



WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN DECEMBER?

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	2	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	2	10 – 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends	Edmonton Green Library	Yes
Monday	2	10 – 3	CAPE Christmas Social & Lunch	CAPE is a group of parents, Carers and relatives of adults with learning disabilities aged 18 years and over.	Park Avenue Disability Resource Centre, EN1 2HL	Not an ECC event, contact capeldinfo@gmail.com for further details
Thursday	5	10 – 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Enfield Town Library	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 2024 and re-open at 9am on Monday 6th January 2025



Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Monday	9	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	10	10 - 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Ordinance Road Library	Yes
Tuesday	10	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	12	10-11:30	Wellbeing Group	Monthly wellbeing sessions to help you and your family live healthier lives. This month: Healthy eating.	ECC	Yes
Thursday	12	10 - 12	Legal Advice	A free 20-minute telephone appointment with a local solicitor on Carer related legal issues.	Telephone	Yes
Friday	13	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	16	10 - 11	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a	ECC	Yes

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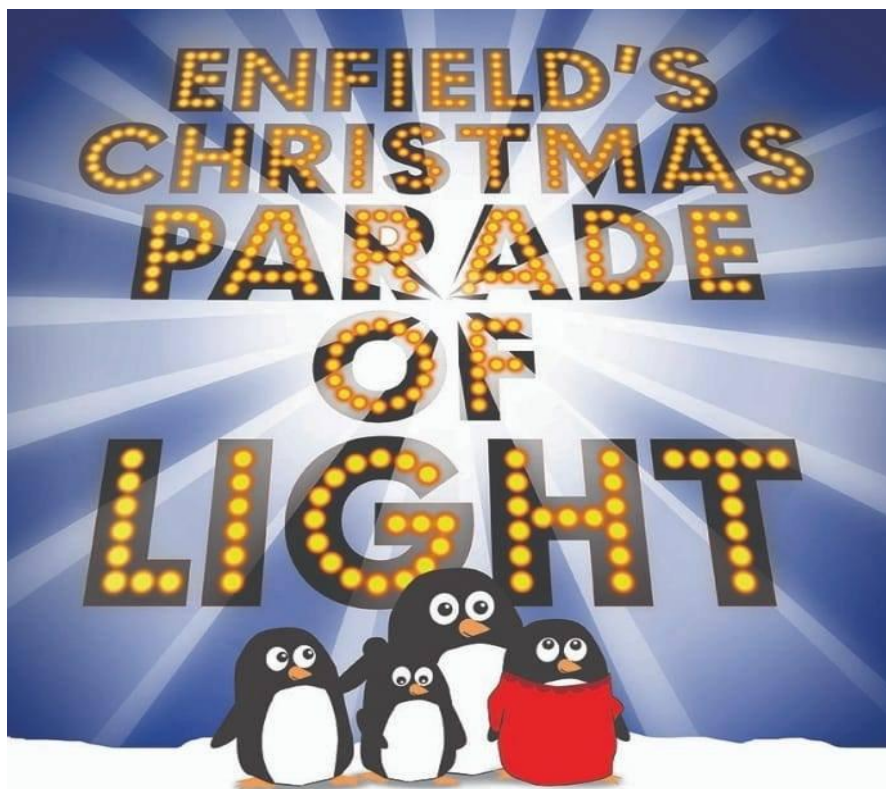
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Day	Date	Time	Event	What's it about?	Where?	Do I book it?
				break, improve your mental & physical wellbeing.		
Tuesday	17	11 – 12:30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers.	ECC	No
Thursday	19	11 – 12:30	Dementia Carers	Join our group and meet others caring for someone living with dementia	ECC/ Zoom	Yes
Thursday	19	1 – 2:30	Mental Health Carers	Caring for someone with a mental health issue? Meet up with other carers.	ECC	No
Monday	23	<div style="background-color: #e91e63; color: white; padding: 20px; border-radius: 10px;"> <h2 style="margin: 0;">OFFICE CLOSED</h2> <p style="margin: 0;">WE WISH ALL OF OUR CARERS AND THEIR LOVED ONES A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR</p> </div>				
Tuesday	24					
Wednesday	25					
Thursday	26					
Friday	27					
Monday	30					
Tuesday	31					
<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](#).

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Enfield Parade of Lights

4 – 6pm – Sunday, 1st December 2024

Join ECC in Enfield Market Place!

Venue: **Enfield Town**

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|-----------|---|
| 12 – 6 pm | Food Traders and Fun Fair in marketplace |
| 1 –2 pm | St Andrews Bell Ringers |
| 4 pm | Enfield Christmas Parade of Lights leaves the Civic at 4pm, arriving at Church St 5ish. |
| 5:20 pm | Carols on Fountain Island followed by Fireworks |
| 5:40 pm | Market Square activities and Cogger’s Funfair |

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Christmas Appeal Presents for Young Carers



We are asking for donations of NEW, unwrapped gifts or toys for young carers aged 5-18 who may not otherwise receive a gift. These will be given out to our Young Carers across the borough before Christmas.



Many Young Carers will be facing a cold, hungry Christmas with little or no gifts coming their way. You can help to change that!



If you would like to help, the next time you are in a supermarket, Argos, or a toy store, please pick up something small and drop it to the centre

between Monday 25th November – Friday 6th December.

There are staff in the centre Monday – Friday 9am – 5pm.

Just press the buzzer and we will come to the door.

You can help to bring a smile to a Young Carer's face this Christmas!

Thank you for your support!

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FORTHCOMING EVENTS

These are not ECC events, please call the number on the poster for information or to book a place.

    <p>Feel Good Fridays @ Dugdale Arts Centre</p> <p>The temperature may be dropping but we're cosy inside.</p> <p>Join us every Friday from 1st November until 20th December</p> <p>11am - 12pm Sporting Memories - Starts 8th Nov - a great way to exercise your brain, have fun and meet new people, If you are a fan of sports, you'll love this.</p>  <p>12pm - 1pm Creative Arts - Starts 1st Nov - Join local artist Zoe with a weekly arts and crafts drop in suitable for all abilities. Every week has a different theme and materials</p>  <p>No need to book. For more information call 0208 375 4120 or email: referrals@ageukenfield.org.uk www.ageukenfield.org.uk</p>	  <p>FREE Taster Sessions Strength Training</p> <p>Accessible strength-based classes suitable for all abilities. Gain confidence in exercise using resistance bands; dumbbells; steps; and more in a circuit format.</p>     <p>Community House 311 Fore Street Edmonton N9 0PZ</p> <p>11:30am - 12:30pm Thursday 21st November 2024 Thursday 28th November 2024 Thursday 5th December 2024 Thursday 12th December 2024</p> <p>Some benefits of strength training include; maintaining bone density, reducing symptoms of osteoporosis, reducing the risk of fractures, strengthening muscles and even improving mental cognition!</p>   <p>BOOKING IS ESSENTIAL Call: 0208 375 4120 or Email: referrals@ageukenfield.org.uk</p> <p><small>Age UK Enfield is registered in England and Wales as a charity (no. 1063696) and a company limited by guarantee (no.03352062)</small></p>
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