

WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN AUGUST?

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?
Friday	2	12.30 - 2	Learning Difficulties & Autism Carers Group	What are examples of learning difficulties, learning disabilities and the autistic spectrum and caring for them.	ECC	Yes
Monday	5	10 –12.30	CAPE Meeting (Parents and Carers of adults with Learning Disabilities in Enfield)	Respite Provision – ILDS Presenter and General Feedback re Council Tax, Transport, Charging, DRE etc.	Park Avenue Disability Resource Centre, Park Ave, Enfield EN1 2HL	Yes
Monday	5	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
Monday	12	10 - 11	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve	ECC	Yes

				your mental & physical wellbeing.		
Tuesday	13	11 - 1	Carers' Bereavement Group	A space for bereaved Carers to talk, share or just listen. This month the topic is 'Depression' (the fourth of the seven stages of grief).	ECC	Yes
Friday	16	11 - 12	Carers "Essentials" Session	A chance to introduce ourselves to Carers. Meet a member of the team, hear about our services and ask questions.	ECC	Yes
Monday	19	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	20	11 - 12.30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers.	ECC	No
Thursday	22	10 – 12	Legal Advice	A free 20-minute telephone appointment with a local solicitor on Carer related legal issues.	Telephone	Yes
Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Thursday	22	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

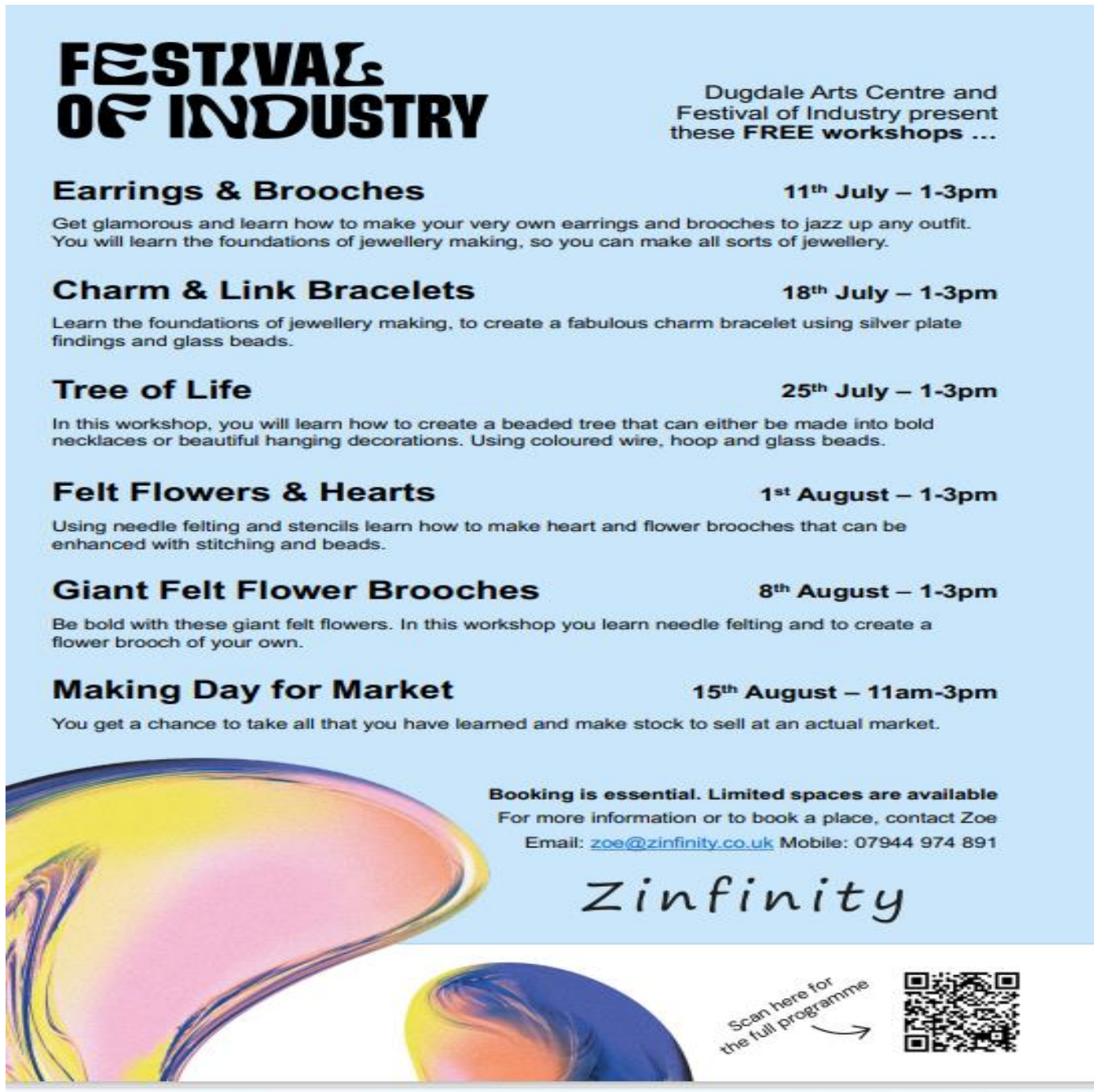
Monday	26	BANK HOLIDAY				
<p>FREE Replacement Care</p> <p>If you need someone to sit with your loved one whilst you attend our events, we can provide you with a free sitting service (subject to availability) from our Homecare Team or fund the service you're already familiar with. Call 020 8366 3677 or email info@enfieldcarers.org for more details.</p>						

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

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

FORTHCOMING EVENTS

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 

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!

**FRIDAY 27TH SEPTEMBER 2024 10:30 –
12:30**



**THE MONEY CHARITY – 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.

**FRIDAY 27TH SEPTEMBER 2024 10:30 –
12:30**





You are welcome to join us for



Stepping Out's

**fun version of Walking Football
At Stevenage FC's Pro Academy
Broadhall Way, Shephall, Stevenage SG2 9BN
on Thursday 8 August 2024**



Open to carers alone or in the company of those they care for
**Will include lunch & transport for those who would
not otherwise be able to attend**

**You absolutely do not need to play a great game of football to come
along. Although England may be looking for alternatives**

Booking Essential - Please contact

Abi - 07787 345923

email abimcelheron@gmail.com

We look forward to seeing you



Free Training for Carers about Deprivation of Liberties Safeguarding (DoLS)

7 of 9

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

The Deprivation of Liberty Safeguards (DoLS) procedure is designed to protect your cared for's rights if the care or treatment they receive in a hospital or care home means they will, or may become, deprived of their liberty, and your cared for lacks mental capacity to consent to those arrangements.

There is a short film available that explains the rights that may be useful for you. Please access via the link: <https://www.edgetraining.org.uk/edgefilms>

Date, Time & Location: Aug 28, 2024, 2:00 PM – 5:00 PM+ via Zoom

About the Event

Note: As places are limited, priority will be given to families that cannot access DoLS training courses through work.

Edge are hosting a free course for families and informal carers of people that are in a care home under the Deprivation of Liberty Safeguards. The course will be run by Aasya F Mughal, Barrister, a director of Edge Training & Consultancy & co-author of the Amazon bestselling book *The Deprivation of Liberty Safeguards Handbook*

The course will cover:

1. What is the point of DoLS?
2. Free rights for people under DoLS
3. The rights and duties of a Relevant Person's Representative
3. How to access free legal help for your loved one
4. National guidance on care home visiting & your rights
5. Concerns about the quality of remote DoLS assessments- how to challenge?
6. Signposting to other services/ organisations

The group size will be limited so that those attending can ask questions about their own circumstances in an informal setting and in confidence (Edge sessions are not recorded).

See next page for booking info



To book a place please complete this [Edge Booking Enquiry Form](#). Once your booking is accepted, you will receive an email confirmation with the Event details and the Zoom registration link.

Note: As places are limited, priority will be given to families that cannot access DoLS training courses through work.

Edge training also have some resources available which you can access on the following link:

<https://www.edgetraining.org.uk/dolsresources>

