

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. We help both adult and young carers.



Company Number : 7149774

Registered Charity Number : 1140089



Enfield Carers Centre
Empowering Carers

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 of Enfield.



A Network Partner of

CARERS TRUST



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Britannia House , 137 –143 Baker Street, Enfield, EN1 3JL
Telephone No: 0208 366 3677.

Email: info@enfieldcarers.org

Website: www.enfieldcarers.org



Carers Support Groups

All of our groups are being held via Zoom for the time being. Please call or see our newsletter/ website for more information and access details.

Autism /Aspergers Group, Bi monthly 1st Friday of each month - 10.00am - 11.30am

Daytime Carers Group, 1st Monday and 3rd Friday of each month - 11.00am -12.00pm

Dementia Carers Group, 3rd Thursday of each month
2.00pm - 3.30pm

Evening Carers Group, every three months Thursday 6.00pm -7.30pm call or see website for more details

Mental Health Group, daytime (last Monday of each month) 11.00am -12.30pm evening Tuesdays (call or see website for more details) 6.30pm –7.45pm

Care Homes Network, Bi monthly Thursday (call or check website for dates) from 6.00pm - 7.30pm

Bereavement Group, 2nd Tuesday of each month 11.00am - 1.00pm call or see website for more details

MS Carers Group, Bi-monthly Friday 3.00pm – 4.00pm call or see website for more details

Carers GP and Health Forum, quarterly 11.00am - 1.00pm, call or see website for more details

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

Please call: 0208 366 3677 for more information.

Carers Digital Library

If you would like to borrow a device and to get some help to access online services and information we can help! We have a library of devices that can be loaned to carers for three months at a time and volunteers to help you to get online if you need it.



We also lend laptops for study purposes for Young Carers and our tablets are all set up and ready to access our zoom services so it's really easy.

If you need more help to get online we can remotely access the device and talk you through everything by phone whilst you're in the safety of your own home.

All devices are for loan only and require a £30 refundable deposit.

All devices will be re-called after a three month period but you may be able to renew the loan for a further period dependant on availability.

Call us to find out more or to ask for an application form.
0208 366 3677 or email: info@enfieldcarers.org

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.

All sessions are via telephone or Zoom for the time being.

Call for more information

0208 366 3677

CARERS LEISURE CENTRE DISCOUNT

Carers can get discounted prices at Fusion Leisure Centres when they show their Enfield Carers Centre Registration card.

PLEASE NOTE: If you already receive a concession (discount on membership) carers will not get an extra discount.

Show a member of Fusion Leisure Centre staff your Gold Carers card.

If you haven't yet got a Gold Carers card with your picture on— Email or post us an electronic photo or passport picture together with your name and we'll make a card for you.

If you meet a member of staff at the leisure centre who is unaware of this scheme —show them this flyer.



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 the Carers Emergency Card Scheme, please contact Enfield Carers Centre for a form or download one from our website. 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. Safe & Connected can also hold a key to prevent forced entry in an emergency.

What happens next?

Email or post in a passport-type picture of yourself so that we can make your card, check your emergency plan and completed form. Once everything is confirmed and set up you will be sent a letter with your card, confirming that you are on the scheme.

Call : 0208 366 3677 for more information

Homecare Services

Enfield Carers Centre Homecare division provides high-quality respite/homecare services to families and carers in our community, to ensure carers can have some time for themselves during the day or on a weekly basis and according to their needs. We know how important it is for carers to have a break and recharge their batteries, even if only for a few hours. Our highly-skilled, fully vetted and trained support workers ensure this can happen.

We offer our quality services at very competitive rates:

Monday to Friday £17.50 per hour. Weekends £19.50 per hour

- ◇ Overnight Care (call for costs)
- ◇ One Hour Minimum Visits
- ◇ Shopping and/or escorting
- ◇ Personal Care
- ◇ Help with Mobility
- ◇ Administering Medication
- ◇ Peg Feeding, Stoma and Catheter Care



We can assist people of all ages: children, young adults and vulnerable adults living with learning difficulties, autism, mental ill health, challenging behaviour or long-term health conditions such as heart failure, stroke, dementia, and diabetes.

Please get in touch with us for more details or to discuss your specific requirements.

Call: 0208 366 3677 or

Email: homecare@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 see if you can get help.

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 your life and how best to help you keep well and healthy and manage caring alongside your other responsibilities and still enjoy a life outside caring.

Currently assessments are taking place by telephone or Zoom video.



Carers Benefits and Advice Service

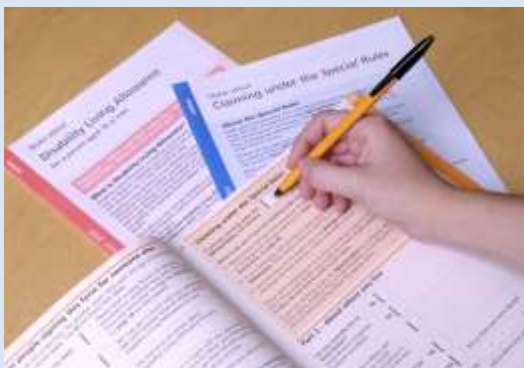
Are you unsure if you are receiving the correct benefits?

- Would you like a full benefit health check?
- Are you having difficulty filling in benefit claim forms or managing your money?

We Can Help!

- One to one telephone appointments at your convenience to help with form filling and general queries
- Help with completing online benefits checks

Call the Centre for more information





Enfield Carers Centre
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Supporting Young Carers in Enfield aged 5-18

Weekly activities on Zoom

Mondays 4:15–5:15pm
EyPIC Chat (all ages)

Wednesdays 5–6pm
EyPIC Hub Night (all ages)

Thursdays 4–5:30pm
EyPIC Homework Club

Fridays 4:30–5:15pm
Yoga (all ages)

*Fortnightly
Clubs*

*Tuition and in
school support*

*Mentoring
and one to
one support*

Digital Library

Outings and activities

All services are currently online or by telephone until further notice

Call 020 8366 3677 or email young_carers@enfieldcarers.org for more info

Carers Social & Leisure Breaks

At ECC we understand the importance of Carers taking a break and having some time for themselves .

Although we have been unable to deliver many of our face to face activities in the past year we still have social activities happening on Zoom and by telephone .

These include:

- Carers Coffee Morning**
- Quiz Nights & Social Nights**
- Online Bingo**

If you need help to access these events please call us as we can set you up on a device and help you to do this .

Now, more than ever ,we need to stay connected.

CARERS LIBRARY SERVICE

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

Registered Carers can borrow books for longer periods, loans DVDs and CDs for free and enjoy extended renewal arrangements when they show their gold card.

If you don't yet have your gold Carers Registration Card, call the Centre, email or post us a picture of yourself and a card will be made so that you can enjoy these specially extended services for carers.



Call us for a Gold Carers Registration Card:

0208 366 3677

Call : 0208 366 3677

Post Hospital Discharge Training for Carers

Is the person that you care for in hospital or being discharged soon?

Have they recently been in hospital or are they being treated at home by community or district nurses?

Have they had surgery or are they prone to infections?

We can help you to keep them safe, well and at home!

Learn vital nursing skills covering the following and more:

- ◆ Recognising and preventing de-hydration
- ◆ Where to go for out-of-hours help
- ◆ Spotting signs of infection and what to do
- ◆ How to avoid repeat visits to A&E/GP surgery
- ◆ Preventing swallowing problems
- ◆ Safe medication management



Join other carers on this crucial course and learn basic but vital skills that, once learnt, you will be able to use for life.

Call 0208 366 3677 for the date of the next course. Courses are currently being held on Zoom .

Carers GP and Hospital Support

Enfield Carers Centre has Healthcare Officers working at North Middlesex, Chase Farm and Barnet Hospitals and also with GP practices across the borough to raise awareness of Carers' support needs. Our Officers can also support you when your cared for is in hospital or attending regular appointments.

They can:

- 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.

Regular Activities and Groups

All activities are currently being delivered by Zoom or telephone until further notice

Legal Information Sessions, 10 - 15 minute

Appointments with a friendly solicitor who can provide information on carer- and disability-related issues, twice monthly at ECC. Appointments by prior booking only.

Carers Wellbeing Workshops, delivered at regular intervals. These deal with topics such as: worry; sleep deprivation and stress management.

Carers Training courses, delivered at regular intervals, on topics such as manual handling; First Aid and Mental Health Awareness.

For more information about any of the services or groups in this booklet please call: 0208 366 3677 or email: info@enfieldcarers.org

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