



Enfield Carers Centre

Supporting people who care

Carers' Voice

June - August 2024



A Network Partner of
**CARERS
TRUST**

Enfield Carers Centre
Britannia House
137-143 Baker Street
Enfield EN1 3JL



T: 020 8366 3677 10am-4pm
E: info@enfieldcarers.org
www.enfieldcarers.org
Drop-in Days: Mon & Wed

Carers Contract
Funded by



Charity Reg. No: 1140089

ECC Staffing News

Lilian Odiegwu - GP Liaison Worker

Lilian was a volunteer Carers Ambassador for several years raising awareness of carers, representing Enfield Carers Centre and Enfield Council. As a Carers Ambassador, Lilian collated information on Carers' issues and concerns and raised these at the Council's Carers Partnership Board. Lilian, who graduated with a BSc (Hons), draws on her personal experience as a Carer and since March 2024, now works for ECC in her role as GP Liaison Worker, encouraging GP surgery staff and healthcare professionals to identify patients who are unpaid Carers, understand their needs and refer them to ECC for support.



Lilian Odiegwu



Jackie Nugent - Senior Administrator

Jackie has just joined ECC as the senior member of our three-person Admin Team, replacing Nadine Watts who left in April. Jackie has lived in Enfield all her life, worked most recently in a local school and brings with her a wealth of office and administrative experience.

Jackie Nugent

Meriam Debbache - Hospital Carers Liaison Worker

Meriam joined ECC in March 2024 as a Hospital Liaison Support Worker. Meriam, who graduated with a BSc Psychology with Neuroscience has been working with Attend, helping survivors of acquired brain injury. As part of ECC's new Carers & Hospital Discharge project, Meriam's role involves partnering with NHS staff at hospitals in Enfield to promote the identification and value of involving Carers in discharge planning, raising awareness of ECC's services and how to refer Carers for support.



Meriam Debbache



Fiona Neville - Carers Advice & Support Officer

Fiona joined ECC's Carers Support Team in April 2024 following Shammy's departure. Fiona previously worked for a local school and is enjoying getting stuck into learning about ECC's variety of services and helping Carers as ECC's first point of contact.

Masa Marjanovic Matsangou - iCAN Navigator

Masa joined ECC in April 2024 covering Becky Pavlides' maternity leave. Masa (pronounced Marsha) supports people with long term health conditions, providing them with information and advice on lifestyle, healthy living, managing their health conditions, access to benefits, and housing. She previously volunteered as a health and wellbeing support worker and also worked for many years in health, fitness, and wellbeing industry. Masa completed her master's degree in sport and exercise psychology.



Masa Marjanovic Matsangou

COULD YOU BE A CARER AMBASSADOR?

Do you have experience of caring for someone with a physical or sensory impairment such as deafness or blindness? Do you care for someone with Dementia or a mental health issue? Even if you're not currently caring for someone - Could you be a champion for Family/Unpaid Carers?

Enfield Carers Centre supports a group of Carers Ambassadors on behalf of Enfield Council. The disability areas mentioned above are not currently covered by the existing Ambassadors, so we're reaching out to the local community for people who could be our newest Ambassadors.

We are looking for confident, computer literate volunteers who understand that this role is not just about your personal caring situation, but a chance to represent and connect with the wider voice of other Carers within our borough.

You need to be available to:

- attend online and face-to-face meetings occasionally
- cover community events and information stalls on a rota basis
- reach out to Carers' groups and organisations to speak to them about or on behalf of Carers and communicate messages on behalf of the Council or Enfield Carers Centre

This is a part-time volunteer role that you can fit in and around your caring/life circumstances. You will receive a small monthly payment to cover your expenses.

To find out more info and for an application pack email: servicedevelopment@enfieldcarers.org



News & Information

Our Centre drop-ins days are:

You can come to the Centre without an appointment on **Mondays 1pm - 4pm or Wednesdays 11am - 3pm**

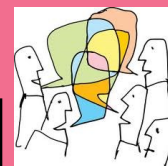


ECC phone lines are open:

Monday - Friday

10am - 4pm

Call us on 020 8366 3677



We may not be able to see you outside the above drop-in times, without a definite appointment.

Enfield Carers Centre

Supporting people who care



Enfield Carers Centre has a new look!

The Centre has been in operation for almost 15 years and we thought it was time for new branding to better reflect our mission and work. Over the next few months you'll see our new logo and colours starting to appear on our letters and leaflets as we gradually update our look.

The new logo was designed free of charge by Kyle Van Blerk and his team at The Brand Bureau and we're extremely grateful for their creativity and generosity. We hope you'll agree that they have managed to capture what Enfield Carers Centre is all about – supporting people who care. Our dedicated staff continue to focus on helping Carers to understand their rights, navigate council and health services, enjoy much-needed breaks from caring, and get advice, training and counselling. Above all, we want to communicate that anyone who cares for a loved one can contact Enfield Carers Centre. Our message is that we are here to support you, and that you are not alone. We hope you like it!

NEWS - CHANGES AT ENFIELD LEISURE CENTRES -

ECC Carers Gold Discount Card no longer accepted

Fusion Leisure no longer run the Leisure Centres in Enfield. The Centres have been taken over by 'Better Leisure' but unfortunately, they will not accept our ECC Carers gold discount card that previously gave concessionary rates for family/unpaid Carers.

We are currently negotiating with them to resolve this but at the moment, if you previously used your gold card to get discounts on the gym/swim prices you will be unable to do so.

However, Carers can currently apply for the Better Health off peak membership (£27 per month) which can only be used during certain off-peak times. Mon – Friday 9-4 pm and after 1pm at weekends)

The discounted concessionary membership is available to anyone who receives any of the main government benefits. See our website www.enfieldcarers.org for a full listing of qualifying benefits.

To apply for concessionary membership, **join online** or visit your **local leisure centre** to sign up. In either case, you'll need to provide evidence of your eligibility. If you receive PIP, they accept a disabled ID card as proof of eligibility. **All documentation must include your name and be in date (either valid for a year or not yet expired).**



Carers Week

Carers Week

Enfield Carers Centre **CARERS WEEK** **FAMILY FUN DAY**


Enfield Carers Centre
Empowering Carers

TOMBOLA STALLS

TALENT SHOW

KIDS GAMES

INFO STALLS

BOUNCY CASTLES

Saturday 8th June 2024
12 - 4pm

Enfield Town Library Green



LIVE ENTERTAINMENT
MUSIC
MASCOTS

FOOD & DRINK

FREE ENTRY

PRIZES



Charity Reg. No: 1140089



Enfield Carers Centre's Family Fun Day



ENFIELD'S GOT TALENT! **SATURDAY 8 JUNE 2024**

ENFIELD TOWN LIBRARY GREEN

Singers, dancers, musicians, comedian's and jugglers, see whether you have what it takes to entertain us!

To enter call: 0208 366 3677
or email info@enfieldcarers.org

Charity No: 1140089



Carers Week 2024

Fabulous Raffle Prizes

1st Prize:

Spurs Stadium Sky Walk

2nd Prize:

Free entry and £100 credits for Babylon Theme Park (indoor at Camden)

3rd Prize:

Current Arsenal squad authentic signed team photo
£1 per ticket or 5 tickets for £4

Carers Week

Enfield Carers Conference 2024

Putting Carers On The Map

Thursday 13th June

9:45am – 3:00pm at Community House

Fore Street, Edmonton, N9 0PZ



Enfield Carers Centre is holding its first Annual Carers Conference in Carers Week

All Carers are welcome

Please call to book your place

Agenda

- 9:50 – 9:55 **Pamela Burke** ECC CEO – Welcome & Housekeeping
- 9:55 – 10:00 **Tim Hellings** ECC Chair of Trustees
- 10:00 – 10:10 **Feryal Clarke MP** – opening address
- 10:30 – 10:40 **Cllr Alev Cazimoglu** – Cabinet Member for Health & Social Care
- 10:40 – 10:50 **Doug Wilson** Enfield Council – Director of Health & Adult Social Care
- 10:50 – 11:30 **Pamela Burke** ECC CEO – Putting Carers on the Map
The Case for a Joint Strategic Carers Action Plan
Presentation and tabletop discussions
- 11:30 – 11:45 **Tea/Coffee Break**
- 12:00 – 12:15 **Carla Brain** – ECC Young Carers Project Manager
Enfield Young People in Caring
- 12:15 – 12:20 **Vhenekayi Nyambayo** Head of Strategy & Partnerships
North Middx Hospital
- 12:15 – 12:30 **Mark Warwick** – ECC Healthcare Manager
Carers' Health & Wellbeing Services
- 12:30 – 12:45 Summing up / Q & A Panel
- 12:45 – 1:45 **LUNCH & Information stalls**

Afternoon bitesize sessions run simultaneously 1:45pm – 3:00pm

Carers 10 minute Health Checks

Chair dance / yoga

Relaxation sessions

Meet the staff / VCS stalls

Taster Complementary Therapy

Book your free place – call 020 8366 3677 or email: info@enfieldcarers.org

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?

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.**

Call 020 4519 2654 or
Email homecare@enfieldcarers.org

WHERE TO GET BENEFITS ADVICE

Enfield Connections – Explain that you are a family/unpaid carer referred by Enfield Carers Centre and ask specifically for a fast track appointment with the Citizen Advice's special appointment calendar that Enfield Connections can access. **Tel: 020 3960 0129 or email info@enfieldconnections.org**

Mind in Enfield – for mental health service users/ carers only. Ask your Mental Health professional or the GP to referral for you or your loved one.

Email: adviceteam@mind-in-enfield.org.uk or telephone 0208 906 7505

Age UK Enfield (for Pensionable Age Claimants only). They can help those receiving a pension with a wide range of issues, including understanding your entitlement to benefits and help you to claim. **Tel: 0208 375 4120**

Enfield Council—Welfare Advice Team can help with council debts, council tax, Housing Benefits, Rent and/or Social Care Debts. They're based at Edmonton or Enfield Town Libraries. <https://www.enfield.gov.uk/forms/welfare-advice-debt-and-benefit-support-referral-form>

**Carers Health & Wellbeing
Forum**

Join our Health and Wellbeing Forum to hear news and updates about health and wellbeing initiatives and to share your experience of using these services. Carers can also feedback their experiences.

11am – 12:30pm at Enfield Carers Centre

Friday 28th June

- **Topic: Advance Directives and Carers rights when dealing with Mental Health Services / General Health Services**

Contact us to book a face to face place or to receive the online joining details.

Call **020 8366 3677** or email
info@enfieldcarers.org

**CARERS' LEGAL INFORMATION
TELEPHONE APPOINTMENTS**

FREE ten minute telephone appointments for Carers with a local Solicitor *

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

Linley James Solicitors – Craig Ward

**2pm – 3pm on
18th June**

Anvoner Law – Samantha Anastasiou

**10am – 12pm on
20th June, 4th July, 22nd August**

*Sessions are subject to availability.

Call **020 8366 3677** or email
info@enfieldcarers.org to book an appointment

Time For a Break

Trent Park Carers Week Walk & Picnic



Wednesday 12th June
11:30am to 2:30pm

A gentle walk to enjoy the grounds and nature in historic Trent Park, Cockfosters

Today, the house and immediate grounds form part of the Middlesex University, while the 413 acre Country Park, including rolling meadows, lakes and woodland, is owned and managed by The London Borough of Enfield. Join our Carers Group as we take a gentle stroll through the park. Not suitable for those who may have difficulty walking on uneven ground.

To book a place, call **020 8366 3677** or email **info@enfieldcarers.org**

Coffee & Chat Mornings at Enfield Carers Centre

11:00am – 12:30pm



Enjoy some social time.
Meet and chat with other Carers.
Make new friends and enjoy a break.
These groups will be held on Tuesdays:
at Enfield Carers Centre
18th June, 16th July, 20th August

FREE Replacement Care

If you need someone to sit with your loved one whilst you attend ECC events, we can provide you with a free sitting services* from our specialist Homecare Team or fund the service you're already using or are familiar with.

*subject to availability

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

Enjoy a relaxing
massage or reflexology session
Call **020 8366 3677** to book an
appointment



Exercise & Relaxation

every Monday* 10am until 11am

gentle exercise / fun chair dance
at the Carers Centre

Meet up with fellow Carers,
listen to some music and enjoy
doing some gentle exercise
together.



It will help you to relax and take
a break from your caring role whilst also
helping you build positive physical and mental
wellbeing.

Space is limited so come early.

**Call 020 8366 3677 or e-mail
info@enfieldcarers.org for more details.**

Suitable for all ages and abilities.
We look forward to seeing you!

• except bank holidays

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

Carer Support Groups & Training

Come face to face or join us online using this link: <https://bit.ly/ecc-group>
 Or call: 020 3051 2874 and enter the Meeting ID: 944 315 1703#
 Call 020 8366 3677 or email info@enfieldcarers.org to book your place

| Event | Date |
|--|---|
| <p>BEREAVED CARERS GROUP</p> <p>11:00am – 1:00pm</p> <p>2nd Tuesday of each month</p> <p>Face to face only</p> | <p>Therapeutic sessions covering the 7 stages of grief</p> <p>Shock & Denial, Pain & Guilt, Bargaining, Depression, The Upward Turn, Acceptance & Hope, Reflection</p> <p>11th June, 9th July, 13th August</p> |
| <p>BASIC NURSING SKILLS TRAINING</p> <p>10:30am – 2pm</p> | <p>Wednesday 3rd July at North Middlesex Hospital</p> <p>Training Room 3, Education Centre, Tower Building, Level Minus 1 (opposite Cardiology)</p> |
| <p>CARERS “ESSENTIALS” SESSIONS</p> <p>11:00am – 12:00pm</p> <p>3rd Friday of each month</p> <p>June – Sessional Speaker from:</p> <p></p> | <p>Are you new to caring or newly registered at the Carers Centre?</p> <p>A chance for carers to meet a member of the ECC Team, hear about ECC services and ask questions.</p> <p>Special 21st June Session (11am – 1pm): Financial Wellbeing Workshop. Juggling caring with the rising cost of living is hard. The Money Charity is running an essential workshop to help carers understand how to get the best from their money, what interest rates mean, how to avoid or manage debt and more.</p> <p>Following sessions: 19th July, 16th August</p> |
| <p>DEMENTIA CARERS SUPPORT GROUP</p> <p>11:00am – 12:30pm</p> <p>3rd Thursday of each month</p> | <p>Are you caring for someone living with Dementia? We are here to support you. Meet other Carers in similar situations</p> <p>20th June, 18th July, 22nd August</p> |
| <p>EVENING CARERS GROUP</p> <p>7:00pm – 8:30pm</p> | <p>Find out about ECC services, chat to staff and other carers.</p> <p>25th July</p> |
| <p>LEARNING DIFFICULTIES & AUTISM CARERS GROUP</p> <p>12:30pm – 2:00pm</p> <p>1st Friday of alternate months</p> <p>CAPE meetings: Monday of every other month (unless a Bank Holiday) from 10am–12:30pm at Park Avenue Disability Resource Centre, Park</p> | <p>7th June: Our Voice & Zebras: Find out about the Our Voice parent support group and Zebras Charity’s day services for adults and children with disabilities.</p> <p>2nd August: What are examples of learning difficulties, learning disabilities and the autistic spectrum and caring for them.</p> <p>CAPE: 10th June: Housing Options for those with Learning Disabilities</p> <p>CAPE: 5th August: Topic to be confirmed</p> |