



Enfield Carers Centre
Britannia House
137-143 Baker Street
Enfield EN1 3JL



Enfield Carers Centre
 Empowering Carers



T: 020 8366 3677
E: info@enfieldcarers.org
www.enfieldcarers.org
Charity Registration No: 1140089

funded by



Carers Voice

April—June 2020

If you look after a relative, friend or partner who is frail; elderly; has a mental illness; a disability; long-term or life-limiting illness or if they have a substance misuse condition, then you are a carer.

Enfield Carers Centre is here to support you in your caring role.

We offer a wide range of services including: free training and information, respite activities and counselling as well as many others. Give us a call or pop into the Centre and we will be happy to help.

NEW BEGINNINGS

Enfield Carers Centre Merges With Carers Trust Lea Valley Crossroads Care

We open this edition of Carers Voice with some positive and exciting news. A merger has been agreed between Enfield Carers Centre and another Carers Trust Network Partner Lea Valley Crossroads Care. As

Rest assured that we'll keep you up to date with changes as time goes on.

So why is this happening? We've decided that if we want to stay true to our vision of supporting carers, without being pushed into competing with care

Continued on page 3



Enfield Carers Centre
 Empowering Carers

Inside this issue:

ECC Merger News	2-4
Local services, help and advice during COVID-19	4-9
Forums, legal info, workshops,	10-11
Meet the Team-Benefits	12-13
Carers Breaks & Support Groups	14-17
Young Carers News	18-19

two well-established and financially stable organisations, we feel that it's the right time to combine forces and continue to grow under the one name of Enfield Carers Centre.

By the time you read this, the initial formalities of the merger should be complete. We will move all services into Britannia House, hopefully by September 2020. For now, there are no changes to how you contact either organisation, or who you deal with.

IMPORTANT NOTICE
ECC SERVICES DURING
CORONAVIRUS PERIOD
Enfield Carers Centre
is currently offering
all support and
appointments by
email and/or phone
only. For more
information on how
we're supporting
carers turn to page 2

ECC SERVICES DURING CORONAVIRUS ctd.

Normally this magazine is full of news about all the activities and events Enfield Carers Centre is hosting for family and informal carers.

Sadly because of the current health concerns all the activities in this edition are subject to change and are dependent on Government and NHS advice.

Please call the Centre if you're interested in joining any of our activities and we'll advise you whether the activity is still taking place and what arrangements have been put into place.

Although our doors are currently closed—our staff are still available to talk to carers by phone or email Mon-Fri, 9am-5pm. Please call 0208 366 3677 if you need our help.



We'd like to thank all of you for bearing with us whilst we grapple with hosting tele-conference calls for our support groups and appointments. We're aware that sometimes the technology is a challenge for some carers (and us for that matter!), but we're doing our best to continue supporting you during this difficult time.

Enfield Carers Centre Survey 2019-2020

We value carers' feedback and involvement in planning our activities and events. Please help us keep our services relevant for your needs by completing our annual questionnaire. You can do this on paper, by email or, for our online survey, please visit our website.

THANK YOU FOR YOUR TIME

NEW BEGINNINGS ctd.

providers who provide poor quality care services, combining our organisations is a good way to achieve this. Crossroads' home care services complement the work of ECC by offering carers quality replacement care and respite services from trusted and experienced care support staff 24 hours a day, 7 days a week, 365 days year. Of course, at ECC we'll continue to deliver our regular services: advice; information; counselling; support; training and social/leisure breaks for family carers.

As well as protecting existing services, the merger gives ECC the opportunity to look at ways of expanding and improving what we do. We'd love to hear your views on this. Our annual survey is a great way to do this and all carers will receive a copy by email or post.

The Chairs of both organisations are very enthusiastic about this merger. **Tim Hellings, Chair of ECC said** *"We couldn't be merging with a better organisation in terms of their having over 30 years' experience in the care services field. Crossroads have an excellent reputation for delivering high quality, trusted, reliable care services."*

Crossroads' Chair, Jennifer Mixer, was equally positive, saying *"We already work closely with ECC, so combining our two charities is a logical development*

So, new beginnings and an exciting future, but the same passion for empowering and supporting carers that we've always had!

that will ensure our carers and cared-for clients can benefit from continued high quality support into the future."

What will the merger mean for carers?



Q. Will the service I receive now change? Will I still get the same support?

The service you get now will continue. We don't intend to change current ECC services or (if you're a Crossroads' service user) - your care package or the worker(s) who currently delivers your service (subject to normal staffing constraints e.g. sickness and holiday absence). Carers will be able to get support for themselves and replacement care and home care services for their loved ones all under one roof.

Q. Will there be additional services available from the merged organisation?

We'll be considering what other services we can make available in the future. We want to hear from carers about what you think would be useful, so please share your ideas and comments by completing our annual survey.

Q. Will the price increase for care I receive now from Crossroads'?

We're not planning any price increases as a result of this merger as we recognise some carers are already juggling their finances. We'll do our best not to add any new pressures in this area. Obviously, we can't commit to never, ever increasing prices, but we'll do our best to keep any increases reasonable.

Cont. on pg 4



ECC has joined with Love Your Doorstep Enfield (LYD) and a host of businesses, voluntary and community organisations to respond to the Coronavirus crisis. Over 600 volunteers have registered and been split up into 3 areas: Enfield North, Enfield Southgate and Edmonton. If you have access to the internet and need help, visit LYD website: <https://enfield.loveyourdoorstep.co.uk/blog/enfield-community-working-together-during-coronavirus-outbreak/>

If you don't have access to the internet and need help—call Enfield Carers Centre on 0208 366 3677 and we'll apply on your behalf.

What LYD's community support can offer:

- If you are vulnerable, and you are in need of food and supplies LYD are working with Charities to arrange to bring these to you.
- If you're isolated at home and can't get out to go shopping, LYD have local businesses that can deliver full meals to you, or offer a shopping service or even pick items up. There may be a charge.

Please fill in the form at https://docs.google.com/forms/d/e/1FAIpQLScyOY3g6JgWM1STgQcmXAnd90KaMzT_G2pAU3zhBA3Rk91FdQ/viewform

If you would like to donate to the cause you can here: gf.me/u/xrhfzr

What will the ECC merger mean for carers? ctd



Q. How will current Crossroads' services complement ECC's offer?

This merger means that as well as delivering advice, information, support and training for family carers, ECC can also now offer carers quality replacement care and respite services from trusted and experienced care support staff 24 hours a day, 7 days a week, 365 days year.

Q. Will the new merged organisation still be a charity or will it become a commercial, profit-making company?

ECC will still be a charity—so any surplus made will be reinvested in ECC to improve and develop our services. Our main aim will continue to be supporting family/informal carers by providing a range of services that help carers to continue caring, whilst still enjoying as much of a life of their own as possible.

Q. Does ECC intend to expand into other areas of work aside from care services and its regular carer support services?

We are open to all ideas for services which will benefit carers and empower them to enjoy a life outside caring. We are also interested in projects and ideas which will generate income that will aid us in our drive to achieve future sustainability.



ECC has joined Enfield Council, Enfield Voluntary Action (EVA) and other Voluntary and Community organisations to respond to the Coronavirus crisis and to coordinate efforts to organise volunteers and those who need help. A special central supply centre has been set up from which the council will coordinate deliveries of food and other essential supplies to those in need. A new council website has been made to allow residents to:

1. Register to volunteer in our local community
2. Register your details so you can receive help from a volunteer

<https://new.enfield.gov.uk/services/your-council/enfield-stands-together/>

Keep checking the council's and ECC's website for updates on advice regarding Coronavirus.

Follow the advice given by Public Health England at www.gov.uk/government/organisations/public-health-england.

**If you need food or supplies for yourself or the person you care for:
Call 0203 821 1966 or visit the website above and complete a short form
Mon-Fri 9.30am-4.30pm and Sat-Sun 10am-2pm**

The council will take your contact details so they can help connect you to support. They'll also ask some other questions to find out more about the kind of help you need.



Some things to remember to keep safe:

- If you are self-isolating and someone is delivering essential items to you, please ask them to leave items on the doorstep. Please do not invite people into your home.
- Please inform the person helping you if you have any allergies.
- We suggest that you do not exchange bank details with the person helping you. If you need to pay for something, please only exchange cash.

If you can no longer provide personal care, meals or medication management for your cared for person because you're ill or have the virus, call ECC and we will help you discuss your needs with the Council.

If you need urgent help after 5pm Mon-Fri or during the weekend, call Enfield Council's Adult Social Care Dept. on 0208 379 1001.

ECC may also be able to help you by delivering small items such as incontinence pads* and other essential items. Call us on 020 8366 3677 to discuss.

* subject to availability

Coronavirus (COVID-19)

Guidance on protecting people most likely to get very poorly from coronavirus (shielding)

Symptoms of coronavirus are:

- A. a high temperature (above 37.8°C) and/or
- B. a new cough where you keep on coughing. This means coughing a lot for more than an hour, or 3 or more episodes of coughing in a day.

People who are on the Government's shielded list are listed in the box on page 7.

The NHS will send a letter to people on the shielded list. It may take a few days for the letters from the NHS to get to people. If you or they haven't had a letter after a few days, call your GP or hospital doctor for advice.

If you or other people help with things they can't do without (like help with washing, dressing, going to the toilet or eating), this can carry on. Nurses or doctors can also carry on visiting. But, if anyone has symptoms of coronavirus they must stay away.

DON'T ✘

- have visitors in your home, including friends and family, unless they're providing essential care
- do not stop taking any prescription medicines without speaking to your doctor

If you or the person you care for is on the shielded list, THEY MUST STAY HOME FOR 12 WEEKS:

DO ✓

- stay at home at all times – do not leave your home to buy food, collect medicine or exercise
- stay at least 2 metres (3 steps) away from other people in your home as much as possible
- get food and medicine delivered and left outside the front door – ask friends and family to help or [register to get coronavirus support on GOV.UK](#) if you need it
- prepare a hospital bag, including a list of the medicines being taken in case they need to go to hospital
- wash your hands with soap and water often – do this for at least 20 seconds
- make sure anyone who comes into your home washes their hands with soap and water for 20 seconds
- use hand sanitiser gel if soap and water are not available
- clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products
- clean a shared bathroom each time you use it, for example by wiping surfaces you have touched

Advice for carers who provide care for someone who is vulnerable

If you are caring for someone who is extremely vulnerable to severe illness from COVID-19, there are some simple steps that you can take to protect them and to reduce their risk at the current time. Ensure you follow advice on good hygiene:

- only care that is essential should be provided
- wash your hands on arrival and often, using soap and water for at least 20 seconds or use hand sanitiser
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- do not visit or provide care if you are unwell and make alternative arrangements for their care
- provide information on who they should call if they feel unwell, how to use NHS 111 online coronavirus service and leave the number for NHS 111 nearby
- put together an emergency/contingency plan (see our website for more advice)
- look after your own wellbeing and physical health during this time.

People falling into the extremely vulnerable group include:

1. Solid organ transplant recipients
2. People with specific cancers
3. People with cancer who are undergoing active chemotherapy
4. People with lung cancer who are undergoing radical radiotherapy
5. People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
6. People having immunotherapy or other continuing antibody treatments for cancer
7. People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
8. People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
9. People with severe respiratory conditions including cystic fibrosis, severe asthma and severe COPD
10. People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell)
11. People on immunosuppression therapies sufficient to significantly increase risk of infection
12. Women who are pregnant with significant heart disease, congenital or acquired.

Registered Carers recognised by Enfield Council

During the coronavirus period you may need to visit your loved one to support them, pick up medication or buy their shopping.

As a carer registered with the Enfield Carers Centre, we can provide you with a letter to show to authorities, if requested, to verify your need to leave your home to visit or shop for your cared for and loved ones.

You will also need to show your gold ECC Carers (photo) Registration Card with this letter.

If you don't have your gold ECC Carers Registration Card, please contact us on 020 8366 3677, email us a clear head and shoulders "selfie" or

send in a passport picture and we'll make you a card as soon as possible.

The letter is available for download on our website or we can post you a paper copy.

In the present circumstances, it may take a while for new cards to be produced, so please be patient.



What feelings might family and carers notice in themselves?

- Being preoccupied with the news, constantly 'checking' for updates.
- Finding it difficult to focus on day to day activity
- Feeling 'uptight or tense'.
- Increased muscle tension, increased heart rate, chest tightness, increased breathing rate, fatigue, changes in sleeping patterns.
- Losing their own self-care routines to prioritise the care of others.
- Feeling less patient and more irritable than you typically would.
- Normal but increased feelings of anxiety, fear, worry, anger, sadness

What is 'normal' anxiety right now?

- ◆ With constant news stories about Corona Virus overwhelming our daily lives most of us will be living in a state of heightened anxiety.
- ◆ Daily conversations, radio, TV and social media make it difficult to 'take a break' and give ourselves moments of calm from the anxiety that this experience is inevitably causing.
- ◆ Many people are worrying about who will and how many will get ill and possibly die; the impact on families, finance, education, employment and housing is likely to take its toll.
- ◆ People are experiencing some **difficult but very normal feelings** such as anxiety, fear, anger, irritation or sadness.

Corona Virus as a traumatic experience

- ◆ Relationships are extremely important to us because without them we could not survive.
- ◆ If our relationships are threatened, we have an inbuilt, intense emotional response (how many things that upset you relate to something between you and another person?).
- ◆ If threats are intense, prolonged or you have no control over them, we can get stuck in 'fight, flight or freeze' responses.

Corona Virus feels like a constant threat to relationships because...

- ◆ People are having to self-isolate from those who they care about or whom they depend upon on.
- ◆ People fear the impact of illness and death for themselves and others.
- ◆ Strained relationships where families are forced to self-isolate together with limited opportunity for personal space.
- ◆ There is a disruption of normal social networks, schools and friendships for children, employment and social groups for adults.



DON'T WORRY—These tips can help you manage your mental health

- ❑ **Limit time spent watching news stories**, set a time of day when you will catch up with what is happening and try to support your loved one to engage with other activities during the rest of the day.
- ❑ **Make a 'worry box'** and encourage your loved one to write down or draw their worries and put them in the box. This may help them feel that their worries can be 'held' outside of their own minds. Encourage them to share what's in their box with you once a day if they want to.
- ❑ **Just before bed and to encourage sleep**, try to avoid conversations about Corona Virus.
- ❑ **Don't be too hard on yourself**, you may experience difficult feelings that make you act in ways you wouldn't normally.
- ❑ **Relaxation and mindfulness-based activities** can help calm busy minds AND calm the physical reactions of trauma and anxiety.

There are more helpful tips to help carers explain the virus to people with Autism or a learning disability on our website as well as great tips for everyone on how to enjoy social distancing.

KEEP SAFE, STAY WELL, STAY HOME

Carers Wellbeing Workshop

**LET'S
TALK**

TALKING YOUR WAY TO
BETTER MENTAL HEALTH



Managing unhelpful thoughts

This workshop provides an awareness of our unhelpful thoughts and ways of coping with them better

Thursday 21st May

11.00am – 12.30pm

Call to book : 020 8366 3677

**UNITL FURTHER NOTICE, ALL OUR ACTIVITIES WILL
BE
BY PHONE.**

The call will not cost more than a normal call to ECC.

When you call to book, you will be given the tele-conference details.

CARERS GP & HEALTH FORUM

Wednesday 24th June 11am– 1pm

Find out more about how and why all surgeries in Enfield have been asked by the Enfield Clinical Commissioning

Group to join one of four new Primary Care (GP) Networks. ECC would also like to hear your feedback on NHS services. The following topics will be covered:

- General Update . Primary Care Networks . Talk from local GP
- Healthwatch Update . Coronavirus Update

To join the Forum:

Phone number 020 3885 1310

Enter Access Code: 149-012-4225



CARERS' LEGAL INFORMATION TELEPHONE APPOINTMENTS WITH

HADLEY LONG - Michael Anvoner Solicitors
OR
CRAIG WARD - Craybeck Law

Ten & fifteen minute phone appointments covering any of the following topics: Wills; Trusts; Lasting Power of Attorney; Community Care; The Care Act; Carers Rights; Court of Protection or Care Home Matters



16th April, 14th May, 18th June—10am-12pm

28th April, 26th May, 25th June—2pm-3pm

*sessions are limited and subject to availability
020 8366 3677 to book

Mary Ward Legal Centre

Do you need FREE DEBT ADVICE? One-to-one Appointments

Carers can book individual one-hour appointments with a specialist legal adviser from the Mary Ward Legal Centre. You only need one debt to access this service.

Advisers can cover the following issues:

- ✓ Rent or mortgage arrears
- ✓ Magistrates court debt
- ✓ Debt relief orders
- ✓ Council Tax debts
- ✓ Bankruptcy proceedings
- ✓ Replying to or enforcement of county court claims

TO BOOK AN APPOINTMENT CALL:

Mary Ward Legal Centre on their debt line **020 7269 5455**
Monday – Friday 10am – 1pm and 2pm – 4pm

MEET THE TEAM

**A series introducing carers to staff at ECC.
Today we're meeting Marion Cooke, our
Older Carers Benefits Advisor.**



Marion joined Enfield Carers Centre in July 2017, and quickly established herself as the font of all knowledge about benefits. She previously worked for Disability Information Advice Line in Essex. Her career has always been about helping and understanding others. So, no surprise that Marion is also a qualified counsellor!

Marion says that she loves working at ECC, surrounded by a team who are friendly and approachable.

In Marion's experience having a supportive team is extremely important when you're the sole specialist in a particular area. She also likes the diversity in Enfield and working with a wide range of people from many backgrounds.

So why is 'Older Carers' in the job title? Simply because the funding for Marion's post comes from The City Bridge Trust's Older Londoners Fund for over 65s. Therefore, she can only offer one-to-one advice and visits to this age bracket.

Of course, many of you will know that Marion also runs two groups a week open to **all** carers, giving advice on a long list of benefits including Personal Independence Payments, Carers Allowance, Disability Living Allowance, Attendance Allowance and Employment & Support Allowance. Marion also guides people through a benefits check, and they can use ECC's IT suite for this.

The results from all her work are rewarding, especially when Marion sees that her efforts directly benefit carers. For example, Marion's ability to identify and explain things that carers take for granted, such as difficulties with personal care, often helps the claim to succeed. This can also set up a 'domino effect', as one successful claim can open the door to other entitlements.

Marion enjoys receiving feedback from carers - hearing how a piece of equipment such as a stairlift, or a few extra pounds to help with housework, can make an enormous difference to a carer's quality of life.

Marion is keen to make sure carers know what they are entitled to e.g. understanding that if you receive Carers Allowance you can still get benefits in your own right. Or that sometimes it's worth applying for a benefit even if you don't get cash, as the 'underlying entitlement' can lead to other benefits such as free dental treatment and glasses.

Benefits are complicated, and that's why we're all so lucky to have the skills and knowledge that Marion brings to us!

For details of Marion's group sessions, see next page.



Benefits Advice & Support Service



Carers over 65 can book individual phone appointments with Marion. Home visits are not available at the moment.

Carers under 65 can benefit from joining group advice sessions see below (subject to availability). The sessions will help carers: know what financial assistance is available; understand questions on benefit application forms and how to complete the form and learn tips on how best to maximise their income.

To book an appointment or to join a group session call 020 8366 3677

April 2020

Benefit Checks/Advice

Tuesday 14th 9.45am—12pm

DLA (Disability Living Allowance)

Friday 17th 9.45am – 12pm

PIP (Personal Independence Payment)

Tuesday 21st 9.45am – 12pm

Attendance Allowance

Friday 24th 9.45am—12pm

Employment Support Allowance (ESA)

Tuesday 28th 9.45am – 12pm

May 2020

Carers Allowance

Friday 1st 9.45am—12pm

Benefit Checks/Advice

Tuesday 5th 9.45am – 12pm

DLA (Disability Living Allowance)

Friday 8th 9.45am – 12pm

PIP (Personal Independence Payment)

Tuesday 12th 9.45am – 12pm

Attendance Allowance

Friday 15th 9.45am—12pm

Employment Support Allowance (ESA)

Tuesday 19th 9.45am—12pm

May 2020 continued

Carers Allowance

Friday 22nd 9.45am – 12pm

Benefit Checks/Advice

Tuesday 26th 9.45am – 12pm

DLA (Disability Living Allowance)

Friday 29th 9.45am – 12pm

June 2020

PIP (Personal Independence Payment)

Tuesday 2nd 9.45am – 12pm

Attendance Allowance

Friday 5th 9.45am—12pm

Employment Support Allowance (ESA)

Tuesday 9th 9.45am—12pm

Carers Allowance

Friday 12th 9.45am – 12pm

Benefit Checks/Advice

Tuesday 16th 9.45am – 12pm

DLA (Disability Living Allowance)

Friday 19th 9.45am – 12pm

PIP (Personal Independence Payment)

Tuesday 23rd 9.45am – 12pm

Attendance Allowance

Friday 26th 9.45am—12pm

Time For A Break

Have a break - meet new people who understand what it's like to be a carer



Enfield Carers Centre
Empowering Carers

AFTER-LOCKDOWN LUNCH

Enfield Town, 2 Silver St, Enfield EN1 3ED

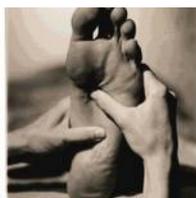
Enjoy a 2 Course

Summer Lunch or Evening Meal
with other carers



Date & Time to be confirmed Call 020 8366 3677

add your name to the waiting list and confirm your time preference
(afternoon or evening)



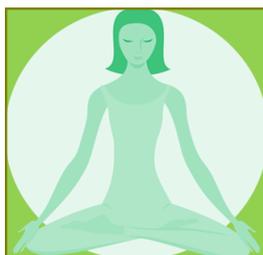
Complementary Therapy Sessions

Sessions are cancelled until
further notice

YOGA CLASSES

We hope to be able to start
classes again soon.

Keep in touch and we'll let
you know when they do.



If you've been
having trouble
sleeping because
of your caring
responsibilities,



talk to ECC about our free
emergency overnight
replacement care*. We'll cover
the cost and you can get a
good night's sleep and
recharge your batteries. Ask
ECC staff for more details.

*subject to funding & availability

**UNTIL FURTHER NOTICE, ALL OUR SUPPORT GROUPS
WILL BE BY TELE-CONFERENCE.**

The call will not cost more than a normal call to ECC.

Note the access details for each group

Dial the number, enter the code and Hey Presto!
You're in the meeting



Daytime Carers Chats

Are you new to caring, or new to the Carers Centre? Join our chat, speak to a member of our team and learn more about our services.

11.00am—12.00pm

Monday 6th April

Phone number 0203 885 1310
Enter Access Code: 149 865 2956

Friday 17th April

Phone number 0203 885 1310
Enter Access Code: 149 055 0451

Monday 4th May

Phone number 0203 885 1310
Enter Access Code: 148 164 9677

Friday 15th May

Phone number 0203 885 1310
Enter Access Code: 149 245 5985

Monday 1st June

Phone number 0203 885 1310
Enter Access Code: 149 673 3248

Friday 19th June

Phone number 0203 885 1310
Enter Access Code: 148 506 9647



Carer Support

Dementia Carers

Thursday 16th Apr 2pm-3.30pm

Topic: Share tips on coping in the current situation

Phone number 0203 885 1310
Enter Access Code: 148 909 2831

Thursday 21st May 2pm-3.30pm

SPEAKER: Kate Reader, Age UK Enfield

Phone number 0203 885 1310
Enter Access Code: 148 715 2719

Thursday 18th Jun 2pm-3.30pm

SPEAKER: ECC Support

Phone number 0203 885 1310
Enter Access Code: 149 107 7031

Mental Health Carers

11am - 12.30pm

Monday 27th April

Speaker: Tom Andrews from SANE

Phone number 0203 885 1310
Enter Access Code: 148 315 4526

Tuesday 26th May

Speaker: Mental Health Worker

Phone number 0203 885 1310
Enter Access Code: 149 970 7565

Monday 29th June

SPEAKER: ECC Support

Phone number 0203 885 1310
Enter Access Code: 149 078 8207

Bi-Monthly Group for Multiple Sclerosis Carers

Held in partnership with
The SHANE Project

Friday 15th May 3pm - 4pm

Phone number 0203 885 1310
Enter Access Code: 149 492 4850

Friday 17th July 3pm - 4pm

Phone number 0203 885 1310
Enter Access Code: 149 311 5354

Evening Carers Chat

**Thursday 25th June
6.00pm—7.30pm**

Phone number 0203 885 1310
Enter Access Code: 148 858 5778



Carer Support Groups ctd.

EVENING GROUP FOR MENTAL HEALTH CARERS

Supporting your loved one through a mental health crisis

Speak to members of Enfield's Mental Health Trust Crisis & Home Treatment Team. Learn how the team operates and how they support people in crisis or who have been admitted to the Mental Health Unit.

Share tips and strategies for coping and supporting your loved one.

6.30pm - 7.45pm

Tuesday 28th April

Phone number 0203 885 1310 Enter Access Code: 148 - 449 - 3882

Thursday 28th May

Phone number 0203 885 1310 Enter Access Code: 149 - 384 - 3916

Thursday 25th June

Phone number 0203 885 1310 Enter Access Code: 149 - 157 - 7615

UNTIL FURTHER NOTICE, ALL OUR SUPPORT GROUPS WILL BE BY TELE-CONFERENCE.

The call will not cost more than a normal call to ECC.

Note the access details for each group.

Dial the number, enter the code and Hey Presto! You're in the meeting

Monthly Group for LD/Autism/Aspergers Carers

10am - 11.30am

Friday 3rd April

Speaker: SEN-den

Phone number 020 3875 4507

Enter Access Code: 149 687 1254

Friday 1st May

Speaker: ECC Support

Phone number 020 3875 4507

Enter Access Code: 148 484 0336

Friday 5th June

Speaker: Our Voice

Phone number 020 3875 4507

Enter Access Code: 148 266 8741

Bereaved Carers Group Tuesdays 11am–1pm

14th April

12th May

9th June

Until further notice, Andrew will be available to talk to bereaved carers individually by phone. If you'd like a call, please add your name to our list.

0208 366 3677



Do you have a family member in residential or nursing care?
Are you caring for somebody who may need residential or nursing care in the future? You are invited to join our group by phone



Carers Care Home Network

Thursday 21st May

6pm - 7.30pm

Phone number 0203 885 1310

Enter Access Code: 148-041-1348

The network has been created to provide support and advice to carers who have a loved one in nursing or residential care or who may be about to go through the process of choosing a care home.

Citizens Advice Enfield

Changes to service re:COVID-19

Citizens Advice Enfield is a charity that offers free, accessible advice to anyone who lives in Enfield.



There will be no face to face appointments until further notice

Check if you can find the answer to your question on our website
www.citizensadvice.org.uk

This has lots of useful advice about problems with benefits, employment, debt, housing, family and legal issues, and much more.

**Telephone services have increased to 5 days a week from
10am to 4pm**

Telephone us – 0300 330 1167

Although our Easter events and hubs have been postponed, due to Coronavirus, we're still offering support to Young Carers over the phone and online.

We can be contacted between 9am-5pm on 0208 366 3677 or you can call, WhatsApp or text us on 07809 332106.

Email us : youngcarers@enfieldcarers.org

If your child is a Young Carer (aged 5-18 years) and would like to register with us, contact us.

If your child is already registered with us, contact us to book a place on any of the events on these pages.

We're organising free, online group tuition for our Young Carers, which they access by mobile phone or laptop. We'll mainly be using 'Zoom' with the private chat function disabled so Young Carers can only send messages to the group, monitored by one of our support workers. It's mainly educational but fun too to keep their minds active rather than following a syllabus.

Social media:

We're also updating our social media more regularly! Over the coming weeks, we'll be setting daily challenges for our Young Carers on weekdays over social media and WhatsApp (like the photos on this page and the coats of arms on page 19). If Young Carers complete every daily challenge during the week, then their names go into a draw and one of them will win a £10 gift voucher. Anyone is welcome to join in on social media, but only registered Young Carers are eligible for the weekly prize! You can complete the challenges each day or all on one day if you prefer. Proof of the completed challenges (such as photos or scans) should be sent to us through WhatsApp or social media by the Sunday of each week so the draw can take place on the Monday. Good luck!



We will be sharing some of the entries, so please follow us on social media and like and share our posts:



Twitter – www.twitter.com/eypic_youth



Instagram – www.instagram.com/eypic_youth



Facebook – www.facebook.com/EnfieldCarersCentreYoungCarers



EDUCATIONAL ONLINE ACTIVITIES

FREE ONLINE YEARS 5 & 6 SATS TUITION CLASSES

Time 4.00—5.00pm

Tuesday 21st April, Tuesday 5th May

FREE ONLINE YEARS 3 & 4 TUITION CLASSES

Times and dates to be confirmed

FREE ONLINE YEARS 7 TO 11 MATHS & ENGLISH TUITION CLASSES

Times and dates to be confirmed

Social Events

EyPIC YOUNG CARERS HUBS

We appreciate that many young carers are feeling isolated at the moment, so instead of fortnightly face-to-face Hubs, we'll be holding regular online video chats a few times every week. The chats are hosted by ECC staff so they'll be safe and only young carers registered with ECC will be able to join.

Every Wednesday afternoon we hold an EyPIC Quiz on Zoom!

Keeping It Wild will be continuing online—details will be sent to participants

CALL OR WHATSAPP US TO JOIN

THANK YOU!



Many thanks to everyone who donated Xmas presents and Easter Eggs for our Young Carers. The Christmas Party was a big hit! The Young Carers enjoyed karaoke, learning circus skills and meeting Santa!

A big thanks to **Field Dames WI, Enfield Chase Rotary Club** and **Love Your Doorstep Enfield** and many others. Your support enables us to fund many activities and ensure our Young Carers get the support they deserve and need.



AT A GLANCE APRIL – JUNE 2020 Call 020 8366 3677 to book

DATE	VENUE	EVENT
14th May, 26th May, 18th Jun, 25th Jun 10am— 2pm or 2-3pm	ENFIELD CARERS CENTRE	LEGAL INFORMATION PHONE APPTS with Hadley Long or Craig Ward. Ten or fifteen minutes sessions re: wills, community care law, lasting power of attorney and deputyship. Call Centre to book an appointment.
21st Apr, 19th May, 16th Jun 11.00am— 12.30pm	ENFIELD CARERS CENTRE	CARERS COFFEE MORNING Postponed until further notice
21st May 2020 6pm— 7:30pm	ENFIELD CARERS CENTRE	CARE HOMES NETWORK Do you have a family member in residential or nursing care? Are you caring for someone who may need this type of care in the future? Join our network.
6th Apr, 17th Apr, 4th May, 15th May, 1st Jun, 19th Jun 11am— 12pm	ENFIELD CARERS CENTRE	DAYTIME CARERS CHAT Meet other carers and speak to one of our Carer Support & Advice Officers.
25th Jun 6pm— 7.30pm	ENFIELD CARERS CENTRE	EVENING/WORKING CARERS CHAT Chat to staff and other carers. See page 15 for topic information.
14th Apr, 12th May, 9th Jun 11am— 1pm	ENFIELD CARERS CENTRE 2nd Tuesday each month	BEREAVED CARERS SUPPORT GROUP Meet other ex-carers, build a life after caring, share your tips, experiences, concerns and discuss coping strategies.
27th Apr, 26th May, 29th Jun 11am— 12:30pm	ENFIELD CARERS CENTRE Last Monday of every month	MENTAL HEALTH CARERS SUPPORT GROUP Meet other carers in similar situations. See page 15 for speakers and topic information.
3rd Apr, 1st May, 5th Jun 10am— 11:30am	ENFIELD CARERS CENTRE Bi-Monthly	LEARNING DISABILITY/AUTISM/ASPERGERS CARERS GROUP Meet other carers in similar situations. See page 16 for speakers and topic information.
16th Apr, 21st May, 18th Jun 2pm— 3.30pm	ENFIELD CARERS CENTRE 3rd Thursday of each month	DEMENZA CARERS SUPPORT GROUP If you're caring for someone with dementia, we're here to support you. See page 15 for topic information.
15th May, 17th Jul 3pm— 4pm	ENFIELD CARERS CENTRE	MULTIPLE SCLEROSIS CARERS SUPPORT GROUP Held in partnership with The Shane Project. All MS carers welcome.