

Carers' Voice

January - June 2024



Enfield Carers Centre
Empowering Carers

Enfield Carers Centre
Britannia House
137-143 Baker Street
Enfield EN1 3JL
T: 020 8366 3677 10am-4pm
E: info@enfieldcarers.org
www.enfieldcarers.org
Drop-in Days: Mon & Wed pg 5

Save These Dates!
Carers Week Family Fun Day
Saturday 8th June 2024
Enfield Carers Conference
Thursday 13th June 2024

Young Carers News!



Funded by
donations &



Young Carers Hubs 5-17 year olds
Alternate Wednesdays
Face to Face 5:30pm - 7:30pm

EyPIC Homework Clubs
Tuesdays 4pm - 5pm Face to Face
Thursdays 4pm - 5:30pm On Zoom

Online Kindness Club (term time)
Fridays 4:30pm - 5pm

We have lots of Young Carers activities arranged for school holidays in 2024. Follow us on social media to see what's on. Call EyPIC on 0208 366 3677 or email: youngcarers@enfieldcarers.org

EnfieldCarersCentreYoungCarers

eypic_youth

eypic_youth

A Network Partner of
CARERS TRUST



Charity Reg. No: 1140089

Carers Contract
Funded by

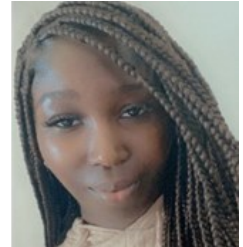


ECC Staffing News

Read about staff changes at Enfield Carers Centre. Join us as we welcome new members to our team and read about our volunteer vacancies.

Xoe Walker - Health & Wellbeing Practitioner—Enfield Wellbeing Network

Xoe previously worked at ECC as a Volunteer supporting our Hospital Liaison Project based at North Middx. Hospital. In May 2023, Xoe joined our staff team full-time and now supports Carers to improve their health & wellbeing and reach goals which help them manage or prevent long term health conditions. Xoe recently completed her master's degree in psychology and is keen to use her skills wherever possible to support Carers.



Xoe Walker

Kara Hossein Al-Hadi - Young Carers School Liaison Officer

Kara joined ECC's EyPIC Young Carers Team in July 2023. Kara graduated from Birkbeck University of London in 2021 with a BSc in Psychology. While studying, Kara worked at a specialist school for children with Autism and continued working in SEN and mainstream schools, post-graduation. Kara's current role involves training school staff in Young Carer awareness, hosting school assemblies and parent/carer coffee mornings and also supporting Young Carers in school.



Leah Kent

Leah Kent - Homecare Services Team - Care Coordinator

Leah took over the Care Coordinator role from Kerrienne (below) in June 2023. Leah has many years' experience providing care services in residential accommodation and is also familiar with homecare provision.

Kerrienne Colling - Young Carers Family Support Worker

In June 2023, Kerrienne moved from working in our Homecare Team to join our EyPIC Young Carers Team. We were pleased to help Kerrienne embark on a change of career and still remain part of our staff team.



Kerrienne Colling

VOLUNTEERS NEEDED

Looking for volunteers!

ECC, like many charities, relies on the help of willing and committed volunteers to work alongside staff to deliver and enhance their services. Volunteers bring a wealth of their own experience, skills and knowledge to us and, in return we will offer you on the job training and support.

Admin

We're looking for confident, computer literate volunteers to help with our busy office admin. The role involves answering or making telephone calls, data input, copying, IT work and greeting carers. Sadly this isn't a trainee role—we need people who are experienced in office admin or are IT literate, although we'll train in how to use our database.

This volunteer admin role is only open to non- or ex-carers. So if you know someone who can help,

tell them to get in touch with us.

GP & Hospital Outreach

The purpose of the role is to raise the profile of Enfield Carers Centre by representing the Centre at GP Surgeries, hospitals and other healthcare settings throughout the borough. The job will involve talking to staff, patients and Carers and referring Carers to the Carers Centre.

We would also like to give a BIG shout out to our current volunteers by saying "Thank You!"

Call Lia Fletcher on 0208 366 3677 or email :

servicedevelopment@enfieldcarers.org



ECC Staffing News



Elena Stratis

ECC also welcomes the following new members to our team. **Elena Stratis (left) Penny Laws (right)** who joined our team as part-time Reception/Administrators in September and October 2023 respectively.



Penny Laws

Sevgi Dogru Eriten - Mental Health Coordinator

Sevgi previously worked at ECC as a Volunteer Health and Wellbeing Buddy, recently completed her master's degree in psychology and has now joined us as a Mental Health Coordinator on 21st November 2023. In addition to supporting the Evening Counselling Service, Sevgi's role is providing advice and support to Carers, who are experiencing or supporting those with Mental Health concerns. Sevgi will also be running wellbeing sessions and helping Carers to feel connected to the community.



Sevgi Dogru Eriten

Deborah Roberts - Evening Counselling Administrator

Deborah joined us on 21st November 2023 as our new Evening Counselling Service Administrator. Deborah is a qualified counsellor and also has many years of experience working in the education sector, in both a safeguarding and therapeutic capacity. She is also a qualified Trauma-informed School and Community Practitioner. Deborah works Tuesday and Thursday evenings running our counselling service, supporting the team with all bookings, enquiries and administration needs.

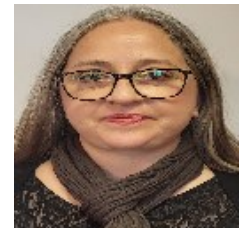


Deborah Roberts

Salua Rubinato - GP Carer Liaison Worker

Salua joined us on 6th November 2023, she is our new GP Liaison worker. Salua is a qualified Trainer and has worked in the Care field for many years, assisting and developing staff to support Adults with Learning Disabilities and Autism.

In her capacity, Salua will offer information, guidance, and advice sessions at GP surgeries throughout the borough. Additionally, she aims to enhance awareness of Carer's needs among GP staff through informative training sessions, ensuring that Carer's support remains a focal point in the practices.



Salua Rubinato

COULD YOU BE A CARER AMBASSADOR?

Do you have experience of caring for someone with a physical or sensory impairment such as deafness or blindness? Do you care for someone with Dementia or a mental health issue? Even if you're not currently caring for someone - Could you be a champion for Family/Unpaid Carers?

Enfield Carers Centre supports a group of Carers Ambassadors on behalf of Enfield Council. The disability areas mentioned above are not currently covered by the existing Ambassadors, so we're reaching out to the local community for people who could be our newest Ambassadors.

We are looking for confident, computer literate volunteers who understand that this role is not just about your personal caring situation, but a chance to represent and connect with the wider voice of other Carers within our borough.

You need to be available to:

- attend online and face-to-face meetings occasionally
- Cover community events and information stalls on a rota basis
- Reach out to Carers' groups and organisations to speak to them about or on behalf of Carers and communicate messages on behalf of the Council or Enfield Carers Centre



This is a part-time volunteer role that you can fit in and around your caring/life circumstances. You will receive a small monthly payment to cover your expenses.

To find out more info and an application pack email: servicedevelopment@enfieldcarers.org

NEWS & INFORMATION

Enfield Carers Centre Counselling Services

We're pleased to announce the exciting new expansion of our existing Counselling Service.

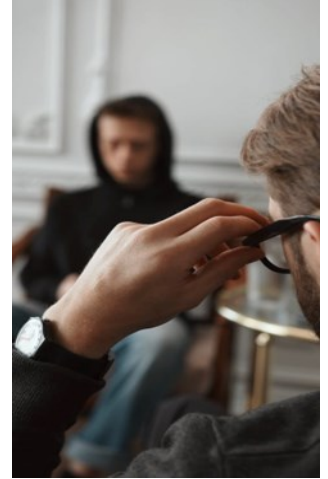
In recognition of the growing number of Carers who are unable to access our daytime service, the introduction of evening counselling sessions will provide a more flexible service.

We launched our **Evening Counselling Service** on 23rd November 2023, extending our highly rated existing day time **Counselling Service** to incorporate two evenings per week. Our sessions are very reasonably priced at £10 each.

ECC's Evening Counselling Service is available **Tuesdays and Thursdays** from 5:30pm - 8:30pm

If you are interested in applying for counselling (day or evening) or wish to find out more about how it works and if it's for you then don't hesitate to contact us at:

Enfield Carers Centre 020 8366 3677 or email info@enfieldcarers.org



Making the decision to start counselling and addressing the issues you are facing is an important first step and should be commended.

Counselling is one type of talking therapy that allows a person to talk about their problems and feelings in a confidential and non-judgmental environment. An initial six sessions will be offered to you with the possibility of more if required.

Our counsellors are trained to listen with

empathy and are trained in helping you explore your thoughts and feelings; the counselling process aims to help you deal with and overcome issues that are causing emotional pain or making you feel uncomfortable.

Counselling provides a safe and regular space for you to talk and explore difficult situations. The counsellor is there to support you and respect your views and will help you find your own insights and gain an understanding of your problems.

**Enfield Carers Centre is an Organisational Member of
BACP (British Association for Counselling & Psychotherapy)**



NEWS & INFORMATION



Our Centre drop-ins days have changed:



You can come to the Centre without an appointment on **Mondays 1pm - 4pm or Wednesdays 11am - 3pm**



**ECC phone lines are open:
Monday - Friday
10am - 4pm
Call us on 020 8366 3677**

We may not be able to see you outside the above drop-in times, without a definite appointment.

EMERGENCY OVERNIGHT REPLACEMENT

If you're having trouble sleeping because of your caring responsibilities, talk to ECC about our free emergency overnight replacement care*. We'll cover the cost so you can get a good night's sleep and recharge your batteries. Ask ECC staff for more details. *subject to funding & availability.

Referrals are now being taken for the borough's brand new Extra Care Housing Scheme.

REARDON COURT Extra Care Housing Scheme

Providing Housing with Care in Later Life



Are you 55 years of age or older?

Do you need care and support to help you remain living independently?

Are you considering options for housing in later life?

If so, the borough's new Extra Care Housing Scheme at Reardon Court could be for you.

Set to open its doors in the late spring of 2024, Reardon Court Extra Care Housing Scheme will provide 70 new accessible 1 and 2 bed homes for rent with communal lounges and activity rooms.

If you'd like to register your interest in the scheme please email ReardonCourt@enfield.gov.uk or telephone 020 8132 0942

www.enfield.gov.uk/reardoncourtextracare



Reardon Court is an extra care housing scheme currently being built in Winchmore Hill. It is scheduled to open in the late spring of 2024.

It is a council-led scheme for residents aged 55 or older who want to live independently but may require extra care and support to do so.

Reardon Court will offer 70 (64 x 1-bedroom and 6 x 2-bedroom) brand new, self-contained, accessible flats for rent. It will also provide communal facilities and the availability of 24-hour on-site care.

Enfield Council owns Reardon Court and will be the landlord and housing services provider for its tenants. The council's Adult Social Care Service will appoint a care provider. The amount and nature of the care offered will be in line with the needs of each resident.

To be eligible for consideration for the new scheme, people will need to:

- be aged 55 and over
- be eligible for social housing under the Enfield Council Housing Allocation Scheme
- be eligible for social care services under the Care Act and require the availability of on-site care
- be in need of an accessible and flexible living environment that is care ready and can be adapted to meet changing needs

For more information including images of the new scheme, and frequently asked questions please visit www.enfield.gov.uk/reardoncourtextracare

If you have further enquiries or wish to express an interest in/refer to the new accommodation please email reardoncourt@enfield.gov.uk

NEWS & INFORMATION

Council News - FREE COVID TESTS FOR VULNERABLE PEOPLE

Free lateral flow tests for eligible patients now available from local pharmacies

As of 6 November 2023, eligible patients who are at the highest risk of becoming seriously ill from COVID-19, can pick up free rapid lateral flow tests from a local pharmacy.

This replaces the online and telephone ordering services for free lateral flow tests provided by GOV.UK and 119.

The NHS offers treatment to people with COVID-19. More information on who is eligible is available at www.nhs.uk/COVIDtreatments

How to get hold of COVID tests

If you're eligible for COVID-19 treatments, you should keep rapid lateral flow tests at home.



When picking up lateral flow tests, the pharmacy may ask you questions about your medical history to confirm you're eligible for free tests. If you have a copy of a letter or email sent to you by the NHS that says you're eligible for COVID-19 treatments, please bring this with you. A letter or email is not essential, but it will help to more easily and quickly confirm your eligibility.

Someone else can collect free tests on your behalf. If you do not have a friend, relative or carer who can do this for you then you may be able to book a volunteer responder by calling 0808 196 3646.

Anyone collecting free tests on your behalf should provide the pharmacy with your details and any relevant letters or e-mails about COVID treatments, if you have them. The required details include:

- The medical condition (s) confirming the patient's eligibility
- The patient's NHS number (if available)
- The patient's full name
- The patient's date of birth
- The patient's address

How to get treatment

If you have any symptoms of COVID-19, take a test as soon as possible, even if your symptoms are mild. Only take a test if you have symptoms.

If you have a positive COVID test result and have a health condition which means you are at a higher risk of becoming seriously ill from COVID-19, you should contact either your GP practice, NHS 111 or the North Central London COVID Medicines Service* directly, as soon as possible after testing positive so that you can be referred for assessment to receive COVID treatment.

COVID treatments can reduce your risk of getting seriously ill from COVID-19 and need to be given quickly after symptoms have started in order to be effective.

If your test result is negative, but you still have symptoms of COVID-19, continue to test once a day for the next two days.

More information about COVID-19 treatments is available on the NHS North Central London Integrated Care Board website and also via the NHS.UK website.

*North Central London COVID Medicines Service

Call 020 3838 7121 (available 10am to 1.30pm Monday to Friday and 10am to 12 noon Saturday and Sunday), or Email nclcb.cmdu@nhs.net (This mailbox will be monitored 9am to 5pm Monday to Friday and 9am to 2pm Saturday and Sunday)

NEWS & INFORMATION

Proposed changes to Enfield's Musculoskeletal Services



What does Musculoskeletal mean? Musculoskeletal (MSK) includes joints, bones, muscles and sometimes your nerves too. Problems can range from minor injuries to long-term conditions e.g. stiffness, limited movement or pain in legs, hips and back or other bones.

Enfield, Barnet, Haringey, Camden and Islington are all part of one Health Authority called NCL (North Central London) Integrated Care Service. NCL is facing increased demand on its MSK community services and there are also differences in terms of what's available in each of the 5 boroughs.

The NCL Musculoskeletal Programme Team wants to dramatically change its services to ensure that every resident receives the right care, in the right place, at the right time. They would like to share these proposals with carers and residents and get your feedback to make sure that they understand the needs of residents in each borough. This is your chance to hear what the changes are and how services will change. It's also a chance for you to ask questions and comment about the services generally.

Please join a free NCL event on **Monday 29th January 2024 at 1-2:30pm**, for an online engagement session to learn about the MSK service proposals. You can come into the Carers Centre to watch the event or join from your home. The session will be online using the **Microsoft Teams** platform. Contact us for the **link, meeting ID and passcode or call to book your face-to-face place on 0208 366 3677**. Your comments and input are crucial to shaping the future of NCL's MSK community services and to provide what is best for our community.



Breast Cancer Awareness Did you know ...?

It's the most common cancer in the UK, and can affect people of any age or gender. You can practice breast awareness by getting to know your body and telling your GP if you notice any changes, lumps, dimples or changes to the skin or nipple. Check your breasts once a month.

Remember TLC:

Touch your breasts, can you feel anything unusual?

Look for changes. Is there any change to the shape of your breast or how they look?

Check anything unusual with your GP.

Breast screening involves an x-ray mammogram which can help find breast cancers at an early stage, before they can be seen or felt. People registered as female with their GP and aged between 50 and 71 will be invited to breast screening every 3 years with the first invite arriving before their 53rd birthday. Women aged over 71 can self-refer every three years.

The Health Promotion team at North London Breast Screening Service want to improve attendance for people with learning disabilities, by encouraging them to contact the service prior to their appointment to arrange reasonable adjustments. For more information, please visit:

www.london-breastscreening.org.uk Or call: 020 3758 2024

Do you need a break from caring? Could you use a few hours each week to recharge, sleep, enjoy your hobby, meet friends, go shopping or just enjoy some uninterrupted time?



Homecare Services from the Charity You Can Trust

Our Homecare Services include:

- Sitting Services
- Personal Care
- Companionship
- Medication Management
- Meal preparation

And much more. Talk to a member of our Homecare team about your needs.

Monday to Friday – 08:00 to 20:00 – £22 per hr
Monday to Friday – 20:00 to 08:00 – £23.50 per hr
Saturday & Sunday – any time – £23.50 per hr

Call 020 4519 2654 or
Email homecare@enfieldcarers.org

Our professional and experienced staff are trained to work with both adults and children. They focus on learning about the likes and dislikes of your loved one. Discovering what's important to them helps us to plan activities and deliver more meaningful care.

Join our ONLINE events and activities with our Carers Lending Library

If you would like to join our support groups and training sessions without coming into the Centre, but you don't have a smartphone, laptop or computer equipment or don't know how to use Zoom, we can lend you a tablet* and teach you how to use it free of charge **.

*a refundable £30 deposit is required

**you will need your own broadband / data to connect.

Call ECC on 020 8366 3677, explain which event you'd like to attend and ask for more information. We're here to help.



Free Data Sim Cards for Carers

If you are struggling to pay your mobile phone bill and are on a low income, we are happy to announce that we are working with the **'Good Things Foundation'** to provide free data SIM cards to carers to provide up to 6 months of free data for your mobile device.



These SIM cards are only suitable for pay as you go customers. If you have an existing contract with a phone provider, you will have to continue paying this.

If your phone or tablet is provided by Vodafone, O2 or Three, you can insert the SIM straight into your phone but will have to get a PAC code from your provider to keep your current number and unlock your device if it is locked to another network.

Applicants will be asked to provide evidence of low income.

Call 020 8366 3677 for more information and an application form



Mental Health Carers Conference



Enfield Carers Centre
Empowering Carers

FRIDAY 17th May 2024
9:45am - 3.00pm



North London
Mental Health
Partnership

If you're looking after a friend, relative or partner with mental ill health, attend this free conference to find out how local Mental Health Services have changed, what's available for Enfield residents and how to get crucial support. Hear from North London Mental Health



Partnership representatives, Mental Health Teams and local community support organisations.

Call 0208 366 3677 or email info@enfieldcarers.org to book your free place now

Also at the conference:

Top Tips for Carers

- Discharge planning
- The importance of looking after yourself
- Advocacy skills for Carers
- Understanding Carers rights

Free Carers
Health Checks



Free Health Checks with our qualified nurse

Questions & Answers with *Corina*

Codrea

ECC Nurse Trainer

This is a face to face event

**FREE BUFFET
LUNCH**

LD & Autism Carer Groups

Find out more about what services are available locally to support children and adults with LD & Autism.

Fridays 12:30 - 2pm Face-to-face or online

2nd February - **Mencap and One-to-One:** Learn what these two services offer, who they support and how to use their service.

5th April - **CAPE & Enfield Council's Transition Team:** Moving from child to adult services is often called "Transition". Meet members of CAPE parents' group. Find out what's involved, what you need to know, how you do it and who you need to speak to.

7th June - **Our Voice & Zebras:** Find out about the Our Voice parent support group and Zebras Charity's day services for adults and children with disabilities.



To book your place or get the online joining details, call **020 8366 3677** or email info@enfieldcarers.org to book your place



Carers And Parents in Enfield
For Adults with Learning Disabilities

Enfield Carers Centre supports CAPE (Carers And Parents in Enfield)

Enfield Carers Centre is happy to announce that from January 2024, it is supporting CAPE - a long-time and very knowledgeable group of Carers and Parents of adults with learning disabilities. CAPE was previously supported by Enfield Disability Action (EDA) but when EDA closed its doors in October 2023, CAPE was left looking for another charity who could help them. The

partnership-working arrangement with ECC allows CAPE to continue operating as an independent group. CAPE will keep up with its carers' representation work and continue hosting bi-monthly meetings. The partnership will also encourage a merging and sharing of knowledge between their members and other parents/carers who are registered with Enfield Carers Centre.

CAPE's meetings take place on the first Monday of every other month (unless a Bank Holiday) from 10am-12.00pm at Park Avenue Disability Resource Centre, Park Avenue, Enfield EN1 2HL. All Carers of adults with learning disabilities are invited to attend these free meetings. CAPE also welcomes the families of young people who are approaching adulthood. Contact CAPE on capeldinfo@gmail.com for more information.

CAPE MEETING DATES & TIMES

5th February 2024 10am-3pm Belated CAPE Christmas Party

8th April 2024 10am-12pm

3rd June 2024 10am-12pm

Carers' Bereavement Support Group

Grief is a natural reaction to losing a person you care about. There's no "correct way" to grieve.

Experiences of grief are unique. Grieving can be painful. It can't be instantly fixed and it won't just disappear. However grief and heartache will lessen and there will come a time in the future where you will be able to cope better with your loss.

ECC run a therapeutic Bereavement Group and we have supported many bereaved Carers over several years.

The group has been working through the **Seven Stages of Grief** and provides a safe, supportive space for bereaved carers to talk, share or just listen.

Tuesdays from 11am to 1pm at Enfield Carers Centre

9th January - The Upward Turn
13th February - Reconstruction & Work Through
12th March - Acceptance & Hope
9th April - Reflection

From May onwards we'll restart this group starting with the first 4 of the 7 stages: Shock & Denial, Pain & Guilt, Bargaining and Depression.

Call 020 8366 3677 or email info@enfieldcarers.org to book. Face-to-face only so spaces are limited



Congratulations! £25 AMAZON VOUCHER WINNERS

We are pleased to announce that **Conchita Lombardi** (Conchita kindly donated her voucher to ECC Staff as a thank you) and **Jagdeep Gill** are the lucky winners of a £25 Amazon voucher each, in our **quarterly Carers Assessment Team Draw**.

Please remember to always advise us of any changes in your

CARERS' LEGAL INFORMATION TELEPHONE APPOINTMENTS

FREE ten minute appointments for Carers with two local Solicitor firms*



Topics covered: Care Act 2014; Care Home Matters; Carers Rights; Community Care; Court of Protection; Lasting Power of Attorney; Trusts or Wills.

Craybeck Law - Craig Ward **3rd Tuesday of each month** 2pm - 3pm:

Telephone only appts: 16th Jan, 20th Feb, 16 Apr, 18th Jun

Face to Face appts: 19th March, 21st May

Anvoner Law—Samantha Anastasiou **3rd Thursday of each month** 10am - 12pm:

Telephone only appts: 18th Jan, 15th Feb, 21st Mar, 18th Apr, 16th May, 20th Jun

*Sessions are subject to availability. Call **020 8366 3677** or email info@enfieldcarers.org to book an appointment

Sad News

It is with great sadness that we announce the death of our lovely Marion, who lost a long, brave battle with illness on 10th November 2023.

Marion was a much-loved friend and member of the team who worked as our Benefits Advisor at ECC, helping 1000's of Carers with applications for benefits and advice on financial support since July 2017.

She will be greatly missed by all.

Cards of condolence may be sent via Enfield Carers Centre, and we will ensure her family receive them.



Marion was a wonderful, warm person, who brought a smile to everyone's face and who always went out of her way to help Carers and their families.

We have been inundated by messages of love and condolence from carers, professionals, and staff.

'Am so saddened to hear the passing away of Marion. My heart goes out to the family and ECC. Me and my family will always remember her because she was there to help us with advice.'

'I am so very sad over the loss of Marion. She was a lovely person with compassionate nature and deep kindness. I will always be eternally grateful to her at our time in need.'

'I miss you already, my brave, smiley, amazing friend, and colleague. No matter what we both had going on, we always laughed at our weekly lunches, and you will always be an inspiration to me. There's a brighter star in the sky now.'



*'I am beyond saddened to hear this. Marion guided and supported me through some of the most difficult times of my life. A real angel!
Please send my love and condolences to everyone at the carers centre and of course, to Marion's family.'*

'I am so sorry to learn of the passing of such a wonderful, caring and loving person.'

How sad, she was so lovely. RIP Marion. Thinking of her family, close friends & work colleagues at ECC at this sad time

'I was very shocked and saddened to learn that Marion passed away. She was a wonderful caring thoughtful soul and will be sadly missed by family and friends. Life is so precious and fragile.'



'I remember Marion from my previous term as an ECC Trustee. Please accept my sympathies, losing a colleague has a huge impact on a team. My thoughts are also with Marion's family at this time.'

**'Marion,
Your voice I still hear,
Your presence I still feel,
Your life was a blessing in so many lives,
Your memories we will preserve.'**

A truly genuine caring lady,
so sorry to hear such sad
news, Marion was always so
kind and helpful,
condolences to the family,
work colleagues and friends
XX

'I had the pleasure of working with Marion for several years and it quickly became clear to me what a lovely, kind, funny and generous person she was, it has been a bonus to know somebody with such a big heart.'



RIP Beautiful Lady

Carers Health & Wellbeing Forum

Join our Health and Wellbeing Forum to hear news and updates about health and wellbeing initiatives and to share your experience of using these services.

Carers can also feedback their experiences and the benefits or challenges of using these services.

11:00am - 12:30pm at Enfield Carers Centre

Friday 29th March

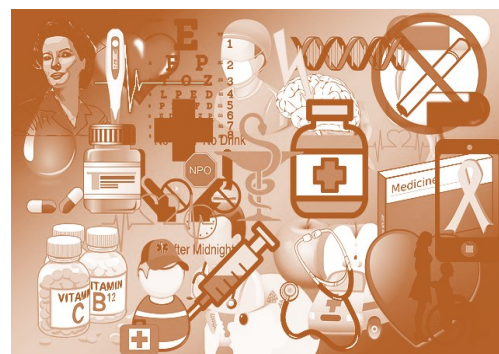
- **TOPIC: Hospital Passports and Community Mental Health Services/ General Health Update**

Friday 28th June

- **TOPIC: Advance Directives and Carers rights when dealing with Mental Health Services / General Health Services**

Contact us to book a face to face place or to receive the online joining details.

Call **020 8366 3677** or email info@enfieldcarers.org



iCan Memory Meet Up

Memory Meet Up is a fun, informal group for anyone that is diagnosed with dementia and their carers. We meet regularly to do all sorts of dementia friendly activities including talks, exercises, games - and even the occasional pub lunch!



We are a really friendly, welcoming group who love meeting new people -
Come and join us

Last Monday of the month 10:30am - 12pm:

**Edmonton Methodist Church, Fore Street, Edmonton,
N9 OPN - Free parking on site**

For more information call **020 366 03677** or email info@enfieldcarers.org



Enfield Carers Centre
Empowering Carers

Monthly Wellbeing Sessions

Thursdays 10:00am - 11:30am

Our Wellbeing Services help you and your family to live healthier lives.



- | | |
|--------------|---|
| 11th January | Kickstart your Fitness Journey |
| 8th February | Self-care and Mindfulness |
| 14th March | Stress and Mindfulness |
| 11th April | Sleep Management |
| 9th May | Nutrition and boosting immunity |
| 6th June | Stroll in the Park: Enfield Town Park, Enfield, EN2 6TJ |

Call **020 8366 3677** or email: wellbeing@enfieldcarers.org to book your place

ECC Benefits Advice Sessions



We will be holding the following benefits information sessions online and **face-to-face** in the coming months. The group session will explain the benefit and eligibility criteria as well as what information/evidence is needed to make the application.

Due to the fact that we currently have a very reduced benefits service the one-to-one appointments below are only available for those who already have forms for completion and/or deadline dates as well as the correct evidence/necessary information.

You must call ECC to book a place/obtain the meeting link for any of the sessions and/or appointments. Drop ins cannot be accommodated.

Hybrid Group info sessions	Individual Appointments
DISABILITY LIVING ALLOWANCE (DLA) Thursday 8th February 9am-11am	One-to-one form-filling appointments 11am—1pm or 2.30pm—4.30pm
ATTENDANCE ALLOWANCE Thursday 7th March 9am-11am	One-to-one form-filling appointments 11am—1pm or 2.30pm—4.30pm
PERSONAL INDEPENDENCE PAYMENT (PIP) Friday 19th April 9am-11am	One-to-one form-filling appointments 11am—1pm or 2.30pm—4.30pm
CARERS ALLOWANCE Learn the basics about this benefit, who can claim and how. Friday 15th March 11am-12 noon (face to face only)	

WHERE ELSE TO GET BENEFITS ADVICE:

Enfield Connections – Explain that you are a family/unpaid carer referred by Enfield Carers Centre and ask specifically for a fast track appointment with the Citizen Advice’s special appointment calendar that Enfield Connections can access. Mon-Fri 10am-3pm
Tel: 020 3960 0129 or email info@enfieldconnections.org



Mind in Enfield – for mental health service users/carers only. They prefer referrals to come from a Mental Health professional or the GP, so ask your GP or MH keyworker/Care Coordinator to make a referral for you/your loved one.
Email: adviceteam@mind-in-enfield.org.uk or telephone 0208 906 7505

Age UK Enfield (for Pensionable Age Claimants only) . They can help those receiving a pension with a wide range of issues, including understanding your entitlement to benefits and help you to claim. **Tel: 0208 375 4120**

Enfield Council—Welfare Advice Team can help with council debts, council tax, Housing Benefits, Rent and/or Social Care Debts. They’re based at Edmonton or Enfield Town Libraries. <https://www.enfield.gov.uk/forms/welfare-advice-debt-and-benefit-support-referral-form>

Free Training For Family Carers



FREE 6-Week Beginner English Classes

Tuesdays 10am-11am

16th April - 21st May

6 **in-person** classes to help carers improve their English speaking skills

There are no exams - just conversations!

The 6 topics are:

- My Family
- At the Shops
- Going to the Doctor
- Emotions and Feelings
- School Life
- Wishes & Plans



Carers should be able to attend all 6 classes.

Classes are taught by a qualified TESOL Instructor.

Please call ECC on 020 8366 3677 or email info@enfieldcarers.org.
We will contact you for a chat and to make sure the class is suitable for you.

BASIC NURSING SKILLS:

Keep your Loved Ones safe, well and out of hospital

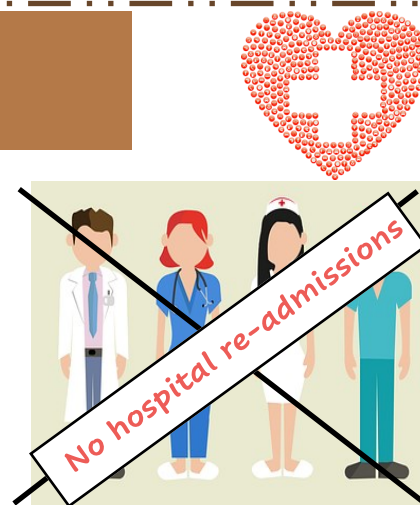
Learn valuable nursing skills and prevent

Unnecessary hospital admissions

Are you looking after a partner or relative who is
ill or disabled?

Are they being treated by their GP or District Nurses?

This free one-day course will teach you basic nursing skills
which will help you keep them healthy and avoid unwanted
hospital stays or re-admissions.



Thursday 18th January or Thursday 4th April

At North Middlesex Hospital Training Rooms, Education Tower Building level -1
(free lunch and parking fee included)

7th May
at Enfield Carers Centre

Time: 10:30am - 2pm

FREE LIGHT LUNCH

Call 020 8366 3677 or email info@enfieldcarers.org to book your
place

*Unwell out of hours?
Where to go/who to call*

*What is Long Covid?
Where to go for NHS
support*

*How to deal with
swallowing problems
(Dysphagia)*

*Skin care and prevention
of pressure
sores/ulcers*

*Spotting signs of
infection and what
action to take*

Free Training For Family Carers

Mental Health Awareness Training sessions by DON'T TONE ALONE

**Tuesday 27th February from 10am-12pm
or Thursday 14th March from 11:30am-1:30pm**

The sessions are for Carers only. Learn new coping strategies, make new friends and enjoy a light lunch together.

Sessions will cover:

- ◆ What is mental health & how does this differ from mental wellbeing?
- ◆ How can a mental health condition affect daily life?
- ◆ Common mental health conditions & their symptoms, triggers, and treatment/support options.
 - Depression
 - Anxiety
 - Anxiety related disorders: Eating Disorders, OCD, Phobias,
 - Bipolar disorder, schizophrenia, PTSD, are also mentioned in the course.
- ◆ Cultural & social attitudes to mental health, and how everyone can make a difference.



Light Buffet Lunch provided for in-person attendees

JOIN ONLINE OR FACE TO FACE. Whichever you choose—call to book a place so we can confirm numbers for catering

Call 020 8366 3677 or email info@enfieldcarers.org



DON'T TONE ALONE

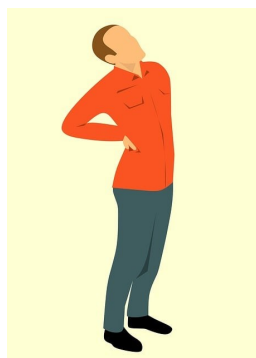
Building Healthier Communities Together

One-day Moving and Handling Training

Essential Training for Family Carers

Wednesday 13th March 2024

Are you looking after someone who is bedridden, uses a wheelchair or cannot move about without help?



This course will help you learn how to lift and move someone without hurting your back. Includes training to use equipment.

It will be a full day: **9:15am to 4:30pm at an Enfield location**

Attendance certificate provided

£20 returnable deposit required at time of booking

Call **020 8366 3677** or email info@enfieldcarers.org to book



DON'T TONE ALONE
Building Healthier Communities Together



**North London
Mental Health
Partnership**

Mental Health and Wellbeing Workshops

Enfield Carers Centre is teaming up with Enfield NHS Talking Therapies and our colleagues at 'Don't Tone Alone' to deliver a program of Mental Health and General Wellbeing Workshops (pages 17 to 19) over the coming months. Come along to the Centre or join online, learn new coping strategies, make new friends and enjoy a light lunch at the Centre.

Contact us to book a place Call **020 8366 3677** or email **info@enfieldcarers.org** **BOOKING IS ESSENTIAL**

Achieving Good Life Balance - Enfield Talking Therapies

Tuesday 6th February from 12 - 1:30 pm

Learning what depression is, what keeps depression going, and practical tools you can use to help you cope and achieve a good balance.

Session begins at 12pm and will run to 1pm, there will then be a light lunch and a opportunity to socialise with other carers.

You may attend in person or login from home.



Building Self Confidence – Changing Behaviours Course

DON'T TONE ALONE

What would happen if you had a little more confidence? What would happen if you could inspire more confidence in others? This course show participants how to successfully grow in confidence from the inside out. The course provides tools that promote self-agency and effective communication for powerful self-expression. Participants are given practical tools to implement on a weekly basis over a 6-week period, which results in greater self-esteem, the ability to take on new, fulfilling challenges, and ultimately to enjoy more of life.

Beginning Tuesday 9th April – Tuesday 14th May 12pm-2pm
1 hour per week for 6 weeks

In order to fully benefit from this course you do need to commit to all, or at least most of the sessions.

All sessions include lunch. You may leave after one hour if you do not want to stay for lunch, but it is a good opportunity to have a break and socialise with other carers and staff.

FIRST AID Workshop



Learn about everyday first aid. Build up your confidence so that you can help someone in an emergency, using the objects that you have around you. Certificate of attendance provided.

Friday 26th January 10.30am - 12pm
Monday 11th March 2pm-3.30pm

Face-to-face at Enfield Carers Centre
Call ECC on 020 8366 3677 or email
info@enfieldcarers.org to book your place

Financial Wellbeing Workshop

Friday 21st June
11.00am - 12.00pm



Juggling caring with the rising cost of living is hard. This essential workshop will help carers understand how to get the best from their money, what interest rates mean, how to avoid or manage debt and much more.

Call to book your place 0208 366 3677
LUNCH PROVIDED

Mental Health and Wellbeing Workshops

Coping with Long Term Health Conditions – Enfield Talking Therapies

Friday 17th May from 12pm - 1:30pm

What's the link between long term health conditions and mental wellbeing? Learn some practical techniques you can use to help you cope.



Session begins at 12pm and will run to 1pm. there will then be a light lunch and a opportunity to socialise with other carers.



LUNCH PROVIDED—Booking essential
Call 0208 366 3677 to book your place
You may attend in person or login from home

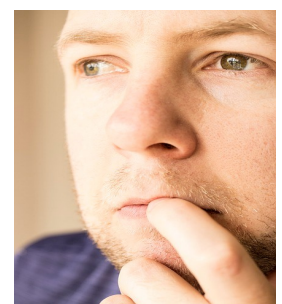
Coping with the Stress of Caring – Enfield Talking Therapies

Wednesday 29th May from 2.30pm - 3:30pm

Looking after someone who relies on your help mean that you often have to juggle your needs, time, career or education with their care. If you're 16-25 years old especially, you may feel that your young life has been overtaken and is in danger of passing you by!



Whatever your age, worrying about your loved ones can take a toll on your own health. What is stress & anxiety? How does it develop and what can we do to manage it?



Call 0208 366 3677 to book your place. Face to Face only.

CARERS' VOICES PAGE

Glitz & Glam Winter Ball

A magical night was enjoyed by all at ECC's Glitz & Glam event held in December. Glad rags were donned, dancing feet were bopping, food and live entertainment were enjoyed by carers, friends and loved ones. It truly was an amazing opportunity for everyone to get together and enjoy a glamorous evening out. Look out for our 2024 Glitz & Glam Autumn Ball!



Our grateful thanks go to Mayor Cllr Suna Hurman for supporting Enfield Carers. The Mayor (centre) is pictured above with Donna and Samantha (right) from Aaron Black Funeral Directors who generously sponsored two tables on the evening. Far left is ECC Trustee, Pamela Learmonth and ECC Counsellor Florence K. Two other tables were also kindly sponsored by Blake & Horlock Funeral Directors.



First come, first served FREE PPE

We have a quantity of gloves and masks (Expired Dates) to give away for personal use by family carers. We can't allow use them in our Homecare Service so they'd normally be thrown away. However, we are offering them (without liability) to carers who may be able to make use of them for household chores, gardening etc:

Collection only from Enfield Carers Centre



Bring and Swap Club

Do you have **mobility equipment** you no longer need that could be of use to someone else?

Is there something you **want** and **can't get hold of**?

We **can't store** any items for you, but we'll be happy to facilitate a swap or giveaway. Items must be in good condition and we'll put out the word for you!

ECC cannot vouch for equipment swapped and is not liable for any equipment exchanged between carers.



Time For a Break

Exercise and Relaxation Sessions

Come and join us **every Monday* 10am until 11am**
gentle exercise / fun chair dance at the Carers Centre

Meet up with fellow Carers, listen to some music and enjoy doing some gentle exercise together.

It will help you to relax and take a break from your caring role whilst also helping you



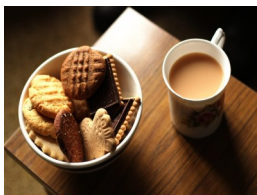
build positive physical and mental wellbeing.

Space is limited so come early.

Call **020 8366 3677** or e-mail info@enfieldcarers.org for more details.

* except bank holidays

Suitable for all ages and abilities. We look forward to seeing you!



iCan Tea & Chatter Mornings

First Monday of every month
(unless a Bank holiday)

10am - 12pm

Edmonton Green Library, N9 0TN

1st Thursday of every month, run by Ciara from Alpha Care, at **Enfield Town Library**.

2nd Tuesday of every month, at **Ordinance Road Library**, run by Christine from Age UK.

Book your place to avoid disappointment.

More information email info@enfieldcarers.org or call **020 366 3677**



FREE Replacement Care

If you need someone to sit with your loved one whilst you attend ECC events, we can provide you with a free sitting services* from our specialist Homecare Team or fund the service you're already using or are familiar with.

*subject to availability

Relax and Unwind with a Complementary Therapy Session at Enfield Carers Centre

Enjoy a relaxing massage or reflexology session
Call **020 8366 3677** to add your name to our waiting list

ONLY £12.50 per SESSION

Please bring along your own towel

Time For a Break

Coach day trip to Bath
Saturday 9th March
Leaving at 8.00am

Travel alone or with your cared for person (18+ only) £10 per person



Call 020 8366 3677 or email
info@enfieldcarers.org
to register your interest.

Coffee & Chat Mornings
At Enfield Carers Centre

11.00am - 12:30pm



Enjoy some social time.
Meet and chat with other
Carers. Make new friends and enjoy a
break.

These groups will be held on Tuesdays:

at Enfield Carers Centre
16th January, 20th February

At Trent Park House
19th March (see page 25)

At Enfield Carers Centre
21st May - Topic: Wills & Future Planning

*Capel Manor
Spring Garden Tour
Thursday 11th April*

Capel Manor
Gardens



Enjoy a free hot drink & cake
Call 0208 366 3677
to book your place
Carers Only

THE ROYAL BALLET
SWAN LAKE



Watch Live at Cineworld
Enfield

April 24th 7.15pm

Call ECC to book

1 ticket per carer



As spaces on our breaks are limited, priority will be given to those who have not enjoyed previous breaks

Time For a Break

Trent Park House Coffee Morning



19th March 11am to 12:30pm

**History of Trent Park -
Talk and Fun Quiz
Refreshments provided**

Trent Country Park lies in 413 acres of rolling meadows, enchanting brooks, exquisite lakes, ancient woodland, and imposing historical sites. It forms part of London's Green Belt and provides a natural, rural and tranquil atmosphere right on the borders of Enfield.

Rarity and distinctiveness lend the landscape an unusual beauty. Visitors can enjoy large open spaces for walking, jogging, cycling, horse riding, golfing or just chilling out in serene and picturesque surroundings.

The magnificent stretches of Trent Country Park include the wooded remnants of Enfield Chase, former royal hunting ground. Muntjac deer, rabbits, pheasants are nowadays the proud inhabitants of the park, and if you are very lucky you can catch a glimpse of them roaming over their land.

To book a place, call **020 8366 3677** or email **info@enfieldcarers.org**

"Celebrate Our Community" Day 16th April 11am-1pm

Enfield is a wonderfully multi-cultural borough and so we're celebrating with a Bring & Share Food event.

Bring your favourite cultural dish and try out foods from around the world e.g. Bangers & Mash, Ackee & Saltfish, Börek, Samosas and much more!



Call to book your place 0208 366 3677

Trent Park Carers Week Walk & Picnic Wed 12th June



11:30am to 2:30pm

A gentle walk to enjoy the grounds and nature in historic Trent Park, Cockfosters

Today, the house and immediate grounds form part of the Middlesex University, while the 413 acre Country Park, including rolling meadows, lakes and woodland, is owned and managed by The London Borough of Enfield. Join our Carers Group as we take a gentle stroll through the park. Not suitable for those who may have difficulty walking on uneven ground.

To book a place, call **020 8366 3677** or email **info@enfieldcarers.org**

Carer Support Groups ctd.

Come face to face or join us online using this link: <https://bit.ly/ecc-group>
Or call: 020 3051 2874 and enter the Meeting ID: 944 315 1703#
Call 020 8366 3677 or email info@enfieldcarers.org to book your place

Dementia Carers Support Group

11:00am - 12:30pm **NEW TIME**

Are you caring for someone living with Dementia? If so, we're here to support you. Join our group and meet other Carers in similar situations.

Beena, a Community Nurse from Emerald House at Chase Farm Hospital, will be joining each session.

Thursdays:

18th January, 15th February, 21st March, 18th April, 16th May, 20th June



Carers "Essentials" Sessions

11:00am - 12:00pm

Our "Essentials" sessions are a good opportunity for newly registered Carers to learn more about our services and what other help is available for Carers. These sessions are also valuable for any Carer who wants to talk to a member of our staff team about a particular matter or query.

Fridays: 16th February, 19th April
11:00am - 12:00pm

Special 21st June Session:
Financial Wellbeing
Workshop by
11.00am - 12.00pm

The
MONEY
Charity

The
MONEY
Charity

Wills & Future Planning

21st May 2024 11am-12.30pm
At Enfield Carers Centre

Join us for a coffee, cake and chat about future planning. No pressure, no sales pitch—just information you need to know.

Evening Carers Group

Thursdays: 7:00pm - 8:30pm

Speak with a member of our team, find out more about our services or get advice and information about local services.

29th February: Rights of Working Carers

Did you know Carers may not have an automatic right to request a reasonable adjustment but they do have protections against indirect discrimination. Carers who request flexible working and can only be turned down for certain specific reasons. If you're a working Carer, or just interested in this topic, you're welcome to attend.

30th May: Discover Enfield's History with Carer Q&A Session

Trent Park House Museum have applied for funding to host a number of events for Carers, to engage them in activities relating to the fascinating history associated with this former socialite retreat and later a high ranking Prisoner of War Camp. Whilst we wait, with our fingers crossed to find out if they are successful, we are hosting a number of events to celebrate the rich history of Enfield in anticipation. If you are a working Carer, or just an interested one, you would be very welcome to join this session.

A member of our support team will be available throughout this session to answer general questions, or to speak confidentially to Carers, one to one, in tandem with this session.