

What our members say about Enrych

Thanks to my volunteer, on days when I feel low, I have a lovely garden to view.

Having the confidence to use the computer independently has opened up a whole new world and I am so grateful.

The name fits perfectly with me - it has enriched my life!



What our volunteers say about Enrych

I love volunteering for Enrych. It's nice to know I can make a real difference to someone's life and has made me definitely appreciate my life more.



It's always a pleasure, a lot of fun and very rewarding. I would recommend volunteering with Enrych to anyone!

What our clients say about having an Enrych PA



I feel as if I am achieving so much more in my life now.

My parents are really supportive of me but it's my Personal Assistant that helps me achieve, which in turn makes my parents happy and proud.



Branch Contact Details:



Our vision is that every adult with a disability is given the opportunity to recognise their potential, to connect, to engage and to enjoy life within their community.

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Sign up to receive our newsletter!

Find us on

 @ENRYCHnational  EnrychHQ

Enrych National: Registered charity no. 1088623
Company no. 4204432



Enriching the lives of disabled people every day

www.enrych.org.uk

Patrons: Francesca Martinez and Graeme Garden OBE

Welcome to Enrych



Enrych is a charity that supports disabled people to enjoy active and independent lives.

Everyone has the right to enjoy life and make choices about what they do. However, many people with disabilities face barriers every day that can limit their choices or independence and may lead to isolation or depression.

Looking beyond disability

Enrych helps people identify what would make a real difference in their lives (especially through leisure and learning opportunities) and then we find ways to help make it happen. This might be a volunteer partnership, an activity group, Enrych social events or through one-to-one support.

Connect, Engage and Enrych

Enrych was founded over 30 years ago by Sue Ryder and Leonard Cheshire. Our name comes from their names, and our ethos remains the same - to *enrich* lives.

How Enrych can support you

Enrych supports people with disabilities through two core services: Enrych Support and Enrych Assist

Enrych Support

- Carefully matched with a volunteer to pursue an activity or shared interest
- Activity Groups (eg art, photography, bowling, seated keep fit)
- Accessible and fun social events and trips
- Introductions and support to access local clubs, groups and activities
- Access to the wider Enrych network
- Free service to members
- Available wherever we have a local branch

Enrych Assist

- Active and independent living with a Personal Support Assistant
- One-to-one support with everyday activities
- Personal Assistants are fully trained and DBS checked
- Personal budget holders and self-funding clients welcome for this chargeable service
- Referrals from health care professionals and self-referrals accepted
- We do not currently offer personal care
- Available in Leicestershire, Derbyshire and Oxfordshire

Get in touch to find out how we can work with you to achieve your goals and enrich your life, your way.

Could you be an Enrycher?



At Enrych, we are always looking to reach more people. With your help, we could reach a lot more

You can support our work as a volunteer, trustee, donor, fundraiser, corporate sponsor or simply by spreading the word about our work so that more disabled people have a better quality of life.

Get involved and...

- Meet new people
- Share a hobby or interest
- Enjoy new experiences
- Learn new skills
- Enrich someone's life



We provide a range of training and support and positively welcome volunteers with a disability.