



SESCA

South East
Social Care Alliance

BLERDEN
X
GOODVIBES

 **TRESACARE**

Partnering with SESCOA to
support & empower international care
workers



Tresacare is the social enterprise that exists to support care workers to remain in the sector.

We target **our expertise** to:

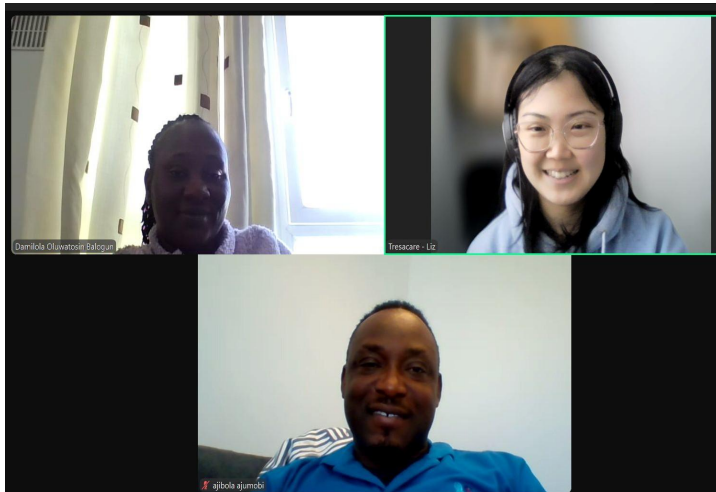
Reduce turnover rates

Prevent burnout & staff absenteeism

Increase care worker engagement, motivation and morale.

To create **lasting change**, we **co-produce** programmes with care workers

Peer support groups



Wellbeing gyms



Workforce development training



“I rate Tresacare 10/10. It’s helpful to have a support group outside the work environment. It’s helpful to listen to other’s experience as we can learn from each other too.” - Laura

Our Impact: Zakir's Story



“

I was overseeing 700+ care workers when I first heard about Tresacare through a member of my team. I decided to try it and began referring my staff to the Tresacare Wellbeing Programmes. After engaging with Tresacare, the team returned more motivated, more resilient, and better equipped to handle the demands of their roles. Staff retention improved, and the quality of care increased noticeably. I now actively advocate for Tresacare.

”

- the **very positive response** from the workers who have participated, especially in relation to their mental wellbeing
- improvements to **worker employability** contributing to the matching activity
- the fact that we have been better able to **focus on the core activity, i.e. matching workers to vacancies**



Erica Lockhart MBE, Chair of SESCA



Our **Results** Speak Volumes

7 care organisations in North East London told us after our pilot programme

93%

of care managers

saw improved **quality care**

Happy Managers

96%

of care workers

showed increased **retention**

Happy Clients

100%

of care workers

reported improved **wellbeing**

Happy Care Workers








Source: Tresacare Impact Report 2023



Wellbeing Gym Timetable: November

How to Join? It's Easy!

Getting started is as simple as clicking! Just check our timetable for the session that works best for you, click the Zoom link at your chosen time, and you'll be warmly welcomed into our virtual wellbeing space. Hop in from your phone, laptop, or computer - wherever works best for you. No special equipment needed - just bring yourself!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18 3pm - 3.45pm Mindfulness with Prem 	 19 10am - 10.40am Introduction to Wellbeing Gyms with Liz	20	21 3.30pm - 4.00pm Yin Yoga  with Jeanette	22	23	24 8pm - 9.15pm Mindfulness with Prem 
25 10.30am - 11.15am Yin Yoga  with Jeanette	26	27	28	 29 3pm - 3.40pm Introduction to Wellbeing Gyms with Liz	30	1 8pm - 9.15pm Mindfulness with Prem 

A selection of our clients and partners

AWARDS



OUR PARTNERS



Lakefield
Hospitality College

The Art of Dying Well



Keeping WellNEL
Confidential, Independent, Inclusive



St Mary's University
Twickenham
London

OUR CLIENTS



My home life
England



enham trust



CORSEV CARE



National Association of Care & Support Workers



CARE PROVIDERS' VOICE



TRESACARE

Team



Elizabeth Beh



**Alejandra Márquez
Santín**



Chloe Clarke



Krystle Wong



Jaskiran Mangat



Sean Davey



Prem Shah



Valeria Bonilla



Clare D'Arcy



TRESA CARE

**What's your biggest
takeaway from today?**





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