



Enfield Carers Centre

Empowering Carers

Welcome to Enfield Carers Centre!



We are an established local charity offering free support, advice, training and information

to unpaid Carers living, or caring for somebody, in Enfield.

Most of our activities are free and available both in person and online



Telephone: 020 8366 3677
Britannia House,
137-143 Baker Street, Enfield, EN1 3JL

email: info@enfieldcarers.org
Website: enfieldcarers.org
Registered Charity Number: 1140089



Enfield Carers Centre
Empowering Carers

See our regular **“Carers’ Voice”** newsletter on our
website: www.enfieldcarers.org
or pick up a copy at local libraries and GP surgeries.

Carers Emergency Card Scheme

- This free Enfield Council scheme is a safe way to hold essential information about the person you care for, what their care needs are and who needs to be informed if you have an accident.
- To join the scheme, contact us on **020 8366 3677** or download a form from our website: enfieldcarers.org. You need to provide a passport-style photo and at least one emergency contact.



Gold Carers Registration Card

- The card shows evidence of your carer role and offers discounts and benefits including:
 - special prices at Enfield Fusion Leisure Centres
 - extended renewal arrangements for books, DVDs and CDs at Enfield libraries
- If you provide a passport-style or electronic photograph after registering, we'll send you a free card. (note: we charge to replace lost or damaged cards).



Benefits and Advice Service

- Check if you are getting the right benefits
- Advice on form filling and answering disability related benefit queries
- Group information sessions explain carer and disability related benefits, to help you understand if you qualify and how to complete the forms.



Mini Legal Sessions

Legal Information Sessions - free 10-minute telephone appointments with a solicitor (prior booking only) for carer or disability related topics.

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Getting a Carers Assessment

- ✓ If you are looking after an adult living in Enfield, who is disabled, ill or elderly, you are entitled to a Carers Assessment to see what help and support you may need with caring.
- ✓ A Carers Assessment is a discussion about: how caring affects your life; what practical help you provide; how best to help you keep well and healthy; how to manage caring alongside your other responsibilities whilst still enjoying a life outside caring.
- ✓ Enfield Carers Centre will do your assessment face-to-face, by telephone or online.

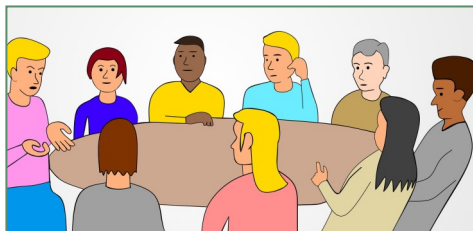


Call **020 8366 3677**, use the QR code or see our website: www.enfieldcarers.org for more



Carers Support Groups

- Carers ‘Essentials’ sessions
- Dementia Carers
- Learning Difficulties & Autism Carers
- Evening/Working Carers chat
- Mental Health Carers
- Bereavement Carers
- Coffee and Chat



Groups are held face-to-face and online.

Please note that groups are for Carers only and not the person being cared for



Call **020 8366 3677**, use the QR code or see our website: www.enfieldcarers.org for more details and to confirm dates and times.



Supporting Young Carers

- We support Young Carers aged 5-18
- Young Carers may be helping to care for a parent, brother, sister, grandparent or other family member
- We offer Young Carers:



- Weekly Social Activity Hubs
- Weekly Homework Clubs
- Weekly Kindness Club
- Mentoring and One-to-One support
- Tuition, Homework and In-school Support
- Digital Lending Library (we can lend you a laptop)
- Fun Trips and Activities



Call us on **07809 332106**,
scan the QR code or email:

youngcarers@enfieldcarers.org



Counselling Service

We understand that looking after someone with illness, disability or addiction can be physically and emotionally stressful.

- Counsellors offer a chance to talk in confidence
- We offer 6 x weekly sessions which can be by telephone, online, or face to face. £10 per session.



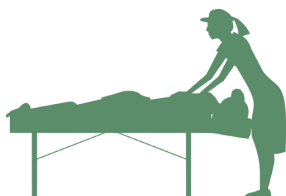
Call **020 8366 3677** or email info@enfieldcarers.org for an application form.

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Carers’ Breaks

- We arrange activities to offer Carers a break including day trips, meals out, short breaks, visits to the cinema or theatre, and a variety of exercise and other classes.
- Complementary Therapy Sessions: massage or reflexology - chargeable and by prior booking only
- We may be able to help you apply for a grant to have a break away from the person you care for.

Have a break - meet new people who understand what it’s like to be a Carer and enjoy some free time



Do You Need Help to Join Our Online Activities?

- If you would like to borrow a device and/or get some help to join our online services and information we can:
 - lend IT equipment (tablets) to Carers
 - lend laptops for study to Young Carers
- Our tablets are set up ready for you to join our Zoom activities.
- We can talk you through everything by phone whilst you’re at home
- All devices are for loan only and require a £30 refundable deposit.





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75% of Carers who responded to our survey said their quality of life has improved after using ECC's services.

Carers Wellbeing Support

- We help adult carers to improve their health and manage long term health conditions
- Create a Wellbeing plan tailored to your specific needs
- Monthly Wellbeing Sessions to help you and your family to live healthier lives
- Carers Wellbeing Workshops



Enfield Carers Centre



iCan Service (in partnership with Age UK Enfield)

- Aims to support Carers *and* their adult family members to remain living healthily and independently in the community.
- Our iCan Navigator is part of a team who support carers of stroke survivors, people with dementia, people with diabetes, people likely to fall, those who are socially isolated or those needing end of life care



Call us on **020 8366 3677**,
or email ican@enfieldcarers.org

Volunteer With Us

Our volunteering opportunities cover a range of rewarding roles extending over all our projects, with some being more hands on than others.

If you can commit to 3 hours a week for at least 6 months, then we will commit to inducting, training and supporting you in your role.



Benefits of volunteering with us are endless, so why not contact us by calling **020 8366 3677** or emailing info@enfieldcarers.org



86% of Carers who responded to our survey stated that the support received from ECC has helped them cope with their caring role.

Integrated Care Forum

If your loved one is receiving or needs help from Social Services, the Mental Health Trust, a GP or Hospital, our team can:

- help resolve issues around patient care
- help you navigate health and social care services
- support you through the discharge process
- refer you for a carers' health check
- help you have more of a voice in care planning
- help you liaise with your GP surgery



Free Hospital Discharge Training



We can help you learn how to keep the person you care for safe & well at home.

You will learn vital nursing skills and where to go for out-of-hours help plus tips to reduce hospital admissions and avoid repeat visits to A&E or your GP surgery.

Funded by:



Other Activities

- Manual Handling Training
- First Aid Training
- Healthy Living Day Events
- Mental Health Training
- Community & Homecare Information Group



- Carers Week and Carers Rights Day Events
- Carer Consultations & Forums
- Support for Carers wanting to re-enter the workplace, study or volunteer

Homecare Services from the Charity You Can Trust

We provide high-quality respite/homecare services to families and carers in Enfield, giving carers some time for themselves during the day or on a weekly basis.

This service:

- ✓ is delivered by highly-skilled, fully vetted and trained support workers
- ✓ can assist people of all ages including children and adults with learning difficulties, autism, mental ill health, challenging behaviours, or long-term health conditions e.g. stroke, dementia, and diabetes
- ✓ has been inspected and rated as **Good** by the Care Quality Commission (CQC)
- ✓ can include sitting services, companionship, overnight care, shopping/escorting, personal care, help with mobility, administering medicines, peg feeding, stoma and catheter care
- ✓ focuses on learning the likes and dislikes of your loved one and discovering what's important to them, to help us to plan activities and deliver more meaningful care



Our services are not for profit, and charged at very competitive hourly rates.



Call us on **020 4519 2654**, or email on **homecare@enfieldcarers.org** or visit our website: **enfieldhomecare.org**

