

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 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	4	BANK HOLIDAY				
Wednesday	6	10.30 - 12.30	Free Nursing Skills Training for Carers	Learn valuable but basic nursing skills and prevent unnecessary hospital admissions. Topics covered include spotting signs of infection, prevention of pressure sore, swallowing problems and out of hours support.	North Middx Hospital - Room To be advised when booking	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:



Friday	8	1.30 - 2.45	Carers Advocacy – Essential Skills	This course in Advocacy Skills will guide you through the key things you need to know and the skills to successfully present your case.	ECC	Yes
Monday	11	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	12	10.30 - 12.30	Carers' Employment Workshop	If you're interested in getting back to work, learning to balance your current job with caring or volunteering, this workshop can help. CV writing, interview skills and job applications are all covered.	ECC	Yes

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Tuesday	12	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	13	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
Monday	18	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	19	11.00 – 12.30	Wellbeing Coffee & Chat Morning	Enjoy some social time. Meet and chat with other Carers, and the occasional quiz or wellbeing workshop.	ECC	No
Thursday	21	10.30 – 12.00	Dementia Carers	For everyone caring for someone with dementia.	Connections Daycare Centre	Yes
Thursday	21	1.00 – 2.30	Mental Health Carers	Caring for someone with a	ECC	Yes

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				mental health issue? Meet up with other Carers.		
Monday	25	BANK HOLIDAY				
Tuesday	26	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

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Dementia Action Week

Join us at

ENFIELD CARERS CENTRE

New  **Connections**
Day Care & Community Club



Crafts & Games



Tea & Biscuits



Everyone Welcome!

 **Thursday 21st May | 10am – 3pm**

 **Guest speaker: Practical tips and advice to support health and wellbeing for people living with dementia.**
10:30am – 12:30pm

 **Connections, Enfield Carers Centre**
Unit 7, 26 – 28 Queensway,
Enfield, EN3 4SA



To book your place please call
0208 366 3677



Enfield Carers Centre
Connections
Day care & community club

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Connections
Day Care & Community Club



A day care centre for adults in the heart of Enfield.



Scan the QR code to learn more:





Now open – please contact us for bookings and enquiries.

Phone Number:
0208 366 3677 (option2)

Email:
Connections@enfield carers.org

Location:
**Connections,
Unit 7, 26 – 28 Queensway,
Enfield,
EN3 4SA.**

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

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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](#).



WELLNESS MONTH **MAY 2026**

BOOKING IS REQUIRED AS PLACES ARE LIMITED

6 MAY	FALL PREVENTION Wednesday 10am-12pm Tutor: Hara Markos
13 MAY	STAY ALERT TO FRAUD AND SCAM Wednesday 10am-12pm Tutor: Nadine Kaya - NatWest
20 MAY	DEMENTIA PREVENTION Wednesday 10am-12pm Tutor: Michelle Reshef
27 MAY	LYMPHOMA AWARENESS TALK Wednesday 10am-12pm Tutor: Barbara Von Barwewisch

Ruth Winston Centre is a registered charity in England - n 1057968
190 Green Lane, Halesbury, Birmingham B34 6JG
info@ruthwinstoncentre.com | http://www.ruthwinstoncentre.com

OUR FRIENDS AT THE RUTH WINSTON CENTRE HAVE ASKED US TO TELL YOU ABOUT THESE FREE WORKSHOPS

WE ARE OFFERING 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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