

Since 1986



# ENRYCH NEWSLETTER

APRIL 2024



## IS SUPPORT NEEDED?

Looking for services, Enrych will always endeavor to create a tailored plan of services, centered around each individual that we serve.

**CONTACT ENRYCH TODAY!**

**01530 832926 OR HELLO@ENRYCH.ORG.UK**

REGISTERED COMPANY NUMBER: 04204432  
(England and Wales)  
REGISTERED CHARITY NUMBER: 1088623



# A MESSAGE FROM ABBIE DAVIES.

**DIRECTOR OF OPERATIONS.**



A big hello, from me and all the staff at Enrych! Its been a busy time at Enrych, as we have lots of plans in place to expand on our services, enabling those with disabilities and poor mental health to live a happy and purposeful life! I work with a passionate team of individuals who are keen to create more opportunities to those that we serve.

I am keen to work with like-minded organisation's to achieve this. If there is any support that you can offer in terms of finding opportunities for people with disabilities please do get in touch. I am also keen to understand where the gaps are for those living with disabilities and poor mental health, please do get in touch if there are gaps that need filling, and Enrych will look further into what we are able to do to support. You can call on 01530 813296 or email me on [abbie.davies@enrych.org.uk](mailto:abbie.davies@enrych.org.uk).

*Together we can create a more inclusive society in which everyone thrives.*

## CLEANING SERVICES.

**NEW!**

We have now started our new cleaning service. We have recruited, DBS checked, and trained our cleaners to provide a tailored cleaning service, to support the needs of each individual that we serve. Our cleaning companions will be on hand to deliver our cleaning services, as well as support with daily living tasks, and a friendly face for a chat! It's easy to take the small things for granted, but our team of Enrycher's are here to tackle the daily challenges that some of our clients face. We recognise the importance of not only helping those with disabilities but their Carers too! If you would like to discuss EnrychCleans then please do not hesitate to give us a call - we are on hand to help!





## EMPLOYMENT SUPPORT

Our employability programme is thriving, it is great that so many people are getting more confidence, engaging and going on to enjoy work based opportunities, whether these are paid opportunities, voluntary or work experience. We are still able to take on more referrals, as we have expanded our team delivering this support. We run one-to-one and group sessions within our office, and are developing an online programme for those outside our area - however teams is currently used! These sessions run in an environment that people feel confident and safe.

We are engaging well with other organisation's, that are able to offer opportunities. However we are still looking for other organisation's, where those we support can thrive!



## HEALTH AND WELLBEING.

We all know how important socialisation is for our health and wellbeing. At Enrych we put on a number of activity sessions, and we are looking to expand on these further, both in number, and new areas! We ensure that we create a safe and nurturing space where our clients, can create and build on relationships. We are happy to put on new sessions in different areas if these are needed.

Those that we support say that they love our sessions, and once they attend, they continue to do so week after week. Enrych staff love to pop along and engage with attendees, groups are full of fun and smiles, and its great to feel such a sense of achievement!

As well as delivering our own sessions, we also promote those delivered by like minded organisation's. So please get in touch should you feel we can work together!!



# BIG THANK YOU TO OUR SUPPORTERS.

A huge thank you to those that support us. Over the last few years we have received many donations from both organisations and individuals that have benefitted from Enrych support. We are grateful for every single donation that we receive, as well as all of the support we have received from people over the years - we couldn't have achieved what we have so far without our Enrych supporters!

Recently on call fire fighter Simon ran the London marathon raising money for Enrych. We appreciate all the hardwork and training that this took.



## COMING UP THICK AND FAST....

Thank you to Simon Bindley and friends who will be cycling 165 to Whitby on the 14th of June raising money for Enrych. Enrych would like to thank all of you for thinking of Enrych, and we will all be thinking of you!

Next up we have the Garrendon Gallop on the 4th of August. We have 4 staff members, 5 local fire fighters, and two clients running 10K to raise money for Enrych.

Our local team of on call fire fighters will be running the 6.2 miles in fire kit!

## WOULD YOU LIKE TO GET INVOLVED?

We are keen to get more people involved in what we do, and there are many ways you can support Enrych.

- Volunteer some time, become a trustee, or a volunteer to run an activity.
- Raise money on our behalf - Like Simon and Tony!
- Sponsor an activity or piece of marketing.
- Support us through donations.
- Offer work experience or volunteer opportunities.
- Offering mock interviews for those accessing our employability service.
- Offer a community space enabling our clients to engage socially.
- Collaborate with us to reach a wider audience.

