



Carers' Voice

Oct - Dec 2021



Enfield Carers Centre

Empowering Carers

A Network Partner of

CARERS TRUST

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.

Our EyPIC young carers had a great time over the summer holidays with our staff team. It was great to see some familiar faces and meet some new ones!

In July, they went to Epping Forest and took part in activities led by Kate from the City of London Open Spaces Department.



Young Carers had an EyPIC Summer!



Orienteering, (using maps) they explored the forest, created some spectacular shelters, learnt how to light a fire, and heated up our own hot chocolate!

A fabulous 3-day photography workshop led by Rachel from "Create" in August got young carers involved in a visual art project exploring experimental photography and image making to document the environment and surroundings at Enfield Town Park. They collected natural materials for inspiration and used processes such as cyanotype photography, drawing and collage. Photos and visual artworks were compiled in a handmade

artist book and shared with young carers' families after the workshop.

On Wednesday 11th August, keen and very knowledgeable volunteer Jo from Myddelton House Gardens, (Lee Valley Regional Park Authority) gave young carers a brilliant tour. They discovered the history of Myddelton House, found some incredible recycled items (some from

Enfield Town Market-place and Tower Bridge), found out more about the plants and creatures that live there as well as some HUGE sunflowers and completed a nature scavenger hunt.

Young carers also enjoyed creative craft activities led by the talented Kerrie from "Boho Flo". They created some beautiful dangling ornaments!

Given the recent covid lockdowns, it was really good to be able to see people face to face again and enjoy the summer sun.



Free courses for Dementia Carers

The courses aren't a test – there is no grading or time limit. They are a self-help tool designed to keep you well in your role as an unpaid carer. The course bundle includes interactive quizzes, videos, downloads and worksheets, for you to take at your own pace, whether it's for 5 minutes daily, or for an hour once a week. Learn more about Dementia and how to manage their care plus get plenty of hints and tips on how to acknowledge, rethink and balance the ways in which caring affects your life.

ECC have been given a limited number of licenses for carers to access the courses

Please call Enfield Carers on **020 8366 3677**
to register your interest



Meet Our “TRANSITIONS” Team

Our Transitions Project has been running for 10 years - first under Crossroads Carers Trust and then under Enfield Carers Centre since last year. The project originally had a focus on the Transition to Adulthood for children and young people with special education needs, moving from Children's services to Adult services - ideally this transition being planned from at least the age of 14 and often continuing up to the age of 25.

Our work supporting Carers with these various transitions is very varied. It may be supporting Carers to access appropriate Direct Payments and support packages for their young person either with Children's Services at Cheviots or with Adult Services at the Integrated Learning Disability Service.

There are many forms of transition for children and young people with disabilities or special needs. For example, it may be moving from one school to another, the transition from secondary school to College, from College to a Day Centre or to work training and supported employment; also perhaps into supported living where appropriate and desired.

Much of our work involves negotiations with schools/colleges and the SEN team at Enfield Local Authority, supporting Carers to achieve the most appropriate placement for their young person. We provide Advocacy and support at social care

reviews of Support Plans; or the review of Education Health Care Plans with the SEN department.

Before COVID hit, we held very well attended Transition Support meetings (coffee mornings with cake and biscuits!) and we are now restarting these groups, restrictions allowing, as this provides a valuable space for Carers to share their experiences and to support (and learn from) each other – we were often told how helpful it is for Carers of young people to hear from others in similar situations.

Our next Coffee Morning will be held at Enfield Carers Centre on 2nd Nov 2021, 10am –12pm; we can have up to 5 carers attend face to face, others can join in via Zoom; please call to book 020 8366 3677
<https://bit.ly/ecc-group>

Whilst we have managed to continue very well with our service through phone calls, emails and virtual meetings during lockdowns restrictions, we look forward to being able to return to home visits to families. We know these were always very much appreciated and were an important part of our service and helped us to gain a deeper understanding of a young person and their family's needs during stressful transition stages. In the meantime though, we are still very much available and ready to support in any way we can.

**For more information
please call
020 8366 3677 option 2**



Kevin

Lorraine



KNOW YOUR RIGHTS

Thursday 25th November 2021
ONLINE EVENT 10:00am — 12.45pm

11.00am-11.30am ECC Annual General Meeting

You are invited to join us online as we celebrate our AGM and Carers Rights Day. Enfield Carers Centre wants to help Carers understand what they are entitled to in terms of rights to involvement in care planning, hospital discharge, carers assessments, benefits entitlements, pension credit etc.

**Emergency/
Contingency
Planning**

**Disability Related
Expenditure**



**Involving Carers in
Hospital Discharge
planning**



**Financial
Assistance
& Govt.
Benefits**

Carers Assessments

Social Care Contributions

Register your space on Eventbrite. Copy the link into your browser

www.bit.ly/ecc-agm

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If you would like help or advice on how to join our Carers Rights Day Event or any of our other online activities please call: **0208 366 3677** for more information on how we can help or see page 6

Helpline for Carers from Enfield Council



Work is currently underway at Enfield Council to develop a free Telephone Assistance Programme for unpaid Carers. This free service is set to launch in October/November 2021 and will provide access to confidential, expert advice, invaluable information, specialist counselling and support including:

- Telephone counselling - up to 6 sessions including assessment
- Life management advice - legal, debt, personal or family issues
- Up to 3 sessions of life management advice telephone calls
- 24/7 Freephone Helpline Access - advice, info, signposting to specialist help
- Unlimited access to the Assistance Programme website

We'll hopefully have more information from the Council very soon about how to access and use this service and will explain more at our Carers Rights Day event on 25th November (see page 3). Keep an eye out on our website www.enfieldcarers.org or Follow us on Facebook and Twitter for updates

https://twitter.com/enfield_carers  <https://www.facebook.com/EnfieldCarers> 

Did you know ?



You can now use the NHS Coordinate My Care (CMC) to create an urgent care plan for the person you are looking after, together with their doctor or nurse. It includes important information about their illness, how and where they'd like to be cared for and people to contact in an emergency.

What is CMC?

Coordinate My Care puts the patient at the heart of planning your urgent medical care: by making sure that their wishes are taken into account by everyone who will be looking after them. You create a CMC urgent care plan, together with a doctor or nurse. It includes important information about someone's illness, how and where they'd like to be cared for and people to contact in an emergency.

The information is then shared with all the health professionals who might be involved in treating them, such as 111, the out of hours GP, the ambulance paramedics and the doctors and nurses in the Emergency Department. So everyone knows what their diagnosis is, what they need, what they want, what their clinical team recommends, and in an urgent or emergency situation, everyone can take it into account.

How do I get started to create my CMC care plan for the person I am looking after or for myself?

The easiest way to create a CMC plan is online: go to www.coordinatemycare.co.uk then click on the myCMC tab. You'll need to input some personal information about each person whom the care plan is for, their care preferences and then their doctor or nurse will add the medical information needed.

You can complete the CMC all in one go, or in stages (your log-in details will remain active for a 28 day period, so they'll keep what you put in, and you can come back and pick up where you left off during that time period). You can do it on your own or with family and friends, in your own home, and in your own time. And you'll find helpful videos on the site to guide you through the process.

Please see the Patient information visit: https://www.coordinatemycare.co.uk/wp-content/uploads/2018/12/cmc_patient_flyer_nov-2018.pdf for a step by step guide.

Always make sure you obtain consent from the person whose medical information you share.



VOLUNTEER VACANCIES



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

We want to recruit 4 new volunteer Carers Ambassadors to join a 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 carers of people with mental ill health, frailty, 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

****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.

Enfield Carers Centre will help you understand your role, prepare for meetings and events. In return, you'll get:

- 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.

Looking for a Rewarding Volunteering Opportunity?

We're looking for people who are just as passionate about Carers as we are and willing and able to support us in delivering some of our vital services. As a volunteer you'll be expected to give at least 2 hours of your time each week actively engaging in activities.

Our EyPIC Young Carers Project is looking for Tutors and Playworkers. Tutors help with all National Curriculum subjects including Maths and English, so retired teachers, teaching assistants or students are ideal. Our playworkers assist with supervising all indoor and outdoor activities for 5-18 yr olds, so if you are looking for a peaceful volunteering role, this one is not for you!

Our GP and Hospital Outreach Project is looking for confident, articulate people to attend GP surgeries, hospitals, and other healthcare settings to publicise ECC services and activities. This will include restocking ECC publicity materials, raising the profile of ECC by talking to staff and patients and occasionally helping at internal and external ECC events.

Full training and DBS checks will be carried out as will reference checks. If you are interested in any of these roles, please contact **Lia Fletcher** by calling 0208 366 3677 or emailing Lia at servicedevelopment@enfieldcarers.org

Did you Know?

Enfield Carers Centre can help you to join our Support, Training & Social Events

Carers IT Lending Library

If you would like to join our support groups and/or training sessions without coming into the Centre, but you don't have or can't afford a computer, laptop or tablet, we can lend you a tablet* and our friendly volunteer will teach you how to use it free of charge. You can also use our tablet to keep in touch with your family or friends.** If you already have a device but need help call us.



***a refundable £30 deposit is required**

****you will need your own broadband / data to connect**

Replacement Care

If you need replacement care for your loved one whilst you attend our events, we can provide you with free homecare services from our specialist Homecare Team or using a service you're familiar with.

Transport

If you require transport to get to and from a venue for one of our events, because you have your own mobility problems, we can help.



Call our Admin team on 020 8366 3677, explain which event you'd like to attend and ask for more information. We're here to help.



NOVUS HOMESHARE

Our journey, together!

Novus Homeshare matches people who want help or support around the house with people who need accommodation and are willing to help. Our service helps people from all walks of life in need of an extra helping hand at home in London (and surrounding areas), for a reasonable fee. This programme is suitable for anyone with a spare room and needs help with daily tasks or companionship to reduce isolation.



Benefits of Homeshare

- Improvement in Householder Wellbeing
- Companionship and Reducing Loneliness
- Support Around the Home



Homesharers

- Are you looking for affordable, low-cost accommodation?
- Are you caring and helpful?
- Can you offer up to 10 hours of your time each week?



Householders

- Do you have a spare room in your house?
- Are you looking for affordable help, companionship or the reassuring presence of someone else around the home?

If you want to know more or want to make an application, please visit our website or call!

T: 03300 882225

E: admin.novus@novus-homeshare.org.uk

www.novus-homeshare.org.uk



NEWS UPDATE:

Vaccinations for Health and Social Care Workers

On 4th August 2021 the Department of Health & Social Care issued a paper: “Coronavirus (COVID-19) vaccination of people working or deployed in care homes: operational guidance”

This states that from 11th November 2021 all Care Home Workers, and anyone entering a Care Home, will need to be fully vaccinated unless they're exempt under the regulations.

Congratulations! £25 ARGOS VOUCHER WINNER



We are pleased to announce that **Sylvia Littardi** is the lucky winner to receive a £25 Argos voucher in our quarterly Carers Assessment Team Draw.

CARERS WELLBEING WORKSHOPS

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

run by Enfield’s Improving Access to Psychological Therapies Team

Thursday 14th October – When your worries get in the way

“Practical tips on managing our worries”

Thursday 11th November – Problem solving “Strategies to solve

everyday problems”

Thursday 9th December – Relaxation “Relaxation exercises to help

you relax for the festive period”

To book a place call 020 8366 3677



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
www.enfieldhomecare.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 information for carers Testing in Enfield

Skin care and prevention of

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 10th November 2021

Time: 10am - 1pm

Call 020 8366 3677 if you'd like to attend face-to-face or to join online copy the link into your web browser <https://bit.ly/ecc-group>
Or call: 020 3051 2874 enter the Meeting ID: 944 315 1703#

Bring and Share Coffee Mornings

Join other carers either in person at the Centre or via Zoom for a chat. Make friends and enjoy some cake. We have 5 face-to-face spaces available at the Centre so please call to book your place. Once those spaces are full, you can still join in via zoom from the comfort of your home.



Third Tuesday of Every Month 11:00 - 12.30pm

19th October * 16th November * 21st December

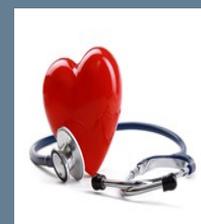
Call 020 8366 3677 for a face-to-face space,

Join by phone on: 020 3051 2874 enter the Meeting ID: 944 315 1703#

Or join by Zoom: click <https://bit.ly/ecc-group>

CARERS GP & HEALTH FORUM Wednesday 15th December 11am– 1pm

- General Update & COVID-19
- General discussion on GP's & Healthcare queries
- Coordinate My Care - how does it work? What are the benefits?
- Talking Therapies



To attend the Forum face-to-face Call 0208 366 3677 :

To join by Zoom Click: <https://bit.ly/ecc-group>

Join by phone call: 020 3051 2874 enter Meeting ID: 944 315 1703#



ONLINE Healthy Living Day **Thursday 2nd December 2021** **Time: 10am - 1:30pm**

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

**If you'd like to join the Group face-to-face
please call 020 8366 3677 to book a space**

To join the group online via zoom click: <https://bit.ly/ecc-group>

To join by phone call: 020 3051 2874 & enter Meeting ID: 944 315 1703#

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 December 2021

11:15 am – 12:45 pm

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



MONEY MATTERS

****Covid-19 support schemes end on 30th September 2021****

On 30th September, the Covid-19 support schemes - including furlough, the Covid Local Grants Scheme, the £20 uplift to Universal Credit, and the eviction ban - ended, leaving millions of people on the cliff edge of financial crisis.

Although Covid support schemes had to end at some point, the reality is many people are still struggling and are now at risk of being plunged into poverty. Across the UK, one in every six people are worried about losing their job and 1 in 10 are worried about losing their home.

Join Marion's Fortnightly Money Management sessions for tips on maximising the money you have. See below for more details.

"Losing £20 a week from my Universal Credit payment makes staying on top of my bills, food costs & keeping a roof over my head impossible" Chris T

SORRY - NO FACE TO FACE SESSIONS UNTIL FURTHER NOTICE

ONLINE Benefits Advice



Disability Benefits

Wednesday 20th Oct 1:00 - 2:00pm

Understanding the criteria for Disability Benefits

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

Means Tested Benefits

Wednesday 17th Nov 1:00 - 2:00pm

Understanding the criteria for Means Tested Benefits

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

Carers Allowance

Wednesday 15th Dec 1:00 - 2:00pm

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

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

<https://bit.ly/ecc-group>

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

ONLINE Fortnightly Money Management Sessions

Every other Thursday from 7th October - 16 December 11.00am – 12.00pm

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://bit.ly/ecc-group>

Or call: 020 3051 2874 enter the

Meeting ID: 944 315 1703#



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 Contract Agreement Matters

Tues 26th October, Wed 24th November, Tues 21st December - 2pm-3pm

Thursdays: 28th October, 2nd December, 23rd December - 10am-12pm

Call 020 8366 3677 to book

*sessions are limited and subject to availability

Bereavement Group

Second Tuesday of every month 11am-1pm

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 run a therapeutic Bereavement Group and has supported many carers over many years



If you'd like to join the Group either face-to-face or via a Zoom

Please call 020 8366 3677 to book a space

Or to join the group online click: <https://bit.ly/ecc-group>

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 |

Don't put it off - get the flu jab now

**STAYWELL
THISWINTER**



Cheryl Sowell, Nurse



Would You like Help to Get Back Into Work 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 Carers Trust and delivered by a network of 24 Carers Centres.

Together we help carers pursue employment goals through confidence building, skills development, help with job search, volunteering and training opportunities as well as helping with CV and interview techniques.



Please call **020 8366 3677** or email **info@enfieldcarers.org** to register your interest

Carefree

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 & sign up themselves at: www.carefreespace.org (Registered charity no 1176459)

Or contact Enfield Carers Centre on 020 8366 3677 and ask to speak to Shammy for more information.

Time For A Break

THE ART TOWN

29-30 The Town, Church Street , EN2 6LU

Carers' Night Out!!

At last! Enjoy an evening out with other carers. Enjoy Live Music and a **Free** 2-course meal



Friday 17th December
7:00PM

To register your
interest

call 020 8366 3677

One carer place per family

FANCY A DANCE?

Our online Dance sessions are moving to the evenings

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

From Monday 4th October

Every Monday 6 - 7pm
on Zoom

Dance sessions for all ages and abilities

Call to book 020 8366 3677



IT'S
FREE

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



EMERGENCY OVERNIGHT REPLACEMENT CARE

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.



Call us 10am-4pm Monday - Friday on **020 8366 3677**
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
Numbers at Face to Face activities may be limited to keep everyone safe



EyPIC Hubs (Term Time)



Face-to-Face 5:30-7:30pm

8th & 22nd September
6th & 20th October
3rd & 17th November
1st & 15th December

On Zoom 5:00-6:00pm

15th & 29th September
13th October
10th & 24th November
8th December



There will be variety of activities,
including:
Therapy dog hub; Christmas Crafts;
Christmas Party



NEW!

On Zoom in term time: **The Kindness Club**
Fridays 4:30pm – 5pm

HOMEWORK CLUB

Homework Club takes place during term time (all ages)

Tuesdays 4:00pm - 5:00pm Face-to-face

A chance for Young Carers to use computers to complete their work in a quiet space.

Thursday 4:00pm - 5:30pm on Zoom

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 and space is limited!



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



Enfield Carers Centre
Empowering Carers

Christmas Appeal



Presents for Young Carers

We are asking for donations of NEW, unwrapped gifts or toys for young carers aged 5 -18 who may not otherwise receive a gift.



These will be given out to Young Carers across the borough before Christmas.



Many Young Carers will be facing a cold, hungry Christmas with little or no gifts coming their way. You can help to change that!

If you would like to help, the next time you are in a supermarket, Argos or a toy store, please pick up something small and drop it to the centre **between 15th - 30th November.**

There are staff in the centre Monday – Friday 9:00am – 5:00pm.



Just press the buzzer and we will come to the door. If you have gifts that need collecting, please call: 020 8366 3677.



You can help to bring a smile to a Young Carer's Face this Christmas!

Thank you for your support!





Winston's Wish is a National Charity that supports bereaved children and young people after the death of a significant person

We can't change what has happened, but this charity can help children understand their emotions and provide a safe place for them to grieve. Over time, they help them to make sense of what's happened and learn to live with their loss.

Winston's Wish offers a wide range of practical support and guidance to bereaved children, their families and professionals via a Freephone Helpline, online support, a crisis messenger text service, individual and group support, publications and training.

Winston's Wish supports all children (including pre-school age) and young people up to the age of 25 when someone is seriously ill or when grieving for someone important to them.

The Charity is a specialist provider of support for children bereaved through suicide and for children with special educational needs or disabilities.



A Practitioner will be allocated within five working days of a referral

For immediate support and advice

FREEPHONE HELPLINE 08088 020 021 (Monday - Friday, 9am – 5pm)

CRISIS MESSENGER Free and confidential support in a crisis 24 hours a day.

Text WW to 85258

EMAIL SUPPORT Anyone can email seeking advice or to ask a question on ask@winstonswish.org and receive get a response within 48 hours

ONLINE CHAT Anonymous online one-to-one bereavement support for children, young people, and those who care for them. Visit www.winstonswish.org and/or www.help2makesense.org

Speak another language?

Let us know and we can provide an interpreter for our events or appointments (subject to availability)



CARERS VOICE PAGE

EASY Pumpkin Soup Recipe



METHOD

Place peeled pumpkin, onion, garlic, stock and water into a pot
 Boil rapidly for 15 minutes until pumpkin is very tender;
 Use a stick blender or transfer to blender to blitz smooth
 Add salt and pepper to taste, then add milk or cream
 (for an additional kick add turmeric or ginger)



Incontinence Pads



FREE supplies on offer

We have a small stock of Incontinence Pads

If you're interested and want to arrange collection

call ECC on

020 8366 3677

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

Remembrance

In remembrance of Peter Armstrong who was dedicated to looking after his wife Eileen.

The family held a memorial party in Jubilee Park to celebrate his life and have now installed a park bench in memory of their dad near the basketball court.

Our condolences to all the family.



SUDOKU

			6		7			
	8	7	4			5		
	7		8					
2				3		6	4	
	4				9		3	1
	5		3			2		
			9					
	1	7				5		

(Answers on back page)

This is your page.
 Let us know what you would like to see more of.
 Call 020 8366 3677

CARER SUPPORT GROUPS

To join zoom groups online click: <https://bit.ly/ecc-group>
Or call: **020 3051 2874** and enter the Meeting ID: **944 315 1703#**

Our doors are open (for pre-booked sessions)

Groups are now 'mixed' participation – online (Zoom) or you can come into the Centre.

If you'd like to book a face-to-face place you must call 020 8366 3677 to confirm a space.

Everyone coming to the Centre must wear a **mask**, sanitise their **hands** and have their temperature taken when they enter the building. **Social distancing rules** and other safety measures apply.



Welcome Back!

Event	Date
CARE HOMES NETWORK 10.30—11.30 FRIDAY	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 session to learn more. 12th November, 28th January 2022
DAYTIME CARERS CHAT 11am - 12pm 1st Monday & 3rd Friday each month	Are you new to caring, or new to the Carers Centre? Find out about our services & speak to our staff. 4th October, 15th October 1st November, 19th November 6th December, 17th December
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. 21st October, 18th November, 16th December
EVENING/WORKING CARERS CHAT 6pm - 7:30pm	Find out about our services, chat to staff and other carers. We're here to help. Thursday 16th December
EVENING MENTAL HEALTH CARERS SUPPORT GROUP 6:30pm - 7:45pm Tuesdays	Speak to members of the Mental Health Trust Crisis & Home Treatment Team. Share tips and strategies that help you care for your loved one. 26th October, 23rd November, 21st December
DAYTIME MENTAL HEALTH CARERS SUPPORT GROUP 11am - 12:30pm (Last Mon of month)	Meet other carers supporting a loved one with mental ill health 25th October, 29th November, 20th December
MULTIPLE SCLEROSIS CARERS SUPPORT GROUP 3pm - 4pm (3rd Friday bi-monthly)	Held in partnership with The Shane Project. All MS carers welcome. 19th November, 21st January 2022
LEARNING DIFFICULTIES & AUTISM CARERS GROUP 10am - 11:30am (1st Friday bi monthly)	Learning difficulties & Autism Spectrum Disorder (ASD). Meet other carers in similar situations. 5th November, 7th January 2022
Transitions Coffee Morning 10am to 12pm	2nd November 2021 Meet our Transitions Advocates Kevin & Lorraine



CHRISTMAS CLOSING & OPENING

Enfield Carers Centre will be
closing at 5pm on
Thursday 23rd December 2021
We will reopen on:
Wednesday 5th January 2022
at 9:00am



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



SUDOKU Answers

5	3	9	1	6	8	4	7	2
1	6	8	7	4	2	3	5	9
7	2	4	9	5	3	8	1	6
6	7	3	8	1	4	9	2	5
2	9	1	5	3	7	6	4	8
8	4	5	6	2	9	7	3	1
9	5	6	3	7	1	2	8	4
3	8	2	4	9	5	1	6	7
4	1	7	2	8	6	5	9	3