

Essex Respite & Care Association Summer Newsletter

Providers of Mental Health Support and Respite

Service News

Welcome to our Summer newsletter. We hope that you are all making the most of the warmer weather and enjoying the sunshine, albeit in between the showers!

In this edition we welcome our new trustee Roxanne Salvage. Roxanne brings with her a wealth of knowledge in Marketing and Project Management, no doubt her experience will help us raise brand awareness and carry our vision forward.

We have also recruited new support staff in Mid Essex, with the aim of expanding the service. Our ethos of supporting individuals with a Mental Health need has not changed, but we are gaining more referrals for clients with dementia and brain injury. As a Charity we understand the need to be diverse to meet demand, supporting both clients and their loved ones.

For mental health awareness week in May, we hosted a stall in Chelmsford city centre helping to raise awareness around mental health issues.



The staff done a great job, handing out lots of leaflets and speaking to local residents.

It was an emotional day, we shared laughter and tears, but most of all we shared our experiences. The event really did 'highlight' just how many people are affected by mental illness and how it is important to reach out and ask for help.

Featured in this issue:

- Service News
- Fundraising
- Charity matters
- Client stories

Fundraising

We would like to say thank you to Ian King. Ian is one of our long standing trustees who recently undertook a sponsored bike ride raising funds for ERCA.

Ian set himself a target of £500! Of course this was smashed and he raised £880 plus Gift Aid.



Well done Ian, your hard work really paid off. The funds raised will go towards our activities budget, providing meaningful activities to those we support in the community.

Since our last newsletter in the Spring, we have received £13,000 of donations. £3,000 was donated by an anonymous donor whom we hope will read this newsletter and know just how truly grateful we are. Their generosity will make such a difference to the lives of the individuals we support.

£5,000 was received via a funding application, however the funder wishes to remain anonymous, nevertheless we thank them for their support.

A further £5,000 was gained from the Edward Gostling Foundation, part of a three year funding grant.

We would also like to thank Vodafone for their generous gift of 10 free sims through their digital inclusion program.

These SIM cards will help make a vital difference to the charity, helping our staff and clients to access the internet. Having such a useful resource available means clients and carers can access information on local groups, or activities taking place.

After last years success ERCA have registered with 'The Fun Walk Trust' to take part in a 5k walk. This year we will be hosting our event at Danbury Nature reserve on the 25th of September. We are encouraging our clients and staff to take part and help raise vital funds for the activities budget

So far, we have raised £110, but our aim is £1,000. To donate to our worthy cause please do so, via Just giving <https://www.justgiving.com/campaign/funwalk-2024>

We would also like to thank Michele, for raising the first £100. Michele kindly asked her family and friends to support our worthy cause, Thank you.



Charity Matters....

In our Spring newsletter we asked one of our lovely volunteers to write a piece on what volunteering meant to them. This article in many ways showed just how important the process was for our volunteer when recovering from a mental Health illness.

At ERCA we feel it is important to share stories and experiences, so from time to time, we will highlight the different challenges we face as a charity. In this quarter, we wanted to highlight how worthwhile it is working for a Charity. Granted, it's not often said, but here at ERCA we can honestly say we love what we do!

Overseeing a Charity has its own set of challenges, there are limited resources, we are a very small passionate team who between us wear all hats, no two days are the same, but nevertheless we find our jobs extremely rewarding.

We always endeavour to provide support as and when it is required often making last minute changes to our schedules to ensure clients have the support they need to attend important appointments.

We are proud of the vital support provided by our workers and recognise the huge impact it makes to our client's and their carers everyday lives.

One of our Managers recently said; "helping the individuals we support, grow their confidence and develop life skills which ultimately means our service is no longer required is the greatest gift of all. Our work is done, and our client can move forward with their life, with the knowledge that our help and support is only a phone call away."

We continue to look at ways in which we can improve our support service and welcome any feedback from clients and carers or suggestions regarding activities or group events we could look to arrange.

Our time is valuable but more importantly so are our clients, we aspire to help them all to improve their wellbeing, engage with their local communities and reach their goals.

Client stories

One of our lovely clients Tony who is a long standing avid fan of Radio Caroline, recently visited the 'Ross Revenge' the radio Caroline boat moored of the coast of Essex.

Tony and his support worker were even given a tour of the boat on the day and managed to take a few photographs.

When asked how the day went, Tony said he greatly enjoyed it, and felt "fulfilled". Well done Tony, we are glad you had a lovely day! Tony now plans to arrange another boat trip to see the seals.



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