

WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN MAY?

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 enfieldcarers@nhs.uk. Book online at: <https://www.enfieldcarers.org.uk>

We look forward to seeing you!

Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Thursday	1	10 – 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Enfield Town Library	Yes
MAYDAY BANK HOLIDAY						
Monday	5					
Thursday	8	10-11.30	Wellbeing Workshop	Relaxed wellbeing sessions to help you and your family live healthier lives.	ECC	Yes
Thursday	8	6.30-9.30pm	Evening Quiz Nite	Our legendary Quiz Night returns to give your brains a spring clean! Carers and the people they care	Park Avenue DRC – Ground Floor	Yes

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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 <https://www.enfieldcarers.org.uk>

				for (adults only) can pit their wits against each other. Drinks and light refreshments provided.	65c Park Avenue Enfield EN1 2HL	
Friday	9	10.30–2.30	Free Healthy Living Day & Wellbeing Workshops	Make this the year that you focus on your own health and wellbeing, as well as that of the person you care for. Free basic health check, tips on lifestyle and a buffet lunch.	North Middlesex University Hospital Tower Block Clinical Room 1 Level Minus 1	Yes
Friday	9	10.30 – 12.30	Fundamentals of Financial Wellbeing	"The Money Charity Workshop" Juggling caring with the rising cost of living is hard. The Money Charity is running this workshop to help Carers understand how to get the best from their money.	ECC	Yes
Friday	9	1.30–2.45	Carers Essentials Forum	"Introducing Care Workers into a Family Home". Looking at the things that you need to consider.	ECC	Yes

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Monday	12	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	13	10 – 12	iCan Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Ordinance Road Library	Yes
Tuesday	13	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	15	10.30–12.00	Dementia Carers	Join our group and meet others caring for someone living with dementia.	ECC/ Zoom	Yes
Thursday	15	1 – 2.30	Mental Health Carers	Caring for someone with a mental ill health issue? Meet up with other carers.	ECC / Zoom	No
Thursday	15	10–12	Legal Information Telephone Appointment	A free 10-minute appointment with a local solicitor on carer related legal issues.	By phone	Yes
Friday	16	11am start	Tour of Capel Manor Gardens	Join our group tour of the Manor's beautiful gardens.	Capel Manor	Yes

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				Lots of walking involved!		
Monday	19	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	19	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	20	11 – 12.30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers.	ECC	No
Monday	26	BANK HOLIDAY				
Thursday	29	6.30–9.30	Evening Carers	For those who can't get to meetings during the day, a chance to meet other carers, and to hear one of the talks for	ECC	No

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				the Carers Essential Forum.		
Saturday	31	11.00	National Garden Scheme Visit	A small courtyard garden turned into an "urban jungle"! (Further details below)	King Edward Road Waltham Cross EN8	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 for more details.

There is more Information on our [website](#) and in our [brochure](#).

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

FORTHCOMING EVENTS

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Book our events by phone on 020 8366 3677 or online at [enfieldcarerscentre.org.uk](#)



The poster is for the Enfield Carers Centre Carers Week Family Fun Day. It features a central title in purple and pink, with event details in pink. To the left is an illustration of a fairground stall. Various activities are listed in yellow text within pink and purple circles. The Enfield Carers Centre logo is in the top right corner of the poster area.

Enfield Carers Centre
Carers Week
Family Fun Day
Saturday
14th June 2025
12 - 4pm
Enfield Town Library Green

TOMBOLA STALLS
TALENT SHOW
FREE ENTRY
LIVE ENTERTAINMENT MUSIC MASCOTS
FOOD & DRINK
BOUNCY CASTLES
RAFFLE PRIZES
KIDS GAMES

Charity Reg. No: 1140089

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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.**

**Please call Enfield Carers Centre for information or to book a
place.**

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North London
 NHS Foundation Trust



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



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

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**



“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.



The National Garden Scheme has kindly allocated us 10 places for Carers to visit a local garden free of charge! The visit will take place on Saturday 31st May at 11.00am. Carers would need to travel there independently but we can refund your reasonable travel expenses.

The garden is based in King Edward Road in Waltham Cross, EN8 and is a small courtyard garden transformed into an 'urban jungle' with many exotic trees and shrubs.

Its owner is Bryan Hewitt who drew inspiration from working for many years at nearby Myddelton House, the garden designed by famous horticulturist, E A Bowles. Walls are clad with a collection of vintage advertising signs and statuary and architectural salvage lurk in shady alleys. Every corner tells a story.

Please contact the Centre to register your interest.

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