

Essex Respite & Care Association

Spring Newsletter

Providers of Mental Health Support and Respite

Service News

Welcome to ERCA's Spring newsletter! Thankfully, the weather appears to be changing for the better and finally we have some sun and lighter evenings. We know the winter months can stir up emotions and be isolating for many, but brighter days are ahead.

Funding for charities has become extremely difficult to secure with many trusts pausing or closing for applications. This coming financial year will be challenging, but we understand that we are not alone, and many other small charities are facing the same issues.

We know our mission is one that must continue, and we aim to help as many adults living with a mental health diagnosis in Essex as we can. This newsletter will share ways in which you can help ERCA spread the word and raise funds to secure the future of our much-needed support service.

The last few months have been a busy time at ERCA HQ we been networking and attending events to raise awareness of our charity and the service that we provide, and we have also produced our 2024 Impact report.

The latest report has highlighted how much our service is needed and the difference it makes to the lives of the individuals we support. Over 80% of our clients said that their visits have helped to reduce their anxieties when accessing the community. The full report can be found on our website and Facebook page.

As a charity supporting people with a mental health diagnosis, we endeavour to provide our support workers with opportunities to develop and learn the best strategies to support our clients and help them in overcoming some of the struggles they face daily.

Following a request to receive additional training regarding anxiety and panic attacks, Gemma approached the South London and Maudsley NHS Trust who provide the widest range of mental health services in the UK to see if they would be able to partner up with ERCA and provide some training. After an initial meeting with the managers and Dr. Claudia Hallett, Principle Clinical Psychologist and Hannah Jobse, Trainee Clinical Psychologist, from The Centre for Anxiety Disorders and Trauma (CADAT) an online workshop was set up for 5th March 2025.



Featured in this issue:

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Find us on



We would like to take this opportunity to say ‘thank you’ to Hannah who provided training to all Staff, helping them to understand panic disorders, triggers, and coping strategies.



Following the Annual General Meeting that was held in January, our Chairman Karl Davies made the decision to step aside due to personal commitments, however Karl will remain as a Trustee.

We are happy to announce we have a new Trustee, Robert Barclay or Bob as we know him, who will step into the Chairman’s role in the coming months. Bob has a background in Risk Management within the Banking sector and is a Rotarian who in the past represented the county of Essex, as District Governor.

In December we recruited a new support worker, Ollie, who is doing tremendously well in his new role and our clients are delighted to have his support. Recruitment is ongoing and we have recently hired a new support worker who should be joining the team soon.

For the Charity to prosper we need your help and support. This may be shown in many ways such as flying the ERCA flag and telling as many people as you can about us and the work we do, to help raise much needed funds to secure our future.

In the coming weeks and months, we will be attending several events to connect with clients, carers and professionals throughout Essex to make sure that everyone is aware of the support service that we are able to provide. We encourage you to come along and see us and have a chat.

Donations

We would like to give special thanks to The Fore Trust, for their recent donation of £10,000 and to The Essex Community Fund for their generous donation of £4,500. These funds mean a great deal to ERCA, your help and support is greatly appreciated and will help us to continue with our good work.



Fundraising

This year we will be getting our walking boots on again! We have signed up to take part in The Fun walk, organised by the Funwalk Trust. Our aim is to raise over £2,000, but to do so we need your support, whether this be by form of donation, or by sharing our upcoming social media posts to help raise awareness of the event.

We aim to organize more fundraising events throughout the coming year, please follow us on Facebook for regular updates.

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Get involved

For the Charity to prosper we need your help and support. This may be shown in many ways, from flying the ERCA flag and telling as many people as you can about us and the work we do, to helping raise much needed funds to secure our future.

So, how can you help? You could consider:

- Becoming an ERCA member for £6 per annum.
- Hold a fundraiser such as a Quiz night, or afternoon Tea.
- Host a social media event online, donating the proceeds to ERCA.
- Clear out any unwanted items at home and do a boot sale.
- Carry out a challenge.
- Give a small monthly donation.
- Instead of sending family and friends Christmas cards, consider sending a free E-card and donating the funds you would have spent to ERCA.
- A gift in a will – This is a big ask, but a small gift in your will could make a huge difference.

Whichever way you chose to support our good cause; your help and Support will be greatly appreciated.

Charity Matters.....

In the coming weeks and months, ERCA will be attending a number of events to help raise our profile. We encourage you to come along and see us and have a chat.

On the 18th of March ERCA attended a carers event at St. Clares Hospice in Harlow. This event was open to carers who may care for someone with a chronic illness or disability.



We also attended the Knightswick Shopping Centre, Canvey Island, on the 27th of March. This event was a great success where Gemma and Aimee met with local residents to offer support and advice.



Where to find us

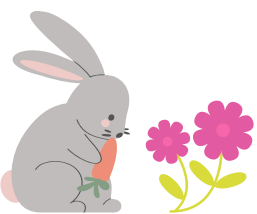
To keep up to date with ERCA you can follow us on Facebook:


Essex Respite & Care Association

Or

Visit our website at www.essexrespite.org.uk

If you, or anyone you know, would like to join us as a volunteer head to our website to get in contact!



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