

WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN NOVEMBER?

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	1	12:30 - 2	LD & Autism Carers	Meet other carers, swap ideas and hear about local services. For carers of adults 18+ with a learning disability and/or autism.	ECC	Yes
Monday	4	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	4	10 - 12	iCan Tea & Chatter	Join your local group to enjoy refreshments and make new friends.	Edmonton Green Library	Yes
Monday	4	6 - 8	18 - 25-year-old carers	We'd like to hear more about what services and activities we should be offering for Carers in your age group. Come	ECC	Yes

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

CHRISTMAS & NEW YEAR CLOSURE DATES

We will close from 5pm on Friday 20th December and re-open on Monday 6th January

Day	Date	Time	Event	What's it about?	Where?	Do I book it?
				and meet our staff and tell us what you think. We'll even throw in FREE PIZZA!		
Wednesday	6	OFFICE CLOSED				
Thursday	7	9:15 - 4:30	1-day Moving & Handling Training	Learn how to move and lift your loved ones safely. £20 returnable deposit.	ECC	Yes
Thursday	7	10 - 12	iCan Tea & Chatter	Join your local group to enjoy refreshments and make new friends.	Enfield Town Library	Yes
Monday	11	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 Note revised date	12	10:30 - 2	Basic Nursing Skills Training for Carers	A one-day course to help you keep your cared for healthy and avoid unnecessary time in hospital. Learn crucial skills that you can use for life. Free light lunch and parking costs repaid.	North Middlesex Hospital, Training room 3, Education Centre, Tower Building <i>or</i> Zoom	Yes

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Tuesday	12	10 - 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Ordinance Road Library	Yes
Tuesday	12	11 - 1	Carers' Bereavement Group	A space for bereaved Carers to talk, share or just listen. We consider the 7 Stages of Grief.	ECC	Yes
Thursday	14	10-11:30	Enfield Wellbeing Network	Monthly wellbeing sessions to help you and your family live healthier lives. This month: Sleep management.	ECC	Yes
Friday	15	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	18	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

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Tuesday	19	10:30 - 12	First Aid Training	Learn basic first aid skills from The British Red Cross experts.	ECC	Yes
Tuesday	19	11 - 12:30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers.	ECC	No
Thursday	21	12:15 - 4:30	Carers Rights Day & AGM	Join us for lunch (12:15-1:15) then learn about Carers rights such as Carers Leave, Carers Assessments, free flu jabs and GP recognition of your caring role. ECC's AGM will be part of the event.	Community House, 311 Fore St, Edmonton N9 0PZ	Yes
Thursday	21	10 - 12	Legal Advice	A free 20-minute telephone appointment with a local solicitor on Carer related legal issues.	Telephone	Yes
Monday	25	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

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Monday	25	10:30 - 12	iCan Memory Meet Up	A fun, informal group for anyone diagnosed with dementia and their Carers. Dementia friendly games, exercises, talks and even the occasional pub lunch!	Edmonton Methodist Church, Fore St, N9 0PN	No
Thursday	28	11 - 12:30	Dementia Carers	Join our group and meet others caring for someone living with dementia.	ECC/ Zoom	Yes
Thursday	28	1 - 2:30	Mental Health Carers	Caring for someone with a mental health issue? Meet up with other carers.	ECC	No
Thursday	28	6:30 - 9:30	Carers Quiz Night	Join us for a fun night with our staff and other carers. Ploughman's platter included. (Carers only)	Bush Hill Park Bowls Tennis & Social Club, Abbey Rd, EN1 2QP	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](#).

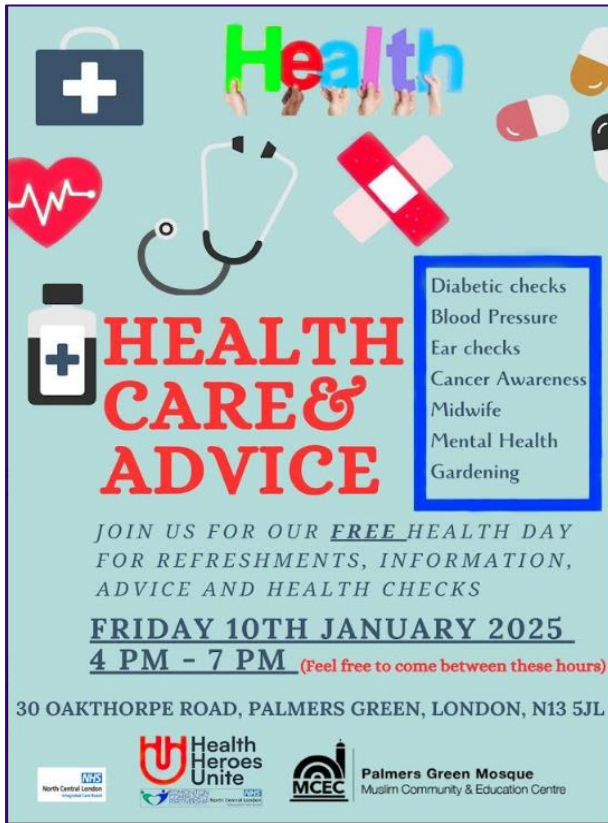
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FORTHCOMING EVENTS

Please note that these are not ECC events, please call the number on the poster for information or to book a place.



Health

HEALTH CARE & ADVICE

- Diabetic checks
- Blood Pressure
- Ear checks
- Cancer Awareness
- Midwife
- Mental Health
- Gardening

JOIN US FOR OUR **FREE HEALTH DAY** FOR REFRESHMENTS, INFORMATION, ADVICE AND HEALTH CHECKS

FRIDAY 10TH JANUARY 2025
4 PM - 7 PM (Feel free to come between these hours)

30 OAKTHORPE ROAD, PALMERS GREEN, LONDON, N13 5JL

Logos: NHS, Health Heroes Unite, MCEC, Palmers Green Mosque Muslim Community & Education Centre



HEALTH & Fun Day

Join in on our **FREE Health & Fun Day** for Refreshments & Entertainment, Information & Advice and Health Checks

Friday 06 December 2024
15:00 - 17:30

Houndsfield Primary School
Houndsfield Road N9 7RA

Logos: Houndsfield Primary School, Health Heroes Unite, NHS

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