



Enfield Carers Centre  
Empowering Carers

Contact us  
On 0208 366 3677  
Charity Reg. No: 1140089

### Welcome

Welcome to our third bulletin which we hope you are finding is a useful aid during this difficult time. We will continue to publish this as an additional support to our carers and colleagues during the current crisis.

Stay well—Stay safe

### Health & Wellbeing

**Don't Tone Alone** are extending their offer of free online exercise classes until the end of June, as they view unpaid carers as a priority.



Exercise classes will hold up to 15 people at once and be on a first-come first-served basis. Unpaid carers to take part in exercise from the comfort of their own home.

The classes will be run online via a ZOOM video conferencing platform and carers will be supported.

**Don't Tone Alone** will do a quick health screen with participants to check their health before starting the class. Call ECC (0208 366 3677) wish to find out more or to book a session

**After dinner rest a while;  
after supper walk a mile.**

*T. Cogan*

# Enfield Carers Centre Bulletin No. 3

All ECC staff are still working during the COVID-19 crisis. We are here to help family/informal carers Mon-Fri 9am-5pm on our normal number: 0208 366 3677.

Our monthly support groups are still taking place, but as we can't open the Centre, these are now by phone. Visit our website or see our Apr-Jun Carers Voice Newsletter for dates and details of how to join the telephone support groups.

### Between 18th-25th May our work included the following:

- Providing 368 carers with advice, support & practical help
- Sending 66 information/reminder texts to carers
- We held; Legal Information Support Sessions, Benefits Advice Groups x 4, Dementia Support Group, one day-time Mental Health and one evening Mental Health Group, Care Homes Network & Counselling Sessions
- Daily online activities for Young Carers plus daily fun challenges
- 102 Carer Assessment Reviews, 12 Carers Assessments

### Stay up to date with COVID Government Guidance

#### Exercise

People will be now able to exercise outside with up to five others from different households from Monday, provided that strict social distancing guidelines are followed.

#### Guidance on shielding & protecting people who are extremely vulnerable from COVID –19

People who are shielding remain vulnerable and should continue to take precautions but can now leave their home if they wish, as long as they are able to maintain strict social distancing. If you choose to spend time outdoors, this can be with members of your own household. If you live alone, you can spend time outdoors with one person from another household. Ideally, this should be the same person each time. If you do go out, you should take extra care to minimise contact with others by keeping 2 metres apart. This guidance will be kept under regular review.

For more detailed guidance and answers to FAQ's log on to:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

# Free Online Resilience Workshops for Carers



provided by  
**Not A Care in the World**

Carers Week 2020



Monday 8 June - Sunday 14 June



**Sadly ECC isn't able to do much in the way of activities for this year's Carers Week, and there definitely won't be a Family Fun Day this year, so we've teamed up with Not A Care In The World to ensure Enfield's carers have a chance to sign up to these free workshops.**

## **Speak Clearly Carers\***

Wednesday 10th June 11am

How to make an impact to get your message across to professionals is a constant challenge as carers. In this online workshop we will learn some top tips in language, rapport building and assertiveness. Led by Nick Llewellyn, theatre director and NLP trainer



## **I might be a Carer but I'm still creative\***

Thursday 11th June 11am

How to unlock your own blocks to have some "me" time for creativity. In this online workshop you'll learn how to rewire your stuck patterns and create space to have flashes of creativity throughout your day.. Led by Nick Llewellyn, theatre director and NLP trainer.



## **Breathe/Relax/Reset Carers\***

Friday 12th June 11am

Stressful supermarket runs, family zoom calls, virtual quiz nights and full-time caring, many of us could do with a bit of conscious, processing time. Led by Rob Calcutt from Urban Healer.



## **Know your rights Carers**

Friday 12th June 2pm

As Carers we all have rights but without this knowledge, we often have no power to fight for our loved ones and for our own needs too. In this online workshop, we will explore the Carers Act and Carers rights so you are armed with knowledge to assert your rights. Led by Jill Pay.

To book visit: <https://www.notacareintheworld.co.uk/events>

\*To fully enjoy these workshops you'll need a computer/tablet/smartphone and access to the internet

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

**Or post to:  
Enfield Carers Centre  
Britannia House,  
137-143 Baker Street,  
Enfield, EN1 3JL**

# Page of Remembrance



*This is my Dad, Frank, who died on 30/4/20*

*Since the lockdown I had not been able to visit him at his care home but am so grateful to the activities lady, who took these last photos of my Dad laughing, at Easter.*

*He was 91 and died of dementia. He'd been in the care home just over a year. We miss him so much but he was so cared for and looked after, that we never worried about him at all. Thanks Dad for just being the best.*

**Hilary Biggs**



*Our dearest Paul,*

*We have been blessed with you in our lives and we are so sad you had to go! We loved you so much and will treasure our memories with you forever.*



*So from your family, dear Freddie, goodnight and sweet dreams X*

My Dearest Mother passed away on her 99th Birthday 21st April 2020 at North Middlesex Hospital, which I must say how excellent the Hospital was, always kept me informed on her condition and the Staff arranged to sing Happy Birthday to her that morning, unfortunately she passed away at 3.35 A.M.

I must also write of my appreciation to Alex in the A & E who put his mobile phone to my Mother's ear so I could say my goodbyes, Mum was non responsive since waking up that morning, Alex said he noticed a slight movement in her face while I talked.

My Mum was always smiling and laughing and was never one to ask for anything, once while I was away for a couple of days and Mum was in respite, I phoned her and she told me that she had not received any supper at the Care home and could I phone them to tell them of the fact.

I looked after Mum in her flat and moved in with her for over a year, before it was time for Mum to go into full time care in Springview in Enfield. She was a resident for over two and a half years. I visited Mum most days for a couple of hours and ,with a very good friend, some Sundays we took her to a pub for Sunday lunch, which she always enjoyed.



Mother & Me at Xmas 2018.

I always enjoyed my time that I spent with my Dearest Mother and am blessed to have so many happy memories. God Bless her. Love Ken your sunshine. XX 😊 X



Get involved with  
Carers Week 2020  
8 - 14 June

carersweek.org

Carer [noun] /'keərə(r)

1) Cares (unpaid) for family or friends who have a disability, illness or who need support in later life:

Washing bodies. And laundry. And dishes. Keeping appointments. And records. And tempers.

Giving medicine. And time. And hugs. Filling forms. And fridges. And silences. Dealing with doctors. And nurses. And pharmacists. And social workers. And benefits agencies. And care workers. And a lack of sleep.

[2] Needs support to manage a life of their own.

## What is Carers Week?

Carers Week was established by Carers UK over 25 years ago. It is an annual campaign to raise awareness of caring, offer support to carers and highlight the challenges they're facing. This year, Carers Week is more important than ever.

Caring can be hugely rewarding but it can also have an impact on all aspects of your life. Looking after someone without the right information and support can be tough.

Carers Week 2020 is brought to you by six charities working together to raise awareness of caring. Led by Carers UK, these charities are Age UK, Carers Trust, Motor Neurone Disease (MND) Association, Oxfam GB and Rethink Mental Illness.

You can find more information about this and about these charities at by downloading the **Are You Looking After Someone Unpaid Guide from:**

[https://www.carersweek.org/images/Resources/Resources\\_2020/CW\\_2020\\_Caring\\_Information\\_Leaflet.pdf](https://www.carersweek.org/images/Resources/Resources_2020/CW_2020_Caring_Information_Leaflet.pdf)

If you employ a Care Worker/Personal Assistant and they require PPE email Beverley Goldhawk ([beverley.goldhawk@enfield.gov.uk](mailto:beverley.goldhawk@enfield.gov.uk)) or Liz Griffiths ([liz.griffiths@enfield.gov.uk](mailto:liz.griffiths@enfield.gov.uk)) who will be able to order supplies from the Council's Equipment Stores. Deliveries/collections are within 24 hours or sooner if required. Full PPE (including face masks/eyewear) is issued on the basis the service user has been tested positive or has C-19 symptoms.

## FREE HOME HOSPITAL SERVICE

This is a free service offered by Alpha Care for people 18+ and living in the Borough of Enfield who are leaving hospital and require some extra help and support.



Alpha Care can help with light household tasks, basic food preparation, medication and shopping for essential items.

To find out more about this FREE service call or email :

gina@alphacares.org.uk Tel: 020 8273 6294 or you can call Mark t Enfield Carers Centre on 07421 034282 who will help you with your enquiry.

Dear Marion, Thank you for all your help, support and patience & support, best wishes from Jenny\*  
\*name has been changed

Hi Everybody, the surprise visit with gifts, toys and the virtual hugs are greatly appreciated.

May God bless & you & your families during this difficult time. Thank you to the EyPIC team & take care of yourselves.

With love from all of our family for everything you have done.

Young Carer