

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 using the QR code: We look forward to seeing you!



Day	Date	Time	Event	What's it about?	Where?	Do I book it?
Monday	6	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
Monday	6	10.00 - 12.00	Tea & Chatter	Join your local group to enjoy some refreshments and make new friends.	Edmonton Green Library	Yes
Friday	10	1.30 - 2.45	Carers Advocacy -	This course in Advocacy Skills will guide you	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:



			Essential Skills	through the key things you need to know and the skills to successfully present your case.		
Monday	13	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
Tuesday	14	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
Wednesday	15	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
Thursday	16	10.30 - 12.00	Dementia Carers	For everyone caring for someone with dementia.	ECC	Yes

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Thursday	16	11.00 – 1.00	Mental Health Workshops for Carers – speaker from Dementia Friends	Learn more about different types of mental ill health and Caring for Someone with Psychosis. We invite Carers to bring something small to share at lunch from 12.30 to 1.00.	ECC or Connections [TBC] and online	Yes
Thursday	16	1.00 – 2.30	Mental Health Carers- Speaker from Mind	Caring for someone with a mental health issue? Meet up with other Carers.	ECC	Yes
Friday	17	10.30 – 2.30	Healthy Living Day for Carers	Make 2026 the year you focus on your own health and wellbeing as well as that of the person you care for. Have a free basic health check (subject to availability) and pick up lifestyle tips that become part of your regular life.	ECC	Yes

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Monday	20	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
Tuesday	21	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
Wednesday	22	12.30	Toby Carvery Lunch	Make new friends and enjoy a break. Carers may bring one cared for person (adults only). £5 per head (usually £12,75)	Toby Carvery Whitewebbs Lane Enfield EN2 9HH	Yes
Friday	24	11.00 - 2.00	Free Workshop for Carers of Adults with Autism	This workshop is run by our colleagues at Resources for Autism. It will provide a safe and understanding space for Carers to ask questions, explore concerns, and	ECC	Yes

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				receive advice on caring for an adult with autism and available resources.		
Monday	27	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
Monday	27	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
Monday	27	10.00 - 11.00	Exercise & Relaxation Session	Enjoy gentle chair exercise to music with fellow Carers. Relax, take a break, improve your mental &	ECC	Yes

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				physical wellbeing.		
Tuesday	28	6.30 – 9.00	Evening Carers	An opportunity for working Carers or those unable to get to meetings during the day to discuss topics including assessments, advocacy, safeguarding, mindfulness and wellbeing.	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](#).

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

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**Book our events by phone on 020 8366 3677, scan the QR
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Enfield Carers Centre: Phone Number 020 8366 3677
Number: 1140089

Charity





Enfield Carers Centre

Supporting people who care



Pinhole Photography for Wellbeing

Fri 15th May 2026 | 10.30 - 13.00pm
Fore Street Library • Meet other carers, join in a fun, creative workshop and learn a new skill!

To book call: 0208 366 3677
or scan the QR code to request a place



Spaces are limited. Small charge of £3 per head.

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