

## Transcript of Enrych video on website at [www.Enrych.org.uk](http://www.Enrych.org.uk)

Enrych: Looking beyond disability

Empowering

Enabling

Enriching

Enhancing

### **Video of Sue, taking about life before Enrych**

I was a real mess. I had no confidence. I had no real family life. No friends. No social life. I was a nothing. I was a very empty shell.

### **Video of Mike, taking about doing photography with Enrych**

Because of my disability, I find it very difficult to get out and about and meet people. I also struggle to build up friendships and communication. It's very lonely going out doing photography by yourself and not having anyone to say 'what do you think?' or to bounce ideas off

### **Graeme Garden, patron of Enrych talks about our work**

Thanks you for taking an interest in Enrych and the important work we do. In England there are nearly seven million disabled adults, most of them living in social exclusion and isolation. But it doesn't have to be this way

### **Video of Paul and Gregg, flying model airplanes at an airfield**

Gregg: I saw an advert in my workplace for volunteers to come and share their hobby. I've seen Paul change – his flying's got better. It's quite a tricky thing to learn when you start off but I think we've both been patient and helped each other.

Paul: After a while, when I tried to get the hang of it – you know once I managed to keep the plane in the air I discovered it was quite a therapeutic experience

### **Voice Over**

There are various ways you could support our vital work. We need people to volunteer in many ways, PR and marketing, fundraising, trustees and ambassadors. The more people know what Enrych does, the better for everyone

### **Video of Sally and Shirley playing Scrabble**

I've begun being able to put my brain to use. Rather than doing a word game or crosswords or codewords on my own, now I've got companionship and friendship

### **Graeme Garden**

Imagine if you had no hobbies or interests, what would you talk about with your friends? Enrych provides a new lease of life and an equality no-one else provides

### **Video of Alan and Shirley, painting**

I find that as my illness is progressing I need some help with socialising with people. Shirley has helped me with the painting. I really don't know what I'd do without her. She helps me through the difficult periods of surviving through illnesses and turning to painting actually gives me an idea and a thing to do with my life. Otherwise I'm afraid I would find it very difficult to find anything to do with myself.

**Voice over**

Enrych relies on volunteers to support individuals with disabilities. We also organise social outings and group activities such as swimming, fitness and healthy eating clubs, pub outings and occasionally, something special such as a boat trip

**Video of Philippa, cooking**

It's given me so much more to my life. I discovered I can do various activities with the help of volunteers and it just makes life so fun and interesting.

**Video of Lucy and Anne playing their guitars**

Lucy: As a volunteer helping Anne, I go along to her house once a week and we get out guitars out and get them in tune

Anne: I feel it would be a great loss, if I lost Lucy, if she couldn't come to me any more. I would not only lose my ability of the months and years of playing but on regular occasions Lucy keep me playing each week. Well we have such good fun together, don't we?!

**Graeme Garden**

Together we can make a real difference to adults with disabilities. At Enrych we are always looking to reach as many people as possible and with your help we will continue supporting more disabled people and changing more lives for the better.

**Video of Sue, talking about how Enrych has changed her life**

It's changed my life completely. Gave me confidence. I got my self-esteem back. I wanted to do things, I wanted to get out into the world and I wanted to show people that I was still around, still alive, even though through my disabilities, I'm still the same girl

**Voice over**

Enrych is presently facing a severe shortage of funding. In this current recession, more people with disabilities are needing our support but we are receiving less sustainable funding to continue and develop our services. We need urgently to expand and reach the people who need us most. No other charity is doing what Enrych does. Are you able to help?

**Chorus of Enrych members and Graeme Garden**

Thank you. Thank you very much  
Thank you. Thank you very much

**End of video**