

WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN JULY?

We understand that Carers are busy people, so to help you plan your time here's a calendar of what's happening at Enfield Carers in the next month. Some events are drop in, some you need to book, and some are available on Zoom (phone us for login details) or by phone. If you have any questions about any of these, ring us on 020 8366 3677 or email us at info@enfieldcarers.org. We look forward to seeing you!

Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Monday	1	10 - 11	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental & physical wellbeing.	ECC	Yes
Wednesday	3	10.30 - 2	Basic Nursing Skills	Learn valuable nursing skills and prevent unnecessary hospital admissions.	North Middx Hospital, Training Room 3, Education Centre	Yes
Thursday	4	10 - 12	Legal Advice	A free 20-minute telephone appointment with a local solicitor on Carer related legal issues.	Telephone	Yes

CENTRE DROP-IN TIMES ARE MONDAY 1-4PM & WEDNESDAY 11AM-3PM

Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Monday	8	10 - 11	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental & physical wellbeing.	ECC	Yes
Tuesday	9	11 - 1	Carers' Bereavement Group	A space for bereaved Carers to talk, share or just listen. This month the topic is 'Bargaining' (the third of the seven stages of grief).	ECC	Yes
Monday	15	10 - 11	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental & physical wellbeing.	ECC	Yes
Tuesday	16	11 - 12.30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers. This month's topic, Wills and Planning.	ECC	No
Thursday	18	11 - 12.30	Dementia Carers Support Group	Join our group and meet others caring for someone living with dementia. A Community Nurse from Emerald House at Chase Farm Hospital will be joining us.	ECC/ Zoom	Yes
Friday	19	11 - 12	Carers "Essentials" Session	A chance for Carers to meet a member of the ECC Team, hear about ECC services and ask questions.	ECC	Yes

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Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Monday	22	10 - 11	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental & physical wellbeing.	ECC	Yes
Thursday	25	7 – 8.30	Evening Carers Group	Find out about ECC services, chat to staff and other Carers.	ECC	Yes
Monday	29	10 - 11	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental & physical wellbeing.	ECC	Yes

FREE Replacement Care

If you need someone to sit with your loved one whilst you attend our events, we can provide you with a free sitting service (subject to availability) from our Homecare Team or fund the service you're already familiar with. Call 020 8366 3677 or email info@enfieldcarers.org for more details.

There is more Information on our [website](#) and in our [newsletter](#).

Information for **Young Carers** can be found [here](#).

FORTHCOMING EVENTS (see below)

CENTRE DROP-IN TIMES ARE MONDAY 1-4PM & WEDNESDAY 11AM-3PM

This is not an ECC event , please call the number on the poster for information or to book a place .

FESTIVAL OF INDUSTRY

Dugdale Arts Centre and
Festival of Industry present
these **FREE workshops ...**

Earrings & Brooches

11th July – 1-3pm

Get glamorous and learn how to make your very own earrings and brooches to jazz up any outfit. You will learn the foundations of jewellery making, so you can make all sorts of jewellery.

Charm & Link Bracelets

18th July – 1-3pm

Learn the foundations of jewellery making, to create a fabulous charm bracelet using silver plate findings and glass beads.

Tree of Life

25th July – 1-3pm

In this workshop, you will learn how to create a beaded tree that can either be made into bold necklaces or beautiful hanging decorations. Using coloured wire, hoop and glass beads.

Felt Flowers & Hearts

1st August – 1-3pm

Using needle felting and stencils learn how to make heart and flower brooches that can be enhanced with stitching and beads.

Giant Felt Flower Brooches

8th August – 1-3pm

Be bold with these giant felt flowers. In this workshop you learn needle felting and to create a flower brooch of your own.

Making Day for Market

15th August – 11am-3pm

You get a chance to take all that you have learned and make stock to sell at an actual market.

Booking is essential. Limited spaces are available
For more information or to book a place, contact Zoe
Email: zoe@zinfinity.co.uk Mobile: 07944 974 891

Zinfinity

Scan here for
the full programme



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Reminder: Please note that the annual State of Caring survey from Carers UK is open. We know carers are busy and we very much appreciate everyone who takes the time to complete this survey. The annual survey will close on 11 August and Carers UK will be sharing the results later in the year. To complete the survey, please visit <https://www.carersuk.org/policy-and-research/state-of-caring-survey/>

Thanks for your help!

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