



We're recruiting. Could you be a Carers Ambassador for Enfield?

We need confident, computer literate people, young or older with experience of caring to take on this role.

Ambassadors help GPs, Hospitals, Council staff and other Carers understand what support is available for family and informal Carers.

This role is not just about your personal caring situation although your experience will be very valuable. It's about helping people in our local community to

understand who Carers are and what help they need. You'll also gather information about how well services are or aren't working for Carers and their loved ones.

Ambassadors receive a small weekly allowance in recognition for their work.

Maybe you or someone you know would like to apply for this volunteer vacancy?

See Page 2 for more info on what's involved in being an Ambassador.

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2025

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Carers Ambassador Vacancies

Are you caring for someone with mental ill health or with a physical or sensory impairment e.g. MS, Parkinson's, deafness or blindness? We already have one Ambassador with experience of caring for someone with LD/Autism and we'd like to recruit Ambassadors with other types of caring experience.

What does an Ambassador do?

Ambassadors are part-time volunteers, age 18+ who can represent and connect with other Carers and organisations within Enfield.

As an Ambassador, you will:

- attend online and face-to-face meetings

- cover community events and information stalls
- reach out to Carers' groups and disability organisations
- 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

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
or use this QR Code



Welcome Carol Henry! - our new Homecare Manager

Carol Henry will join Graham and Leah in our Homecare Team in January 2025 as Alex Morgillo leaves us for pastures new.

Are You Winter Ready?

Remember to make sure your GP knows you are caring for someone so that you can be offered a free Flu Jab and ask if you are eligible for a Covid 19 booster jab. You can also buy flu jabs at local pharmacies.

Enfield Carers Centre Employee Awards 2024

We were delighted to expand our Homecare Awards Ceremony this year to include office staff nominations.

There are now 3 award categories for our Homecare Team and 3 for our Office Team.

Benedicte Mavata –

Winner of the top Robert Hatton Award received her award from Bob's daughter Roz Thompson. Good Job Benedicte!

Florence Campbell received the Outstanding Care Support Worker Award and no wonder!

Trupti Dubal was on holiday at the time of the Awards Ceremony. Her son kindly collected her well-deserved Heart of Gold Award.

Danny Newland received our Outstanding Employee of the Year Award. If you know Danny – you know why he won!

Shona Burke won the Above & Beyond Award for frequently going out of her way to solve Carers' issues and doing her best to resolve the difficulties they face.



Left to right: Benedicte, Danny, Trupti's Son, Shona (on screen) Florence and Fiona

Fiona Neville won our Best Newcomer Award. Although new to our team, Fiona's always been willing to throw herself into any task, learn new skills, help her colleagues and generally be a brilliant team player.





Glitz & Glam - The most glamorous Autumn event of 2024!

Carers enjoyed a hot meal, live entertainment and dancing (or watching others do so!) at our Annual Glitz and Glam event last October. Set a reminder now to buy your tickets early for this October.

Thanks again to our live entertainer, Max Curto for supporting our event with his wonderful "Swing, Jazz & Big Band" set which, as always set the mood and got everyone involved. A good night was definitely had by all.



Deputy Mayor Margaret Greer praised Enfield Carers Centre and said that Family Carers deserved more recognition for the invaluable care they provide and how good it was to see them enjoying a well earned evening out.





Mental Health - Who cares?

The beginning of November 2024 saw the creation of the North London Mental Health Partnership, a new NHS Trust that merges the Camden & Islington and Barnet, Enfield & Haringey Mental Health Trusts. By doing this the new Partnership aims to use its increased size to offer more flexibility in areas such as bed allocation, and to learn and share best practice among the partner boroughs. Enfield Carers Centre is already working with the Partnership to support and improve the lot of those caring for people with mental health issues in Enfield. We thought that you'd like to hear more about what's going on.

We know that it's vital that NHS staff understand the contribution that family Carers can and want to make. Working effectively with Carers will reduce stay times in hospital, and also the chance of re-admission.

Our joint goal is to give the cared for the best possible outcome. So, Enfield Carers Centre will be attending all the induction courses for new Partnership staff to explain how we can all work together.

We'll also have a weekly Advice & Information stand at Chase Farm to engage with staff. In addition, we're working on a section of our website that we'll share with the Partnership to bring you the latest news, events and updates.

Carers might also like to know that the Partnership hold a Service User & Carer Engagement Forum on the last Monday of each month at Enfield Town Library. But, as ever, there's plenty going on at the Centre for Carers of people with mental health issues. Back in May we held our Mental Health Carers Conference, which was both vibrant and helpful. We've been working on the feedback from this which you can read about in our Conference report.

We know how valuable mutual support is among Carers, and we have our regular Mental Health Carers Group and the Learning Disabilities & Autism Group, details are in this newsletter.

It's important that we understand and represent your views when talking to organisations like the North London Mental Health Partnership. We know that information and involvement are important, but if there are issues that you feel that it would be useful to present to the staff at the Partnership on your behalf, let us know. You can email us at info@enfieldcarers.org or send your thoughts directly to me on the email address below.

Arthur Hasler
projectmanager@enfieldcarers.org



Enfield Carers Centre Counselling Service

You don't have to struggle alone, or in silence. Our Counsellors are here for you to talk to. They are trained to listen and discuss your problems and feelings in a confidential and non-judgemental environment.

Our 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 sessions (day or evening) or wish to find out more about how the counselling process works then don't hesitate to call us or email:

info@enfieldcarers.org or

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



Enfield Carers Centre has joined 19 other organisations in Enfield and Haringey who have signed up as **Age Well Friends**.

We've made a special pledge showing our dedication and commitment to supporting people who are 50+. We will work with our local health authority, North Central London Integrated Care Board (NCL ICB) to make our borough Age Well Friendly and build a stronger and more inclusive community for Enfield's older population.

NCL are encouraging organisations, health professionals and senior leaders to work together. Already, 26 people have enrolled in the **Age Well Champions** Training and there are now two officially certified Age Well Champions in Enfield.

The AGE WELL key aims are:

- To bring together local and national resources, and develop new local resources where needed.
- Increase general awareness of the age well issues in our local communities.
- Increase existing knowledge of age well issues, including what local services and support are available in Enfield.
- To develop and deliver a training programme that focuses on ageing well and which supports Enfield professionals and senior leaders to improve their knowledge and the support they provide to older patients/clients.

There will also be **Age Well Experts** - people who work closely with older people on a regular basis - medical or social and who have been working in the field for 10+ years.

9-15 June 2025 is Carers Week

It's an annual, nationwide campaign to raise awareness of caring and highlight the challenges that adult and young carers often face.

Join us as we celebrate family and informal Carers in our borough and help us spread the word about Enfield Carers Centre to other people who care.

Family Fun Day - Saturday 14th June 2025
Enfield Town Library Green from 12 noon to 4pm



Enfield Carers Centre

Carers Week

Family Fun Day

FREE ENTRY

Saturday
14th June 2025
12 - 4pm
Enfield Town Library Green

TOMBOLA STALLS

TALENT SHOW

LIVE ENTERTAINMENT MUSIC MASCOTS

FOOD & DRINK

BOUNCY CASTLES

RAFFLE PRIZES

KIDS GAMES

Enfield Carers Centre
Supporting people who care

Charity Reg. No: 1140089

Please spread the word about this free-entry event to your friends and neighbours and 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.

Free Training & Workshops



First Aid Training
 Tues 18th Mar 2025
 10:30am to 12pm or
 Tues 17th Jun 2025
 10:30am to 12pm

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

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



1-day Moving & Handling Training
 Let us know if you are interested and we'll contact you with available dates

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

Use this link to express interest in any event:
<https://enfieldcarers.org/request-a-booking/>
 email:
info@enfieldcarers.org
 call 0208 366 3677



The Money Charity Workshop

Tuesday 21st January
 'Mind Your Money' &
 Friday 9th May
 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.

Carers' Employment Workshop
 25th February 2025 10am to 12pm

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

Our Carers' Employment Workshop will help you gain skills, knowledge and confidence to understand what employers look for when reviewing CVs and during interviews. Use this link to book or express in this event:
<https://enfieldcarers.org/request-a-booking/>



Free Training & Workshops



Free Nursing Skills Training for Carers

Learn valuable nursing skills and prevent unnecessary hospital admissions.

This free 4-hour course will empower you with basic nursing skills which will help you to keep your loved one healthy and avoid unwanted hospital stays or unnecessary re-admissions.

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

Mon 10th February 2025

Location: North Middx. Hospital,
Sterling Way N18 1QX
10.30am - 2pm

Tue 24th June 2025

Location: Enfield Carers Centre
Baker Street EN1 3JL
10.30am - 2pm

Booking essential - email
info@enfieldcarers.org
call 0208 366 3677 or click:
<https://enfieldcarers.org/request-a-booking/>

Free Healthy Living Day & Wellbeing Workshops

Tue 28th January 2025

&

Fri 9th May 2025

10.30am - 2.30pm

Buffet Lunch provided

Make 2025 the year you focus on your own health and wellbeing as well as that of the person you care for. Have a free basic health check by our resident nurse Corina and pick up some lifestyle tips that you can make a regular part of your life.

Free Wellbeing Workshops

Second Thursday of each month

10 - 11.30am

9th January 2025

13th February 2025

13th March 2025

10th April 2025

8th May 2025

12th June 2025

Enjoy our relaxed wellbeing sessions and learn some tips that you can share with your family and friends

- **Mindfulness** - how can it help?
- **Keeping Well in Winter**
- **Sleep** - how to overcome difficulties sleeping
- **Healthy Eating** - Myths & Reality

Free Training & Workshops

FREE IT Classes for Carers

We'd like to hear from you if you're interested in learning basic IT/computer skills.

Call us on 0208 366 3677 and we'll get in touch with you to understand more about your needs and to discuss how we can help you.



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 03/02/2025, 10.00 - 12.30

Speaker: Charlene Thomas (Learning Disabilities Head of Service - Social Workers) & a Council Brokerage representative

Subject: Respite Provision - Commissioned Services and use of Direct Payments

As promised, we'll be holding free workshops for Mental Health Carers during 2025

Topics will include:

- Dialogue +
- What to do in a crisis
- Schizophrenia
- Anxiety & Depression
- OCD
- Personality Disorders
- Mental Health Services available in Enfield
- Treatment & Medication
- Preparing for discharge from an in-patient stay
- How to keep yourself well

Email: info@enfieldcarers.org or

Call 0208 366 3677 to register your interest and we'll contact you with workshop dates, times and venue details.

Health & Social Care Forum

Fri 28th Feb 2025

11am-12.30pm

Topic: What to expect from Hospital Wards & "Virtual Wards"

This free Carers Forum will discuss hospital stays, how to prepare for discharge and be involved in discharge planning and what you need to know about "Virtual Wards".

email : info@enfieldcarers.org or click: <https://enfieldcarers.org/request-a-booking/>

Monthly Support Groups In person & online. Call for zoom login details



Mental Health Carers

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

**Thursdays
1pm - 2:30pm**

16th January 2025
20th February 2025
20th March 2025
17th April 2025
15th May 2025
19th June 2025

Evening Carers

Opportunity for working Carers or those unable to get to meetings during the day. Hear one of our Carers Essentials talks, speak with a member of our team, find out more about our services or get advice and information about local services, whilst enjoying some light refreshments.

**6:30pm-9:30pm
27th February 2025
29th May 2025**



Dementia Carers

For everyone caring for someone with Dementia

**Thursdays
10:30am-12:00pm**

16th January 2025
20th February 2025
20th March 2025
17th April 2025
15th May 2025
19th June 2025

LD & Autism Carers

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

**All events are Fridays
from 12:30-2pm**

28th February 2025 for Carers of children (under 18) with a learning disability

25th April 2025 for Carers of adults (over 18) with learning disabilities

27th June 2025 for Carers of children (under 18) with a learning disability



Carers Essentials Forums

**Fridays
1.30pm-2.45pm**

These forums cover essential info that Carers need. Each forum has a different topic hosted by a member of our staff.

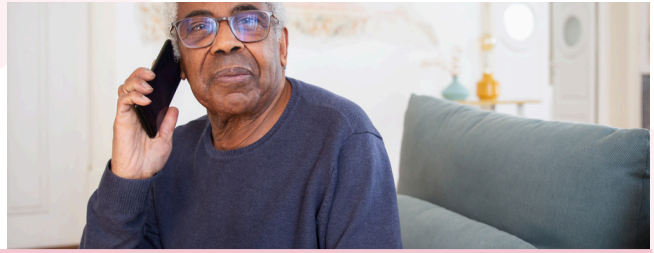
10th January - "An Overview of The Year to Come"

14th February - "The Advantages of Knowing Your Rights" a light-hearted talk about arguing your point and why it's essential to know your rights

14th March - "Creative Problem Solving" How to put on a new spin when approaching problem resolution

11th April - "A Carers Guide to Keeping Well" The serious topic of ensuring your wellbeing delivered via a light-hearted talk

9th May - "Introducing Care Workers into a family home" Things to think about



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 23rd January 10am - 12pm
Thursday 20th February 10am - 12pm
Thursday 20th March 10am - 12pm

Email: 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.

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
27 Jan, 24th Feb, 31st Mar, 28th Apr,
19th May, 30th Jun

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



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 - Ordnance Road Library, EN3 6ND

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

Call 0208 366 3677 or email:
info@enfieldcarers.org to book your place



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

Bereaved Carers Support

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

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

14th January; 11th February; 11th March;
8th April; 13th May; 10th June

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

Adam Gold - JUL-SEP Winner
Denise Almond OCT-DEC
Winner

MAKE THIS YOUR NEW YEAR'S RESOLUTION

Carers Emergency Card
Join this free Enfield scheme
&
Update your details

If you're caring for someone over 18, join the Carers Emergency Card Scheme. It'll give you peace of mind when you're out and about. If you're caught in an accident or unable to get back to your loved one for any reason, the Council's Safe & Connected Team can put your emergency plan into action. They'll contact your named emergency contacts or check on your loved one at home*

If you're already part of this scheme, please check now to ensure your emergency plan and named contacts are still correct and up to date.

For more information about this free scheme or to download a form - visit our website or call the Centre.

Evening Quiz Nite

Thurs 8th May 2025 6.30pm to 9.30pm

To benefit from longer days, we are moving our legendary Carers Centre Quiz Nite from Winter to Spring. Carers and the people they care for (adults only) can spring clean their brains as they pit their wits against the other attendees. We'll also provide a cheese, biscuits and drinks as light refreshments. Come and enjoy the fun.

Click: <https://enfieldcarers.org/request-a-booking/> call the Centre or email: info@enfieldcarers.org to express your interest in this event & for venue details



Young Carers Support

Our Young Carers Project is known as 'EyPIC'. We support children and young people aged 5-18 years who have a caring role or who support their parents with a relative or sibling who needs help. You can register your children for FREE support and activities by scanning the QR code below or by visiting our website.




We offer Young Carers a 1-2-1 assessments (a support meeting with a staff member) to discuss their caring role and how things are going at home and school. We also speak to the parent/guardian for more information. We then create an support plan with the Young Carer and to help improve their situation. This plan is tailored to the individual Young Carer and could involve helping them with educational support and resources, providing social activities and trips, resolving issues at school and ensuring the family and cared for person receive the support they need.

To find out more or to sign your children up

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

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

Follow us on Social Media!

 [eypic_youth](#)
[eypic_youth](#)
[EnfieldCarersCentreYoungCarers](#)



We have regular homework clubs and events (both online and in person) so Young Carers get the chance to socialise with their peers who understand what being a Young Carer is like and to give them a chance to just be children for a while.

We can also offer FREE transport to collect Young Carers from home and drop them back afterwards if they're unable to get to our events without transport. We have a dedicated Family Support Officer who supports families for a 12-week period and a Benefits Officer who can check that families receive what they are entitled to.

Time For A Break

Visit our website to book:
<https://enfieldcarers.org/request-a-booking> or email:
info@enfieldcarers.org

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



Carers Group Lunch at Toby Carvery

Fri 28th Mar 2025
1pm

Make new friends and enjoy a break. Carers may bring their cared-for person (adults only)
£10 returnable deposit per person



Relax and unwind

Enjoy a relaxing massage or reflexology. To book:
<https://enfieldcarers.org/request-a-booking>

£12.50 per session
PLEASE BRING A TOWEL or pay a £2.50 charge



Exercise & Relaxation Sessions

Every Mon 10am-11am

Join other Carers every Monday 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.



**10th, 17th, 24th, 31st Jan;
 7th, 14th Feb 2025**

Creative Writing Workshop

Six Fridays: 10.30-12.45

Enfield Carers Centre is pleased to work again with CREATE to offer this creative writing workshop to encourage and showcase Carers' talents.

If you're a budding writer then join this series of workshops.

The workshops will be held in 6 weekly sessions, so you need to be able to attend **all** sessions when expressing an interest in participating. Visit our website to book.



Fri 14th Feb 2025
7:30pm

Abba Tribute - 'Thank You For The Music'

The Ultimate Tribute to ABBA Calling all Dancing Queens, this is your night to say, Thank you for the Music!

Venue: Millfield Theatre
 Silver Street, Edmonton
 N18 1PJ

Carers special price only £10 (RRP £32.50pp)

Time For A Break



**28th Feb;
7th, 14th, 21st, 28th Mar,
4th Apr 2025**

**Visual Art Sessions:
Six Fridays: 10.30-12.45**

CREATE ARTS.ORG.UK

For carers whose artistic talents are best suited to the medium of images rather than words we're hosting a Visual Art Workshop.

The workshops will be held as 6 weekly sessions and we ask that carers commit to attending all 6 sessions.



Tues 15th Apr 2025

Enfieldian Coach Cotswold Trip

A tour of the Cotswolds that goes to Bicester Garden Centre (coffee break) and then through Shipton and Chipping Campden to enchanting Broadway for lunch. Continue by way of Stanton to Stow-on-the-Wold for tea before returning home by 7.30pm.

Carer + 1 guest £15 each payable on confirmation of place.



Tour of Capel Manor Gardens

Carers only
11am start

Fri 16th May 2025

Join our group tour of the Manor's beautiful gardens. Please consider that there will be lots of walking. Call the Centre to book and for meeting location.



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:**

21st January 2025
18th February 2025
18th March 2025
15th April 2025
20th May 2025
17th June 2025

Westminster Boat Cruise:

Tues 3rd Jun 2025

Enjoy a round trip from Westminster to Greenwich. See beautiful views of London's famous landmarks with this River Thames sightseeing cruise. Enfield meeting point and train travel to Westminster.

**Carer ticket price £5 each
(RRP £17.68) plus train fare**



Afternoon Tea at The West Lodge Park Hotel

Tues 24th Jun 2025

Enjoy a delightful afternoon with other Carers at this luxury venue steeped in history and set in 35 acres of rolling countryside.

**Special Carer Discount price
£12.50 each (RRP £36.50)**

