

## WHAT'S HAPPENING AT ENFIELD CARERS CENTRE IN JUNE?

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>1</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>CARERS WEEK</b>						
<b>Monday</b>	<b>8</b>	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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**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:



				physical wellbeing.		
<b>Tuesday</b>	<b>9</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>10</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>Wednesday</b>	<b>10</b>	11-1	Carers Coffee Morning	A coffee morning for Mental Health Carers	Mind Community Cafe-	
<b>Monday</b>	<b>15</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>16</b>	11.00 - 12.30	Coffee & Chat Morning	Enjoy some social time. Meet and chat with	ECC	No

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				other Carers, and the occasional quiz or wellbeing workshop.		
<b>Thursday</b>	<b>18</b>	10.30 - 12.00	Dementia Carers	For everyone caring for someone with dementia.	ECC	Yes
<b>Thursday</b>	<b>18</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>19</b>	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
<b>Monday</b>	<b>22</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>23</b>	10.30 -	First Aid Training	Learn basic first aid skills from	ECC	Yes

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		12.00		The British Red Cross experts. Certificate of attendance provided.		
<b>Monday</b>	<b>29</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>29</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>30</b>	11.00 - 1.00	Free Workshop for Carers of Children with Autism	Parenting an autistic child can be joyful, challenging and at times overwhelming. Whether you're navigating sensory	ECC	Yes

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				sensitivities, sleep, struggles, or how to get schools to help, it's easy to feel like you're doing it all on your own. This workshop is run and provided by colleagues from Resources For Autism.		
<b>Tuesday</b>	<b>30</b>	6.30 pm – 8.00pm	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](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](#).

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# FORTHCOMING EVENTS

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

## Carers Week 2026 – Building Carer-Friendly Communities

There will be no Family Fun Day this year.

Instead, we will all be out and about in the community, raising awareness of carers and talking to people across the borough about the work that we do to support

carers in Enfield.

So, look out for us at:

- GP surgeries
- Supermarkets
- Libraries
- Schools
- Community Organisations



**Enfield Carers Centre**  
Supporting people who care

**YOU'RE INVITED!**

**INVITING CARERS TO OUR BAME COMMUNITY EVENT!**

Come along, connect and feel supported.

**WHY COME ALONG?**

- CONNECT WITH YOUR COMMUNITY**  
Build connections and share experiences.
- MEET STAFF AND OTHER CARERS**  
Chat with our team and meet other carers.
- LEARN WHAT SUPPORT IS AVAILABLE TO YOU AND YOUR FAMILY**  
Find out about services, advice and support.

**BAME CARERS WEEK EVENT**

- DATE**  
Thur 11<sup>th</sup> June 2026
- TIME**  
11 – 2.00pm
- VENUE**  
Connections Unit 7,  
26-28 Queensway,  
EN3 4SA

*Everyone welcome!*

**STALLS ARE FREE!**  
Space is limited – book your stall today!

**NO NEED TO BOOK – JUST DROP IN BETWEEN 11 – 2.00PM**

**CALL: 0208 366 3677 FOR MORE INFORMATION**

**EVENT LOCATION:**  
Connections Unit 7,  
26-28 Queensway,  
EN3 4SA

**TOGETHER, WE CARE. TOGETHER, WE GROW.**

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Enfield Carers Centre

# Connections

Day care & community club



## SUMMER SOCIAL CLUB

STARTING TUESDAY 9TH JUNE

13:00pm – 15:00pm | EVERY TUESDAY

**Tuesday 9th June**

Music Through the Years



**Tuesday 16th June**

Reminiscence Games & Memory Moments

**Tuesday 23rd June**

Creative Crafts & Hands-On Fun



Learn more by scanning the QR code

Connections Day Care & Community Club  
Unit 7, 26 – 28  
Queensway  
Enfield  
EN3 4SA

**£4 Per Session**

To book call  
0208 366 3677  
(Option 2)



Registered Charity No: 1140089  
Company No: 7149774

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# Connections is your new adult day care centre in Enfield

Delivered by a team of qualified and professionally trained staff from Enfield Carers Centre. Find out more at [enfieldcarers.org](http://enfieldcarers.org) or call 020 8366 3677



Unit 7, 26 - 28 Queensway  
Enfield, EN3 4SA



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