

WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN FEBRUARY?

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 | 3 | 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 | 3 | 10 - 12 | iCan Tea & Chatter | Join your local group to enjoy some refreshments and make new friends. | Edmonton Green Library | Yes |
| Monday | 3 | 10 - 3 | CAPE – Respite Provision – Commissioned Services and | CAPE is a group of parents, Carers and relatives of | Park Avenue Disability Resource | Not an ECC event, contact capeldinfo@gmail.com for further details |

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

**Book our events by phone on 020 8366 3677 or online at
enfieldcarers.org/request-a-booking/**

| | | | use of Direct Payments | adults with learning disabilities aged 18 years and over. | Centre, EN1 2HL | |
|-----------------|-------------|-------------|------------------------------------|---|---|----------------------|
| Thursday | 6 | 10 - 12 | iCan Tea & Chatter | Join your local group to enjoy some refreshments and make new friends. | Enfield Town Library | Yes |
| | | | | | | |
| Day | Date | Time | Event | What's it about? | Where? | Do I book it? |
| Monday | 10 | 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 | 10 | 10.30 - 2 | Nursing Skills Training for Carers | A free course to empower you with the basic skills to keep your loved one | North Middx Hospital Sterling Way N18 1QX | Yes |

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|-----------------|-----------|-----------|-----------------------------|---|-----------------------|-----|
| | | | | healthy and avoid hospital stays and re-admissions. | | |
| Tuesday | 11 | 10 - 12 | iCan Tea & Chatter | Join your local group to enjoy some refreshments and make new friends. | Ordnance Road Library | Yes |
| Tuesday | 11 | 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 | 13 | 10- 11.30 | Wellbeing Workshop | Relaxed wellbeing sessions to help you and your family live healthier lives. | ECC | Yes |
| Friday | 14 | 11 - 12 | Carers "Essentials" Session | "The Advantages of Knowing Your Rights" a light- | ECC | Yes |

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| | | | | hearted talk about arguing your point and why it's essential to know your rights. | | |
|---------------|-------------|----------------|---|---|--|----------------------|
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| Friday | 14 | 7.30 pm | "Thank You For The Music" Abba Tribute | Calling all Dancing Queens to say, 'Thank You For The Music'. Not much Money Money Money with a £10 ticket for carers (limited numbers). | Millfields Theatre Silver Street Edmonton N18 1PJ | Book via ECC |
| Monday | 17 | 10 - 11 | Exercise & Relaxation Session | Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your | ECC | Yes |

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| | | | | mental & physical wellbeing. | | |
| Tuesday | 18 | 11 – 12.30 | Coffee & Chat Morning | Enjoy some social time. Meet and chat with other Carers. | ECC | No |
| Thursday | 20 | 10–12 | Legal Information Telephone Appointment | A free 10–minute appointment with a local solicitor on carer related legal issues. | By phone | Yes |
| Thursday | 20 | 10.30–12.00 | Dementia Carers | Join our group and meet others caring for someone living with dementia. | ECC/ Zoom | Yes |
| Thursday | 20 | 1 – 2.30 | Mental Health Carers | Caring for someone with a mental ill health? Meet up with other carers. | ECC | No |
| | | | | | | |

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| Monday | 24 | 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 | 24 | 10.30-12 | iCan Memory Meet Up | A fun and informal group for those diagnosed with dementia and their carers. Run jointly with Age UK, we meet for games, talks, exercises and even the occasional pub lunch! | Edmonton Methodist Church, Fore Street, Edmonton N9 0PN | Yes |
| Tuesday | 25 | 10 - 12 | Carers' Employment Workshop | Applications, CVs, interviews – | ECC | Yes |

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| | | | | it can all be daunting. This workshop helps to prepare you for work or volunteering. | | |
| Thursday | 27 | 6.30 - 9.30 pm | Evening Carers | For those who can't get to meetings during the day, a chance to meet other carers, and staff and receive support and information. | ECC | No |
| Friday | 28 | 10.30-12.45 | Visual Art Workshop (first of six sessions) | For carers who may like to try something different and artistic ,these workshops may be for you! | ECC | Yes (you need to be able to attend all six sessions) |

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| Friday | 28 | 11 – 12.30 | Health & Social Care Forum | What to expect from hospital wards and “virtual wards”. A discussion on how to be involved in hospital stays and preparing for discharge. | ECC | Yes |
| Friday | 28 | 12.30 - 2 | LD & Autism Carers | A chance to meet other carers of children (under 18) with a learning disability. | ECC | 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](#).

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Information for **Young Carers** can be found [here](#).

FORTHCOMING EVENTS

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



NHS
North London
NHS Foundation Trust

**Enfield
Service User & Carer Engagement Forum
Enfield Town Library**



DATES for 2025
Monday 27th January
Monday 24th February
Monday 31st March
Monday 28th April
Monday 26th May
Monday 30th June
Monday 28th July
Monday 25th August
Monday 29th September
Monday 27th October
Monday 24th November
Monday 29th December

14:00-15:30pm
Last Monday of each Month

Join in person or via
MS Teams
Meeting ID: 392 768 364 692
Passcode: tSujPn

LIGHT REFRESHMENTS
PROVIDED

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



"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.

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**CARERS
TRUST**



How safe are you online?



Join the Carers Trust one-hour webinar for free, expert advice on Tuesday 11th March 2025 at 12.30pm

These days, there's very little you can't do online, whether it's shopping, keeping in touch, reading the news or finding the address of somewhere you're visiting. Some things are made much more difficult if you don't do them online, like researching and applying for benefits, or making certain payments.

But like everybody else, carers can be victims of online harm like fraud and abuse.

Please join this free webinar to find out how to protect yourself, those you provide care for and others you love by *clicking on this link or copying and pasting this into your browser: Carers.org/GetSafeOnline.*

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