



Upcoming Events

18th May

Helping Hands Essex Open Day
Brockley Road 12 noon – 4pm.

We cordially invite you to join us, to celebrate Helping Hands Essex's fifth birthday since our opening in 2012. Among others we hope to be joined by the newly appointed Mayor of Chelmsford. There will be refreshments available. Any formalities on the day will be taking place at 1:30pm.

We hope to see you on the day.

Introduction from the Chairman by Val Chiswell

I am pleased to introduce the first newsletter for some considerable time especially because it has been produced by our new Social Media Group comprised of Volunteers from past and current Clients. However, in that "considerable time" we have not stood still and much progress has been made. We have had training in the use of the Outcomes Star and have established a structured Aftercare service, part of which is the Move On house providing accommodation for five of our graduates. We have raised funds through a number of Events including a Wing Walk and the Maldon Mud race thanks to fantastic teamwork.

Mud runners get filthy in the name of charity



For the 2nd year running Helping Hands Essex entered the Maldon Mud Race and this year a whopping 21 clients, graduates, volunteers and staff bravely waded through the mud.

Our Nick completed the course in 9th place in an awesome 5.12 minutes. When asked what kept him going he stated, 'it was really hard and tiring but I just kept focused on the finish line, remembering it was for HHE and my family.'

Stay connected

Social Media:

Instagram – [helpinghands_essex](#)
Facebook – [helpinghandsessex](#)
Twitter - [@hheessex](#)

Website:

<http://www.hhe.org.uk>

Call: 01245 356169

Email: info@hhe.org.uk

8 Brockley Road,
Chelmsford,
Essex,
CM2 6HQ

Other competitors included our Jonny, Dan and Amy. Jonny was competing for a second time and said, 'This is a charity that has touched my life, I am blessed to be part of it and give as much time as I can'. Dan added, 'I have knee and back problems but I am so pleased I did it' whilst Amy quipped, 'We are miracles in life and miracles in mud.'

The Helping Hands community were there to support and cheering them on were some of their biggest fans Samuel (aged 10), Daniel (8), and Jake (2). The boys said, 'It was exciting seeing everyone getting ready for the race and it looked difficult but fun.' They can't wait to do it themselves in the future. Jake added it was, 'smelly and muddy'.

There is still time to contribute so please visit our fundraising page: www.justgiving.com/fundraising/hheteam1 or contact us directly.

HHE awarded PQASSO quality mark By Anne Carpinteiro

The third sector is now playing an ever increasing role across society and there is growing recognition, both within and outside the sector, of the need to demonstrate how valuable it is and the positive impact it has. Accordingly, the 5th December 2016 saw trustees, staff, volunteers and clients alike waiting in nervous anticipation to learn whether or not we had achieved the PQASSO standard of quality assurance.

It had taken many months of hard work to ensure that we met all the criteria in the 12 quality areas concerned, which include planning, governance, user-centred service to name just a few, and everyone played their part. One of the most pleasing aspects of the exercise was just how well everyone pulled together to ensure HHE's success.

It is a credit to everyone that HHE gained the award at first inspection (less than 50% of organisations achieve this). Many thanks to everyone involved.

Word from the Editor: A Warm Welcome

Welcome, I'm Amy. It is a great honour to be appointed the Editor for the returning Newsletter. Welcome to the first edition. You will be receiving this bi monthly and I hope you enjoy reading it as much as I enjoyed editing it.

I'm also an alcoholic. Life was tough, I found HHE and it got a lot better! My individualized path of recovery has not only helped me kick my alcohol addiction but it has given me a life beyond what I could have dreamed. Since June 2016 I've graduated from HHE, moved into the move on house, applied for a masters, overcame debilitating anxiety, addressed my food addiction, rehabilitated relationships and found meaning in my life.

If you would like to get in touch with me, you can reach me via email at hheeditor@outlook.com. Feel free to contribute towards the next edition. ©

Other Fundraising News

Wider community team up for charity match

Well done to the impromptu HHE football team for taking part in the David Gains charity tournament at Moulsham High School on Friday 21st April.



Racers rack up cash for charity fundraiser

Enormous thanks to David Gains and Josh Wheal for organizing this exciting event on Thursday 20th April.

The facilities at Capital Karts, Barking, are superb and the track challenged the most confident of our drivers. It was so exciting to see so many people from the wider recovery community attend.

