



## Carers Rights Day 2024 is about raising awareness of Carers' rights and entitlements, to help Carers get the support they need.

Welcome to our new look newsletter! We are thrilled to share with you the latest developments in our local community and to let you know what's taking place at Enfield Carers Centre.

Inside this edition you'll see news about this year's Carers Rights Day event (see page 7) which we always combine with our Annual General Meeting. This year's theme has yet to be announced by Carers UK but will focus on your rights today, tomorrow and in the future.

You may already have heard that Carers' Leave has now become law on 6 April 2024. The regulations for the Carer's Leave Act 2023 make clear that employees in Great Britain with a long-term unpaid caring

responsibility for a family member or friend will be able to take up to five days of unpaid Carer's Leave. They will have the same employment protections associated with other forms of family-related leave, such as protection from dismissal as a result of having taken the leave.

With the introduction of the new Employment Relations (Flexible Working) Act, anyone will be able to ask their employer for changes to their working hours, times of work, or place of work, from day one. And being able to ask for a different flexible working arrangement more than once a year will be a huge help for Carers.

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## Staff Profile Highlights



**Emma Halstead**

Emma joined us in June 2024 as Receptionist/Administrator, after ten years working as an Administrator in an Edmonton school. She has lived in Enfield most of her life and is pleased to find a new role in which she can put her professional and personal experience to good use. Emma looks forward to working alongside Jackie and Penny, welcoming registered Carers to the Carers Centre and helping them with their enquiries.

### Vacancy - Carers Ambassadors Needed

Are you caring for someone with a mental ill health or with a physical or sensory impairment e.g. MS, Parkinson's, deafness or blindness? Not currently caring for someone? Could you be a Champion for Carers?

You need to be confident, computer literate and to understand that this role is not just about your personal caring situation.



**Tianna Cavalho**

Tianna joined us in July 2024 as our new Welfare Benefits Adviser. Tianna previously worked as an Administrator in the financial services and education sectors. Tianna also has personal experience in caring, growing up as a Young Carer, which is how she gained knowledge of the welfare benefits system. In her role, Tianna will provide benefits advice and complete benefit claim forms.

#### What does an Ambassador do?

Ambassadors are part-time volunteers who represent and connect with other Carers within Enfield.

As an Ambassador, you will:

- attend online and face-to-face meetings
- cover community events and information stalls

### Volunteers Needed

Like many charities, we rely on help from willing volunteers to work alongside our staff and help deliver our services

- Are you a confident, computer literate person who could help us out with phone calls and computer work?
- Could you help us reach out to Carers in GP Surgeries and at our local hospitals?

Paste/visit this link for an application form: [bit.ly/volunteerwithecc](https://bit.ly/volunteerwithecc) or use this QR Code



- reach out to Carers' groups and organisations on behalf of Carers
- communicate messages on behalf of the Council or Enfield Carers Centre

Expenses will be covered.

Email for more info and an application pack: [servicedevelopment@enfieldcarers.org](mailto:servicedevelopment@enfieldcarers.org)



## Make sure your GP knows you are caring for someone so that you can be offered a free FluJab this year.

The 2024 to 2025 "Flu Season" vaccination this Autumn will be offered in two cohorts:-

From 1st September:-

- all children aged 2 or 3 years on 31 August 2024
- all primary school aged children (from reception to year 6)
- secondary school-aged children (years 7, 8, 9, 10 and 11)
- those aged 6 months to under 18 years in clinical risk groups (as defined in the [Green Book, Chapter 19 \(Influenza\)](#))
- pregnant women

And then from 3rd October:-

- those aged 65 years and over (including those who are 64 but will be 65 on or before 31 March 2025)
- those aged 18 years to under 65 years in clinical risk groups (as defined in the [Green Book, Chapter 19 \(Influenza\)](#))
- those in long-stay residential care homes and other long-stay care facilities where rapid

spread is likely to follow introduction of infection and increase the likelihood of death

- **Carers in receipt of Carer's Allowance, or those who are the main carer of an elderly or disabled person**
- close contacts of immuno-compromised individuals
- frontline workers in a social care setting without employer led occupational health schemes including those working for:
  - a registered residential care or nursing home
  - registered domiciliary care providers
  - voluntary managed hospice providers
  - those that are employed by those who receive direct payments (personal budgets) or Personal Health Budgets, such as Personal Assistants





## News about this Autumn's Coronavirus vaccination programme

The Joint Committee on Vaccination and Immunisation [the JCVI] published its latest advice to the UK government stating that Covid 19 vaccinations no longer offer effective protection against infection, but they do protect against infections becoming serious and leading to hospital admission.

There are a number of reasons for this, but mainly the virus has "drifted" from its original configuration in the last few years.

So, for Autumn 2024, JCVI advises that a COVID-19 vaccine should be offered only to:

- adults aged 65 years and over
- residents in a care home for older adults
- persons aged 6 months to 64 years in a clinical risk group

**At the time of writing, Carers have not been approved to receive the Autumn vaccine.**

You may have noticed that there are a lot of coughs and colds about (perhaps understandably, as many people have stopped handwashing, using alcohol gels and are not as good at using tissues etc.) The Respiratory Syncytial Virus [RSV] which used to only affect children badly, but for whom there was a vaccination, now affects a growing number of older adults who are sometimes taken to hospital.

There's going to be a new RSV vaccination programme - initially restricted to: All adults turning 75 on or after 1/9/24 and then a catch-up campaign for those aged 75 to 79 years old.





## Free Basic Nursing Skills Training for Carers

Learn valuable nursing skills and prevent unnecessary hospital admissions.

Are you looking after a partner or relative who:

1. is ill or disabled?
2. has just been or is about to be discharged from hospital?
3. is being treated by their GP or District Nurses?

This free one-day course will teach you basic nursing skills which will help you to keep them healthy and avoid unwanted hospital stays or unnecessary re-admissions.

Keep your parking receipt and we will repay your parking fee after the course.

What's covered in this course?

- Spotting signs of infection and what action to take
- Skin care and prevention of pressure sores/ulcers
- How to deal with swallowing problems (Dysphagia)
- Unwell out of hours? Where to go/who to call

Keep your loved ones safe, well and out of hospital.

Learn crucial skills that you can use for life.

### Basic Nursing Skills Training for Carers

**Thurs 14th November 2024**

10.30am - 2pm  
Free light lunch & parking costs repaid  
Join in person or on zoom

Booking essential - email [info@enfieldcarers.org](mailto:info@enfieldcarers.org) or call 0208 366 3677

Please call to book your space and to receive the zoom details.

- Location: North Middx. Hospital, Training Room 3, Education Centre, Tower Building, Level Minus 1, (opposite Cardiology) Sterling Way N18 1QX



## Enfield Carers Centre Counselling Service

You don't have to struggle alone, or in silence. Our Counsellors are here for you to talk to.

Making the decision to start counselling and addressing 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.

Our counsellors are trained to listen with empathy to help 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 non-judgmental space for you to talk and explore difficult situations and feelings.

ECC counselling sessions are very reasonably priced at £10 per session with discounts available for block bookings and with comparably short waiting times.

In comparison, standard fees for private counselling sessions are upwards of £50 - £70 per session often with long waiting times.

If you are interested in applying for counselling (day or evening) or wish to find out more about how the counselling process works then don't hesitate to contact us at  
0208 366 3677 or email:  
[info@enfieldcarers.org](mailto:info@enfieldcarers.org)

Enfield Carers Centre is an Organisational Member of BACP (British Association for Counselling & Psychotherapy)

### Carers' Employment Workshop Tuesday 1st Oct 2024 11am to 1pm

Applying for a job can be daunting, no matter how much experience you have and what job you are applying for, this can be even harder for Carers, who need to be able to communicate the transferable skills they use whilst caring, and may have gaps in their work history.

You may need help preparing once you find a job you're interested in.

Our Carers' Employment Workshop aims to help Carers gain skills, knowledge and confidence to understand what employers look for when reviewing CVs and during interviews.

The employment workshop will cover:

- How employers assess employability
- How to make your CV stand out from the crowd
- Interview preparation
- First impressions and competencies

Venue: Enfield Carers Centre  
Email or call us to book your place



## Carers Rights Day 2024 - Thurs 21st November

You can enjoy a free lunch with us and other Carers when you book your place at our Carers Rights Day event. Like hundreds of organisations around the country and thousands of individuals celebrating the day, Enfield Carers Centre will be helping Carers understand their legal entitlements. We'll also be signposting Carers to information, advice and support.

At this year's event, Carers will hear about England's new legal rights to Carers' Leave and flexible working.

There will also be presentations explaining Carers Assessments, your right to a free flu jab and your right to be recognised as a Carer by your GP.

Under the Equality Act 2010 – Carers are now protected against direct discrimination or harassment because of their caring responsibilities.

You are also invited to our Annual General Meeting which will take place during the event.

Please spread the word about this free event to any other family/unpaid Carers you know. We'd like many more Carers to learn what their rights are and how to get support from Enfield Carers Centre.

Call to book your place now.



**Thurs 21st November 2024**

### Carers Rights Day & Enfield Carers Centre Annual General Meeting

Booking essential - email:  
[info@enfieldcarers.org](mailto:info@enfieldcarers.org)  
or call 0208 366 3677

Please call to book your space so we can confirm numbers for catering.

- Lunch starts at 12.15pm
- Event time: 1.15pm-4.30pm
- Location: Community House, 311 Fore St, Edmonton N9 0PZ



## Free Training & Workshops



**First Aid Training**  
Tues 15th Oct 2024  
1pm-2.30pm or  
Tues 19th Nov 2024  
10.30am-12pm

Learn basic first aid skills from The British Red Cross experts. Choose one of the above dates.



**1-day Moving & Handling Training**  
Thurs 19th Sept 2024  
or  
Thurs 7th Nov 2024  
9.15am-4.30pm

Learn how to move and lift your loved ones safely without hurting your back. £20 returnable deposit.



**Financial Wellbeing Workshop**  
Fri 27th Sept 2024  
10.30am-12.30pm

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.



Do you need replacement care for your loved one so that you can attend one of our events?

Call our Homecare Team to discuss your needs: 0204 519 2654

**Health & Social Care Forum**  
Fri 20th Sept 2024 11am-12.30pm

Topic: Changes to Social Care Charging & Tips for Winter Wellness

This free Carers Forum will discuss recent changes to social care charging, and share news and information from the health authority, the local council or GP Surgeries.

**To book any of these events email:**  
[info@enfieldcarers.org](mailto:info@enfieldcarers.org)  
or call 0208 366 3677

# Support Groups at Enfield Carers Centre In person & online. No need to book



## Mental Health Carers

Caring for someone with a mental health issue? Meet up with other Carers

**Thursdays  
1pm-2.30pm**

19th September 2024  
17th October 2024  
28th November 2024  
19th December 2024

## Carers Essentials Sessions

These sessions are for Carers newly registered to Enfield Carers Centre and those who want to know more about our services or speak with a member of our team.

**Fridays  
11am-12pm**

13th September 2024  
18th October 2024  
15th November 2024  
13th December 2024



## Dementia Carers

For everyone caring for someone with Dementia

**Thursdays  
11am-12:30pm**

19th September 2024  
17th October 2024  
28th November 2024  
19th December 2024

## LD & Autism Carers

Meet other Carers, swap ideas and hear about other local services.

For Carers of Adults 18+ with a Learning Disability and/or Autism

**Fri 6th September 2024  
12:30pm-2pm**

For Carers of Children (under 18) with a Learning Disability and/or Autism

**Fri 1st November 2024  
12:30pm-2pm**



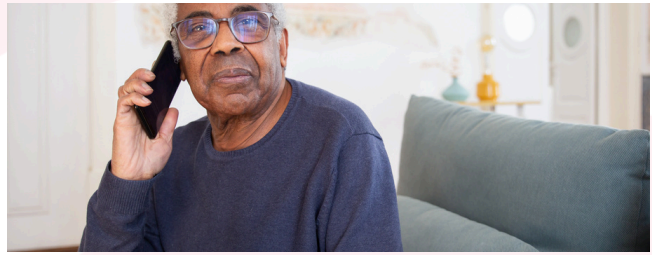
## CAPE - Carers & Parents in Enfield For Adults with Learning Disabilities

- CAPE is a group of parents, Carers and relatives of adults with learning disabilities aged 18 years and over
- CAPE meetings are the first Monday every other month (unless a bank holiday)
- CAPE also welcomes families of young people approaching adulthood
- All carers of adults with learning disabilities are invited to attend these free meetings
- **Venue: Park Avenue Disability Resource Centre, Park Avenue, Enfield EN1 2HL**

Monday 7th October 2024  
10am-12pm

Topic: **Health issues For Adults with Learning Disabilities**

Monday 2nd December 2024  
10am-3pm  
**Christmas Social & Lunch**



## Legal Information Telephone Appointments

If you're thinking about your plans for the future, or have a question about your loved one's rights whilst they're in a care home or receiving social care services, why not book a free ten minute appointment with local solicitor Samantha Anastasiou from Anvoner Law.

Samantha will help you understand the basics about any of the following topics : Care Home matters, Community Care Law, Court of Protection, Lasting Power of Attorney, Wills & Trusts.

Thursday 19th September 10am - 12pm  
Thursday 17th October 10am - 12pm  
Thursday 21st November 10am - 12pm  
Thursday 12th December 10am - 12pm

Email: [info@enfieldcarers.org](mailto:info@enfieldcarers.org) or call 0208 366 3677 to book an appointment.

Please note that Enfield Carers Centre is not responsible for the information discussed in these appointments and Carers are not obliged to purchase services from Anvoner Law.



### Monthly Wellbeing Sessions Thursdays 10am-11.30am

Wellbeing services to help you and your family live healthier lives.

12/09 - Mindfulness  
10/10 - Keeping Well in Winter  
14/11 - Sleep Management  
12/12 - Healthy Eating

Call 0208 366 3677 or email: [info@enfieldcarers.org](mailto:info@enfieldcarers.org) to book your place



### iCan Tea & Chatter

Join your free local Tea & Chatter Group. Get together with other local people, enjoy some refreshments and make new friends.

Time: 10am-12pm

**1st Monday\* every month** -  
Edmonton Green Library, N9 0TN  
\*unless a bank holiday

**2nd Tuesday every month** -  
Ordinance Road Library, EN3 6ND

**1st Thursday every month** -  
Enfield Town Library, EN2 6AX

Call 0208 366 3677 or email: [info@enfieldcarers.org](mailto:info@enfieldcarers.org) to book your place



# Young Carers Support

Our EyPIC Young Carers Project supports children and young people aged 5 to 18 who have a caring role and attend school or live in Enfield. We offer support, advice and information to Young Carers and their families. We currently support over 500 Young Carers in Enfield.

A Young Carer is someone aged 18 or under who helps care for a family member who has:

- An illness
- A disability
- A mental health condition
- An addiction

7. Please leave us a comment here – this could be something you enjoyed, something you learnt, or something we could improve.

*This was amazing and it felt fun meeting other young cars.*

7. Please leave us a comment here – this could be something you enjoyed, something you learnt, or something we could improve.

*I've enjoyed Not being alone*

7. Please leave us a comment here – this could be something you enjoyed, something you learnt, or something we could improve.

*I loved playing music and meeting new people*

7. Please leave us a comment here – this could be something you enjoyed, something you learnt, or something we could improve.

*I've learnt how to be less shy with some people*

7. Please leave us a comment here – this could be something you enjoyed, something you learnt, or something we could improve.

*I felt great with other people*



We offer the following services:

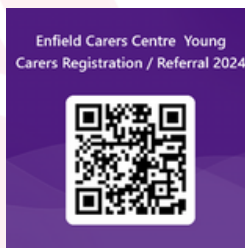
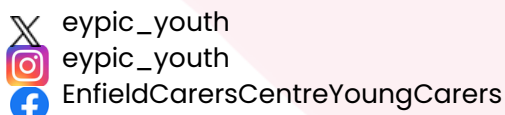
- Young Carers Assessments
- Tailored support plans
- Regular social activities and trips
- Educational support
- Whole family support
- Support meetings at school

Contact us to find out more or to sign up

If you would like to register your child so they can enjoy our Young Carers' activities and support from our Young Carers Team, please email us on [youngcarers@enfieldcarers.org](mailto:youngcarers@enfieldcarers.org) or call: 0208 366 3677.

Find out more on our website: [www.enfieldcarers.org/young-carers/](http://www.enfieldcarers.org/young-carers/) or scan the QR code to sign up

Follow us on Social Media!



## Time For A Break



### Relax and unwind with complementary therapy

Enjoy a relaxing massage or reflexology. Call 0208 366 3677 to register your interest and book a session.

£12.50 per session

**PLEASE BRING A TOWEL or pay a £2.50 charge**

Most activities take place at Enfield Carers Centre.

Call 0208 366 3677 or email: [info@enfieldcarers.org](mailto:info@enfieldcarers.org) to book a place

If you need replacement care\* for your loved one call our Homecare Team on 0208 519 2654 to discuss your needs. If you use a different care agency we can arrange to pay them so that you can attend our event.

\*subject to availability



### Exercise & Relaxation Sessions

Join other Carers every Monday 10am-11am at the Carers Centre for gentle exercise/fun chair dance. Take a break from caring and build positive physical and mental wellbeing

Suitable for all ages and abilities.

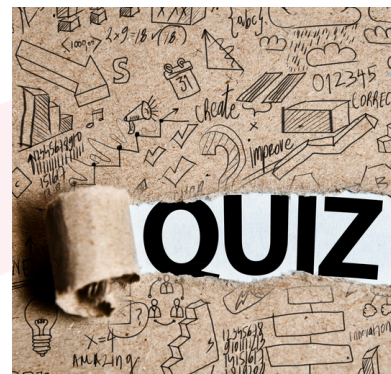


### Coffee & Chat Mornings

A friendly tea/coffee with light chat and the occasional quiz or catch up with a member of our team

**3rd Tuesday of the month, 11am - 12.30pm:**

17th September 2024  
15th October 2024  
19th November 2024  
17th December 2024



### CARERS QUIZ NITE & Free Ploughman's Meal Thurs 28th Nov 2024 6:30pm - 9:30pm

Join us for a fun night out with our staff and other Carers. Meet new people & test your knowledge with our fun quiz. Ploughman's platter included!

**Venue:** Bush Hill Park Bowls Tennis & Social Club Ltd, Abbey Rd, Enfield EN1 2QP  
**Carers only**



**Mon 4th November 2024**

Join us at Enfield Carers Centre for free pizza  
6pm-8pm

**16-25 year old Carers only**

We'd like to hear more about what services or activities we should be offering for Carers in your age group. Come and meet our staff and tell us what you think.





## iCan Memory Meet Up

Memory Meet Up is a fun, informal group for anyone diagnosed with dementia and their Carers. The group is run jointly by Age UK Enfield and Enfield Carers Centre. We meet regularly to do all sorts of dementia friendly activities including: talks; exercises; games and even the occasional pub lunch!

**Last Monday of each month 10.30am-12pm**

We're a friendly, welcoming group who love meeting new people. Come and join us.

Venue:  
Edmonton Methodist Church,  
Fore Street, Edmonton, N9 0PN -  
Free parking on site

For more information call  
0208 366 3677 or email:  
[info@enfieldcarers.org](mailto:info@enfieldcarers.org)



**Fri 13th September 2024**

Free Environmental Walk  
Tree & Nature Journaling  
11.30am-12.30pm

Meet at Park Rd entrance  
Pymmes Park N18 2UG



Construction company AtkinsRealis are sponsoring free environmental workshops including: guided social walks and outdoor poetry writing workshops. **Scan the QR code to get more info and to book a place.** Meet Jesse-the guide and other like-minded people and enjoy being closer to nature.

These workshops are not organised by Enfield Carers Centre.



**Thurs 12th September 2024**

**Carers Walk Event - by  
"Stepping Out"**

3 walks of different lengths all led by Stepping Out volunteers, followed by lunch at the café. This event is not organised by Enfield Carers Centre so contact Abi (details below). Carers are welcome to join on their own or with the person they care for.

- Time: 10.45am
- Location: Forty Hall, Enfield EN2 9HA
- Cost: FREE

Booking essential:  
[abimcelheron@gmail.com](mailto:abimcelheron@gmail.com)  
or call 07787 345923





## Bereaved Carers Support

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 have supported many Carers over several years.

Our Bereaved Carers Group considers the *7 Stages of Grief* and provides a safe and supportive space for Carers to talk, share or just listen.

**2nd Tues Every Month  
11am - 1pm**

10th Sept, 8th Oct, 12th Nov, 10th Dec

Please call 020 8366 3677 to book

Please note this group can only be attended in person. The group meets at Enfield Carers Centre.

Congratulations to the  
£25 Amazon voucher  
winners in our last two  
quarterly carers assessment  
team draws

We're delighted to announce that Valerie Rennie and Patrick Simms are the lucky winners of a £25 Amazon voucher each.

Always remember to return your paperwork and you could win next time. Always advise us of any changes in your caring role or other circumstances

### Carers Emergency Card

The person carrying this card is a carer for someone who is ill or disabled. If the cardholder has an accident or other emergency please ring 020 8803 1524 and quote the number below:

**001/001**

## Carers Emergency Card Have you updated your details lately?

Please check now to ensure your emergency plan and named contacts are correct and up to date. For more information about this free scheme or to download a form - visit our website or call the Centre.



## You are invited to our Glitz & Glam Autumn Ball Saturday 19th October 2024

Dress up and come to the Ball. Enjoy an evening of music, dancing and live entertainment with a delicious 2 course meal and drinks included.

Carers enjoyed a fantastic evening at last year's Winter Ball, so we're doing it all again slightly earlier this year. If you missed out last time, buy your tickets early this year.

Carers may bring 1 guest or cared for person.

Time: 6.30pm - 10pm

Location: Enfield

Tickets: £15 per person

Call 0208 366 3677 to book and pay



### CHRISTMAS & NEW YEAR CLOSURE DATES

Enfield Carers Centre will be closed from  
5pm Friday 20th December 2024  
and re-open at 9am Monday 6th January 2025



## Thanks to all who completed our 2023-24 Carers Satisfaction Survey

This year we received a record number of 694 responses to our annual survey. We really appreciate you taking the time to let us know what you think about our services and how they affect you.

Below is a snapshot of the survey results. More information will be published in our Annual Impact Report which is published at our AGM each year. (see page 7)

Selection of Carers' feedback:

- It would be great if your sessions started at 10.00am rather than 9.00am as most of us have a Freedom pass and our card cannot be used before 9.00 am
- I have had excellent help and support from Enfield Carers Centre. There is no room for improvement
- The newsletter is a helpful resource. It provides a range of supportive content. Time for a break [section] provides good ideas ... suggested joint activities for carers and cared [for] ones together would be helpful
- I would like to state how helpful and reassuring it was to have ECC to help me through very hard and distressing times.

**All Carers who provided their name and contact details and returned their completed survey were entered into our prize draw.**

**Congratulations to Lynda Boyd who won the £50 voucher.**

**93%** of Carers said they felt better able to cope with their caring role with support from Enfield Carers Centre

**90%** of Carers said that using Enfield Carers Centre services had improved their quality of life

**85%** of Carers are satisfied or very satisfied with the quality of Enfield Carers Centre services

**83%** of Carers agreed that our staff understood their needs

**81%** of Carers felt less isolated since attending social and leisure activities organised by Enfield Carers Centre

Just under **90%** of Carers who received help from our Benefits Advisor said their finances had improved

Carers Voice – The six-monthly newsletter of Enfield Carers Centre. You can find out about our work supporting Carers via our website: [www.enfieldcarers.org](http://www.enfieldcarers.org) or contact us at: 0208 366 3677 | Homecare: 0204 519 2654 [info@enfieldcarers.org](mailto:info@enfieldcarers.org)

Britannia House  
137-143 Baker Street  
Enfield EN1 3JL

Enfield Carers Centre is funded by Enfield Council to support Carers living in or looking after someone who lives in Enfield. We are also part of Carers Trust: the largest UK network of Carer organisations.

A Network Partner of  
**CARERS TRUST**

