



Carers' Voice

July-Sept 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.



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We're very pleased to announce that from 21 June we'll be opening our doors again for pre-booked appointments so that Carers can meet with our staff once again.

As not all staff will be in the office **every day, you won't be able to just drop into the Centre just yet.** You must have a confirmed appointment and these are limited to people we **can't help by telephone or online.** We'll do our best to accommodate as many people as possible.

All those coming into the Centre will be expected to adhere to our Covid safety rules and all appointments will be undertaken with social distancing in place.

We are also planning some social outings for you over the summer. For more details page 16.

We know it's been a tough time for everybody, and we really look forward to being able to get back to offering some of the services that we have been

unable to provide in the past year.

Going forward we will be delivering support groups and some training sessions both online and in the Centre and details of how to book for these are in this newsletter.

We know that we'll still have challenging times ahead and that Covid is not over yet, but it does feel better knowing that we will be able to see some of you face-to-face.

Please be assured we are constantly reviewing how we deliver services in these uncertain times. As always, we welcome your feedback on how this might be improved. Please call or email us with your ideas and suggestions.

We've missed having both Adults and Young Carers at the Centre and we know that you've missed being able to interact with our team. We can't wait to start seeing you face to face again.

ECC Staff Team

Annual Carers Survey Results 2020-21

This year we received an unprecedented number of responses to our Annual Carers survey – Thank you to all 876 Carers who responded! Your feedback is both valued and essential in establishing and shaping how the Centre offers services now and in the future. Please continue providing us with comments, suggestions or even complaints you may have throughout the year. Remember, we are here for you, so your voice and opinions matter.

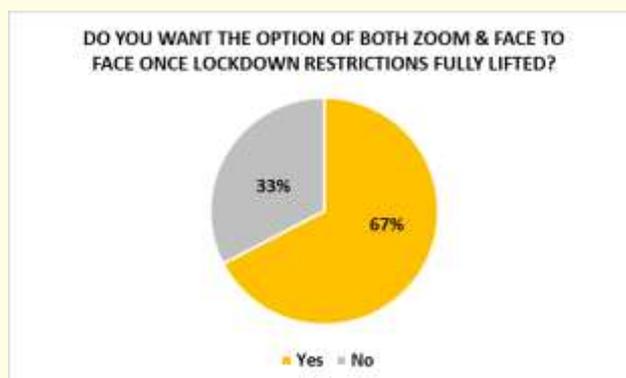
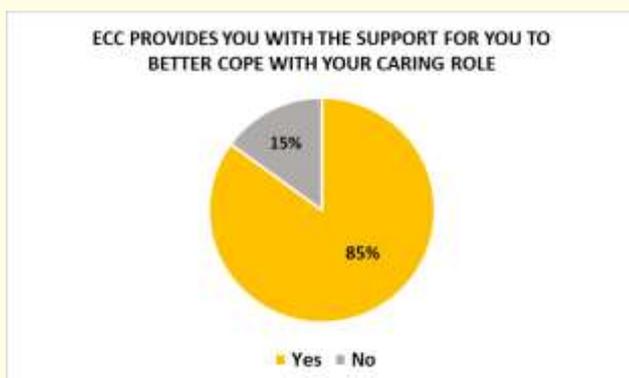
Congratulations to lucky winner **Miss Antoinette Jordan** who, following submission of her survey and name, was chosen at random to receive a £50 shopping voucher.

Here's a snapshot of the results and comments:

- 61% of Carers care for 36+ hours a week
- 28% of Carers use the Centre at least once a quarter
- 65% of Carers said their quality of life had improved since using ECC services
- 83% of Carers felt the support provided by ECC generally helps them better cope with their caring role
- 67% of Carers are happy to continue using Zoom as well as face to face



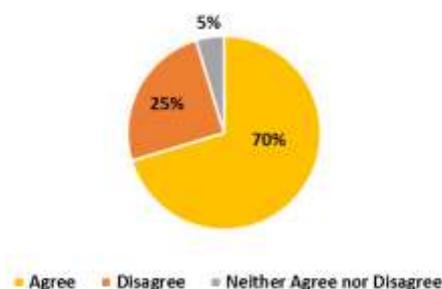
Carers' Comments



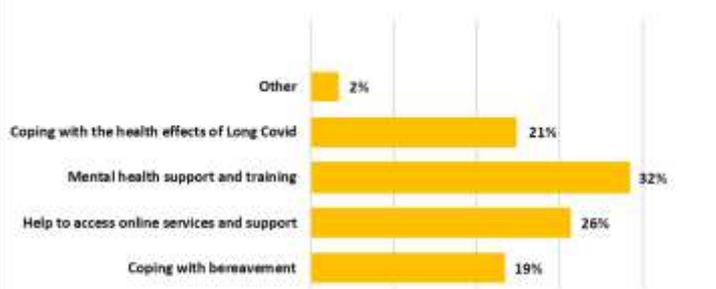
- *Carry on the fantastic work you do for unpaid carers. Without places like yours, carers would be lost.*
- *Carry on exactly the same way, ECC services are fantastic we are too lucky to have you.*
- *I think ECC provide an excellent service and can only think to say a huge thank you to everyone for supporting us all through the pandemic.*
- *Carers Centre has changed my life since my mother's stroke in every way. I have found them to be very helpful, knowledgeable and understanding.*
- *No comments in terms of improvement, I just wish to voice my strong support and appreciation for the services you provide.*

Annual Carers Survey Results 2020-21 ctd

SINCE JOINING ECC YOU FEEL YOU BETTER UNDERSTAND YOUR LEGAL RIGHTS & ENTITLEMENTS AS A CARER



WHAT SERVICES DO YOU THINK CARERS MAY NEED IN THE COMING YEAR TO HELP THEM RECOVER FROM THE PANDEMIC?



Emergency/Contingency Planning

Do you know what would happen if you were suddenly unable to provide care? This may be something you haven't really thought about, or find stressful to even contemplate. However, especially in caring situations where you're looking after someone who may struggle to communicate without your help, we recommend documenting how, ideally, you and the person you care for would want their care to continue to be provided if the current caring situation had to change, albeit for a short or long period.

A good contingency plan includes details about key people that might play a role in future; such as family members who have power of attorney or who might be taking over elements of care, or advocating on the cared for's behalf.

It would also be beneficial to consider any personal information that you know, but which may not be obvious to someone first meeting the person you care for e.g. their personal history; certain things they do that show they're happy, sad or worried; items they like to have with them; activities they enjoy or that they would find calming if upset; their favourite or most disliked foods; whether they have a faith, or belong to any community groups.



The advantage of taking the time to do this is that it will provide some reassurance that your joint wishes/preferences can be considered in any future care planning, and accommodated wherever this is possible. It would allow health and social professionals or advocates to have better insight not only in regard to what care is needed but, more importantly, how this care should preferably be delivered. On a more personal level, it may even reduce the amount of guesswork that family members have to use when trying to determine what the cared for would have wanted. Sadly, in stressful situations uncertainty may even lead to family disputes.

One of the Centre's team, Danny Newland, recently spoke about why he feels contingency planning is so important. He discussed what he learnt, both as an independent advocate and also as a family member, when his mother was suddenly unable to provide care for his father.

Danny's advice on emergency planning is available to watch, as part of our Carer's Week 2021 online event, on our website www.enfieldcarers.org

<https://enfieldcarers.org/ecc-carers-week-2021-catch-up/>

or on YouTube: <https://youtu.be/zTVdlb6tRgE>

The Centre is currently working with the council and local charities to create a contingency document that will sit within social care support plans. We will keep you updated on our progress.

Important information about NHS Digital – GP Data Collection

NHS Digital is a national agency which is part of the NHS. Its role is to support and develop NHS services using technology and infrastructure to plan and improve patient care.

Patient data is used every day to improve healthcare services through planning and research in England, helping to find better treatments and improve patient care. It helps to decide what new health and care services are required in a local area, informs clinical guidance and policy, and supports researching and developing cures for serious illnesses, such as heart disease, diabetes and cancer.

A new system for collecting data is due to be implemented on 1st Sept 2021 and data may be shared from your GP medical records.

NHS Digital will collect: data about diagnoses, symptoms, observations, test results, medications, allergies, immunisations, referrals, information about physical, mental and sexual health.

NHS Digital will not collect patients' names and addresses. Any other data that could directly identify patients (such as NHS Number, date of birth, full postcode) is replaced with unique codes which are produced by de-identification software before any of the data is shared with NHS Digital.

NHS Digital does not collect: name and addresses, written notes, images, letters and documents, data that is not needed due to its age – for example medication, referral and appointment data that is over 10 years old or data that GPs are not permitted to share by law – for example certain codes about IVF treatment, and certain information about gender re-assignment and sexual health as well as data on sex, ethnicity and sexual orientation.

If you wish to opt out of the GP Data Collection Service, you must complete an opt out form and return this to your GP no later than 1st September 2021. For more information or to opt out visit digital.nhs.uk <https://digital.nhs.uk/services/national-data-opt-out> or your GP Surgery website. (Source NHS Burton)

Wednesday 7th July

Lino printing

Design your own wrapping paper using Lino printing

Wednesday 14th July
Masking tape painting

Create a painting using masking tape

Thursday 21st July
Illustration mapping
Illustrate your local area

Thursday 28th July
Clay flower tiles
Design your own tiles using dried flowers

Creative Spark

ADULTS 18+

Preference is given to 50+ / carers & unemployed



Workshops run from 11am - 1pm

VENUE:
St Pauls Centre
102A Church St
Enfield
EN2 6AR



Face to face workshops include:
1) 1m social distancing
2) Hand sanitiser, face masks & Gloves
3) Individual craft material bags

FREE. REGISTRATION ESSENTIAL

REGISTER AT EVENTBRITE

www.tinyurl.com/Itta-events

07510 917 517

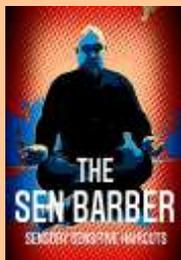
www.learningthroughthearts.co.uk

events@learningthroughthearts.co.uk



Barbering service for people with special educational needs

We know that having a haircut can be a traumatic experience for children and adults with additional needs, and parents often struggle to find a suitable barbers which will be suitable for their child and make the experience as painless as possible. The SEN Barber is a specialist barber based near Chase Farm Hospital which is solely for individuals with SEN and Autism. Their ethos is "to provide a quality, bespoke, sensory barbering service to those with special educational needs. Visit website www.senbarber.co.uk to find out more.



Congratulations!

£25 AMAZON VOUCHER WINNER

We are pleased to announce that Mrs. Kathleen McGovern is the lucky winner to receive a £25 Amazon voucher in our quarterly Carers Assessment Team Draw.



iCan News

THE SUN IS SHINING - POST COVID MEET-UP!!!



Following this year's initial lockdown - Cheryl our iCan Navigator, who runs the Memory Club as well as the Tea & Chatter group in Edmonton, met up with some of her group members for a long awaited meet up and lunch at the Beehive Pub.

It was great to see people out and about for the first time in ages. Not only was it a lovely event, the sun was shining and a great day was had by all.



Safe and Connected is a 24-hour emergency service run by Enfield Council that helps people live independently and safely in their own homes.



Available day or night to Enfield residents (including council tenants and leaseholders) and provides support to those who may feel vulnerable, have a disability, or a long-term health condition, to enable them to live safely and independently.

AVAILABLE 24 HRS A DAY, 365 DAYS A YEAR

Service users are able to press a button on a neck or wrist worn pendant which connects them to a Telecare Advisor who organises necessary support, by either sending a Response Officer, contacting your nominated person, or emergency services on your behalf.

There is a weekly charge, depending on what service you need.

GET IN TOUCH TODAY:

 www.enfield.gov.uk/safeandconnected

 safeandconnected@enfield.gov.uk

 **020 8803 1524**

CAPE

Carers and Parents in Enfield for Adults with Learning Disabilities



Our group meetings are restarting

**Monday 12th July 2021
10:00am to 12:30pm**

Guest speaker: Vicky Main Head of LBE Integrated Learning Disabilities Service

**At: Park Avenue Resource Centre,
65c Park Avenue EN1 2HL**

Please contact us at CAPE@e-d-a.org.uk or Luan on 07523 272308 to confirm your attendance.



**We look forward to seeing you.
Please send us any questions for Vicky Main**

CAPE is a member and supported by Enfield Disability Action



Vacancies

Could you represent the voice of carers and become a Carers Ambassador?

We want to recruit 4 new volunteer Carers Ambassadors to join our team of 6. **Ambassadors will play a key role in the functioning of Enfield's Carers Partnership Board** bringing their experience of health and care services.

What will the Carers Ambassadors actually do?

- Represent either mental health, older people, physical or sensory disabilities
- Work with Enfield Council and ECC to discuss and test new initiatives and ideas
- Play a key role in helping us to communicate with carers
- Act as a link to local communities and existing carer networks
- Co-host carer forums
- Attend meetings, forums and workshops
- Carry out wider engagement and listening activities
- Co-design communications materials and campaigns
- Represent the voice of carers

Enfield Carers Centre will help you understand your role, prepare for meetings and events. In return, we offer you:

- Replacement care, if needed, for attending agreed meetings, forums and workshops
- Recognition payment and travel expenses, paid monthly as a direct payment
- Training
- The opportunity to be part of a group which makes a positive difference to the lives of carers

If you'd like to apply to become a Carers Ambassador

call us on 020 8366 3677 for an information pack.



****No qualifications are needed****

All we ask is that you are a current or previous carer of someone **who's used services within Enfield.**

An ideal Ambassador is passionate about improving services and support for carers, has great communications and engagement skills, and is able to take a step back from your personal views.

ECC is Hiring - Care Support Workers

If you are looking for a flexible, interesting paid role that uses the skills **you've developed as a carer then we may have the job for you!**

We are recruiting part-time and full-time Care Support Workers to provide help, personal care or companionship to people with care needs in their homes.

We are especially keen to hear from you if you are a car driver and speak one of the following community languages: Greek, Italian, Polish or Turkish.

- ◆ Free comprehensive training will be provided
- ◆ Flexible hours so you can work around your caring role
- ◆ Competitive pay rates— **over £11 per hour***

Email: alexm@enfieldcarers.org for an application pack. For more details call Alex on 020 8366 3677



**Earn over
£11 per hour***

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

* based on working between 15-30 hrs per week, including pension, holiday pay and travel expenses

Manual Handling Training

How to lift and move people safely without injuring your back

VENUE: Claverings Industrial Estate, 14 Centre Way, London, N9 0AH

September 2021 dates TBC

9:30am - 4:30pm



Essential, FREE 2-day face-to-face training if you're looking after someone who can't move about easily or is confined to bed or a wheelchair. Carers must attend both days of this training in person to receive a certificate and be added to Enfield Council's Insurance Policy as a person trained and qualified to lift with a paid care worker.

CALL TO REGISTER YOUR INTEREST 020 8366 3677

£40 returnable deposit payable

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 then type in the meeting ID

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

CARERS WELLBEING WORKSHOPS

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

run by Enfield's Improving Access to Psychological Therapies Team

Thursday 15th Jul Sleep "Sleep: information and tips to improve it"

Thursday 12th Aug Challenging Thoughts "Recognising when our thoughts can become obstacles: tips to manage this"

Thursday 9th Sept Managing Anxiety and Panic "Strategies and techniques to reduce symptoms of panic"

To book a place call 020 8366 3677

**LET'S
TALK**

TALKING YOUR WAY TO
BETTER MENTAL HEALTH

NHS

ONLINE Cancer Awareness Event

Tuesday 20th July 2021 10am - 2pm



Topics covered:



- Spot cancer early - NHS screening, who is it for?
- Latest research, what do we know about Cancer Research UK
- Cancer during the pandemic
- Local support, resources & information
- Don't Tone Alone relaxation, breathing & Enerchi session

Guest Speakers:

- Hannah Newton and colleague from Wellbeing Centre **North London Hospice** and Social care support team from NLH
- Fiona from **Nightingale Support**
- Trisha from **Macmillan Support** at Royal Free Trust

To join this event copy the link into your web browser

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

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

Carers IT Lending Library 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 lend you a tablet* and teach you how to use it

We can help you
Call 020 8366 3677



* a refundable £30 deposit is required

Lockdown has been hard on everyone and especially on family carers. Do you need a break from caring? Could you use a few hours each week to recharge, sleep, enjoy your hobby, meet friends, go shopping or just enjoy some uninterrupted time?



Homecare Services From the Charity You Can Trust

Our Homecare Services include:

- Sitting Services
- Personal Care
- Companionship
- Medication Management
- Meal preparation

And much more. Talk to a member of our Homecare team about your needs.

£17.50 per hr
Weekdays
£19.50 per hr
Evenings &
Weekends

Call 0208 366 3677 or
Email homecare@enfieldcarers.org

Our professional and experienced staff are trained to work with **both adults and children. They'll focus on learning about the likes and dislikes of your loved one. Discovering what's important to them helps** us to plan activities and deliver more meaningful care.



ONLINE 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 infor-
mation 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?*

Wednesday 29th September

Time: 10am - 1:45pm

Please call to book and receive the login details

020 8366 3677

CARERS GP & HEALTH FORUM

Wednesday 15th September 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#



ONLINE Healthy Living Day **Thursday 23rd September 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

To join copy the link below into your web browser

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

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

If you need replacement care for your loved one whilst you attend our support groups, training or social events, we can provide you with free homecare services from our specialist Homecare Team or using a service you're familiar with. Call our Admin team on 0208 366 3677, explain which event you'd like to attend and ask for replacement care.

ONLINE First Aid Training

FREE 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 8th September 2021

1pm – 2:30pm

**Call to book and get the login details:
020 8366 3677**



*These sessions continue to be held online via Zoom for the time being.
We can lend you a tablet if you have wifi, but need a device to get online
Please ask when you call.*

Fortnightly Money Management Sessions

Every other Thursday from 8th July to 16th September

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

To join the session copy or type the link below into your web browser

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

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



ONLINE Benefits Advice Workshops



Disability Benefits

Wednesday 14th July 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 25th August 1pm - 2:30pm

Understanding the criteria for Means Tested Benefits
Covering: Universal Credit (UC), Council Tax Reduction and Disregards

Carers Allowance

Wednesday 15th Sept 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

Enfield Carers Centre is Beginning to Reopen its Doors!



We know that many Carers may be anxious about things opening up and are worried

about new virus strains, vaccine resistance and the health and well-being of themselves and the person they care for. Therefore, we are going to open up in stages and talk to Carers and staff along the way to find out what is working and what isn't. Below is a summary of how it will work:

Support groups From 21 June 2021

- ◆ Both online and in the Centre.
- ◆ Limited numbers to enable social distancing to take place at all times.
- ◆ Call the Centre and let us know if you would like to attend in person.
- ◆ Once we reach the maximum number of people, only online space will be available.
- ◆ Wear a mask if you're coming to the group

Please do not just turn up without booking as we will not be able to let you in and we don't want to disappoint anyone!

People joining online from home will be able to see and hear everybody at the group and the people in the Centre will be able to see everybody joining from home on a large screen, so everyone will be able to participate. **Everybody coming to the Centre will be asked to wear a mask, sanitise their hands and to have their temperature taken when they enter the building.** Social distancing rules and other safety measures will apply and you will need to wear a mask and be sat on the opposite side of the room with a member of staff who's also wearing a mask or face shield.

Carers attending events in the Centre are required to follow our one-way system which is clearly marked and comply with our safety guidelines.

Appointments in the Centre from 21 June 2021

- ◆ Our doors will remain closed to drop in's
- ◆ Limited numbers of agreed, pre-booked face-to-face appointments in the Centre are available to those unable to access services online or via the phone.
- ◆ There may be a waiting list for these appointments

Counselling Sessions from 21 June 2021

- ◆ Face-to-face, telephone or online options
- ◆ Choose the option that suits you best and tell us at your telephone pre-assessment.
- ◆ Wear a mask or face shield

Face to face appointments will be very limited as team members will only be available on certain days so we would encourage you to continue working with our Benefits, Assessment and Support staff online or over the phone wherever possible.

If you think you need a one-to-one meeting, please discuss this with the member of staff you're working with.

We will do our best to arrange things as quickly as possible. Again, We realise it's been a difficult year and a half and we've missed having Carers in the



Centre so we are really looking forward to seeing you all in a safe and practical way. We will, of course, continue to review our services, to talk to you to find out what's working and what isn't and to ensure that Carers are at the heart of everything that we do.

Welcome Back!

Carers IT Lending Library 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 lend you a tablet* and teach you how to use it

**We can help you
Call 020 8366 3677**

* a refundable £30 deposit is required

CARERS' LEGAL INFORMATION TELEPHONE APPOINTMENTS

Craig Ward from *Craybeck Law* OR

Hadley Long from *Michael Anvoner Solicitors*

FREE ten or fifteen minute phone appointments covering any of the following topics*:

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

Tuesdays: 20th July, 24th August, 28th September - 2pm-3pm

Thursdays: 29th July, 26th August, 30th September - 10am-12pm

Call **020 8366 3677** to book

*sessions are limited and subject to availability



Bereavement Group Second Tuesday of every month 11am-1pm 13 July & 10 August

Grief is a natural reaction to losing a person you care about. There's no "correct way" to grieve. Our experiences of grief are unique. Grieving can be painful. It can't be instantly fixed and it won't just disappear. However grief and heartache will lessen and there will come a time in the future where you will be able to cope better with your loss. ECC has run a therapeutic Bereavement Group for a number of years and has supported many carers during that time.

Weather permitting, the group will enjoy a face to face trip outdoors on 10 August!



If you'd like to come into the Carers Centre and join the group face-to-face call 020 8366 3677 to book a space

**Or to join the group online click: <https://us02web.zoom.us/j/9443151703>
Or call: 020 3051 2874 and enter the Meeting ID: 944 315 1703#**

From **Tuesday 14 September 2021** and each month thereafter our Bereavement Group sessions will cover the 7 stages of grief.

The Seven Stages of Grief

(14/09/21) Shock and denial	(11/01/22) The upward turn.
(12/10/21) Pain and guilt	(08/02/22) Reconstruction & work through
(09/11/21) Anger and bargaining	(08/03/22) Acceptance and hope
(14/12/21) Depression	(12/04/22) Next Steps

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

TERM TIME VIA ZOOM

Mondays 4pm – 5pm

EyPIC Chat (all ages)

Wednesdays 5pm – 6pm

**EyPIC Hub Night (all ages) /
EyPIC Chat (teenagers only)**

Fridays 4:30pm – 5pm

Yoga (all ages)

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!

EyPIC Summer Holiday Activities

Monday 26th July – Tuesday 31st August 2021

Week 1 – Outdoor Activities at Epping Forest
(Monday 26th and Thursday 29th July)

Week 2 – Photography Workshop led by Create
(Tuesday 3rd, Wednesday 4th, and Thursday 5th August)

Week 3 – Myddelton Gardens Wildlife Tour
(Wednesday 11th August)

Week 4 – Jungle Falls Adventure Golf
(Wednesday 18th August)

Week 5 – Visual Art Workshop led by Create
(Monday 23rd, Tuesday 24th & Wednesday 25th August)

Dates subject to change - contact us to book a place on any of these events



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

Time For A Break

Free Spa Experience The Old Hammam & Spa Edmonton, N9

Escape to a mini
Mediterranean experience
leaving you feeling
refreshed & energised



**2 hour use of all Spa Facilities and
a 20 minute Turkish Bath
experience**



**To register your interest
call 020 8366 3677**

MILLFIELD THEATRE

Silver Street, Edmonton, London N18 1PJ

SWING 'N' SINATRA

Wed 8th Sept at 7:30 pm

Swing 'n' Sinatra is a journey
through the decades of this
unforgettable genre, with the greatest singer
of its time!



ELVIS

Fri 17th Sept 2021 at 7:45 pm

The Spirit of Elvis in Concert
tour transports you through time from the 68
special through to the Vegas era, breathing
soul into ballads and those iconic jumpsuit
numbers that set the stage on fire!



To register interest: call 020 8366 3677

Evening Meal Aksular Restaurant

Silver St, EN1 3ED

**Thursday 29th July 2021
at 7pm**



Enjoy a relaxing evening with other carers
Call 020 8366 3677 to add your name to the waiting list

WEEKLY Carers Online Yoga

Friday 3-4pm on zoom

Come and join other Carers for some free
yoga and relaxation.

Classes are aimed at all levels

You can log in with the whole
family!

To book a place & get the log in
details: 020 8366 3677



WEEKLY Free Online Dance Sessions

Thursday 11 – 12pm on Zoom

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

Dance sessions for all ages and
abilities

Call to book **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.



Creative & Story Writing Workshops Free online for Adult Carers coming this Autumn!

Have you ever thought you might have a frustrated Author inside you just waiting to come out?
Do you enjoy writing for pleasure or relaxation?

ECC is planning a series of Writing Workshops for Adult Carers, run by the Create Arts charity starting in September/October 2021.

**8 workshops, held online using Zoom
Once a week on a Wednesday from 10:30am – 12:45pm**

To participate, carers will need to:

- Be willing and able to attend every session (although we will understand that sometimes emergencies happen for carers!)
- Be able to access online by using 'Zoom' or similar applications (contact us if you need help with the loan of a tablet)
- Be willing to complete a short evaluation form/survey afterwards so we can learn how useful the course was for carers

Priority will go to carers who have not attended previous/similar workshops through ECC

Places are limited, so if you would be interested in attending, then get in touch to register your interest by phoning **Matthew Cook** on **0208 366 3677 (choose option 3)** or email: **support@enfieldcarers.org**.

We will then be in touch nearer the time with more details and to confirm places

Do You Need a Care-Free Break?

Carefree is a charitable organisation that finds unused holiday accommodation in the UK and makes it available for carers who need a break.

We know all too well how challenging a full-time caring role can be, especially during lockdown, so a few days away with a partner or a friend can work wonders. It may seem like a small thing but it can make a huge difference. To qualify for a break using Care Free, you must be:

- Aged 21 or over
- Full-time unpaid carer (30+ hours per week)
- Have access to an email address
- Able to arrange interim care for the person you normally look after - **why not try ECC's** Homecare service (£17.50 per hr daytime or £19.50 per hr evenings/weekends)
- Able to pay for extras (£25 admin fee, transport, food, travel insurance costs etc.)

Carers can find out more and sign up themselves at: www.carefreespace.org

(Registered charity number 1176459).

Or contact Enfield Carers Centre and ask to speak to Matt or Shammy for more information.



Free Carers Online Cookery Club



4th Thursday of every month 4:30-6pm starting 24 June 2021

Greenwich Community Development Agency are pleased to offer easy, quick and tasty on-line Cookery Club sessions especially for carers as part of the ADASS Caring for The Carers Programme. **Cook-a-long with us and create a tasty meal from scratch or, if you prefer just to watch, that's fine too.**

Copy link into your web browser to sign up

<https://www.eventbrite.com/e/carers-community-cook-a-long-sessions-tickets-159507564419>

Everyone is welcome, from complete beginners to experienced cooks

As well as new recipes you can learn:

- more about the Eat Well Guide
- what the 5-a-day message really means
- how small changes in the way you prepare foods can make them healthy
- how much fat, salt and sugar is too much?

For more information contact Fay Livingstone on 020 8269 4886 or fayl@gcda.org.uk

**Membership
Now FREE to
Retired/semi
retired unpaid
carers!**

THE JOY CLUB

**Free access to online activity club
for Carers over 65**

The Joy Club is a membership website that provides inspiration for a more joyful retirement, and it's just made Premium membership free - for life - for retired and semi-retired unpaid carers.

- Enjoy unlimited free access to online member events every weekday;
- Join a vibrant member community;
- Unlock inspiring content (delivered weekly to your inbox);
- Explore money-making and volunteering opportunities;
- Activate great discounts on food and drink, eco-friendly products, family days out, tours and much more.

Visit www.thejoyclub.com to find out more about the club.



Stepping Out



STEPPING OUT in NATURE WALK in association with NHS Social Prescribing Hertfordshire
STEPPING OUT offer scenic, sociable, rejuvenating walks at venues throughout Hertfordshire

All walks are **FREE OF CHARGE** with lunch included - a choice of walks for all capabilities
Carers are welcome to bring the person they care for

Transport is available where possible

For more information on walk dates email hallosteppingout@gmail.com or phone Sue 07836 283566 / Ali 07739 361061

In September 2021 there is a planned visit to **Forty Hall Manor House**

To register your interest for the Forty Hall walk please call 020 8366 3677

CARERS VOICES PAGE

This is *your* page...

Please send in your letters, share your news, tips, ideas and use this page to express yourself.

ECC AUCTION

Want to get fit? Prefer not to use public transport? ECC has been donated a nearly new adult mountain bike which is now up for auction. Funds will go towards supporting young carers.

Starting bid is £45

Call ECC to make a reasonable bid
0208 366 3677



Auction ends: 16 August 2021

EASY RECIPE:

5 minute Lemonade

Ingredients

Makes: 1 Litre

- 200ml freshly squeezed lemon juice (about 6 lemons)
- 50g caster sugar
- 800ml water



In a large jug stir together lemon juice and sugar with a wooden spoon, until sugar has dissolved. Pour in water and mix. Enjoy chilled or over ice.

Contributed by Jan P

WORDSEARCH

E	U	T	G	H	E	L	P	A	E	U	R	Z	E	N
H	M	B	Y	C	K	I	D	L	O	E	L	J	E	D
E	O	U	B	A	F	V	X	N	R	G	A	O	N	L
H	A	M	E	Q	I	D	V	A	K	E	U	M	F	K
K	K	R	E	C	X	L	C	V	X	D	J	A	I	D
Y	B	O	E	C	Y	T	I	R	A	H	C	E	E	L
Z	R	V	X	G	A	M	F	J	L	T	W	T	L	O
I	U	P	C	W	N	R	B	R	Q	B	X	V	D	V
N	X	X	A	W	G	U	E	K	F	R	G	U	O	W
K	D	H	R	S	O	N	O	X	O	Q	T	G	R	R
T	I	F	E	N	E	B	I	Y	O	L	J	T	W	Q
G	G	Q	S	U	Q	Y	I	R	Y	Y	D	I	A	S
H	E	R	O	E	S	M	U	R	A	B	H	G	M	V
P	N	V	S	T	S	Y	R	D	O	C	J	T	I	V
S	M	Z	D	S	N	Z	X	U	F	H	O	P	F	Q

Words can go in any direction.

Words can share letters as they cross over each other

ADVICE	BENEFIT	BREAK
CARER	CARING	CHARITY
ENFIELD	HELP	HEROES
HOMECARE	OLD	TEAM
YOUNG		

Incontinence Pads



FREE supplies on offer

We have a small stock of Incontinence Pads for free distribution

If you're interested and to arrange collection

call ECC on
020 8366 3677

Stock is limited, so when it's gone, it's gone

CARER SUPPORT GROUPS

If you'd like to book a face-to-face place call 020 8366 3677

To join the group online click: <https://us02web.zoom.us/j/9443151703>
Or call: 020 3051 2874 and enter the Meeting ID: 944 315 1703#

Event	Date
<p>CARE HOMES NETWORK 6pm - 7:30pm Thursday</p>	<p>Do you have a family member in residential or nursing home? Are you caring for someone who might need think about living in a home in the future? Join our network to learn more. 15th July, 16th September</p>
<p>DAYTIME CARERS CHAT 11am - 12pm 1st Monday & 3rd Friday each month</p>	<p>Are you new to caring, or new to the Carers Centre? Find out about our services & speak to our staff. 5th July, 16th July 2nd August, 20th August 6th September, 17th September</p>
<p>DEMENTIA CARERS SUPPORT GROUP 2pm - 3:30pm 3rd Thursday each month</p>	<p>If you're caring for someone with dementia, we're here to support you. 15th July - Memory Lane Club, Arnos Grove 19th August - Speaker from Arts4Dementia 16th September - Speaker from Age UK Enfield</p>
<p>EVENING/WORKING CARERS CHAT 6pm - 7:30pm</p>	<p>Find out about our services, chat to staff and other carers. We're here to help. Thursday 30th September</p>
<p>EVENING MENTAL HEALTH CARERS SUPPORT GROUP Tuesdays 6:30pm - 7:45pm</p>	<p>Speak to members of the Mental Health Trust Crisis & Home Treatment Team. Share tips and strategies that help you care for your loved one. 27th July, 24th August, 28th September</p>
<p>DAYTIME MENTAL HEALTH CARERS SUPPORT GROUP Last Monday each month 11am - 12:30pm</p>	<p>26th July - 'Voiceability' NHS Complaints Advocacy Services 31st August (Tues) - Tanya Davis. Have your say about the Mental Health Trust new Carers Strategy 27th September - Topic: Planning for the Future</p>
<p>MULTIPLE SCLEROSIS CARERS SUPPORT GROUP 3pm - 4pm 3rd Friday bi-monthly</p>	<p>Held in partnership with The Shane Project. All MS carers welcome. 16th July - Planning for the Future 17th September - Speaker TBC</p>
<p>LEARNING DIFFICULTIES & AUTISM CARERS GROUP 10am - 11:30am 1st Friday bi monthly</p>	<p>Learning difficulties & Autism Spectrum Disorder (ASD). Meet other carers in similar situations. 2nd July - Trevor Uys - Service Manager from Integrated Learning Disability 3rd Sept - Charmain Bucho - Coach from 'Auternative Coaching'</p>