



ESSEX RESPITE & CARE ASSOCIATION

December 2018

NEWSLETTER

**Providing
Respite and
Support
for Carers of
people with
mental health
needs**

**Suite 2 Rochester
House
275 Baddow Rd
Chelmsford
Essex
CM2 7QA**

**Email
e.respite
@btconnect.com**

**Tel:
01245 353855
Fax:
0845 0041213
Web site
www.essexrespite.org**

Our New Support workers



It's our pleasure to introduce Martine as one of our new support workers. Martine joined ERCA in September after having previously worked closely with the public throughout her career. She has worked along with the other support workers and has met many of our clients. Martine is passionate about helping others which is evident from her work and the way she supports our clients. Martine has an interest in psychology and counselling. She also enjoys music, writing, cooking, walking and swimming. We are sure you will enjoy meeting and working along with her.



We would also like to introduce you to Neil who has also joined our ever expanding team. Over the last twenty years Neil has worked for a number of charities in the home counties and been involved in the pastoral care and support of individuals throughout. You can see by the way he supports our clients that he truly cares about people. He enjoys live music, films, theatre, eating out, reading counselling theory, and attending a local Baptist Church. We are sure you will enjoy meeting and working along with him also.

Staff News

Staff completed Mental Health First Aid, Safeguarding Adults, MCA and DoLs Awareness training

Crystal Pannell completed 20 years service for Essex Respite & Care Association

Mental Health Wellbeing & Recovery Courses



We are happy to let you know about some **FREE** Courses being held in Essex during January and February 2019. These Courses are being hosted by Essex Partnership University NHS Foundation Trust. These courses run for 6 weeks and will help with many aspects of improving Mental Health Wellbeing and aiding Recovery. Essex Respite and Care Association encourage all who can to attend these courses that are being held all over Essex as the information and support provided will no doubt be of great benefit. Below are all the courses and where they are being held, To enrol or for more information, please contact Adult Community Learning directly on: **0345 603 7635** Book online at www.aclessex.com or Email: hazel.newton2@essex.gov.uk We hope you are able to attend.

Harlow 6 Week Courses

11th Jan, 10am-12.30 – Lifestyles.
11th Jan 1pm – 3.30 – Managing Anxiety
1st March 10am – 12.30 – Next Steps
1st March 1pm – 3.30 – Lifestyles.

Maldon 6 Week Courses

7th Jan 10am – 12.30 - Improving Health
25th Feb 10am – 12.30 Managing Anxiety

Brentwood 6 Week Courses

10th Jan 10am – 12.30 – Managing Anxiety
28th Feb 10am – 12.30 – Lifestyles

Chelmsford 6 Week Courses

8th Jan 10am – 12.30 – Lifestyles
8th Jan 1pm – 3.30 - Building Confidence
26th Feb 10am – 12.30 – Next Steps
26 Feb 1pm – 3.30 – Improving Health & Wellbeing.

Basildon 6 Week Courses

9th Jan 10am – 12.30 – Lifestyles
9th Jan 10am – 12.30 – Building Confidence
9th Jan 1pm – 3.30 – Managing Anxiety
27th Feb 10am – 12.30 – Improving Health and Wellbeing
27th Feb 10am – 12.30 – Next Step
27th Feb 1pm – 3.30 – Lifestyles

Rayleigh 6 Week Courses

10th Jan 1.30pm – 4. – Improving Health and Wellbeing

28th Feb 1.30pm – 4pm Managing Anxiety



FUND RAISING!

ERCA provide invaluable support to it's clients by supporting them in the community. Support workers take clients out into the community to undertake a great many different activities. These activities help to teach important life skills from shopping to booking and attending Dr appointments. These activities also help many clients to overcome some of the difficulties they experience whilst being out alone from anxiety to depression. ERCA has to raise money from charities and benevolent organisations in order to continue to offer this service which the hourly rate does not cover. ERCA is extremely grateful to the following organisations who have donated money to ERCA for the Activities Project:

29th May 1961 Charitable Trust
Asda
Charles S French Trust
James Wiseman Charitable Trust
Souter Trust

The Albert Hunt Trust
Austin & Hope Pilkington Trust
Fowler Smith & Jones Trust
Persimmon
Tula Trust



Lena Dey and Jemma Pollack receiving a donation from Asda South Woodham Ferrers

Without the support and donations from these charities and those who volunteer their time and expertise we would not be able to help those most in need in our community.

THANK YOU!

Could YOU help?

Are you looking for a satisfying opportunity?

As mentioned ERCA needs volunteers to help with many of the tasks in our charity:

We need **help with fundraising events**. This is an important part of the work we do because, apart from being good fun, it is also the main avenue ERCA uses to raise money for the Activities Project. It also publicises our service encouraging more people to come and help while letting others in need know we are here to support them.

We are in need of volunteers to **help update our web page and to improve the layout of our Newsletter** that you are reading right now!! In today's world we need to have a page on Face book and to be on Twitter. Can you help? Do you know someone who could help?

Finally, we need people with an interest in mental health issues to **join our Board of Trustees**. Our Charity is guided by a Board of Trustees who volunteer their time and expertise to help lead the charity to accomplish its goals and aims.

Hazel, a long standing member and chairman of our board of trustees says about the time she has spent on the board.-;

"Being a part of this charity has brought me a great deal of pleasure and satisfaction. Although I have spent a lot of time over the years volunteering for the charity, knowing that I have been helping the community in which I live really has been worthwhile and gives me real satisfaction. Also meeting with my other board members once a month who, like me, are keen to help gives me confidence that there are people out there willing to do more for others! I thank them for all they do as well."

You too could be a part of the board of trustees, if you have any questions about what is involved or would like to come and meet the board and discuss how you could help please feel free to contact us at our office and ask for either Lena or Jemma. They will do all they can to show you how being part of ERCA's Board of Trustees can truly help you have a satisfying opportunity to help the community in which you live.