

WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN APRIL?

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. 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?
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 – 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	7	10 – 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Edmonton Green Library	Yes

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

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Tuesday	8	10 – 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Ordinance Road 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
Thursday	10	10– 11.30	Wellbeing Workshop	Relaxed wellbeing sessions to help you and your family live healthier lives.	ECC	Yes
Friday	11	11 – 12	Carers "Essentials" Session	"A Carers Guide to Keeping Well" The serious topic of ensuring your wellbeing delivered via a light-hearted talk.	ECC	Yes
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	All Day	Cotswold Coach Trip	A tour of the Cotswolds, including Bicester Garden Centre,		Yes –Carer + 1 guest £15 each (payable on

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				Shipton, Chipping Camden, Broadway, Stanton and Stow-on-the-Wold. Home by 7.30pm.		confirmation of place)
Tuesday	15	11 – 12.30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers.	ECC	No
Thursday	17	10.30–12.00	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 ill health issue? Meet up with other carers.	ECC / Zoom	No
Thursday	17	10–12	Legal Information Telephone Appointment	A free 10-minute appointment with a local solicitor on carer related legal issues.	By phone	Yes
Monday	21	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	25	12.30 – 2	LD & Autism Carers (for over 18)	Meet other Carers, swap ideas, share news and hear about local services.	ECC	No

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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	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

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](#).

FORTHCOMING EVENTS

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FREE IT CLASSES FOR CARERS

ARE YOU INTERESTED IN LEARNING BASIC IT/COMPUTER SKILLS?

**CALL US ON 020 8366 3677 AND WE'LL GET IN TOUCH WITH YOU TO
UNDERSTAND MORE ABOUT YOUR NEEDS AND HOW WE CAN HELP
YOU.**

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LONDON MARATHON



27.04.2025

We have a limited number of tickets to
give away for the Grandstand in
Blackheath to watch the start of the race.

**We have 10 tickets available -
limited to 2 tickets per Carer
for the London Marathon on
Sunday 27th April 2025.**

**Please note that it is an early
start of 8am at The Brasher
Grandstand, Blackheath**

**Please call Enfield
Carers Centre for
information or to book**

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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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We're inviting you to join us for our
Stepping Out walk at **Knebworth** in the spring
with its bulb-filled gardens, maze, dinosaur park &
fabulous views of the romantic house
with its turrets, domes and gargoyles
on
Thursday 3rd April 2025
followed by lunch in the cafe.

The event will feature two walks - one a guided longer walk
round the estate and gardens and a gentler, easier walk
on good flat terrain suitable for people who use
wheelchairs or have other mobility issues.
Carers are welcome to come alone or bring the person
they care for.

BOOKING ESSENTIAL

Please contact abimcelheron@gmail.com
hallosteppingout@gmail.com
or

Ring 07787 345923

We expect this to be one of our most popular adventures
so do please book early.

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