

HAPPY 10th ANNIVERSARY ECC!

8th February 2020 was our 10th anniversary
and marks 10 years of supporting & working with Carers,
their families and loved ones

HOW ECC STARTED

The Council seconded two members of staff to coordinate the setting up of the Centre and a Steering Group made up of Carers, local voluntary groups and other interested persons was set up to oversee things.

Once the formal Board of Trustees was voted in, an application to Charity Commission was approved and a Chief Executive and Carers Support Officer were recruited. They were supported by a keen group of volunteers.

Margaret Leighton (right) joined ECC in 2010 as a volunteer and still helps out twice a week at the Centre.



During Carers Week 2010 the Mayor officially opened the Centre.

ECC merged with Enfield Mental Health Carers Carer in March 2013 and the rest, as they say, is history!

Footnote: "I was working in a different area of social care at the time, but I remember being invited and attending the opening ceremony for the Carers Centre and how much excitement there was for this much needed resource in Enfield. It's a small world but several years later, I am now working for ECC and I can absolutely confirm that the decision to open the Centre has been justified time and time again. It truly does what it says on the tin." Mark W

Our quarterly Carers Voice Newsletter for July—September 2020 has been combined with this 4th Bulletin. 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 continue to offer all our Support Groups and appointments by email and/or phone.

What our staff say

I've really come to understand how much carers have on their plate. Being able to help them in some way leaves me with a real sense of satisfaction. Mark W

I do love my job, my colleagues are like a second family. I really enjoy the variety of talking to all our different carers, and as a naturally organised person (some would say bossy!) I enjoy the admin side too. Amy N

I have been working with carers for 17 years and have been at Enfield Carers Centre for seven of those years and have felt honoured and lucky to work with such a wonderful group of people. Carers and Young Carers are amazing, resilient and selfless people who never cease to amaze me. The staff at ECC are also a wonderful team who all support each other and work tirelessly to support carers in Enfield and I am proud to work with them all. Carers are the unsung heroes of our society and deserve all the support we can give them. Fiona J

Many of the staff at Enfield Carers Centre are family carers themselves so have an understanding of the type of issues that registered carers may be experiencing. We recognise we can't always fix a problem, but the team work hard together to offer some support to carers with the challenges they face. Matt C



Enfield Carers Centre

Empowering Carers

Contact us

on

0208 366 3677

Worried about your Mental Health?

If you're feeling depressed, anxious, in a crisis, out of control, in fear of relapse or have any other symptoms around your mental health that worry you, you can contact:

Your GP

Local Crisis Team - 020 8702 3800

Mind - 020 8906 7505

Samaritans - 116 123



Shout Crisis Text Line - Text 85258

Papyrus under 35's helpline
Mon-Fri 9-5pm, Sat-Sun 2-10pm
0800 068 41 41
or text 07786 209697

Calm 0800 58 58 58
5 - 12pm

IAPT - 020 8702 4900

You can also get advice from 111 (as long as its not an emergency) or by visiting A & E at North Middlesex Hospital.

Enfield Carers Centre also have a team of counsellors providing support in a safe and confidential environment. You can also call us for general advice on your Mental Health.

For more info call -
020 8366 6677

Bulletin No. 4

Focus on: Mental Health

Much of this bulletin has been dedicated to the importance of mental health, its effect on people and Carers. There is likely to be an increase in the numbers of people whose mental health has been adversely affected during the current crisis.

Our aim is to provide you with information, options for support, health & wellbeing, self management and what to do in a crisis.

*"What mental health needs is more sunlight,
More candour and more unashamed conversation."
Glenn Close*

*"Anything that's human is mentionable, and anything
that is mentionable can be more manageable"
Fred Rogers*

During w/c's 1st & 8th June some of the activities we undertook included;

- We sent 2912 reminder texts to carers
- We held; Benefits Advice Groups, Dementia Support Group, Daytime Carers Chat, Learning Disability Group, Bereavement Group and Counselling Sessions
- Daily online activities for Young Carers plus daily fun challenges
- 2 Carer Assessment reviews, 15 Assessments

Mental health statistics: carers

Carers provide invaluable support and help to their family, friends and loved ones. The mental health needs of carers is often neglected, despite many carers having poor mental health.

Looking after a family member with a mental health problem can have a **significant impact** on carers' own mental health. Mental health problems of carers include emotional stress, depressive symptoms and, in some cases, clinical depression.

71% of carers have poor physical or mental health. A Carers UK's annual survey (2015) with over 5,000 carers across the UK revealed that **84%** of carers feel more stressed, **78%** feel more anxious and **55%** reported that they suffered from depression as a result of their caring role, which was higher than findings in 2014.

38% of young carers report having a mental health problem, yet only half report receiving additional support from a member of staff at school.

"TAKING CARE OF THE MIND IS EQUALLY AS IMPORTANT AS TAKING CARE OF THE BODY"

Health & Wellbeing

We all have mental health. It's just a question of whether it's good, bad or serious. Of course serious mental health issues can be very difficult and cause great suffering to those who have a diagnosis and quite devastating to family, friends and loved ones.

Having said that, many of us take our physical health seriously by having a sensible diet, plenty of exercise, etc. Our Mental Health is no different and

we should take as much care of our emotional self as we do our physical wellbeing. Here are some tips, suggestions and ideas that may help;

1. Search and download [online community apps](#) from the NHS apps library
2. Connect with other people.
3. Get active - try some form of exercise
4. Pay attention to the present moment, this is the basis of mindfulness
5. Talk to someone about your feelings, it's so important to find someone to talk to

Find out more about this advice and other useful information at the NHS website
<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>



**"Always remember you are braver than you believe, stronger than you seem and smarter than you think."
Christopher Robin**

**"Talk to yourself like you would to someone you love."
Brené Brown**

Blogs, forums, videos & audio guides

[Elefriends forum](#): a safe, supportive online community from Mind

[Blogs and stories](#): from people who have struggled with their mental health

[Moodzone](#): NHS advice on stress, anxiety and depression

[NHS audio guides](#): advice on anxiety, depression and more

[Video](#): 8 relaxation tips from Mind

ECC have a number of services that can help you with your emotional difficulties:

Day and evening Mental Health drop-in groups, counselling and general advice from our staff.

If you want to find out more: visit our website, read Carers Voice (newsletter) or call us on 020 8366 3677 and we will start your journey with you.

Breathing exercise for stress

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

- ◆ You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.
- ◆ Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.
- ◆ If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.
- ◆ If you're sitting, place your arms on the chair arms.
- ◆ If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.
- ◆ Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- ◆ Try breathing in through your nose and out through your mouth.
- ◆ Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- ◆ Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- ◆ Keep repeating this for 3 to 5 minutes.



Page of Remembrance

Your presence is everywhere

I guess it's time to say goodbye,
Perhaps shed a tear, try not to cry

Dad, your passing is hard to bear,
Dad your presence is everywhere

Your Post Office coat still hangs in my shed
I look at your photo before going to bed

Tee shirts from your wardrobe still neatly pressed
Of no further use now you are at rest

The glint of the Cypriot cigarette case
Catches my eye from its pride of place

Such a special relationship before we were apart
So many happy memories, wouldn't know where to start

As I flick off the dust from my old corgi toy
I remember you buying for that ten year old boy!

Those trips to the Spurs, on the terrace we stood
As a seven year old boy on a box made from wood

I'll miss your smile and that cheesy grin
When you held up that crab, what a monstrous thing!

Until comes the day that we may again be together

You won't be forgotten and will be remembered
forever



To the best Dad a Son could ever have

Love Stephen

Leonard Jennings (29 /12 29 to 11/4/2020)

If you'd like to add some words about your lost loved one to our page of remembrance in a future Bulletin, send your photos and stories to

Email:

info@enfieldcarers.org

Or post to:

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



Enfield Carers Centre
Empowering Carers

ECC hold a monthly bereavement group for carers who have lost a loved one.

The Group usually meets on first Tuesday of every month, although currently this is being held as a group phone-in. If you want to join this group or are interested in finding out more about it, call us on 020 8366 3677

No rule book. No
time frame. No
judgement. Grief is
as individual as a
fingerprint. Do what
is right for your soul.

-lfw

www.enfieldcarers.org



Helpful facts when arranging a funeral

At this difficult time many families are unfortunately finding themselves having to arrange funerals unexpectedly and many are not prepared and struggle with costs. We have put together a few helpful facts families may find useful.

- ◆ There is no legal obligation to use a funeral director.

You can take charge of some, or all, of the funeral arrangements yourself.

- ◆ You don't have to use a traditional black hearse.

It can be any vehicle, even a family estate car.

- ◆ You don't have to have a traditional wooden coffin.

The options are endless: willow, bamboo, cardboard, a shroud or you can even make the coffin yourself.

- ◆ The body does not have to be embalmed or sutured.

These highly invasive procedures are not necessary. The body can be left in its natural state.

- ◆ Many independent-looking funeral directors are not independent.

This is important work. Make sure you know who you're employing.

- ◆ The body is rarely kept at the funeral director's high street shop.

Many funeral directors operate large 'hub' mortuaries, often located many miles from the high street branches they serve. Ask where the body will be cared for.

- ◆ Funerals don't have to be expensive.

Shop around or ask a friend to do so on your behalf. Make sure you're not sold products or services you don't want or need.

- ◆ Euphemisms aren't helpful

If you're not sure what the funeral director is trying to tell you, ask them to clarify what they're saying.

- ◆ Funeral directors don't always know best Families do. A good funeral director will support a family to have the funeral that's right for them.

Remember:

Many of the big national firms are more expensive than the small local firms so it is really worth shopping around, ask friends and family for recommendations

There are many hidden costs that people are not always aware of and many services that may be sold to the family that they do not really need. The best way to avoid hidden fees is to get everything in writing and read it all carefully. That way you will have a complete understanding of where the money is going, and what to expect. Always have a friend or family member with you when negotiating as well. This will not only give you moral support, but they may think of questions or services that had not yet crossed your mind.

As always, be an informed consumer. Understand your rights, including which goods and services are required by law, and which are simply promoted by the funeral home. If it is something that is not required by law, but the funeral home is pushing or promoting it, you do have a choice to take your business elsewhere.

You are not obliged to have a formal funeral especially at the moment when people cannot attend. You can look at other alternatives:

Guilt-Free Alternatives to a Funeral

Create a shrine in your house, hold a birthday or anniversary memorial , create a personal ceremony at the gravesite, spread the ashes, create a new tradition skip the church and the funeral home, plant a tree or create a memorial book.

Finally, remember it's about what they would have wanted and what you as a family want to do to honour the person and that can be as personal and different as you want it to be.



New local testing offer for Family Carers of people with Mental Ill Health or a Learning Disability who are not living in residential care/ supported living

Family carers living in Enfield can now request a test regardless of whether they have symptoms or not.

You are now able to request an antigen** test

To find out more and to book a test call or email

Rosemary Mann - 020 8360 1195

Rosemary.mann@enfield.gov.uk

People living in residential care are not able to access this offer.

** An antigen test can determine if you have the virus

Covid-19 Update

Testing For Those With Symptoms

Anyone who has symptoms of coronavirus (COVID-19) can ask for a free test to check if they have the virus. This is called an antigen test.

There are 2 ways of getting a test. You can:

- book an appointment at a drive-through or walk-through test site.
- ask for a home test kit – this will be delivered to your home.

NB If you get a home test kit, you will need to do the test and return the kit in the next 48 hours. You will be told how to do this.

You need to get the test done in the first 5 days of having symptoms - Ask for the test as soon as you have symptoms.

For more detailed information on testing Click the relevant link (s) below.

Tests for care home residents and staff

<https://www.gov.uk/apply-coronavirus-test-care-home>.

Apply for antigen test if you have coronavirus symptoms now

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>

Tests for essential workers

<https://www.gov.uk/apply-coronavirus-test-essential-workers>

COVID - 19

What you can do from 4th July:

- meet in groups of up to two households (your [support bubble](#) counts as one household) in any location - public or private, indoors or outdoors. You do not always have to meet with the same household - you can meet with different households at different times still socially distanced from anyone not in your household or bubble. This change also does not affect the support you receive from your care workers
- meet outside in groups of up to six people from different households, following social distancing guidelines
- use restaurants, pubs, cinemas, visitor attractions, hotels, libraries, community centres, places of worship, outdoor playgrounds and outdoor gyms
- stay overnight away from your home with your own household or support bubble, or with members of one other household

Public Transport

You must wear a face covering on public transport

As lockdown restrictions are changing on an almost daily basis, we have only published a small element of the government advice on Coronavirus (Covid-19) . For a comprehensive and up to date guide please access the Government website <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs>



Coronavirus Guide - What is a 'Swab Test'?



This is a test to tell if someone has coronavirus.

The test uses a long cotton 'Swab'



Someone will rub it on the back of your throat.



Nose

They may also rub it on the back of your nose.



Training Room

The test will be done by someone who is trained to do it.



Your family carers and supporters can also have a test.



Someone will look at the swab to see if there are any coronaviruses on it.



If the test is positive you (and your family/ supporters) will need to 'Self-Isolate'.



Search the NHS, MyLife Enfield and Mencap websites have information on Self-Isolating.

www.enfield.gov.uk

If you've been having trouble sleeping because of your caring responsibilities, talk to ECC about our free emergency or 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

Time For A Break



AFTER-LOCKDOWN MEAL

Pizza Express, Enfield Town

Enjoy a 2 Course Summer Lunch or Evening Meal with other carers

Date & Time to be confirmed
Call 020 8366 3677

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

July-September 2020 Activities

To join our Video Activities and Support Groups from your computer or tablet you'll need an internet connection and a web-camera or smartphone with data. If you don't have a computer, internet or a smartphone—don't worry you can still dial in from your home phone.

The phone call will not cost you more than a local call, for the length of the meeting.

Dial the phone number, type in the meeting ID and Hey Presto!

You will be able to talk to everyone else in the phone/zoom meeting.

HELP TO GET ONLINE

Are you feeling left out as the rest of the world connects via the internet? Do you want to keep in touch with us, your family or friends but don't know how to use Zoom or other online activities? Perhaps you can't afford a computer, laptop or tablet?



Let us help you.
Call us on: 0208 366 3677

CARERS GP & HEALTH FORUM

Wednesday 23rd September 11am– 1pm

The following topics will be covered:

- **General Update (COVID-19):** Shielding, Social Distancing, Handwashing, Masks
- **Latest position in Hospitals:** Clinics, Visiting wards
- **Latest position in GP Surgeries:** Appointments, Video Consultations



To join the Zoom Forum:

Click: <https://us02web.zoom.us/j/9443151703>

Or call: **0203 051 2874**

Enter the Meeting ID: 944 315 1703#

CARERS' LEGAL INFORMATION TELEPHONE APPOINTMENTS

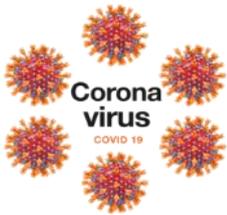
Hadley Long - Michael Anvoner Solicitors OR Craig Ward - Craybeck Law
Ten & fifteen minute phone appointments covering any of the following :

Wills; Trusts; Lasting Power of Attorney; Community Care; Care Act 2014;
Carers Rights; Court of Protection or Care Home Matters*

16th July, 13th August, 17th September—10am-12pm

28th July, 25th August, 29th September —2pm-3pm

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



Covid-19 Training session for carers

How to care safely - preparing for a second wave

Your Questions & Queries Answered

ONLINE/VIDEO WORKSHOP VIA ZOOM

Monday 14th September Time: 10am - 1.30pm.

CALL TO BOOK your place: 020 8366 3677

Tell us if you need help to connect to Zoom

- ◆ What are Coronavirus and COVID-19?
- ◆ Signs and symptoms
- ◆ How it is spread?
- ◆ Testing and self-isolating
- ◆ Waste disposal and laundry
- ◆ General advice for safety, latest government & NHS advice.
- ◆ Protecting yourself and others, hygiene and correct use of PPE
- ◆ What to do if you or someone you know has symptoms
- ◆ What to do if you think someone has been exposed



FREE 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.

**Medication
Safety**

**Skin care and
prevention of
pressure sores/
ulcers**

**Avoid Hospital
re-admissions**



**CALL TO BOOK your
place: 020 8366 3677**

**Preventing
Infections**

**Signs of infection and
what action to take**

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

**How to avoid swallowing
problems**

*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.*

ONLINE WORKSHOPS VIA ZOOM

- **Monday 21st September**
 - **Wednesday 21st October**
- Time: 10am - 1.45pm**



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



Carer Support Groups

We are now holding our support groups by Zoom video so that we can see as well as talk to carers. If you have internet access via a computer with a webcam or a smartphone—you can join the meeting by clicking on the link.



Don't worry if you don't have a computer or smartphone—you can still join the meeting by phone. Just dial the number and enter the meeting ID.

Daytime Carers Chats

Are you new to caring, or new to the Carers Centre?

To join our zoom chat click link below:

<https://us02web.zoom.us/j/9443151703>

Or call: **0203 051 2874**

Enter the Meeting ID: 944 315 1703#

11.00am—12.00pm
Monday 6th July

Friday 17th July

Monday 3rd August

Friday 21st August

Monday 7th September

Friday 18th September

Multiple Sclerosis Carers

Held in partnership with The SHANE Project

To join our zoom support group click :

<https://us02web.zoom.us/j/9443151703>

Or call: **0203 051 2874**

Enter the Meeting ID: 944 315 1703#

Friday 17th July 3pm - 4pm

Friday 18th Sept 3pm - 4pm

Dementia Carers

To join our zoom support group click

<https://us02web.zoom.us/j/9443151703>

Or call: **0203 051 2874**

Enter the Meeting ID: 944 315 1703#

Thursday 16th Jul 2pm-3:30pm

Topic: Updates on support & services during Coronavirus

Thursday 20th Aug 2pm-3:30pm

Topic: Make a carers Emergency Plan to give you some peace of mind

Thursday 17th Sept 2pm-3:30pm

Topic: Look after yourself with your own 'Wellbeing Toolkit'

Mental Health Carers

To join our zoom support group click

<https://us02web.zoom.us/j/9443151703>

Or call: **0203 051 2874**

Enter the Meeting ID: 944 315 1703#

11am - 12:00pm

Monday 27th July

Topic: Updates on support & services during Coronavirus

Monday 24th August

Topic: Make a carers Emergency Plan to give you some peace of mind

Monday 28th September

Topic: Look after yourself with your own 'Wellbeing Toolkit'

Evening Carers Chat

Thursday 24th September

6.00pm—7.30pm

To join our zoom chat click:

<https://us02web.zoom.us/j/9443151703>

Or call: **0203 051 2874**

Enter the Meeting ID: 944 315 1703#



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 July

Tuesday 25th August

Tuesday 29th September

To join the zoom group **by computer** click:
<https://us02web.zoom.us/j/82380949615> and
enter this Meeting ID:

823 8094 9615 



To join **By phone** call: 020 3051 2874 and enter
the Meeting ID: 823 8094 9615#

To join our Video Activities and Support Groups from your computer or tablet you’ll need an internet connection and a web-camera or smartphone with data. If you don’t have a computer, internet or a smartphone—don’t worry you can still dial in from your home phone.

The phone call will not cost you more than a local call, for the length of the meeting.

Dial the phone number, type the meeting ID and Hey Presto!

You can talk to all the others in the phone meeting.

Bi-Monthly Group for Learning Difficulties / Autism / Aspergers Carers

10am - 11:30am

Friday 3rd July

Friday 4th September

To join our zoom support group click
<https://us02web.zoom.us/j/9443151703>

Or call: **0203 051 2874**

Enter the Meeting ID: 944 315 1703#

Bereaved Carers Group

Tuesdays 11am—1pm

14th July

11th August

8th September

Our staff are also available to talk to bereaved carers individually and/or in a group phone call. If you’d like a call, please add your name to our list.



020 8366 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 20th August

6pm - 7:30pm

To join our zoom support group click
<https://us02web.zoom.us/j/9443151703>



Or call:  **0203 051 2874 and enter the Meeting ID: 944 315 1703#**

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.

First Aid Training

FREE 2-Hour online workshop for carers with certificate of attendance

Red Cross online workshop delivered via Zoom. You will learn about every day first aid. The aim is to build confidence so you can help someone in a first aid emergency, using the objects that you have around you

**Thursday 27th August
1pm—3pm**

Call to register your interest: **020 8366 3677**

Places are limited



Benefits Advice Workshops



Find out more about disability benefits

**20th August 2020
10am-2.30pm**

**CARERS ALLOWANCE &
ATTENDANCE ALLOWANCE**

**22nd September 2020
10am-2.30pm**

**DISABILITY LIVING ALLOWANCE &
PERSONAL INDEPENDENCE
PAYMENT (PIP)**

Call to book your place on this workshop:

0208 366 3677

Advertisement:
Advice & Support for the dementia community

During these challenging times, it's vital for families, carers and healthcare professionals to have access to the best possible information about how to deal with the double whammy of dementia and Covid-19.

The Alzheimer's Show are offering FREE webinars packed with useful advice and practical tips you can use during the pandemic and beyond. You'll have the opportunity to put your own questions to the experts and specialists.

The Alzheimer's Show Webinars

Each webinar will also include plenty of time for questions - giving you the opportunity to receive expert, specialist advice regarding your specific situation.

Don't worry if you can't attend the live webinar - a recording will be given to everyone who registers.

Thursday 9th July 11:00 - 12:00

Dementia Care and Covid-19 - Advice and support during the pandemic.

Victoria Lyons and Caroline Woodcock, Admiral Nurse Helpline, Dementia UK

Friday 24th July 11:00 - 12:00

Alzheimer's and Gum Disease: Clinical Trials in 2020.

Dr Stuart Ratcliffe, Chief Scientific Officer and Megan Young, Patient Engagement Coordinator

This session will explore what it's like to take part in clinical trials for Alzheimer's disease

Thursday 30th July 11:00 - 11:45

Your Guide to Dementia: How to Stay at Home With the Right Dementia Care.

Jayne Vale. Expert Dementia Carer Trainer, Helping Hands Home Care

Independence. It's something that many of us take for granted. Explore how focussing on enablement can allow someone with dementia to continue living in the home they know and love, with comfort, safety and independence.

Thursday 6th August 11:00 - 12:00

Prevention of Alzheimer's Disease – understanding how this may be possible through the introduction of new medications.

Dr Emer MacSweeney, CEO and Consultant Neuroradiologist at Re:Cognition Health

Thursday 13th August 11:00 - 12:00

Out and About with Dementia Adventure.

Debbie Anderson, Project Coordinator - Training, Research, Consultancy, Dementia Adventure

Getting outdoors and engaging with the natural environment is good for all of us. Evidence shows it can also be hugely beneficial for people living with dementia. Things may have changed recently, but the importance of connection to nature and access to green space remains just as important. Join us on this webinar, where we will share some of the research which may help you to live better with dementia.

Thursday 20th August 11:00 - 12:00

Legal considerations when diagnosed with Dementia.

Andrew Robertson, Managing Director, McClure Solicitors

To register for a workshop: visit

<https://alzheimersshow.co.uk/digital-hub/>

call 01892 723 195 or email info@alzheimersshow.co.uk

In partnership with



THE 23-24 October 2020
ALZHEIMER'S
SHOW Olympia London

We're still offering support to Young Carers over the phone and online.

Call us 9am-5pm on 020 8366 3677 or
WhatsApp or text us on 07809 332106.

Email us : youngcarers@enfieldcarers.org

Contact us to book a place on any of the events on these pages.

EDUCATIONAL ONLINE ACTIVITIES

FREE ONLINE YEARS 3 & 4 TUITION CLASSES

Tuesdays 11am—12 noon

FREE ONLINE YEARS 5 & 6 TUITION CLASSES

Year 5 - Tuesdays 2.30-3:30pm
Year 6 - Tuesdays 4-5pm

FREE ONLINE YEARS 7 TO 10
MATHS TUITION CLASSES

Year 7 & 8 - Thursdays 9-10am
Year 9 & 10 - Thursdays 10-11am



www.twitter.com/eypic_youth



www.instagram.com/eypic_youth



www.facebook.com/EnfieldCarersCentreYoungCarers

Social Events

EyPIC YOUNG CARERS SOCIAL EVENTS

- ◆ **EyPIC Chat (under 13s only) – Mondays 4-5pm**
- ◆ **EyPIC Quiz – Wednesdays 3-4pm**
- ◆ **EyPIC Chat (teenagers only) – Wednesdays 4:30-5:30pm**
- ◆ **EyPIC Yoga – Thursdays 11.30am**
- ◆ **Keeping It Wild Project – Thursdays 2:30-3:30pm**

The chats are hosted by ECC staff so they're safe and only young carers registered with ECC can join.

CALL OR WHATSAPP US TO JOIN

THANK YOU!

Many thanks to **Light During Lockdown** who provided activity bags for our Young Carers, kindly delivered by staff from **Wilbury Primary School**, and to the incredible community at **Love Your Doorstep Enfield** who have been donating paper, pens, and other stationery to our Young Carers! Thanks also to our fantastic **volunteer tutors** and **yoga instructor** for all their help at this time – it is much appreciated!

AT A GLANCE JULY – SEPTEMBER 2020 Call 020 8366 3677 to book

DATE	VENUE	EVENT
16th, 28th July, 13th, 25th August, 17th, 22nd September 10am- 2pm or 2-3pm	TELEPHONE APPOINTMENTS See page 9 for details	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 ECC to book an appointment.
28th July, 25th August, 24th September 6.30pm –7.45pm	VIDEO/TELE-CONF See page 12 for details	EVENING MENTAL HEALTH CARERS GROUP Speak to staff from the local Crisis & Home Treatment Team, learn more about how they operate.
20th August 2020 6pm - 7:30pm	VIDEO/TELE-CONF See page 13 for details Thursday bi-monthly	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, 17th July, 3rd, 21st August, 7th, 18th September 11am - 12pm	VIDEO/TELE-CONF See page 11 for details 1st Monday & 3rd Friday each month	DAYTIME CARERS CHAT Meet other carers and speak to one of our Carer Support & Advice Officers.
24th September 6pm - 7:30pm	VIDEO/TELE-CONF See page 11 for details Quarterly on a Thursday	EVENING/WORKING CARERS CHAT Chat to staff and other carers.
14th July, 11th August, 8th September 11am - 1pm	Call for details See page 12 for details 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 July, 24th August, 28th September 11am - 12:30pm	VIDEO/TELE-CONF See page 11 for details Last Monday of every month	MENTAL HEALTH CARERS SUPPORT GROUP Meet other carers in similar situations.
3rd July, 4th September 10am - 11:30am	VIDEO/TELE-CONF See page 12 for details 1st Friday bi monthly	LEARNING DISABILITY/AUTISM/ASPERGERS CARERS GROUP Meet other carers in similar situations.
16th July, 20th August, 17th September 2pm - 3:30pm	VIDEO/TELE-CONF See page 11 for details 3rd Friday of each month	DEMENTIA CARERS SUPPORT GROUP If you're caring for someone with dementia, we're here to support you.
17th July, 18th September 3pm - 4pm	VIDEO/TELE-CONF See page 11 for details 3rd Friday bi Monthly	MULTIPLE SCLEROSIS CARERS SUPPORT GROUP Held in partnership with The Shane Project. All MS carers welcome.