

Essex Respite & Care Association Impact Report

September 2023

Why is there a need for our Support Services?

- 1 out of 4 people will experience a mental health problem at some time in their life. (gov.uk)
- About 1 in 6 Essex residents are living with a mental illness - that's around 150,000 people. (essex.gov.uk)
- In 2016 to 2017, there were 5% of adults in England who reported feeling lonely "often" or "always". (ons.gov.uk)
- The number of people living with dementia was estimated to be close to one million in 2021 (944,000), by 2050 this figure is expected to rise to 1.6 million. (dementiastatistics.org)
- There are around 5.4 million people in England who provide unpaid care for a friend or family member (2011 Census Analysis: Unpaid Care in England and Wales, 2011 and comparison with 2001).

Our Mission

To provide high quality support to help people with a mental health diagnosis to build their self-esteem and confidence through the development of skills for living independently, increasing their engagement in the community and breaking their social isolation.

Separately, to provide respite for carers allowing them to gain emotional and perhaps physical strength to be in a better position to carry out their caring duties.

How Essex Respite & Care Association are making a difference

9,962 Hours of support provided across Essex to clients and carers from 1 August 2022- 31 August 2023.

Every client reported their mood improved after their support visit had finished.*

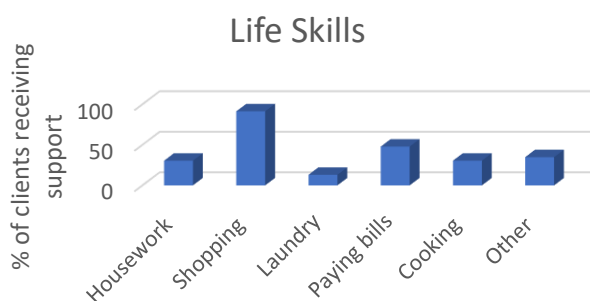
On average **86** one to one support visits provided per week with a consistent support worker, day, and time from 1 August 2022- 31 August 2023. This continuity of care enables us to monitor our clients' mental health needs and assess where early intervention with health professionals is required.

87% of clients said they can discuss any concerns regarding their mental health with their Essex Respite & Care Association support worker.*

Support to attend **180** appointments including mental health reviews, hospital appointments, dentist, opticians, podiatry, and vaccinations.

9 out of 10 clients felt that having a regular support service from Essex Respite & Care Association helped them to manage their own mental health.*

Our support service helps clients to learn important life skills giving them the confidence to live independently.



78% of clients reported that they feel, more confident completing these skills following assistance from their support worker.*

Half of our clients told us that they would not be able to access the community without their support worker.*

We help clients to access and feel a part of their local communities in a variety of ways:

- Leisure activities such as visiting a local café, the library, hairdressers, local shops or playing snooker.
- Exercise swimming, yoga classes, the gym, cycling, or a walk in the local park.
- Finding local support groups to attend or places where our clients could volunteer.
- Signposting and working with other organisations – Citizens Advice, Job Centre Plus, Foodbank.

*We seek feedback from our clients every 6 months, figures in this report based on client survey completed July 2023

We asked our clients what the biggest achievement is they have made in the last six months whilst being supported by Essex Respite & Care Association...

Feel happier
Well-being greatly improved
Exercise, walking and socialising
Laughing again
Support staff do sometimes motivate me to clean flat.
Going out into public places
Somone to talk to makes me feel less isolated and anxious
Handling my money better, not spending for the sake of it and trying to save
A lot more confident to do things like drive the car and meet people
Doing yoga and breathing exercise at home on my own
Less stressed and anxious, less and less overthinking
Gaining confidence to complete shopping
Getting moved to ground floor flat
Going to blood tests with ERCA
Successful move of flat

Client Focus

Client A was referred to our service suffering with anxiety and depression. We created an Individual Support Plan for the client focusing on improving their physical and mental health, emotional wellbeing to give them the confidence to access the local community and ability to manage their home, diet and finances.

We organised for the client to receive a companion bus pass which could be used with either our support workers or their family/friends to help them to feel safe and lower their anxieties whilst using public transport.

The client is supported to hospital and job centre appointments which they would struggle to attend independently due to their anxieties.

Our support workers identified that the client's property did not meet their physical health needs and arranged appointments with a Housing Trust and made occupational health referrals to assess their needs. Due to the support workers struggling to find anywhere suitable for the client we escalated the client's situation to their care coordinator who was able to liaise with the relevant council and expedite the process. Four months later we are now helping the client with their move into more suitable accommodation assisting them to set up their services and obtain appliances.

"I'm very happy with the service. You saved my life! I don't know what I'd do without you to be honest."

Fundraising

Since January 2023 all fundraising has been completed in-house. At the end of October our staff are participating in the Fun Walk organised by **The Fun Walk Trust** to raise vital funds for our activities project. We are extremely grateful to have received support from the following Organisations and Trusts which allows us to continue with our essential support service helping vulnerable adults live a happy and healthy life.



The Future

Our vision is "For every adult with a mental health diagnosis living in Essex to have a healthy and fulfilling life, and to be able to access support as and when they need it."

We would like to continue to grow our client base through increased networking to maintain and develop partnerships with other organisations which complement and support our mission with particular focus in North and South Essex.

Next year we hope to create a Support Group in Mid Essex, which will be accessible to all. This group will be a chance for people with mental health issues to meet others in a similar situation, share their experiences and gain valuable peer support.



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