



Carers' Voice

April-June 2021



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 and many more. Give us a call and we will be happy to help.

COVID-19 VACCINE FOR UNPAID CARERS



Enfield Council and our local health authority have asked us to let you know that it's been agreed that family/unpaid carers can now be considered as priority to get the vaccine as soon as possible.

If you provide care for at least one person within the Borough of Enfield you may be eligible.

Please note that only the main carer will be entitled to receive the vaccine using this route.

Other family members will have to wait until they are called for a vaccine according to the Government's guidelines.

There is information on our [website](http://www.enfieldcarers.org) , www.enfieldcarers.org, to help you understand the importance and safety of the vaccine.



How to register for the vaccine

To register for a vaccine, you need to have your NHS number and your email address.

Please copy the below link into your web browser and follow the online instructions: <https://www.nhs.uk/conditions/coronavirus-covid-19>

They will **contact you directly** to arrange an appointment. This might be at short notice and may require a degree of travel to one

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COVID-19 VACCINE FOR UNPAID CARERS (ctd)

You will need to take to your appointment your [gold ECC Carers Registration Card](#) and the [permission letter for carers produced by Enfield Council](#), which you can print from our website.



You will be booked into a second appointment several weeks later to receive the second dose of the vaccine.

If you don't have your [gold ECC Carers Registration Card](#), please email us a clear head and shoulders "selfie" or send in a passport picture and we will make you a card as soon as possible.

The free Enfield Carers Registration Card provides discounted gym and swim sessions at Enfield's Fusion Leisure Centres and extended borrowing at the Council Libraries.

New Coronavirus vaccine hub for individuals with a Learning Disability opens at Chase Farm Hospital

Enfield residents with a diagnosed Learning Disability can now have a Coronavirus vaccine at the Chase Farm Hospital Vaccination Hub. Anyone providing direct care to the person with a learning disability (paid or unpaid) can also get a vaccination at the same time.

Easy Read information is also available on the council's website: <https://mylife.enfield.gov.uk/enfield-home-page/content/learning-disabilities/coronavirus-vaccine-hub/>

How to book

To register for a vaccine, please email LDVaccinehub@enfield.gov.uk

If you do not have access to email you can phone 020 8363 6388, 020 8379 2450 or 07773 009096 between 9am and 4pm Monday to Friday and ask for vaccine bookings. Please email if you can, as phone lines are expected to be busy.

For each person who wants a vaccine, you will need to provide:

your name and phone number or email address; date of birth; address and postcode; your NHS number this is helpful (but not essential); any reasonable adjustments the hub will need to put in place

The hub will then email you a link where you can make an appointment. If you do not have an email address, someone from the hub will call you to make an appointment

More information

As with all vaccines, consent is needed. You can find an Easy Read guide about consenting to vaccines to help you make the decision on the London Borough of Enfield MyLife website. <https://mylife.enfield.gov.uk/media/35092/covid-19-vaccination-fact-finding-helping-me-make-a-decision.pdf>

You can also find Easy Read information about the Coronavirus vaccination on the London Borough of Enfield MyLife website. <https://mylife.enfield.gov.uk/enfield-home-page/content/learning-disabilities/coronavirus-covid-19-vaccines/>

Come and Celebrate National Carers Week with us!



June 7th – 13th 2021



'Making Carers Visible'

Although we are unable to hold our traditional community events to celebrate Carers Week 2021 we are holding a

Carers Week Online Community Fayre

On

Wednesday 9th June 11.00am – 2.00pm



There will be a main log in room with

additional breakout rooms where you will get a chance to meet staff and trustees, hear talks on Carers Rights, attend dance and yoga sessions and much more.

Please call to register and receive the log in details 020 8366 3677

********Please let us know if you need help to get online********

ONLINE Cancer Awareness Events

Friday 25th June & Tuesday 20th July 2021

10-2pm



Friday 25th June Topics

- ◆ Are you cancer aware?
- ◆ Cancer and demographics
- ◆ What factors can you control to reduce the risk of cancer ?
- ◆ How do you and your family keep healthy?
- ◆ National and local resources
- ◆ Your Qs & As

Tuesday 20th July Topics

- ◆ Spot cancer early -NHS screening, who is it for?
- ◆ Latest research ,what do we know
- ◆ Cancer Research UK.
- ◆ Cancer during the pandemic
- ◆ Local support , resources and information

Please call to register your interest 020 8366 3677

To join the Event copy the below link into your web browser

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

Or call: 020 3051 2874 enter the Meeting ID: 944 315 1703#



Homecare Services From a Charity You Can Trust

Enfield Carers Centre now includes Crossroads Homecare Services supporting you *and* the person you care for

No more hunting around trying to find a reliable home-care agency that you can trust to look after your loved one(s). We also offer high-quality respite, replacement care and sitting services all under one roof. We know how important it is for Carers to have a break and recharge your batteries. Our highly-skilled, fully vetted and trained care support workers ensure this can happen.

Our visits are 1 hour minimum as we believe that less than an hour isn't a break and also it's essential for our Care Support Workers to spend quality time with each person they look after.

Our range of services include: assistance with personal care, shopping, domestic help, escorting to appointments, running errands, medication and mobility transfers.

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

Please get in touch with us for more details or to discuss your specific requirements on **020 8366 3677, option 1.**

Quality services at very competitive rates

Monday to Friday : £17.50 per hour. Weekend £19.50 per hour

Overnight services - call for a quote.

We Are Hiring!

If you are looking for a flexible, interesting role, that utilises all your skills as a carer then we may have the job for you!

We are recruiting part-time and full-time Care Support Workers to help our registered carers and the people they look after to meet their care needs in their homes, improve their daily routine and achieve their goals.

- ◆ Comprehensive induction training will be provided
- ◆ Staff will not work unsupervised until induction has been successfully completed.
- ◆ Flexible hours so you can work around your caring role.
- ◆ Competitive pay rates
- ◆ Chance to improve your skills and be fully trained as a Care Support Worker



Please email: alexm@enfieldcarers.org for an application pack or more details or call: 020 8366 3677 and ask for Alex.

Let's all work together to improve the lives of Carers and their families in Enfield!

Good News !

We are pleased to announce that we have secured some Funding from The National Lottery Community Fund, distributed by **Enfield Voluntary Action**, which is enabling us to deliver the following activities over the next six months.

These sessions which will all be on Zoom for the time being.

We can lend you a tablet if you need a device to access these services.

Please ask when you call.

Fortnightly Money Management Sessions

Thursday mornings 11.00am – 12.30pm

We will cover topics such as:

- ◆ Saving money on household bills
- ◆ Help with debt
- ◆ Cheaper shopping tips
- ◆ Benefits maximisation
- ◆ Referrals to our 'Working for Carers' programme

Sessions will be every other Thursday from 15th April to 2nd Sept

Please call to register your interest 020 8366 3677

To join the Group copy the below link into your web browser

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

Or call: 020 3051 2874 enter the Meeting ID: 944 315 1703#

Weekly Carers Online Exercise Classes with 'Don't Tone Alone'

Classes will be 50 minutes with a ten minute chat session at the end, every week beginning Thursday 6th May at 2pm.

Come and join other carers, have a laugh, make new friends and do some gentle exercise at the same time.

- ◆ DTA's level 4 & advanced instructors are able to work with people with long-term health conditions (e.g. hypertension) and specialise in working with unpaid carers.
- ◆ As a result, the class instructor will call class participants and offer them a 30-minute personal training/ consultation sessions so that they can construct a personal exercise plan independent of the classes.
- ◆ DTA will also set class participants in a "secret group" on their mobile application which will further encourage peer support and healthy living conversations outside of exercise classes. This will be monitored by the DTA instructor taking the classes.



Remembrance

Gill Mitra (26th September 1943—13th January 2021)

Gill Mitra was known and loved by many as a Carers' Advocate with Enfield's Mental Health Carers. Gill's personal experience of caring, her warmth and depth of knowledge made her a real asset to the EMHC team and a formidable Advocate at meetings with statutory authorities. It was a pleasure knowing and working closely with Gill for over a decade before her retirement and she will be greatly missed.

Pamela Burke

Gill always felt and had a strong association with ECC. She admired the work of the Centre and loved her interactions with all the carers she came across during her time there. Her involvement was guided by passion and intellect in equal measure. She always told us that you couldn't do such work unless you had personal insight, empathy and depth of feeling for the trials and happiness of people, their families and loved ones. Neither could you make progress without professional integrity, acute awareness and knowledge of the issues, the legislation and all the necessary protocols. This is a unique combination of capabilities that defined Gill. Above all advocacy for Gill was about giving and sharing, much loved characteristics of her life and work. We have been broken by Gill's passing but we find strength, belief and faith in remembering her for herself and for her selfless advocacy work on a range of mental health and social issues following the enormous success of her career as a Head Teacher. Our personal thanks to Pam and to all at ECC for remembering her.

Jay Mitra and Daniel Mitra



Cyril James (1st February 1931—31st January 2021)

I had been a carer for nearly 23 years for my husband who had a severe stroke in June 1988. He made some improvement and after 2 or 3 years we bought him a mobility scooter which he could drive with one hand.

This made him a bit more independent. We joined a Stroke/Carers club and were able to go on a coach for occasional days out and holidays

In December 2018 my husband was diagnosed with Cancer of the Colon and in the past year his health deteriorated.

Sadly my husband of nearly 65 years passed away on January 31st 2021 in the North London Hospice, it was the day before his 90th birthday. When he went into the Hospice they did a Covid test and found he was positive. He died of Cancer and Covid 19 which we had both caught although we had not been out of the house! He is sorely missed but he is now out of pain and at peace.

Joan James



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?

We can help you call 020 8366 3677



CARERS' LEGAL INFORMATION TELEPHONE APPOINTMENTS

Hadley Long from Michael Anvoner Solicitors OR

Craig Ward from Craybeck Law

FREE 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

Thursdays: 15th April, 20th May, 17th June — 10am-12pm

Tuesdays: 27th April, 26th May(Wed), 22nd June — 2pm-3pm

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

£25 AMAZON VOUCHER WINNER

We are pleased to announce that Ms. Marcella Soalla-Bell is the lucky winner to receive a £25.00 amazon voucher for returning her review letter back to ECC. **Congratulations**



Would You like Help to Get Back Into or Begin Working or Volunteering?

ECC is part of a London-wide 'Working for Carers' project that supports unpaid carers aged 25 or over to move closer to employment. The project is led by Carer's Trust and delivered by a network of 24 Carers Centres.

Together we help carers pursue their employment goals through confidence building, skills development, help with job search, volunteering and training opportunities.

ONLINE WORKSHOPS 10:30—11:30AM

Interview Techniques: Friday 23rd April, Friday 21st May, Friday 18th June

CV Workshop: Thursday 29th April, Thursday 27th May, Thursday 24th June

What have you got to lose?

Call or email to book your place :

020 8366 3677 info@enfieldcarers.org

What are the new Rules for Care Homes Visiting ?

Since March 8th, the Government is asking all care homes to explain their visiting policy and allow every resident to name one person for a regular indoor visit. As far as possible this should remain the same person. It may take care homes a while to make the changes they need to get everything ready. The **Single Named Visitor** needs to make an appointment to visit and follow some important steps to reduce the risk of infection to the person they are visiting and to others in the home.

- ◆ **Take a rapid flow test at the home every time you visit**
- ◆ **Wear PPE provided by the home during the visit**
- ◆ **Follow all infection prevention and control measures such as social distancing**

How to Arrange to be a Single Named Visitor

The care home will ask each resident who they would like their single named visitor to be. If the resident lacks the capacity to decide, the care home will speak with their family and friends so they can decide what to do between them.

What a single named visit allows

You'll be able to come in for a regular indoor visit, sitting in the same room as your loved one, with no screen or anything between you. The Govt. strongly advises against physical contact in order to keep everyone safe. You may wish to hold hands –remember any contact increases the chance you could pass on the virus. Close contact like hugging should not happen.

The Govt. isn't setting rules about how often you can visit, or how long you can stay for. This will vary from place to place, depending on what the care home decides they can do safely and comfortably.

Even though you and your loved one may have had the vaccine it's still very important to follow safety advice, wear PPE and follow social distancing.

Essential Carer

If you think your loved one would benefit from you visiting to help with their care, you can be asked to be named an Essential Carer, for example if you usually help them at mealtimes. Speak to the home about this and advise them that you were helping with care tasks prior to the pandemic. You may then agree a visiting plan, times etc with the home but remember that every home and resident is different and you need to be flexible. If you do not agree with the arrangement ask to speak to the home manager, or consider contacting a social worker to help you to find a solution.

Care home managers and staff know best how things run in their home and sometimes there will be good reason why the home cannot offer the visiting that you would like. But government guidance clearly says that care homes should not put blanket bans in place. If this happens and you have spoken to the home with no resolution contact CQC (Care Quality Commission) customer services on: 03000 61 61 61 or email: enquiries@cqc.org.uk.

April - June 2021 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 or call us to discuss loaning a tablet from our IT lending library.

The phone call for our online activities will not cost you more than a local call. 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.

ONLINE Benefits Advice



Disability Benefits

Wednesday 28th April 1pm - 2:30pm

Understanding the criteria for Disability Benefits

Covering: Disability Living Allowance (DLA),
Personal Independence Payment (PIP) &
Attendance Allowance (AA)

Means Tested Benefits

Wednesday 26th May 1pm - 2:30pm

Understanding the criteria for Means Tested
Benefits

Covering: Universal Credit (UC) , Council Tax
Reduction and Disregards

Carers Allowance

Wednesday 23rd June 1pm - 2:30pm

Understand Carers Allowance and the impact it can
have on other benefits

To book call: 020 8366 3677

If you'd like to help

us save the trees
and receive this
newsletter by **email**
instead or if you'd
prefer to be
removed from our
mailing list, please
let us know:

Call 020 8366 3677
or Email
info@enfieldcarers.org

Speak another
language? Let us
know and we can
provide a
translation



ONLINE Healthy Living Day

Thursday 3rd June 2021

Time: 10am - 2pm

It's important for all carers to keep themselves healthy and well so that they can continue looking after their cared for person. Often carers put their own health needs last because they're busy and concerned about the needs of their loved one. ECC recognises that carers are important too and recommends that GPs provide an annual health check for every carer. If you haven't had your health check, please ask your GP for one.

**FREE HEALTH
ADVICE :Blood
pressure, weight,
diet, blood sugar
control and fitness**

**Useful apps and
websites to help
you improve your
health &
wellbeing**

**Join in with some light &
relaxing group exercises led
by a fitness instructor**

Chat with a qualified Nurse

Please register your interest as places are limited ☎ 020 8366 3677

To join the Event copy the below link into your web browser

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

Or call: 020 3051 2874 enter the Meeting ID: 944 315 1703#

First Aid Training ONLINE

**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



Wednesday 2nd June

1:00 pm - 2:30 pm

Call to register your interest: 020 8366 3677



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

Avoid Hospital (re-) admissions



Addressing swallowing Problems (Dysphagia)

Latest Covid-19 information for carers. Testing in Enfield.

Skin care and prevention of pressure sores/ulcers

Signs of infection and what action to take

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

Want to avoid an unnecessary trip back to A & E or to your GP?

ONLINE WORKSHOP VIA ZOOM

Tuesday 27th April & Tuesday 25th May

Time: 10am - 1:45pm

Please register your interest as places are limited ☎ 020 8366 3677

To join the Event copy the below link into your web browser

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

Or call: 020 3051 2874 enter the Meeting ID: 944 315 1703#

CARERS GP & HEALTH FORUM

Wednesday 16th June 11am– 1pm

The following topics will be covered:

General Healthcare Update, Covid-19,
iCan (Isolation, Dementia, Falls),
Talking Therapies



To join the Zoom Forum:

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

Or call: 020 3051 2874 Enter the Meeting ID: 944 315 1703#

The Joy Club

Carers over 65 offered free access to online activity club

The Joy Club is an online activity club for people over 65 – it has made membership free for unpaid carers for life.

The Joy Club provides members with access to a host of free, discounted and money-making activities, so that a limited budget and lockdown-restrictions don't get in the way of an active lifestyle. New activities are added every week, so there's always something new to enjoy.

With a free membership to The Joy Club, carers can enjoy access to...

Free activities, such as:

- The Joy Choir, where they'll join other members in learning songs via Zoom;
- Creative writing masterclasses that allow them to hone their talents and share the results with The Joy Club community;
- Mindful and relaxing Tai Chi and Qigong classes designed for all ability levels.

Discounted products and activities, including:

- Virtual art lessons from Brush Party, where they can unleash their inner Van Gogh while socialising with other painters;
- Home-friendly fitness classes, such as Pilates and yoga;
- Live, online baking classes with former Great British Bake Off stars.

Money-making opportunities, such as:

- Freelancing for a charity through Blume;
- Teaching keen cooks their finest recipes with Diaspo;
- Writing blogs for The Joy Club and sharing their stories.

Membership normally costs £5 a month, but The Joy Club's Founder CEO, Hannah Thomson, has made membership free to any unpaid carer over the age of 65 in honour of her late grandmother, who was the inspiration behind the company.

To register your interest  **020 8366 3677**



CARERS

WELLBEING WORKSHOPS

Online Workshops run from 10:00am – 11:00am

IAPT will be running the Wellbeing Workshops

- ♦ Thursday 22nd April Achieving a good life balance (managing low mood)
- ♦ Thursday 20th May When your worries get in the way (managing worry)

**To book a place
Call 020 8366 3677**



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

Call us 10am-4pm Monday - Friday 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.

WEEKLY ACTIVITIES VIA ZOOM

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

Wednesdays 4pm – 5pm
EyPIC Storytime (5-11year olds)

Wednesdays 5pm – 6pm
EyPIC Hub Night (all ages) /
EyPIC Chat (teenagers only)

Fridays 4pm – 4:45pm
Yoga (all ages)

EyPIC Hubs

Hub nights take place on Zoom once a fortnight 5—6pm on the following dates:

- ◆ 21st April
- ◆ 5th May
- ◆ 19th May
- ◆ 2nd June
- ◆ 16th June
- ◆ 30th June

These will feature a variety of online activities, including:

- ⇒ a theatre workshop
- ⇒ archaeology workshop
- ⇒ some escape rooms!

HOMework CLUB

Homework Club takes place on Zoom every
Tuesday 4:00pm - 5:00pm and
Thursday 4:00pm - 5:30pm
during term-time (all ages)

Young Carers receive a 30 minute slot to go through their homework with a tutor.

Please contact us to book your place.

We need to know your **name**, **year group**, the **subject/topic** you would like help with (e.g. Maths – Algebra), and your preferred time slot.

Please be aware that places get booked up quickly!



www.twitter.com/eypic_youth
www.facebook.com/EnfieldCarersCentreYoungCarers
www.instagram.com/eypic_youth

Time For A Break

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

SOCIAL EVENTS WILL BE VIA ZOOM

Free Online Dance Sessions for Carers!

Come and have some fun, relax and meet other Carers for some gentle dance at ECC!

We will be providing weekly dance sessions for all ages and abilities every **Thursday from 11.00am – 12.00pm on Zoom starting Thursday 15th April**

Come and join Helen, who has 30 year's dance experience, and learn some new moves while having a laugh

All ages and abilities are welcome!

We can help you to get online and even lend you a device

Call to book your place **020 8366 3677**



Jive & Cha Cha Cha



Salsa

Modern Dance

Line Dancing

WEEKLY Carers Online Yoga

Come and join other Carers for some free yoga and relaxation every Friday on zoom from 3-4pm.

Classes are aimed at all levels and all carers are welcome.

You can log in and the whole family can join in!

Classes begin Friday 23rd April.

Please call us to book a place and get the log in details : 020 8366 3677



EMERGENCY OVERNIGHT REPLACEMENT

If you're having trouble sleeping because of caring responsibilities, talk to ECC about our free emergency overnight replacement care*. We'll cover the cost - you can get a good night's sleep and recharge your batteries. Ask ECC staff for more details. *subject to funding & availability.



CARER SUPPORT GROUPS and Regular Events

APRIL - JUNE 2021

Call 020 8366 3677 to book

We are 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 tablet or smartphone, click the link to join the meeting or support group.



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

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 or ask us about borrowing a device.

Call: 020 3051 2874 Enter the Meeting ID: 944 315 1703#

We can also help you to get online and join in the groups.

Call 020 8366 3677 for more advice.

Event	Date
BEREAVED CARERS SUPPORT GROUP 11am - 1pm 2nd Tuesday each month	Our staff are also available to talk to bereaved carers individually and/or in a group phone call. If you'd like to join us or receive a call, please add your name to our list by calling the centre. 13th April, 11th May, 8th June
CARE HOMES NETWORK 6pm - 7:30pm	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. Thursday 20th May
DAYTIME CARERS CHAT 11am - 12pm 1st Monday & 3rd Friday each month	Are you new to caring, or new to the Carers Centre? Find out more & speak to our staff. 12th April, 16th April 10th May, 21st May 7th June, 18th June
DEMENTIA CARERS SUPPORT GROUP 2pm - 3:30pm 3rd Thursday each month	If you're caring for someone with dementia, we're here to support you. 15th April - Speaker from Rose Taylor Day Centre 20th May - Speaker from Safe & Connected 17th June - Topic tbc
EVENING/WORKING CARERS CHAT 6pm - 7:30pm	Chat to staff and other carers. Thursday 24th June

CARER SUPPORT GROUPS and Regular Events APRIL - JUNE 2021 (ctd)

Call 020 8366 3677 to book

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

Or call: 020 3051 2874 Enter the Meeting ID: 944 315 1703#

Event	Date
EVENING MENTAL HEALTH CARERS GROUP Tuesdays 6:30pm - 7:45pm	Speak to members of Enfield's Mental Health Trust Crisis & Home Treatment Team. Share tips and strategies for coping and supporting your loved one. 27th April, 25th May, 22nd June
INITIAL FREE LEGAL INFORMATION 10 MINUTE PHONE APPTS Tuesdays 2pm - 3pm or Thursdays 10am - 12pm	Telephone appointments with Hadley Long or Craig Ward solicitors. Free 10 or 15 mins sessions re: wills, community care law, lasting power of attorney and deputyship. Call ECC to book an appointment. 15th, 27th April 20th, 26th May (Wed) 17th 22nd June
LEARNING DIFFICULTIES & AUTISM CARERS GROUP 10am - 11:30am 1st Friday bi monthly	Learning difficulties & Autism Spectrum Disorder (ASD). Meet other carers in similar situations. 7th May - topic tbc
MENTAL HEALTH CARERS SUPPORT GROUP 11am - 12:30pm Last Monday each month	Meet other carers in similar situations. 26th April - Speaker: Safe & Connected 24th May - Topic: TBC 28th June - Topic TBC
MULTIPLE SCLEROSIS CARERS SUPPORT GROUP 3pm - 4pm 3rd Friday bi Monthly	Held in partnership with The Shane Project. All MS carers welcome. 21st May - Speaker from Safe & Connected

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 telephone. 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.