



# ESSEX RESPITE & CARE ASSOCIATION

Patron – The Lord Petre KCVO, JP

## NEWSLETTER JULY 2019

### CHAIRMAN'S NOTE .....

ERCA believes that a better lifestyle is possible for people affected by mental illness. This can be achieved through a person centred service that is focused on the goals that are set by the individual client.

ERCA is a charity that provides this personal support working closely with external agencies, such as the Local Authority, NHS, Mind and Rethink. As ERCA costs continue to increase and in order to maintain a service that conforms to the high standards that meet our clients' needs. We have no choice but to increase our hourly support charge. We regret any hardship this may cause but even with this increase we do not charge enough to cover all the expenses that we incur and we have to cover the shortfall from our reserves or fundraising.

We still need volunteers to help with fundraising events and people willing to join the committee. If you have any ideas about fundraising, we would be grateful if you would tell us.

*Hazel Ruane*

### STAFF NEWS

During June we have appointed a new Admin Assistant and a Bank Worker for Mid Essex.

We are currently recruiting a Bank Support Worker for the West Essex area.

In July 2019 all staff attended Dementia (Including Parkinson's) and Lone Worker Training.

It's our pleasure to introduce Sue as one of our new support workers. Sue joined ERCA in November, she has worked in Human Resources for over 35 years. Sue has also been a Foster carer for the past 8 years supporting Young People aged 16-17 with their life skills to prepare them for independent living when they reach 18 years of age.

Sue enjoys socialising with friends and family as well as reading and gardening.



We would also like to introduce you to Philomena who is also a new support worker. Philomena joined the team in November. She has worked in retail for many years. Philomena enjoys working with the community and loves spending time with her friends and family. She also likes going to the cinema and bowling.

Providing Support for people with Mental Health needs and Respite for their carers.

Suite 2 Rochester House, 275 Baddow Rd, Chelmsford, Essex, CM2 7QA Telephone 01245 353855 Email [e.respite@btconnect.com](mailto:e.respite@btconnect.com)

## CHARITY NEWS

An EGM has been scheduled to take place on Monday 5<sup>th</sup> August 2019, where members of ERCA have been invited to vote on the proposal to change Essex Respite & Care Association from an unincorporated association to a charitable incorporated organisation (CIO).

## SERVICE NEWS

### **Activities with client:**

Over the past 6 months our support workers have completed many varied activities with clients, a few are mentioned below:

*Attended appointments, Craft Groups, Healthy Mind Groups, Music, Photography, Gym visit, Shopping, Swimming, Walking*

If you have a particular hobby or there is an activity you would like to try please speak to your support worker or contact the office.

### **Rate increase 1<sup>st</sup> October 2019:**

Essex Respite & Care Association board of trustees have made the difficult decision to increase the cost that we charge for our service, from 1<sup>st</sup> October 2019 the hourly rate will increase from £17 to £19 per hour. All service users have been informed of the rate increase, if you have any questions regarding the rate increase or would like any additional information, please do not hesitate to contact the office.

## DONATIONS / FUND RAISING / VOLUNTEER NEWS

ERCA is extremely grateful to the following organisations who have made donations/grants to ERCA over the past 6 months:

**Clarion Community Grants**

**Essex Community Foundation**

**Garfield Weston**

**Sobell Foundation**

**WH Smith Trust**

**Walter Farthing Trust**

We would also like to thank The Harlow Hotel By AccorHotels ([www.accorhotels.com](http://www.accorhotels.com)) who have kindly donated a meeting room for ERCA to hold team meetings.

Special thanks to Scott Pearson ([www.scottpearson.co.uk](http://www.scottpearson.co.uk)) a Freelance Web Designer who is volunteering his services to update the ERCA website.

***If you have any ideas about fundraising or would like to volunteer your services to the charity please contact the office on 01245 353855 or email us at [e.respite@btconnect.com](mailto:e.respite@btconnect.com)***



Offer a Free Advice Service and support to anyone in need of their service.

They can help you with:

Benefit claims/issues  
Housing related problems & those threatened with homelessness  
Support with managing rent arrears/debts  
Financial advice  
Social inclusion

Difficulty paying rent  
Getting support for drug & alcohol problems  
Getting support for mental health  
Budgeting support

They have drop-in sessions in Basildon, Brentwood, Chigwell, Harlow, Ingatestone, Loughton, Rayleigh, Rochford and Waltham Abbey

For more information, contact Peabody on 0800 288 8883 or speak to your support worker.

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