

Carers' Voice

July - September 2022

ECC Phone Lines are now open from

10.00am-4.00pm Monday to Friday from July 2022



Enfield Carers Centre

Empowering Carers

Enfield Carers Centre

Britannia House,

137-143 Baker St

Enfield EN1 3JL

T: 020 8366 3677 10am-4pm

E: info@enfieldcarers.org

www.enfieldcarers.org

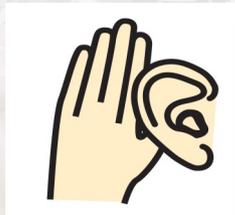
Charity No: 1140089

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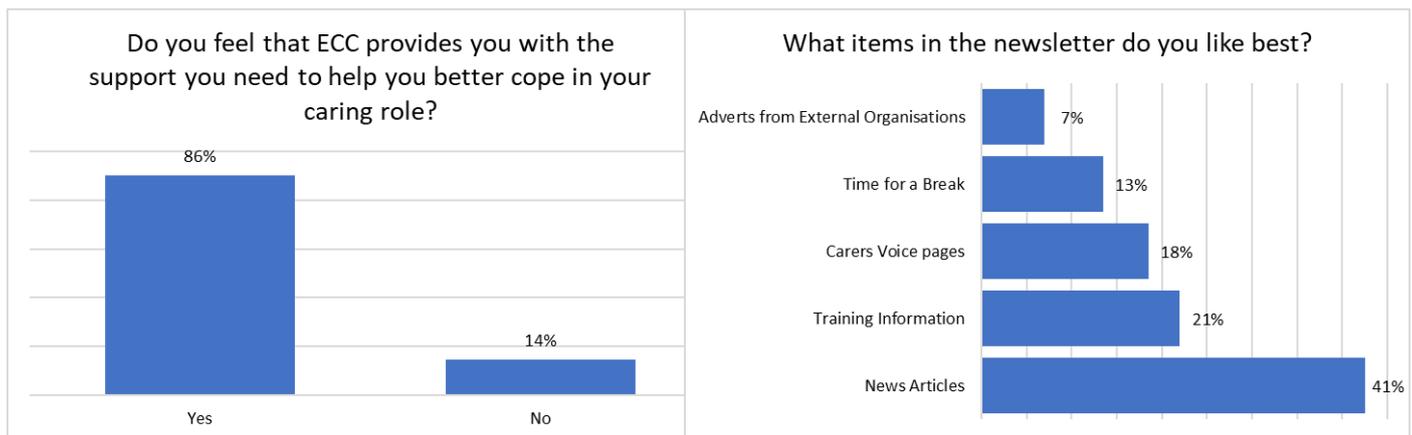
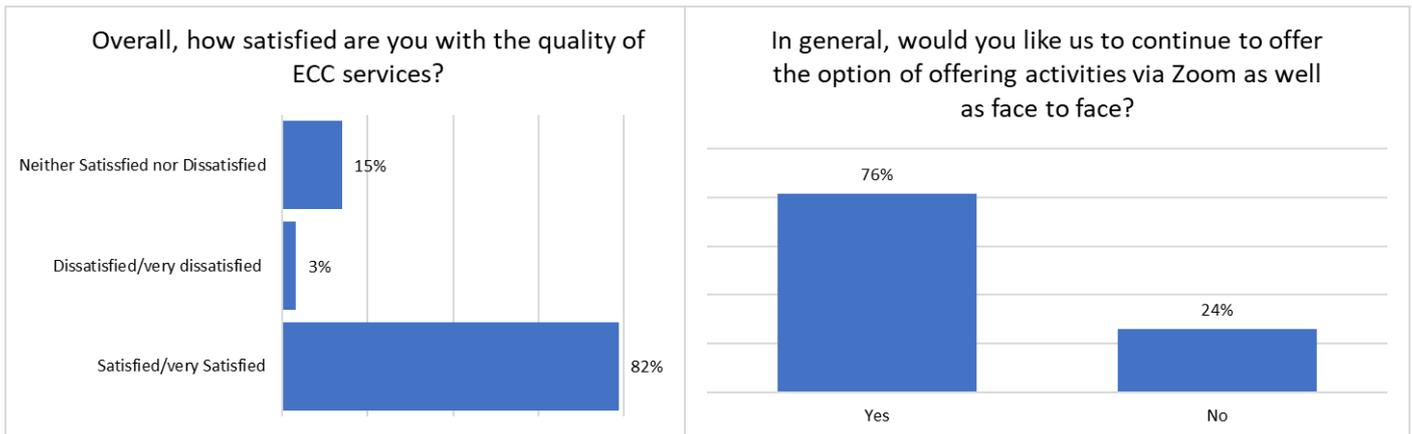
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ECC CARERS SURVEY - 2021/22

Thank you to the 309 Carers who responded to this year's Annual Carers survey, a snapshot of which is provided below. Although not as many responses as in the previous year, the feedback is both valued and essential in establishing the shape of services the Centre offers Carers both now and in the future. So please continue providing us with your comments, suggestions and also let us know where you think we can improve. Remember, we are here for you, so your voice matters.



Congratulations to lucky winner *Penny C* who following return of her annual survey was chosen at random to receive a £50 shopping voucher.

Carers Ambassadors

Enfield Council and Enfield Carers Centre are pleased to introduce our new and diverse team of Carers Ambassadors. **Using their experience of providing care, working, and volunteering, they hope to support and contribute to the improvement of services for other carers.**

The Ambassadors will be reaching out to registered and unregistered carers throughout the borough to signpost them to essential services which can support and relieve carers. They are keen to offer open surgeries where carers can meet them and get informal support and signposting. Watch this space for future dates.



Laurentine Goulei is a full-time Carer and parent whose son is on the autistic spectrum, has ADHD as well as learning difficulties.

Laurentine will be drawing up on her experience and familiarity with navigating services, including council services, mainstream schools, special schools and hospitals.



Lilian Ogonna is a parent Carer who has been caring for her son with global developmental delay and severe learning difficulties. She will be

bringing in her experience on adapting to life changes as a full-time carer. In addition, she will be supporting other carers with handling other services such as schools, hospitals and any other specialists that may be involved.



Nuray Kumbarji has been a Carers Ambassador for the past 3 years and has a wealth of experience caring for her adult daughter who has autism. She has

navigated council services for disabled children and transitioned into adult social services. She has had plenty of experience dealing with hospitals and GPs. Nuray also has a very keen interest in Enfield's elderly community and has been supporting Enfield Carers Centre by delivering training to NHS

staff, on the role of carers and the importance of two-way communication with hospital staff in relation to the cared-for person.



Alper Salih has personal caring experience as a Carer of people with mental health difficulties. He has navigated through Adult Social Care, Mental Health Trust and NHS services. Alper also has a keen interest in Diabetes and Post Traumatic Stress Disorder (PTSD).



Peter Saunders has been caring for someone with an episodic mental health disorder for the last 12 years and has had experience of dealing with

Mental Health Home-Treatment and Crisis Teams, the Police, hospitals, Barnet Enfield & Haringey Mental Health Trust and local MPs.



OUTGOING AMBASSADOR

Peter Saunders has just retired from his Carers Ambassador role (which he took on before the pandemic). Enfield Carers

Centre would like to express our thanks to Peter for volunteering for many years whilst also caring for his wife who had Parkinson's Disease until she sadly died last year.

We're delighted to welcome new staff members to our Enfield Carers Centre Team



Nadine Watts has joined the Administration/Reception team.

She worked as an Events & Administration Manager at a local golf club and worked for a children's charity prior to that. She has an interest in adult social care and mental health. Nadine has a child with special needs so has personal experience of being a carer.

Shona Burke has joined the Administration Team. After several years as an accountant, she is excited to work more directly with people, make a difference locally and join a team that she has seen accomplish much good in her local area.



Emine Guzelay joined the admin/front desk team in February 2022. Em has worked for ECC in a marketing and PA role previously and is now looking forward to welcoming Carers back into the Centre on our front desk

Kerriane Colling

Kerriane joined ECC's homecare Team in June 2022.

She comes to us with a wealth of experience and knowledge and looks

forward to providing an excellent service to our clients .



Stephanie Williams has joined the Centre's Carers Assessment team, she has a keen interest in Public Health & Social Work and a history of working for the NHS. Stephanie was born and raised in Enfield and still lives locally and obtained her public health and health promotion degree with honours in 2020.



Do you Have a Couple of Hours Per Week to Volunteer with Us?

We are looking for volunteers from all walks of life to help us to deliver our Health Buddy Service to Carers.

- ◆ Full training given
- ◆ Expenses covered
- ◆ Fulfilling and rewarding work
- ◆ References after three months service
- ◆ Free DBS check
- ◆ Flexible hours, set by you
- ◆ Minimum commitment only two hours per week

You will work under the guidance of our Carers Wellbeing Officer, providing one-to-one support in the community or at the Carers Centre to clients who need help to achieve some simple health goals.

Call 020 8366 3677 or email Becky on ican@enfieldcarers.org for more information.



We're also looking for Volunteers with Admin/Office skills.

Can you spare a couple of hours each week to help us?

Email: info@enfieldcarers.org

HEALTH & WELLBEING NEWS & EVENTS

Stop Smoking Awareness Workshop

Thursday 28th July from 10:30am - 12:00 noon

Stopping smoking is one of the best things you will ever do for your health.

When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately.

It's never too late to quit. Let's do this!



The content of the workshop looks at:

- Risks of Smoking
- Science of Quitting



If you would like to quit smoking and find out more on how to do this, join our

Stop Smoking Awareness Workshop which is being hosted by **Nicholas Kiddy, Stop Smoking Consultant & Behavioural Advisor** working with Enfield Council.

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

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

A LIMITED NUMBER OF FACE TO FACE SPACES ARE AVAILABLE.

If you want to attend in person call: 020 8366 3677 or email: info@enfieldcarers.org to book

CARERS GP & HEALTH FORUM Wednesday 21st September 11am - 1pm

- GP News Updates
- Patient Participation Groups - How to play an active part in your local surgery
- Local Hospital Updates
- NHS-North Central London News
- Covid & Vaccination News
- Out-of-Hours Health Services



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

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

Call 0208 366 3677 to book if you want to attend in person

Would you and your family like help and support to live a healthier lifestyle?

We Can Help!



Enfield Carers Centre are proud partners in the 'Enfield Wellbeing Network', a new service designed to help Enfield residents avoid and manage poor health.

The Enfield Wellbeing Network is a partnership of voluntary and community organisations including : Age UK Enfield, Enfield Carers Centre and Mind in Enfield, who have come together to help local people to boost their health and wellbeing.

A high number of adult residents are living with long-term health conditions, with

more people in Enfield living with hypertension (high blood pressure) than in any other London borough, and only Harrow have more residents living with diabetes.

Enfield Wellbeing Network aims to give people the confidence, knowledge, and skills to manage their own health and wellbeing effectively, both to prevent new health conditions and to manage existing ones.

For more info call Veysel on: 0208 366 3677 or email : wellbeing@enfieldcarers.org

To find out more about **Enfield Wellbeing Network**, how you can join the programme and/or **volunteer as a Health and Wellbeing Buddy**, contact Veysel on 020 8366 3677 or email: wellbeing@enfieldcarers.org. **This service is open to Carers and their families.**

Monthly Wellbeing Sessions with half-hour guided Meditation at the end at Enfield Carers Centre 10am–11:30am



Come along and talk to staff and other carers. Learn about our Wellbeing Services to help you and your family to live healthier lives.

Different topics will be covered each month such as:

- ◆ Stress management
- ◆ Healthy eating
- ◆ How to access local activity services and exercise classes
- ◆ Health Buddies and how to get one
- ◆ Access free membership and our exercise & health app

We want these sessions to be led by you, so tell us what else you would like to talk/learn about.

**Next sessions will be on Thursdays
14th July, 18th August, 15th September**

Call: 020 8366 3677 or email: info@enfieldcarers.org to book your place.

ECC Counselling Service

Enfield Carers Centre has an easy to access Counselling Service available to all Adult Carers who are registered with us.

Our Counselling Service has been established for over eight years and currently has nine counsellors the service is managed by Mark and Helen, both of whom are themselves fully qualified therapists, in addition Helen also holds counselling session with Carers.

The Counselling Service forms part of our Health and Wellbeing Division consisting of five members of staff who can support you with many aspects of your health and wellbeing including GP and hospital concerns, basic nursing skills training and healthy living and wellbeing advice, isolation, memory loss, falls, mental health and many other general health matters.

Making the decision to start counselling and address the issues you are facing is an important first step and should be commended.

Counselling is one type of talking therapy that allows a person to talk about their problems

and feelings in a confidential and non – judgmental environment, an initial six sessions will be offered to you with the possibility of more if required.

Our counsellors are trained to listen with empathy and are trained in helping you explore your thoughts and feelings; the counselling process aims to help you deal with and overcome issues that are causing emotional pain or making you feel uncomfortable.

Counselling provides a safe and regular space for you to talk and explore difficult situations. The counsellor is there to support you and respect your views. They won't usually give advice but will help you find your own insights and gain an understanding of your problems.

If you are interested in finding out more or have any questions on applying for counselling then don't hesitate to contact us at: Enfield Carers Centre – 020 8366 3677 or Mark Warwick – 07421 034282 email: healthcaremanager@enfieldcarers.org

iCan Tea & Chatter mornings from 10am - 12pm

**Mondays 4th July, 1st August,
5th September**

at Edmonton Green Library
Tea & Chatter is a fun, informal group) for adults 18+ and carers who live in Edmonton N9 or N18 area. We meet regularly to do all sorts of activities including talks, exercises, games - and even the occasional pub lunch! We are a really friendly, welcoming group who love meeting new people - why not come and join us? No need to book, but for more information email Becky - ican@enfieldcarers.org or call 0208 366 3677

Celebrating our Diverse Community



At ECC we celebrate the diversity of our community and send good wishes to all our community groups and members celebrating this summer.

Please look out in our next newsletter for details of our event in the Autumn, celebrating Enfield's Diverse Population.

We hope to see you there!



Enfield Carers Centre Healthy Living Day



Tuesday 27th September 10:30am - 2pm

Attend FACE TO FACE at

EDMONTON GREEN LIBRARY Room 2

or join us via **Zoom** if you're unable to attend in person

Meeting ID: 944 315 1703



10:40 - 11:30 Psychological wellbeing & Mental Health Practitioner

11:30 - 12:30 Don't Tone Alone **DTA** Fitness & relaxation class

12:30 Light Lunch - Sandwiches, Snacks, Drinks

13:00 - 13:45 Latest research on nutrition, viruses and COVID-19

Vlatka Cesnik - Registered Nutritionist

13:45 - 14:00 Free Health checks - Know your ideal weight and BMI

Questions & Answers with **Corina Codrea - ECC Nurse Trainer**

We will have a range of Free Healthy Living/ lifestyle publications and resources available from NHS, British Heart Foundation, Diabetes UK, Alzheimer's Society, Blood pressure and The Sleep Charity.

Call 020 8366 3677 to register – spaces are limited



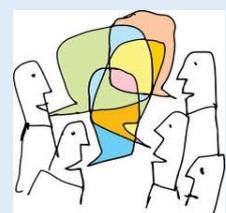
ECC Phone Lines are changing: Call us on 0208 366 3677

Lines are open: Mon-Fri between 10am & 4pm

Our Centre Drop-in times are:

Monday 11am - 3pm or Friday 1pm - 4pm

Please do not turn up at the Centre outside drop-in times (unless you have a definite appointment), as we may not be able to see you.



Covid safety guidelines still apply: sanitising, mask wearing etc.

Free Counselling & Advice Helpline For Family Carers in Enfield



This helpline offers counselling and advice on a variety of personal, family or workplace issues and is paid for by Enfield Council and provided by Wellbeing Solutions, an independent company.

Whatever our age or background, from time to time we all have problems – whether personal, family or work-related.

Talking to a counsellor or an advisor can help us understand a problem, try a different approach or just learn how to cope with a situation we can't change. The helpline's aim is to help you find your own solution to whatever is worrying you.

Confidentiality

The service is confidential and anonymous. No identifying information is communicated to Enfield Carers Centre (ECC). Only in extreme circumstances would your identity be revealed. E.g. if clinical

professionals think you may harm yourself or others.

Making Contact

Call Enfield Carers Centre and we will provide you with a code to access the service which is **available 24-hours a day, 365 days a year**. The helpline will arrange for a counsellor or an advisor to call you back at a convenient time. As an alternative to calling, you can book an appointment online.

Counselling Support

If you want counselling support, your first therapy session will be a telephone counselling assessment. The counsellor may then recommend and arrange a course of weekly counselling, for a short time

period, to help you overcome a more troubling issue.

This is not part of ECC's Counselling Service but is a short-term intervention to help you with a certain issue or problem. If you need more long-term counselling, you can be referred to ECC's Counselling Service.

Practical Advice

If you need professional advice or factual information on any legal, money, health, work or personal issue, a free telephone consultation with a specialist advisors can be arranged.



Funded by



0208 366 3677

To use the service call:



Email: info@enfieldcarers.org



Free Training For Unpaid Carers

BASIC NURSING SKILLS:

This training will help keep your Loved One safe, well and out of hospital

Learn valuable nursing skills and 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.

Attendance Certificate Provided

Monday 18th Jul from 10:30am - 2pm
or
Tuesday 20th Sept from 10:30 - 2pm

Call 020 8366 3677 to book your place
Edmonton Green Library
Conference Room 2
or join by Zoom using
Meeting ID: 944 315 1703
Dial in 0203 051 2874

FREE LIGHT LUNCH

Spotting signs of infection and what action to take

What is Long Covid? Where to go for NHS support

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

Skin care and prevention of pressure sores/ulcers

Dealing with swallowing problems (Dysphagia)

Caring for Someone over 65 who has a Mental Health Diagnosis ?

If this describes you then you are doing a tremendously important but challenging role.

Please join us for a series of 4 workshops to meet others, refresh your knowledge, get some support and maybe find a new perspective and sense of direction;

Some of the Topics will include:

- What we know about mental health problems in later life
- Changing relationships
- Challenging behaviours and how to survive them.
- Staying confident and resilient

Sessions will be facilitated by

Kathryn O'Donnell,

Clinical Psychologist from BEH Mental Health Trust

Venue—Enfield Carers Centre

**24th August, 31st August, 7th Sept,
14th September**

Time: 10.00—12.00

**To register call –020 8366 3677 or
email: info@enfieldcarers.org**



Carers Week
6th-12th June 2022
Making Carers
Visible, Valued &
Supported

**Every penny raised at our
Family Fun Day in June went
toward helping Young
Carers in Enfield
Thank you to all who came
along and all our
supporters!**



Thank you to our Sponsors & Donors



Did you know? Enfield Carers Centre can help you to join our ONLINE Support, Training & Social Events?

Carers IT Lending Library



If you would like to join our support groups and 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 teach you how to use it free of charge. 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**

Call ECC 020 8366 3677, explain which event you'd like to attend and ask for more information.

Replacement Care

If you need someone to sit with 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 already using or are familiar with.

**subject to availability*

Ceramic Workshops

Experience your creative side and be inspired. No previous experience is needed! Following 3 very successful creative projects, ECC is now planning a new series of in person Ceramic Workshops for Adult Carers to be delivered by Create Arts at Enfield Carers Centre.



The Workshops will run for 6 consecutive weeks - you need to be able to attend all 6 sessions. Places are limited and priority will be given to those who have not participated in previous Create workshops

**Thursdays 10am-1pm,
15th, 22nd, 29th September and 6th, 13th, 20th October 2022**

You will not need to buy any materials. Create will provide each participant with a kit of materials to work with.

Please call ECC on 0208 366 3677 to express your interest.

CARERS' LEGAL INFORMATION TELEPHONE APPOINTMENTS

Craig Ward - Craybeck Law

FREE ten minute telephone appointments for Carers with Solicitors Craig Ward.*



Topics covered: Care Act

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

Tuesday afternoons 2pm - 3pm 26th July, 23rd August, 27th September

*Sessions are subject to availability. Call 020 8366 3677 to book an appointment

If you care for someone with a learning disability then the right time to plan ahead is right now

Are you waiting for an ideal time that may never come? If you are caring for someone with a learning disability over the age of 17, who would struggle to communicate their wants, needs, and aims without your support; it is important that you start contingency planning as soon as possible.

If you were suddenly unable to support them to communicate would someone taking over the responsibility of their care know their likes and dislikes, how to maintain contact with their family, friends and social groups or know what is important to them?

Contingency planning should be built up over time, evolving to reflect any person-centred changes of the one you care for.

Enfield Carers Centre in collaboration with CAPE and Moving On are intending to introduce sessions to support carers to start making contingency plans, using tool kits and good practice guidance from Together Matters. These sessions will cover key topics such as housing, social/ community networks and care preferences.

As contingency plans are drafted, they can be attached to social care support plans; where they can be adapted and updated, both as and when required and as part of the annual review process. If this is a topic that resonates with you, please don't put it off any more—book your free place now.



CONTINGENCY PLANNING SESSION DATES: All Fridays

5 August , 2 September ,
7 October, 4 November ,
2 December

12pm to 2pm at an Enfield venue.

To book your place
call 020 8366 3677

Recent times have 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?



Enfield Carers Centre
Professional Homecare

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.

**Monday to Friday –
09:00 to 20:00 – £19.50**
**Monday to Friday –
20:00 to 08:00 – £21.50**
**Saturday & Sunday –
any time – £21.50**

Call 020 4519 2654 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.

Young Carers Hub Activities 5-18 year olds July - September 2022

Hubs On Zoom 5:00pm - 6:00pm

20th July, 7th Sept, 21st Sept

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

13th July, 14th Sept, 28th Sept

EyPIC Homework Clubs (term-time only):
Face to Face - Tuesdays 4pm - 5pm
On Zoom - Thursday 4pm - 5:30pm

Kindness Club (term time) Fridays 4:30-5pm

All Hubs and chats are hosted by ECC staff so they're safe and only Young Carers registered with ECC will be able to join.

EyPIC Summer 2022 Holiday Events

Week 1 (25th - 31st July)

Tuesday, Wednesday and Thursday 10:30am - 3:30pm

Create Music Workshop (9-13 years)

Week 2 (1st - 7th August)

Wednesday 2:00pm - 5:00pm

Kindness Club (Yoga) and Movie (all ages)

Week 3 (8th - 14th August)

Thursday 9:00am - 5:00pm

Nature Day at Epping Forest (all ages)

Week 4 (15th - 21st August)

Wednesday 9:00am - 5:00pm

Southend Sea Life Trip (all ages)

Week 5 (22nd - 28th August)

Tuesday, Wednesday, and Thursday 10:30am - 3:30pm

Create Photography Workshop (10 -14 years)

All interested Young Carers will be added to our waiting list.
Places will be confirmed nearer the event.

If you would like to join any of our events contact us on
020 8366 3677 or 07809 332106

Follow us on Social Media!



EnfieldCarersCentreYoungCarers



eypic_youth



eypic_youth

Carers' Bereavement Support Group

Our Bereavement Group sessions cover the 7 stages of grief

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.

Carers are free to attend any or all of the 7 steps.

Call 020 8366 3677 to book a face-to-face space

Face-to-face spaces are limited.

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#**

- 09/08/22 Step 4 - Depression**
- 13/09/22 Step 5 - The upward turn**
- 11/10/22 Step 6 - Reconstruction and work through**
- 08/11/22 Step 7 - Acceptance & hope**
- 13/12/22 Next steps**

Carers' Employment Workshop

Thursday 8th September

at

Enfield Carers Centre, 137 – 143, Baker

Street, Enfield, EN1 3JL



11.00am – 1.00pm

- CV Writing
- Interview Skills
- How to apply for the right job



Please call: **0208 366 3677** to book a space.

Email: info@enfieldcarers.org



CARERS' VOICES

This is your page - if there is anything you would like to share with us, whether it's a picture that makes you smile, recommendations for a book or film you've read or seen, a recipe you'd like others to try, or a tribute to a loved one, let us know and we'll do our best to include your contribution in the next edition of the Carers' Voice.

Patient Safety Alert

Vernacare products recall

A national patient safety alert has been issued as hygiene products manufactured by Vernacare are potentially contaminated with Pseudomonas bacteria. Vernacare have issued a voluntary recall of all 'in-date' cosmetic products, which include wet wipes, wash mitts, barrier cloths, bed bath washcloths and shampoo caps produced. It is essential these wipes are not being used in any health and care settings. There are currently no known cases linked to these contaminated products, but it is being investigated.

There is more information at [CAS-ViewAlert \(mhra.gov.uk\)](https://www.mhra.gov.uk/CAS-ViewAlert)



Join the fight to give working Carers a right to Carer's Leave.

Millions of people in the UK juggle

their caring responsibilities with paid work. For these 'working carers', balancing work and care can be a real struggle – with carers saying they are tired, stressed and struggling to manage their own physical and mental health. They urgently need more support to ensure they can remain in work. A right to Carer's Leave is an issue that Carers UK has campaigned on for a long time. This has taken a firm step forward with a Private Member's Bill, Carer's Leave, which is being introduced by Wendy Chamberlain MP, the Liberal Democrat MP for North East Fife in Scotland after she came 10th in the ballot. Carers UK is working closely with Wendy Chamberlain to try to make sure this becomes law.

For more information see: <https://www.carersuk.org/news-and-campaigns/campaigns/right-to-carers-leave> or email: policy@carersuk.org

Are you or the person you care for Eligible for a Blue Badge?

If you or they have:

Either: A physical diagnosis that means they are unable to walk short distances (0 to 80 meters, about 7 bus lengths); as they are physically unable to walk, experience extreme pain, server breathlessness or a high risk of falling.

Or: A cognitive/mental health diagnosis that means they lack danger awareness or have unpredictable behaviours that may cause risk to self or others, or experience significant psychological distress

And they have evidence of recent surgery, attendance at specialised clinics or a medical history of experiencing pain, breathlessness, falls, challenging behaviours and/or significant psychological distress to support application

Then they *may* meet the eligibility criteria;

If you/your loved one meets the above criteria call Enfield Carers Centre on 020 8366 3677. If there is a reasonable chance the application will be successful, we will arrange for a member of our team to support you to apply.

If you/they do not meet the criteria, we will be unable to help you with an application.



Time For a Break

Online ECC Dance Sessions

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

Every Monday Evening
6pm - 7pm on Zoom



Free dance sessions for all ages and abilities

Call to book
020 8366 3677

Online Yoga Sessions Friday 3-4pm on Zoom

Come and join other Carers for 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 call:

020 8366 3677



Free Membership to Don't Tone Alone Wellbeing Services



ECC is still working with the wonderful people at Don't Tone Alone providing well-being and exercise classes to carers and their families

We currently have a limited number of three-month memberships (which normally costs 10.99 a month) for DTA's Wellbeing Platform and App. If you're interested in downloading the app for on-demand classes and health coaching, we may be able to help you with this. The benefit of membership and having the app on your smart phone is that you can dip in and out of the well-being and exercise services whenever convenient and fit it around your caring role.

We'll ask you to fill out a short application form before we apply for membership for you to see if this service will work for you. This service is probably best for Carers who are already used to doing some exercise but who are struggling to fit it into their life currently.

You'll need to be able to use a smart phone and have access to the Internet to use the services listed below. Your health journey will be tracked and reported on (anonymously) at the end of the three-month period. As a member, you'll enjoy the following:

- ◆ On-demand exercise classes
- ◆ 2 x live exercise classes per week
- ◆ 30-minute free health coaching
- ◆ Breathing exercises, meditations & mental wellbeing tools
- ◆ Interaction with the DTA online community to reduce social isolation & loneliness
- ◆ E-books, tools & resources **For more details and application for please call ECC for more details**

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 so you can get a good night's sleep and recharge your batteries.
Ask ECC staff for more details. *subject to funding & availability.

Time For a Break



Toby Carvery Whitewebbs Carers Evening Meal

Thursday 28th July
7.00pm

Spaces Limited
Call to register your interest
£5 per head contribution
(Carers only)

Relax and Unwind with a
Complementary
Therapy Session at
Enfield Carers Centre.

Enjoy a relaxing
massage



Call
0208 366 3677
to add your
name to our
waiting list

**SPECIAL
CARER PRICE
£10 per
SESSION**



Enfieldian Coach Day Trip
to Ramsgate Kent
Enjoy a Day Out Beside
the Seaside

**Was £27—
now only
£8.50 for
carers**



Tuesday 2nd
August
Carers Only



£8.50 contribution per head
Please call 0208 366 3677 to register your
interest

Carers' Two-Course Lunch at The Navigation Inn

£5 contribution
Per Carer

**Thursday, 18
August, 2022
1:30pm**

2 course set lunch menu (starters and main or
main and dessert) plus one non-alcoholic drink

**Call 020 8366 3677
to register your interest
Carers only**

MILLFIELD THEATRE

September & October 2022

RAVE ON, THE RISE OF ROCK N' ROLL –

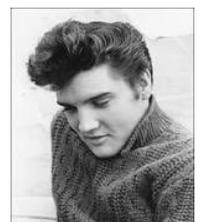
Friday 9th September
7.30pm 50/ 60's band



THE HISTORY
OF

SOUL Saturday 17th Sept
7.30PM Motown/soul
evening

THE ELVIS YEARS—Thursday
20th October 7.30pm. Elvis
Tribute Act



**CALL 020 8366 3677 to
register your interest
£5 contribution per person. Carers only.**

As spaces on our breaks are limited, priority will be given to those who have not enjoyed previous breaks



**Enfield Carers
Centre
Autumn Fair
Monday
24th October
1pm-4pm**



Britannia House, 137-143 Baker Street



Buy your ECC Raffle Tickets now for a chance to win a variety of prizes:
Go Karting Voucher
Hair & Beauty treatments
Barbering vouchers
And much, much more!
Call 0208 366 3677 to buy or drop in to collect.
Raffle Draw date:
31st October 22



**Tombola
stall**



**Hook-a-Duck
& Lucky Dip**



**Arts & Crafts
activity
stalls**



Pre-loved items stall



**Refreshment
stalls**

CARER SUPPORT GROUPS

To join a support group online use this link: <https://bit.ly/ecc-group>
 Or call: **020 3051 2874** and enter the Meeting ID: **944 315 1703#**
 Email or call **020 8366 3677** to book a face-to-face space

COVID-19 is still with us and we want to keep carers and our staff safe, so all visitors are still required to follow our good hygiene and safety guidelines e.g. **mask wearing, hand-sanitising**. Space is limited so please don't arrive more than 5 minutes early or you may have to queue outside.

| Event | Date | |
|--|---|---|
| COFFEE & CHAT MORNING 11am - 12:30pm 3rd Tuesday of each month | Enjoy some social time. Meet and chat with other Carers. Make new friends over tea and biscuits! 19th July, 16th August, 20th September | |
| CARE HOMES COFFEE MORNING 10:30am - 11:30am Last Friday or every other month | Do you have a family member in a residential or nursing home? Are you caring for someone who might need a home in the future? Join our session to learn more. 29th July, 30th September | |
| CARERS "ESSENTIALS" SESSIONS 11:00am - 12:00pm Quarterly, 3rd Friday of the month | Are you new to caring or newly registered at the Carers Centre? Speak with a member of our team, find out more about our services or get advice and information 26th August, 16th September | |
| DEMENTIA CARERS SUPPORT GROUP 2:00pm - 3:30pm 3rd Thursday of each month | Are you caring for someone living with Dementia? we're here to support you. Meet other Carers in similar situations 21st July, 18th August, 15th September | |
| EVENING CARERS GROUP 6:00pm - 7:30pm Quarterly on Thursdays | Find out about our services, chat to staff and other carers. We're here to help. 29th September | |
| LEARNING DIFFICULTIES & AUTISM CARERS GROUP 12:30pm - 2:00pm 1st Friday of each month | Meet other carers in similar situations. | |
| | <table border="1"> <tr> <td> CARING FOR CHILDREN UNDER 18 2nd September </td> <td> CARING FOR ADULTS 18+ WITH LD OR AUTISM 5th August </td> </tr> </table> | CARING FOR CHILDREN UNDER 18 2nd September |
| CARING FOR CHILDREN UNDER 18 2nd September | CARING FOR ADULTS 18+ WITH LD OR AUTISM 5th August | |
| BEREAVED CARERS GROUP 11:00am - 1:00pm 2nd Tuesday of each month | Therapeutic sessions covering the 7 stages of grief. 12th July, 9th August, 13th September See page 15 for more info | |