

## WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN MARCH?

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](mailto:info@enfieldcarers.org).

Book online at: <https://enfieldcarers.org/request-a-booking/>

We look forward to seeing you!

Day	Date	Time	Event	What's it about?	Where?	Do I book it?
<b>Monday</b>	<b>3</b>	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
<b>Monday</b>	<b>3</b>	10 - 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Edmonton Green Library	Yes
<b>Monday</b>	<b>3</b>	10 - 3	CAPE – Respite Provision – Commissioned Services and use of Direct Payments	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 <a href="mailto:capeldinfo@gmail.com">capeldinfo@gmail.com</a> for further details
<b>Thursday</b>	<b>6</b>	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**

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Day	Date	Time	Event	What's it about?	Where?	Do I book it?
<b>Monday</b>	<b>10</b>	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
<b>Tuesday</b>	<b>11</b>	10 - 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Ordinance Road Library	Yes
<b>Tuesday</b>	<b>11</b>	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
<b>Thursday</b>	<b>13</b>	10-11:30	Wellbeing Workshop	Relaxed wellbeing sessions to help you and your family live healthier lives.	ECC	Yes
<b>Friday</b>	<b>14</b>	11 - 12	Carers "Essentials" Session	"Creative Problem Solving" a light-hearted talk about different ways to look at your problems.	ECC	Yes
<b>Monday</b>	<b>17</b>	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
<b>Tuesday</b>	<b>18</b>	10:30 - 12	First Aid Training	Learn basic first aid skills from the British Red Cross experts.	ECC	Yes
<b>Tuesday</b>	<b>18</b>	11 - 12:30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers.	ECC	No

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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 issue? Meet up with other carers.	ECC	No
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
Friday	28	1:00	Carers Group Lunch	Make new friends and enjoy a break. Carers may bring their cared-for person (adults only).	Toby Carvery	Yes <b>£10 returnable deposit per person</b>
Monday	31	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	31	10:30-12	iCan Memory Meet Up	A fun and informal group for those diagnosed with dementia and their Carers. Run jointly with	Edmonton Methodist Church, Fore	Yes

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				Age UK, we meet for games, talks, exercises and even the occasional pub lunch!	Street, Edmonton N9 0PN	

**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](mailto: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](#).

**FORTHCOMING EVENTS**

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

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



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



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



**“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.

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

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**CARERS  
TRUST**



## How safe are you online?



**Join the Carers Trust one-hour webinar for free, expert advice on Tuesday 11<sup>th</sup> 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](https://carers.org/GetSafeOnline).*

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