

WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN OCTOBER?

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?
Tuesday	1	11 - 1	Carers' Employment Workshop	This Workshop aims to help you develop the skills, knowledge and confidence you need for job applications.	ECC	Yes
Thursday	3	10 - 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Enfield Town Library	Yes
Monday	7	10 -12	CAPE Meeting (Carers and Parents of adults with Learning Disabilities in Enfield)	Health issues for adults with learning disabilities	Park Avenue Disability Resource Centre, Park Ave, Enfield EN1 2HL	Yes

Monday	7	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
Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Monday	7	10 - 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Edmonton Green Library	Yes
Tuesday	8	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
Tuesday	8	10 - 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Ordnance Road Library	Yes
Thursday	10	10-11.30	Enfield Wellbeing Network	Monthly wellbeing sessions to help you and your family live healthier lives. This month: Keeping Well in Winter		

Monday	14	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	15	1 – 2.30	First Aid Training	Learn basic first aid skills from The British Red Cross experts.	ECC	Yes
Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Tuesday	15	11 – 12.30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers.	ECC	No
Thursday	17	10 – 12	Legal Advice	A free 10-minute telephone appointment with a local solicitor on Carer related legal issues.	Telephone	Yes
Thursday	17	11 – 12.30	Dementia Carers	Join our group and meet others caring for someone living with dementia.	ECC/ Zoom	Yes

Thursday	17	1 – 2.30	Mental Health Carers	Caring for someone with a mental health issue? Meet up with other carers.	ECC	No
Friday	18	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
Saturday	19	6.30– 10	Glitz & Glam Autumn Ball	Dress up and enjoy an evening of music, dancing and live entertainment with a delicious two course meal and drinks included. £15 per person. You can bring your cared for or a guest.	Enfield	Yes – call 0202 8366 3677 to book and pay.
Day	Date	Time	Event	What’s it about?	Where?	Do I book it?
Monday	21	10 – 11	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your	ECC	Yes

				mental & physical wellbeing.		
Monday	28	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	28	10.30-12	iCan Memory Meet Up	We run this group for those with dementia and their carers jointly with Age UK. We have dementia friendly activities such as talks, exercises, games and even the occasional pub lunch!	Edmonton Methodist Church (Free parking on site)	No

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](#).

IMPORTANT UPDATE: Next month's "Basic Nursing Skills" course will be held on Tuesday 12 November, not the date shown in our current Newsletter. Times and venue remain the same.



**YOU ARE INVITED TO OUR
CARERS RIGHTS DAY/AGM EVENT
Thursday 21st November 2024**

Agenda

12.15pm Arrival & Lunch

1.15pm Introduction & Welcome

1.20pm **Enfield Carers Centre Annual General Meeting**

2.00pm Keynote Speakers:

Feryal Clark MP*

Luke Clements – Carers' Rights: incl. Carers' leave, flexible working

Luke is a solicitor and nationally acclaimed academic who specialises in the rights of people who experience social exclusion, especially disabled people and their Carers.

2.50pm Questions & Answers

3.15pm Tea Break

3.30pm Carers Assessments – how to get the best out of them

Help for older Carers – DWP Pension Credit Toolkit

* attendance to be confirmed

4.30 EVENT ENDS

**Please call 0208 366 3677 to book your place at the above event
so that we can confirm numbers for catering**



You are welcome to join us
for the **Stepping Out** walk
at **CAPEL MANOR**
Enfield EN1 4RQ



On Thursday 10th October



Specifically for those who prefer short distance walks. Suitable for people who use wheelchairs or have other mobility issues.
Lunch at the Capel Manor café (which does not allow dogs)

Event **FREE** of charge

Carers are welcome join us on their own or with the person they care for

Booking essential
Please contact: Abi - 07787 345923
abimcelheron@gmail.com
or email—hallosteppingout@gmail.com
WE LOOK FORWARD TO SEEING YOU




You are welcome to join us
for the **Stepping Out**
TEWINBURY
LONG COUNTRY WALK



On Thursday 17th October



Specifically for those who enjoy a longer ramble through beautiful countryside. Parents of children with disabilities are particularly welcome. Lunch at Tewinbury Farm Hotel.

Event **FREE** of charge

Carers are welcome join us on their own or with the person they care for

Booking essential
Please contact: Abi - 07787 345923
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Enfield Saheli Wellness Day Event

7 of 9

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

Details:

- **Date:** 18th October 2024
- **Time:** 11:00-15:00
- **Venue:** Community House Edmonton N9 0PZ
- **Cost:** Free (women only)

Highlights of the Day:

<ul style="list-style-type: none"> • Wellness Workshops • Yoga and Meditation Sessions • Healthy Living Tips • Inspirational speakers 	<ul style="list-style-type: none"> • Community Engagement Activities • Nutrition Tips • Sound Bath Healing • Own your Power • Self-Love
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This is a wonderful opportunity for women in our community to relax, recharge, and connect with others, while learning valuable wellness practices.

**If you are caring for someone with mental health issues see below for
your local Mental health Trust Forum dates**



**Enfield
Carers Centre**

Supporting people who care



**North London
Mental Health
Partnership**



**Barnet, Enfield and Haringey
Mental Health NHS Trust
Camden and Islington
NHS Foundation Trust**

Service User & Carer Engagement Forum Enfield Town Library



**Enfield Town Library
66 Church Street
Enfield EN2 6AX
Community Room, 1st Floor
(Lift available for 1st Floor access)**

DATES for 2024

- Monday 29th April
- *Wednesday 29th May 14:30-16:00*
- Monday 24th June
- Monday 29th July
- *Tuesday 27th August 14:30-16:00*
- Monday 30th September
- Monday 28th October
- Monday 25th November
- Monday 30th December

14:00-15:30pm

Date/Time change due to room availability

**Join in person or via
MS Teams (link)
LIGHT REFRESHMENTS
PROVIDED**



"HAVE YOUR SAY!"

If you would you like to learn about different services, share your views about services and help shape delivery in Enfield, then please join our Forum.

***We welcome Service Users & Carers supported by the
North London Mental Health Partnership in Enfield.***