



Enfield Carers Centre  
Empowering Carers

## Are You Looking After Somebody?



**If you are caring for a relative, friend or partner who has an illness, frailty, disability or addiction, then you are a Carer and Enfield Carers Centre can help you.**



# Welcome to Enfield Carers Centre

**We are a local charity offering support and advice to unpaid carers living in, or caring for somebody in the borough.**



Follow us on Twitter: @Enfield\_Carers



Like us on Facebook: EnfieldCarers



Supported by

**ENFIELD**  
Council



**Britannia House, 137–143 Baker Street,  
Enfield, EN1 3JL**

**Telephone: 020 8366 3677**

**Email: [info@enfieldcarers.org](mailto:info@enfieldcarers.org)**

**Website: [www.enfieldcarers.org](http://www.enfieldcarers.org)**



# CARERS SUPPORT GROUPS

**All groups are held at ECC unless otherwise stated**

**Autism / Aspergers / Learning Disability Support Group – 1<sup>st</sup>**  
Friday of month: 10:00 – 11:00am

**Daytime Carers Drop-in - 1<sup>st</sup> Monday & 3<sup>rd</sup> Friday of month:**  
11:00am – 12:00pm

**Dementia Carers Support Group - 3<sup>rd</sup> Thursday of month: 2:00 –**  
4:00pm

**Evening / Working Carers Support Group - last Thursday of**  
quarter: 6:00 - 7:30pm

**Evening Carers Support Group at **Community House, 311 Fore****  
**Street, N9** - quarterly: 7:30 – 9:30pm

**Mental Health Carers Support Group - last Monday of month:**  
11:00am - 12:30pm

**Care Homes Network – bimonthly, Thursdays: 6:00pm – 7:30pm**

**Bereaved Carers Support Group - 2<sup>nd</sup> Tuesday of month: 11:00am**  
- 1:00pm

**Multiple Sclerosis Carers Support Group – bimonthly, 3<sup>rd</sup> Friday of**  
month: 3:00 – 4:00pm

**Please note that all groups are for carers only and not the**  
**person being looked after.**

**For more information:**

- **see our latest 'Carers Voice' Newsletter**
- **look at the Events listing on: [www.enfieldcarers.org](http://www.enfieldcarers.org)**
- **call 020 8366 3677**

# COMPLEMENTARY THERAPY SESSIONS FOR CARERS



**Complementary Therapy sessions are available for Carers who are experiencing particular stress in their caring role and would benefit from relief and relaxation from Massage, Indian Head Massage or Reiki.**

**Book a session for Tuesday pm or Wednesday am.**

**£8 per session. Pay when booking, with cash or card (in person or by phone).**

**Places allocated subject to priority and need.**

**Cancelled Sessions will only be rebooked if at least 24 hours' notice is given. Postponed sessions can only be rebooked once.**

**NO REFUNDS**

# COUNSELLING FOR CARERS



**Looking after someone with an illness, disability or substance misuse addiction can be physically and emotionally stressful. Don't do it alone. Sometimes it helps to offload and talk to someone you can trust, someone who won't judge you and will keep things confidential. Our Counsellors will do just that.**

**Call for more information:**

**020 8366 3677**

# LEISURE CENTRE DISCOUNTS

## Discounts for Adult Carers

**Carers who are registered with Enfield Carers Centre can get discounted prices at Enfield Fusion Leisure Centres for swim and gym sessions at any of the five Fusion Leisure Centres (during off-peak times).**

**Show your Enfield Carers Centre Gold Carers Registration Card to Leisure Centre staff when you pay.**

**In case you meet a member of staff at the Leisure Centre who doesn't know about this discount - show them this flyer with your card.**

**If you already have a concession this will not be an addition.**

**If you are registered with ECC but haven't yet got your Gold Carers Registration Card, we just need a photo to make a card.**

Either come to the Centre and we'll take your photo or you can email a head and shoulders 'selfie' / passport style photo with your name & address to [info@enfieldcarers.org](mailto:info@enfieldcarers.org) and we'll post the card to you.



**Call us now to organise  
your Gold Card!  
020 8366 3677**



# CARERS EMERGENCY CARD

***“What would happen to the person I look after if I am unwell, have an accident or emergency?”***

**Our free Carers Emergency Card Scheme is a safe way to hold essential information about the person you care for, what their care needs are and who needs to be informed if something goes wrong.**

## **What do I have to do to join the scheme?**

**To join, please contact ECC for a form or print one from our website. A photo is needed with your application.**

**You must provide the names of at least two people who can be contacted in an emergency and the name of at least one person who has the keys to your home or the home of the cared for person. The Council’s Safe & Connected Team can also hold a key to prevent forced entry in an emergency.**

## **What happens next?**

**Enfield Carers Centre contact you to check over your Emergency Plan and completed form. Once everything is confirmed and set up you will be sent a letter with your photo-id card, confirming that you are on the scheme.**



### **Carers Emergency Card**

The person carrying this card is a carer for someone who is ill or disabled. If the cardholder has an accident or other emergency please ring 020 8367 3521 and quote the number below:

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**Call 020 8366 3677 for more information**

# CARERS YOGA CLASSES



**Join our fun yoga classes and guided meditation  
provided by a qualified instructor.**

**A great stress reliever and means of relaxation for all  
carers 18yrs+.**

**Please note that these classes are for carers only and not the  
person being looked after.**

**No need to book - just come along.**

**£3.00 per class**

**Every Friday: 2 – 3:30pm  
at Enfield Carers Centre**



# REPLACEMENT CARE TO ATTEND AN ECC ACTIVITY

*Do you need someone to look after the person that you care for while you attend a Carers Centre activity?*

**We understand that you may need to arrange for someone else to care for the person you look after so that you can attend Enfield Carer Centre activities. We are happy to help.**

**You will need to make the arrangements for the replacement care, whether this is from a friend, relative, care agency or day centre.**

**If the agency or day centre will charge you for the extra hours needed to cover the time you're away on our activities, we may be able to help pay for those fees.**

**Invoices can be made payable to Enfield Carers Centre and will be paid for as long as you have agreed it with us first and have confirmed booking on one of our activities. The details on your invoice must agree with our records of your booking.**

**If you are unsure, please call 020 8366 3677 to confirm.**

# BENEFITS AND ADVICE SERVICE

***Are you unsure if you are receiving the correct benefits?  
We Can Help!***

- **One-to-one appointments at venues across the borough \***
- **Help with completing online benefits check calculator**
- **Group workshops and information sessions**
- **Home visits if you are an immobile person or cannot leave your cared for \***

**Carers over 65** can book one-to-one appointments for form filling at a variety of community locations across the borough as well at the Carers Centre. Home visits are also available to older Carers with limited mobility or who cannot leave their cared for person.

**Carers under 65** can benefit from joining group advice sessions (subject to availability).

The sessions will help Carers: know what financial assistance is available; understand questions on benefit application forms; how to complete the form and learn tips on how best to maximise your income.

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

Funded by



\* Carers aged 65+ only

# YOUNG CARERS ARE EyPIC

**Thanks to some amazing funding from Children in Need, Enfield Carers Centre has a fabulous service to support Young Carers aged 5-18 years.**

**EyPIC, stands for Enfield Young People in Caring and offers young people lots of advice and information while you care, encouraging you to take part in all our great activities, discover new interests and make friends with other Young Carers.**

- **Fortnightly Hubs on Wednesdays: 5:30pm – 7:30pm**
- **Twice weekly Homework Sessions**
- **Outings & Activities**
- **Support in School**
- **Online Activities**

**Follow us on our Social Media:**

 **eypic\_youth**

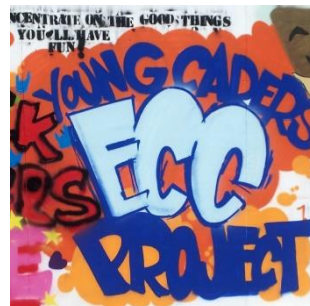
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 **EnfieldCarersCentreYoungCarers**

For more info:

**Call: 020 8366 3677; WhatsApp / text: 07809 332106**

**Email: [youngcarers@enfieldcarers.org](mailto:youngcarers@enfieldcarers.org)**



# CARERS ASSESSMENTS

**If you are looking after someone who is disabled, ill or elderly, then you are a carer and you are entitled to a Carers Assessment to discuss how caring affects you, your life and your wellbeing.**

## **Getting support if you are a carer**

Help is available to support you as a carer through Enfield Carers Centre, Adult Social Care and Children's Services at Enfield Council. The support available can vary depending on your situation. A Carers Assessment will help identify the support you need.

## **What is a Carers Assessment?**

A Carers Assessment is a discussion about how caring affects you and where we ask you about what help you may need with caring. You can get support to help you to keep well and healthy and manage caring alongside your other responsibilities and everyday life.

**The assessment can take place at Enfield Carers Centre or you can meet us at one of our other locations nearer your home. You can have someone else with you at the meeting if you wish.**

**Telephone assessments or home visits are also possible (subject to criteria such as if you have a physical disability or mobility issues yourself).**

**To book an appointment call 020 8366 3677**

# CARERS LIBRARY SERVICE

## Exclusive services for Adult Carers

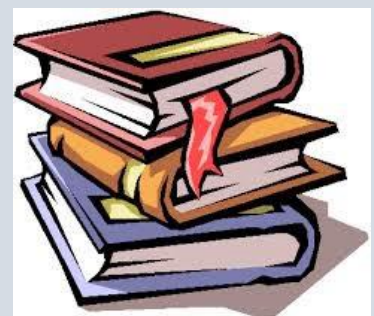
**Local libraries in Enfield have kindly agreed to offer exclusive services to Carers if they've registered with Enfield Carers Centre and have a Gold Carers Registration Card.**

**Look out for the bookmark raising awareness of unpaid carers and the valuable support they give partners, friends and relatives.**

**Carers will be able to borrow books for longer periods, borrow DVDs and CD for free and enjoy extended renewal arrangements if they show their Gold Carers Registration Card.**

**If you are registered with ECC but haven't yet got your Gold Carers Registration Card, we just need a photo to make a card.**

Either come to the Centre and we'll take your photo or you can email a head and shoulders 'selfie' / passport style photo with your name & address to [info@enfieldcarers.org](mailto:info@enfieldcarers.org) and we'll send the card to you.



# AFTER HOSPITAL DISCHARGE TRAINING FOR CARERS

## Learn valuable nursing skills to help prevent hospital admissions

- Are you looking after a partner or relative who's ill or disabled?
- Are they being treated by their GP or District Nurses?
- Have they had surgery or an infection?

If any of these situations apply to the person you care for, this free course will teach you basic nursing skills which will help you keep them healthy and avoid hospital stays or re-admissions.

Unwell out of hours? What services to go to/who to call

Signs of infection and what action to take

Avoid Hospital Re-Admissions

How to avoid swallowing problems

Skin care and prevention of pressure ulcers

Medication safety

Preventing Infections

***Want to avoid an unnecessary trip back to A & E or to your GP? Join other carers on this crucial course and learn basic, but vital, clinical skills that once learned, you'll be able to use for life.***

**Monthly courses: 10am – 1:45pm**  
**Light Lunch/Refreshments provided**

**Attendance certificates for all attendees**

**Call 020 8366 3677 for the date of the next course**  
**or see Events on [www.enfieldcarers.org](http://www.enfieldcarers.org)**

This training is produced in partnership with CEPN funding from Health Education England.



# CARERS GP AND HOSPITAL SUPPORT

**Enfield Carers Centre has Carers Healthcare Support Officers visiting North Middlesex; Chase Farm and Barnet Hospitals and who work with GP practices across the borough to raise awareness of Carers' support needs and to support you when your cared for is in hospital or attending regular appointments.**



## **They can:**

- **Meet you on the wards**
- **Help to resolve issues around the care of the patient**
- **Support you through the discharge process**
- **Register you with ECC and refer you for support**
- **Help you to resolve problems that you or the person you care for may have with your GP Practice**
- **Refer you for a Carer's health check**
- **Help you to have more of a voice in the planning of care for your loved one.**

**For more information call: 020 8366 3677**

# REGULAR ACTIVITIES AND GROUPS

**Legal Information Sessions:** 10-20 minute sessions, twice monthly at ECC. Appointments by prior booking only.

**Carers Wellbeing Workshops:** held regularly by IAPT. These deal with topics such as: worry; sleep deprivation and stress management.

**Carers Training courses:** on topics such as Manual Handling; First Aid and Mental Health Awareness.

**Carers Yoga Sessions:** Every Friday at ECC from 2:00 – 3:30pm. No need to book but space is limited.

**For more information about any of the services or groups in this booklet, please contact ECC.**

**Enfield Carers Centre  
Britannia House,  
137–143 Baker Street  
Enfield, EN1 3JL**

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email: [info@enfieldcarers.org](mailto:info@enfieldcarers.org)  
website: [enfieldcarers.org](http://enfieldcarers.org)**

W8 and W9 buses stop near our offices in Baker Street.  
Enfield Town Station is the nearest train station.

You can plan your journey using the [TFL site](#).

There is a small car park behind Britannia House (off Graeme Road), with one place for Registered Disabled parking.