

Essex Respite & Care Association Autumn Newsletter

Providers of Mental Health Support and Respite

Service News

Welcome to our Autumn newsletter. We hope that you are all keeping warm and taking care of yourselves as we enter these colder months.

We would like to give a warm welcome to our new support workers who have joined us across Essex, with the continued aim of expanding our service to help as many people as we can. Our ethos of supporting individuals with Mental Health needs has not changed, but we have noticed that we are continuing to gain more referrals for clients with dementia and brain injury. As a Charity we understand the need to be more diverse to meet the needs of supporting both clients and their loved ones.

Over the past couple of months we have been busy with getting the ERCA name out there and fundraising too! At the end of the September our managers Gemma and Jemma attended a Health and Wellbeing Day at Danbury Leisure Centre to share the great work that we do.



The ERCA office has also welcomed Aimee to the team to support within the office, who some may already have spoken with.

Aimee said:

'I'm super excited to join the ERCA team and be part of such a great impact driven charity. There is a lot of behind the scenes moving parts that make sure the smooth running of the charity that I'm hoping my background with lots of different bits and pieces like marketing, recruitment, hospital radio will come in handy!'

I look forward to my time ahead here and meeting and speaking to more of you!'

Featured in this issue:

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Fundraising

We got our walking shoes on in our **September Fun Walk!** The aim of this walk was to raise funds for the activities that we do within our supported visit times.



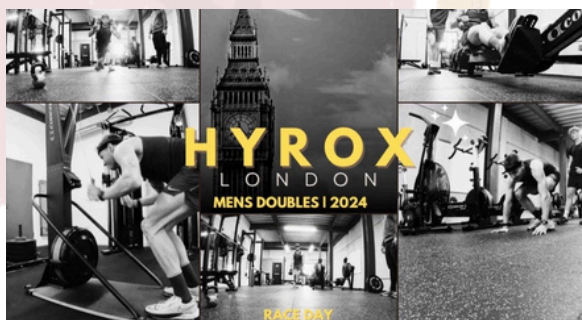
Over £1,000 was raised!

This walk took place at Danbury Country Park on the 25th of September. Support workers, clients and office staff were all in attendance to walk for a great cause and chat along the way...and luckily the weather was on our side as the rain held off!

We want to extend our gratitude to those that kindly donated to us in our Fun Walk, every penny counts and we really appreciate your generosity to help improve the activities we do in our support visits. We will confirm the total amount raised including the bonus pot in the winter newsletter.

We would also like to say thank you to the Sir Jules Thorn Charitable Trust for generously donating £2,000 to ERCA and to the Tula Trust for their generous grant of £3,000. Your grants have enabled us to continue to provide our essential support service helping vulnerable adults live a happier and healthy life. Thank you!

On the 30th November George Salvage and Alfie Ambrose will be taking part in the **Hyrox men's doubles** event to raise money for ERCA. We want to say a 'HUGE' thank you for all their hard work and dedication and wish them all the best for the upcoming event. If you would like to show your support by making a donation you can do so via the 'Just Giving' website.



Charity Matters....



World Suicide Prevention Day

An important day to acknowledge in this newsletter is World Suicide Prevention Day that took place on the 10th September 2024. This day takes place every year, established by the International Association for Suicide Prevention and World Health Organisation in the hope to raise awareness around the world that suicide can be prevented.

We at ERCA stand behind this message and hope to provide a positive impact in this prevention.

We also want to highlight the importance of reaching out and asking for help, one conversation alone can make the difference #starttheconversation.

If you require help here are some useful contacts:

Samaritians (Open 24/7) 116 123
SANELine (Open 4pm-10pm) 0300 304 7000
CALM (Open 5pm - 12am) 0800 58 58 588
NHS 111 Option 2

Client feedback

Over the past couple of months we have received some really positive feedback about our service that we are proud to share with you:

'They are great people...I look forward to seeing them all week.'

'I am very happy with the service the ERCA provides. They are very caring and always go out of their way to help. Always go the extra mile. And are always prepared to listen if I'm feeling down.'

'Many thanks for the friendship and support given – especially when my beloved husband, was taken very ill and passed away'

'We are very grateful for what ERCA do. We don't know what we would do without them now.'

Donations

JustGiving™

We have received a number of donations over the past couple of months through our JustGiving page we are very grateful for. With your support we can continue to grow and extend our services. If you would like to at any point make a donation to our charity you can visit our page at:

www.justgiving.com/essexrespite



You can also sign up to our easyfundraising to support our charity. You can find the link on our Facebook or head to:

www.easyfundraising.org.uk/causes/erca/

The screenshot shows a fundraising page for the Essex Respite & Care Association. The page has a teal background. On the left, it displays the charity name, location (Great Baddow, Chelmsford), and fundraising progress: £186.97 raised from 19 supporters. A yellow button says "Sign up and support this cause". On the right is the ERCA logo, which is circular with "care" at the top, "er&ca" in the center, "support" on the left, "respite" on the right, and "Central to your needs" at the bottom.

Where to find us

To keep up to date with us and what we get up to you can follow us on




Essex Respite & Care Association

Visit our website at www.essexrespite.org.uk

If you want to or know anyone who might want to join us as a volunteer, head to our website to get in contact!

We hope you have enjoyed this seasons newsletter. We will be back with you sharing more charity news and useful information in the Winter. But, until then enjoy the rest of the Autumn.



Find us on 

Essex Respite & Care
Association