

# Essex Respite & Care Association

## Autumn Newsletter

Providers of Mental Health Support and Respite

### Service News

**Welcome to our autumn newsletter!**

It's been a busy summer at ERCA HQ, with the office buzzing with excitement around our rebranding journey. You may have already noticed stage one of this process, our refreshed logo is now live on the website and across our social media channels. This is just the beginning, there are even more exciting developments to come as we continue to evolve our brand.



*Happy Birthday!*

We're also thrilled to celebrate a huge milestone—ERCA is officially 30 years old and still going strong! A big thank you to everyone who has been part of our journey so far, we can't wait to see what the next chapter brings.

ERCA would like to take this opportunity to thank Sandra and Hermione for their hard work and dedication to the charity. Both staff members will soon leave the charity, to pursue new endeavours.

On behalf of everyone at ERCA, we would like to wish them both the very best of luck for the future.

We're delighted to welcome some new faces to the ERCA team—Sarah P, Rhys, and Sarah L. Each brings with them a wealth of knowledge and experience, and we're excited for the skills and fresh perspectives they'll add to our work.

On 15th August, Gemma and Aimee proudly represented ERCA at UFest in Maldon Promenade Park. They had the pleasure of meeting a wide range of organisations, as well as the Mayor.

The event was a great success, showcasing the many services available to the local community. We're already looking forward to attending again next year which we're sure will be even bigger and better!



Gemma and Aimee will be representing ERCA at the Age Well Fair at Witham Public Hall on 6th November, from 10:00 am to 1:00 pm.

We'd love to see you there! Pop by for advice, support, and to chat with Gemma and Aimee about the services ERCA offers. If you know anyone who could benefit from attending, please feel free to share this information with them.

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Essex Respite & Care Association

# Fundraising & Donations

As a charity, we need to raise over £50,000 each year to continue our vital work. This is a task that is becoming increasingly challenging with many charities competing for the same funding. Nevertheless, we remain committed to working hard to secure the future of ERCA for our clients and carers.

We are delighted to share that we have recently received donations from Mrs. Smith and Mount for £3,000, and another from The D'Oyly Cart Charitable Trust for £2,000.

These contributions make a significant difference, directly impacting our activities budget and enabling us to provide meaningful experiences for the individuals we support.

A huge thank you to both organisations for their generosity. We truly appreciate your support.

Team ERCA recently took part in a 5K walk around Danbury Country Park, an annual event we've proudly participated in for the past three years, organised by The Funwalk Trust.



We'd like to take this opportunity to thank everyone who made a donation, as well as the local businesses who generously support The Funwalk Trust with contributions to the bonus pot. Thanks to this, for every pound we raise, The Funwalk Trust adds an additional 30%, making a huge difference to our fundraising efforts.

So far, Team ERCA has raised over £700 – thank you to everyone who has supported us! If you'd still like to contribute, it's not too late. Donations can be made up to 21 October easily through the JustGiving website [www.justgiving.com](http://www.justgiving.com) and typing in ERCA in the search bar.

**JustGiving™**



For our followers who enjoy a weekly lottery draw, why not support ERCA through the Epping Forest Community Lottery. To enter go to website: [www.eppingforestcommunitylottery.co.uk](http://www.eppingforestcommunitylottery.co.uk)

It costs just £1 per line to enter, and by choosing ERCA as your cause, you'll be helping us raise vital funds for our activities budget – while being in with a chance to win.

## Get involved

**Would you like to help us raise much-needed funds for our charity?**

Do you have what it takes to complete a half marathon—or even jump out of a plane? Could you organise a small fundraising event in your community, workplace, or school?

If so, we'd love to hear from you! Please get in touch with Jemma or Gemma [office@essexrespite.org.uk](mailto:office@essexrespite.org.uk) / tel. 01245 353855. They would be happy to chat through any ideas you have and support you along the way. Together, we can make a real difference.

Find us on 

Essex Respite & Care  
Association

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/](http://www.easyfundraising.org.uk/causes/erca/)

### **Would you like to volunteer with Essex Respite & Care Association?**

If you have any free time during the week and would like to get involved with our charity, we'd love to hear from you. Volunteering with us is a great way to make a real difference to the lives of carers and individuals we support.

Email us: [office@essexrespite.org.uk](mailto:office@essexrespite.org.uk)

Find out more: [www.essexrespite.org.uk](http://www.essexrespite.org.uk)

## Chairmans Message

Welcome to the autumn newsletter and I am delighted to provide some further updates in respect of changes to the infrastructure and Governance of ERCA. In the summer newsletter I mentioned that there were new ideas and opportunities identified that would help to support enhancements to the services ERCA provides.

First, I would like to welcome Niamh Eve as one of our new Trustees. Niamh has many years of NHS experience that will be beneficial to ERCA. Unfortunately, one of our other trustees, Roxanne Salvage has stepped down due to work requirements. I would like to take this opportunity like to express my thanks to Roxanne for her support of ERCA during her time as a trustee.

I have continued to attend external promotional and training events, and I look forward to continuing meeting many of our support workers, volunteers, and other members of staff over the coming months.

August saw ERCA reaching an incredible milestone, celebrating turning thirty! For three decades, we've proudly supported adults with mental health issues including dementia and their carers and loved ones across Essex, and I extend a heartfelt thank you to our community, staff and volunteers for their dedication over this period.

As you will see, we have continued to evolve with a new logo and rebranding. In addition, a new website is in the final phase of development. We feel this refreshed identity better reflects our modern, inclusive, and compassionate approach to support. While our name is changing, our mission remains the same, namely, to support our clients and their carers with empathy, respect, and unwavering dedication.

Bob Barclay

## 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](http://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!

Find us on

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