



Essex Respite & Care Association

Summer Newsletter

Providers of Mental Health Support and Respite

Service News

Welcome to our Summer Newsletter!

We hope you're making the most of the sunshine while staying hydrated and safe. Over at ERCA HQ, we've been keeping ourselves busy attending a variety of exciting events this Spring and Summer, all aimed at raising awareness of our services. We're thrilled to report that these efforts have been incredibly successful, generating lots of inquiries and attracting new clients who are now benefiting from our support. It's been an exciting season, and we're grateful for the continued interest in what we do!



On the 26th of June, ERCA had the pleasure of attending a lively Quiz Night at The White Horse in Ramsden Heath. Hosted by Matt, the Pub General Manager, the evening was a great success, with Matt doing an outstanding job keeping the crowd engaged and entertained. Thanks to the generosity of those who participated, over £250 was raised, and ERCA is incredibly grateful for this support. These funds will directly contribute to our activities budget, aiding those we support to access the community. A big thank you to Matt and everyone who took part!

In July, we had the pleasure of welcoming our new Chairman, Robert Barclay. Robert, or Bob as we know him. Bob brings with him a wealth of experience from the finance sector and is a dedicated Rotarian. Bob recently had the honour of representing the UK at an International Rotary Club convention in Chicago. Alongside his Rotary commitments, Bob is also deeply committed to supporting his mother, who is living with dementia. We are excited to have Bob on board and look forward to his leadership as we continue our mission to support the community.



We recently hosted a comprehensive staff training session covering essential topics such as Moving and Handling, COSHH, Professional Boundaries, and Infection Control.

At ERCA, we understand how crucial it is to ensure our staff are equipped with the knowledge and skills needed to carry out their duties safely and effectively, while also safeguarding both our clients and themselves. A special thank you to Jon from My Own Mentor Ltd for delivering such an informative and engaging training session. Your expertise and support are greatly appreciated!

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Service News cont.....



VOLFEST at Chelmsford Town Centre – A Day of Connection and Celebration!

On the 5th of June, Gemma, Aimee, and Bob represented ERCA at VOLFEST in Chelmsford Town Centre. It was a fantastic day filled with opportunities to network with other organisations and engage with individuals interested in volunteering with us.

One of the highlights of the day was the honour of meeting both the Mayor and Deputy Mayor of Chelmsford, making the occasion even more memorable. Thank you to everyone who stopped by to learn more about ERCA and how they can get involved!



We would like to take a moment to say Happy Birthday to Tony, who has just turned 60! Wishing you a fantastic day and many happy returns, Tony. Here's to celebrating this milestone and many more to come!

There is also the sound of wedding bells in the air, as one of our long-standing supporters, Andrew, is tying the knot with his partner Eileen. We would like to extend our warmest congratulations to the happy couple and wish them a long, joyful, and blessed marriage. Here's to a lifetime of love and happiness together! 💍🎉



And finally, in our service news section, we are thrilled to welcome Hermione and Rachael to the ERCA team as new Support Workers. We're excited to have you both on board and look forward to seeing your careers flourish within the team. Welcome to ERCA – we're so happy to have you with us!

Fundraising & Donations

We would like to take this opportunity to sincerely thank the following organisations for their generous donations.



Their support means a great deal to our small charity and will make a significant difference in helping us cover both our activities budget and core operating costs. We are truly grateful for their kindness and belief in our work.



Team ERCA is taking part in this year's Fun Walk, organised by The Fun Walk Trust.

So far, we've raised £150, but we need your help to smash our target of £1,500!

Every donation brings us one step closer, so please spread the word, support our cause, and help make a real difference.

To donate, please do so via

<https://donate.justgiving.com/campaign/erca-funwalk2025/donation-amount>

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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. They would be happy to chat through any ideas you have and support you along the way. Together, we can make a real difference.

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/

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

Find out more: www.essexrespite.org.uk

Chairmans Message

I am delighted to have the opportunity to be able to provide some updates in the Governance of ERCA.

My name is Bob Barclay, the new Chairman of the ERCA board of Trustees, effective 1st July. First, I would like to send my thanks and appreciation to Karl Davies for his work and guidance as Chairman over the past two years and overseeing some significant changes.

We have also had other changes in the Board with Ray Taylor and Dr Acharyya stepping down as Trustees. My thanks go to them also. I am delighted to announce that Clive Booth has joined the Board, and I hope to announce details of further joiners in the Autumn Newsletter.

I have already had the opportunity to attend external promotional and training events, and I look forward to meeting as many of the support workers, volunteers and other members of staff over the coming months. Thank you for your continued support. Thanks must also go to those who have undertaken fund raising events.

The Board of Trustees feel there are exciting ideas and opportunities ahead to enhance the services of ERCA, led by our Management Team of Gemma and Jemma and I will announce them as they come to fruition.

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

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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