

Support is very much about them doing things together rather than her PA's doing things for her which is incredibly important to her.

CASE STUDY 11:

Emma lives alone and having regular PA support enables her to develop her independent living skills. Having a PA means she can keep on top of her daily chores and her elderly parents are safe in the knowledge that she is safe and able to look after herself now and in the future.

Emma loves to cook and spends time with her PA's buying ingredients and meal planning. It is important that Emma has a routine for the days when she is not supported by her PA's, having meals prepared ensures that she eats regular, home-cooked food,

Emma enjoys going for walks with her PA, having regular exercise means she keeps fit and healthy and it also increases her confidence to go out in the community independently.

Emma's PA's support her to keep on top of her admin and support her to pay bills on time which is important to her as she can become anxious and likes to feel as though she is in control of her home and her finances.

Emma looks forward to her PA support and will often research recipes for them to cook. Emma has developed her independent living skills and now feels as though she in in control of her home and her finances which is really important to her.

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