

## Spring 2019 Newsletter

We received some amazing news at the end of last year, that Enrych East Midlands had been successful with a bid to the National Lottery Community Fund to develop a brand new service which we have called **Enrych Connect**, as it will enable Digital inclusion. There was a press release and we were also featured in the Coalville Times, below:

**14 NEWS**

The Times, Friday, January 11, 2019

Fax No. 01530 811361

Edit

# Disability charity awarded over £300,000 in Lottery funding

## Enrych provides training to improve digital skills for adults with disabilities

By LEE GARRETT

**A DISABILITY** charity which helps people around Leicestershire has been awarded over £300,000 in National Lottery funding to kick-start a new project.

Enrych was awarded over £320,000 of National Lottery funding to begin their new service, Enrych Connect, to provide support and training to improve digital/IT skills in existing, new and emerging technologies for adults with disabilities throughout Leicestershire.

It will build on the work of Leicestershire County Council's Careonline, which was decommissioned at the end of December.

The funding has been awarded by the Big Lottery Fund, the largest funder of community activity in the UK.

Enrych chair Miriam McKee



Enrych trustees meet to discuss the new Enrych Connect project funded by the National Lottery

said: "We recognise the good work done by Careonline over many years in aiding individuals with a disability to have access to IT skills through training and support on a one to one basis. The National Lottery has given Enrych a great opportunity to build upon this work.

"At Enrych we will be providing support in the use of a range of equipment including iPhones, iPads, computers etc. to improve skills and also access services such as - FaceTime, Apps, Facebook, Skype and move with emerging changes in technology."

Founded in 1986 by Leonard Cheshire and Sue Ryder, Enrych supports people with disabilities to be able to take part in both leisure and learning opportunities of their choice and, by doing so, reduce social isolation and increase their confidence.

Colin Edis, Enrych develop-

ment officer, said: "We are very aware of the difficulties faced by people with disabilities, not least of which can be social isolation, and so we see this new service as an important way of developing resilience and well-being among young and old"

Alongside volunteer partnerships, Enrych also successfully runs a personal assistant service - Enrych Assist.

Matt Poole, senior head of regional funding for the Midlands at the Big Lottery Fund, added: "It's fantastic to see National Lottery money being used by people who are taking the lead in developing great ideas to help their communities thrive."

"Enrych in Leicestershire and Derbyshire is a brilliant example of this and, thanks to National Lottery players, we are proud to be able to support them to change lives of disabled people for the better."

For more information about Enrych, call: 01530 832926 or visit: [www.leicestershire-derbyshire.enrych.org.uk](http://www.leicestershire-derbyshire.enrych.org.uk)



### Enrych Connect: Enabling digital inclusion in your home

Referrals are welcome from Adult Social Care, NHS providers, and our partners in the voluntary sector. Self-referrals are welcome too. We know that Carers can often become isolated too so if that's you, please make contact:

01530 234 545 | [connect@enrych.org.uk](mailto:connect@enrych.org.uk) | [www.enrych.org.uk](http://www.enrych.org.uk)



The project has been made possible by funding from the National Lottery Community Fund. The project has also been supported by Leicestershire County Council.



# Enrychability Activities

## Boccia/Multisport

Enrych, supported by Leicester City Football Club, have been able to start a fabulous new group and, for us, a fabulous new sport. The group meets each week and has culminated in us both entering, and winning, a Boccia competition at the King Power Stadium. You can read more about it here: [www.lcfc.com/news/948330](http://www.lcfc.com/news/948330)



These two pics are some of the Enrych Boccia team who were rewarded for their recent success with a trip to see the Foxes play Watford. Unfortunately, the result was against us, but a great day out.



## The Art Group

### Wayne's story: Enrych – bringing an enhanced colour pallet to disability

I was recently invited to join Enrych's very own art group where there was an opportunity to engage in a spot of pottery. Initially, my response was, "How can I do pottery with only one non-dominant hand... post stroke?"

So after careful encouragement from Enrych's very own Sonia, my personal goal was set to create something fabulous from plain old air dry clay.

Being physically creative in finding ways to adapt, my mindset was that I could achieve my goal, and being in the friendly supportive environment of the group was extremely beneficial to me. To complete this challenge alone I quite possibly would have dismissed it as impossible.

Keeping the design simple made the pot turn out better than I had expected. I feel I have achieved something that I am really proud of.

I was also invited to try out other Enrych experiences such as the multisport group, attending the monthly Forum discussion group and several musical events in Leicester.

I loved the Philharmonia experience; I adored it! Enrych had the unique opportunity to offer this experience to their members and be part of both virtual and live performances.

I would not have had these experiences without my connection with Enrych. Enrych brings the community together and have a unique understanding of disability. They offer something very different to other charities I have been involved with. Connecting people together really helps to prevent the feelings of isolation that is so often associated with having a disability.

***What do I think about Enrych? It brings an enhanced colour pallet to disability.***



## Enrych Multisport Group

Boccia is a unique Paralympic sport developed for people with disabilities and is played with balls of different weights and design. A trainer from the Foxes will be there to guide us through the session.

**When:** Thursdays, 11:15am-12:45pm

**Venue:** The Main Activity hall, Christ Church, London Road, Coalville, LE67 3JA.

First session is free, then £2.00 thereafter. No experience needed. Drinks provided free of charge.

For more information, please contact Sonia on: 01530 832 926 or email: [sonia.lear@enrych.org.uk](mailto:sonia.lear@enrych.org.uk)



## The Allotment

The Enrych allotment is about to become two! Thanks to a grant from the Coop Community Foundation and the generosity of the Ashby Allotment Association, we have now taken delivery of timber and other materials that will expand the possibilities in providing therapeutic space for disabled people.

Central England Co-operative

## Ideas Factory

The Ideas Factory, Social Care Forum is open to all stakeholders and has achieved some interesting outcomes so far; a Get Informed event, supported by Adult Social Care, a Street Risk Assessment programme aiming to help in providing a safer street journey for disabled people, and a session with Arriva on the subject of Public Transport and Disability. The session is arranged monthly and all are welcome and lunch provided, please check [Facebook](https://www.facebook.com/enrych) or [www.enrych.org.uk](http://www.enrych.org.uk) for the dates.

**What difference does it make? One recent attender said:**

*“Thank you for arranging this, I will be there as I felt really comfortable and at ease.”*





Due to the availability of a talented volunteer, we were able to pilot a new group, here's a result from Jason!

### **Blurred Vision Muffled Hearing**

If you could see through my eyes  
All lights and colours  
In my world are not in focus  
It's not black or white, but constantly opaque  
Is it a dark mug or chocolate cake?  
My wife says, "Oh to be you, it would frustrate the hell out of me,"  
but I'm used to it  
It's just me

Is it psychological or have all the tubes been crossed?  
I do not know, but sometimes, I feel the plot has been lost  
With blurred vision comes muffled hearing, tell me it's not real  
but just the way I feel

Conversations I am having blend into background noise  
So in my minds vision all the words and colours blend  
Sometimes I think I hear them  
I need more volume  
To make the words sound bigger

My musical pitch is beautifully strange, and that part of me I would  
never rearrange

I see music and notes in glorious colour  
Cords and songs can look like a wonderful view, a landscape with  
mountains, valleys and heather  
It's not a B but the colour purple  
My world, what a fantastic circle  
I hope you may agree that it can be fun, sometimes, to be, like me

*Jason Willock - December 2018*

We are always pleased to try out new activities and groups, just let us know your ideas and we can spread the word and try and make it happen. We would also be pleased to initiate a group and then let you take it up as your own as a User Led group can be very rewarding.

## The difference Enrych makes!

### **Helen on becoming an Enrych volunteer and meeting Emma:**

*"I first met with Enrych at a student volunteer fair at Derby University where I am studying.*

*I was keen to use my spare time to support others; I was introduced to Emma who is a lovely lady, I have been going to the choir with her once a fortnight, and I have attended a ladies night with her too. The aim is that we will progress to be able to go swimming together every other week.*

*Enrych have been working in partnership with East Midlands Homes which has been good because I have been given extra support and free in house training.*

*It also opens up new possibilities for clients of EMH who may want to connect with the services Enrych offers. A win win all round."*



## My Journey Through Enrych

My name is Ann and through Enrych I have learnt a lot about different situations and myself over the past year. I became aware of Enrych through speaking to someone in the library.

I phoned the charity and was put in contact with Sonia Lear, as I was looking to do some volunteer work.

I became a befriender to a lovely lady, but unfortunately she became ill and it was short lived.

I myself became ill with depression/anxiety and Sonia supported me through this dark time.

She introduced me to many groups:

- 1.) Oasis Cafe in Hugglescote where I now volunteer
- 2.) Wellbeing Cafe, Shepshed
- 3.) Recovery College, Leicester, where I now have attended a couple of helpful courses
- 4.) Mental Health Matters where I was given a support worker
- 5.) LAMP in Leicester who help with advocacy.

Sonia knew I enjoyed art and crafts and invited me to the Enrych Art Group and I have become a volunteer and enjoy meeting people with different disabilities who do a variety of different art projects their way.

Enrych gave me support when I really needed it. I didn't feel alone. There is help out there; Enrych was a stepping stone on my road to recovery.

At Enrych we reach out to people with disabilities to support them to live richer and fuller lives to prevent isolation and reduce loneliness. Lynn and Jane are a new Enrych member and volunteer partnership. They were introduced to each other in June last year.

Here's their story. Enrych member Lynn says:

*"I really look forward to Jane's visits; she's really great company and we get on so well. Being housebound now it's good to have visitors; it brings the outside world to me. To have the opportunity to chat, share memories and talk about my travels and life experiences, is important to me. It gives me something to look forward to and gives me a focus. I still miss my partner. He was originally a member of Enrych but when life took an unexpected turn Enrych found a lovely volunteer to visit me at home and also invited me to continue attending social events. It really means a lot to me and my family too. It has definitely made a positive difference in my life."*



Jane is a wonderful advocate for volunteering and gives her time not only to Enrych but to other charities too. Without volunteers like Jane, Enrych could not facilitate these essential community connections. Jane says:

*"Volunteering is so rewarding. If you have some time to spare it's great to be able to give something back while you can. It's delightful to see what it brings to Lynn and her family too."*

By bringing people from all walks of life together and enabling them to share time with each other, it provides something unique and rewarding to both volunteer and member. At Enrych we recognise these invaluable connections that are made, enabling people with disabilities the chance to shine.



## Day Trip on the Symphony - Peter Le Marchant Canal Boat Friday May 24th

Departing at 10am from Canalside Moorings, Beeches Road, Loughborough LE11 2NS. The boat returns at 3pm. **Cost: £10 per person. Lunch is an extra cost.** Tea, coffee, soft drinks and biscuits are provided free of charge. On this trip we will proceed to Mountsorrel for lunch at The Waterside Inn - 2 courses for £10.



## Summer Charity Fayre - Saturday 8th June, 11am – 3pm

Enrych will have an information stand. Please come and see us!  
Christ Church, London Road, Coalville, LE67 3JA.



## Ulverscroft Manor

**Tuesday 25th June & Wednesday 4th September**

Priory Lane, Ulverscroft, LE67 9PH. £8.00 donation is required please.  
Arrive from 10:30am for coffee and biscuits, two course lunch at 12:30pm, tea & cakes at 2:30pm, depart by 3pm.



## ‘An Evening of Music’ - Friday 21st June, 6:30 - 9pm

Free entry – any donations will be put towards the work of Enrych in Leicestershire.  
Hosted by: Thringstone Primary School, Hensons Lane, Thringstone, LE67 8LJ.



## Chatsworth House Visit - Wednesday 2nd October

*Free wheelchair accessible coach has been made possible by a generous donation.*

### Pick up points:

09.00am – Depart from Coalville

09.30am – Depart from Loughborough

Departure time from Chatsworth House: 3pm

Self-guided visit to house and gardens £15.90pp  
– essential carers free of charge



## Hollywood Bowl, Leicester - Tuesday 5th November

Arrive at 10:45am for 11am start. £3.30 per person.  
Meridian Leisure Park, Lubbethorpe Way, Braunstone, Leicester, LE19 1JZ.



## Great feedback from Social Events:

"Living the dream of  
being at Chatsworth."

"We both had a lovely  
day, excitement and  
laughs all the way."

"Everything was  
done for the best of  
the guests."

"It was a pleasure to  
be involved with this  
great day out."

"P enjoyed the company and scenery."

"Getting out for the day – visiting a place of  
interest, being with my friends  
'Thank You Enrych!'"

"The shops were wonderful, and the house...!"

"Fantastically well organised by Enrych –  
all the information was there beforehand;  
felt safe and secure all day."

"M enjoyed the day – talked about it for days afterwards  
– everyone was friendly and welcoming – thoroughly  
enjoyed our day – Thank you and well done Enrych."



### Christmas Concert

School Choir & Orchestra

Saturday 7th December, 7pm

Christ Church, London Road, Coalville, LE67 3JA



### Christmas Lunch and Raffle 2019

Thursday 12th December, 12 noon, £19.00pp

The Link Hotel, New Ashby Rd, Loughborough, LE11 4EX.

*Please contact Sonia to book your place.*

### Enrych Art Group

This is a beginners group for anyone to  
come along to and have some fun as  
well as enjoying the company of others.

When: Thursdays, drop in from 1:30pm - 3pm.

Venue: Marlene Reid Centre, 85 Belvoir Rd, Coalville, LE67 3PH.

First session is free, then £2.00 thereafter. Drinks provided free of charge.

For more information, please contact Sonia on: 01530 832 926 or email: [sonia.lear@enrych.org.uk](mailto:sonia.lear@enrych.org.uk)



**For all of these events, please contact Sonia to book your place  
or to receive more information.**

# Leicester Animal Aid and Enrych

**LEICESTER ANIMAL AID**  
COMMUNITY PET  
SUPPORT SCHEME (CPSS)



Animals make great company, especially if you might be isolated. Would you like to consider having a cat or a dog but you're worried about vet bills or having too much responsibility? This scheme can support you in caring for your pet. Just contact Colin or Sonia if you may be interested.

## Contact Us

### Enrych Support (charity number 1129666)

**Sonia Lear, Volunteer Coordinator:** [sonia.lear@enrych.org.uk](mailto:sonia.lear@enrych.org.uk), 07871 469944

**Miriam McKee, Chair of Trustees:** 01530 832926

**Colin Edis, Part Time Development Officer:** [colin.edis@enrych.org.uk](mailto:colin.edis@enrych.org.uk), 07966 245033

Main office number: 01530 832926 | Website: [www.enrych.org.uk](http://www.enrych.org.uk)

### Enrych Connect

**Rekha Randerwala, Volunteer and Admin Support Officer Coordinator**

**Diane Saunders, Training Officer**

**Melissa Seims, Technical Support Officer**

**Wanda Skelham, Training Officer**

01530 234 545 | [connect@enrych.org.uk](mailto:connect@enrych.org.uk) | [www.enrych.org.uk](http://www.enrych.org.uk)

*Please note that some of the names in our stories have been changed.*

*We are sending you this newsletter because you have told us you want to hear about Enrych. If you would like to receive this newsletter in a different accessible format (eg large type, email) or if you would like to unsubscribe, please contact us.*

*If you received this via the post, but would like to receive newsletters by email in the future do let us know - it saves paper and postage! And if we have any of your contact details incorrect, please let us know - we want to get it right.*

If you feel you, or someone you know, may benefit from this free service, please contact:

Sarah Moakes, Co-ordinator  
Telephone: 01455 888257  
Email: [CPSS@leicesteranimalaid.org.uk](mailto:CPSS@leicesteranimalaid.org.uk)

We would also like to talk to you if you can offer a temporary foster home for an owned companion pet as some of our clients may need respite care or temporary hospital stays. The Scheme will fund the full cost of fostering.



## Follow Us

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Follow us on Twitter:  
[@EnrychEastMids](https://twitter.com/EnrychEastMids)

## How you can help

Enrych Support is entirely funded by donations made to the charity. We need to raise around **£30,000.00** each year in order to maintain and develop the services we offer to people with disabilities. Any gift will make a difference and is greatly valued, either a one off donation or a monthly amount.



Just contact the office for a donation form and details of how to donate.

**Thank you for your donation!**

