

## 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 using the QR code:

We look forward to seeing you!



Day	Date	Time	Event	What's it about?	Where?	Do I book it?
<b>Monday</b>	<b>2</b>	<b>CONNECTIONS</b> Opens! Call us for more information about our new Day Centre.				
<b>Monday</b>	<b>2</b>	10.00 - 11.00	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental & physical wellbeing.	ECC	Yes
<b>Friday</b>	<b>6</b>	9.15 - 4.30	1-day Moving & Handling Training	Learn how to move and lift your loved one(s) safely without hurting your back. £20 returnable deposit.	ECC	Yes

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**CENTRE DROP-IN TIMES ARE MONDAY 1PM-4PM & WEDNESDAY 11AM-2PM**

Book our events by phone on 020 8366 3677, scan the QR code or click [HERE](#) to request an event booking:



<b>Monday</b>	<b>9</b>	10.00 – 11.00	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>10</b>	11.00 – 1.00	Carers' Bereavement Group	A space for bereaved Carers to talk, share or just listen. We consider the 7 Stages of Grief.	ECC (In person only)	Yes
<b>Wednesday</b>	<b>11</b>	10.00– 12.00	Legal Information: Telephone Appointment	A free 20-minute appointment with a local solicitor on carer-related legal issues.	By phone	Yes
<b>Thursday</b>	<b>12</b>	11.00 – 1.00	Mental Health Workshops for Carers- the Role of the Crisis Team	Learn more about different types of mental ill health and the Role of the Local Crisis Response Team.	Enfield Carers Centre, in person only	Yes
<b>Monday</b>	<b>16</b>	10.00– 11.00	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental & physical wellbeing.	ECC	Yes

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<b>Tuesday</b>	<b>17</b>	11.00 – 12.30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers, and the occasional quiz or wellbeing workshop.	ECC	No
<b>Thursday</b>	<b>19</b>	10.30 – 12.00	Dementia Carers	For everyone caring for someone with dementia.	ECC	Yes
<b>Thursday</b>	<b>19</b>	1.00 – 2.30	Mental Health Carers	Caring for someone with a mental health issue? Meet up with other Carers.	ECC	Yes
<b>Friday</b>	<b>20</b>	10.30 – 12.30	The Money Charity Workshop	Our relationship with money. Consider our money personalities and the relationship with mental health. Reflect on barriers to money management and how to reframe your mindset.	ECC	Yes
<b>Monday</b>	<b>23</b>	10.00 – 11.00	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental & physical wellbeing.	ECC	Yes

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<b>Monday</b>	<b>23</b>	10.30-12.00	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!	Connections 26-28 QueenswayEN3 4SA	Yes
<b>Monday</b>	<b>30</b>	10.00 - 11.00	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>30</b>	10.30-12.00	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!	Connections 26-28 QueenswayEN3 4SA	Yes
<b>Tuesday</b>	<b>31</b>	6.30 - 9.00	Evening Carers	An opportunity for working Carers or those unable to get to meetings during the day to	ECC	Yes

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				<p>discuss topics including assessments, advocacy, safeguarding, mindfulness and wellbeing.</p>		
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**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

**For further details of these events, and much, much more read our latest [newsletter](#).**

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**Book our events by phone on 020 8366 3677, scan the QR code or click [HERE](#) to request an event booking:**



**Millfield Theatre Trip  
Saturday March 28<sup>th</sup>  
'A Night to Remember'  
9:30pm**

Motown Show takes you back in time to 1960's Detroit. Be prepared for a high energy show, packed with the greatest Motown hits of all time  
£10 per Carer (tickets are usually £31.50)

This trip is for Carers Only (1 ticket max)



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## Spring LD & Autism Carers Event

**Friday 13<sup>th</sup> March 2026 10.30am – 2.30pm**

Enfield Carers Centre is delighted to announce our new partnership with “Resources for Autism”.

### **Who are “Resources for Autism”?**

They’ve been supporting autism for over 25 years, helping over 2,000 beneficiaries and 5,000 family members every year. Founded by Dr Hartley Booth OBE in 1997 during his time as an MP in response to families concerned about the lack of available support for autistic people and their families.

**Their vision is:** A society where autistic people can live happy and fulfilling lives.

### **What’s on offer in 2026?**

- One to one sessions with an Autism Specialist
- Training Sessions to help Carers better understand Autism
- Workshops in April & June (see page 9)
- Specialist Support Groups for Autism Carers

**LD Carers:** This Spring event will also provide information about local council services for families supporting a loved one living with a learning disability and voluntary organisations/groups in Enfield which support parents of children and/or adults with a learning disability.

Come to our free Spring Event and find out more. Visit our website, email or call to book your place. Enfield Venue to be confirmed.

### **TO EXPRESS INTEREST IN THIS EVENT**

- **Scan the QR code or**
- **Visit [bit.ly/eccbooking](https://bit.ly/eccbooking) or**
- **Call: 020 8366 3677**

*Free Buffet Lunch  
booking is essential*



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**Toby Carvery Lunch**  
**Wednesday 22nd April**  
**12:30pm**

£5 Special Carer Price!  
(usually £12.75 per head)  
Make new friends and  
enjoy a break.  
Carers may bring one  
cared-for person  
(adults only)

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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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