Enfield Carers Centre

Supporting people who care

Welcome to Enfield Carers Centre!



We are an established local charity offering free support, advice, training and information to unpaid Carers living, or caring for somebody, in Enfield.

Most of our activities are free and available in person

COMMUNITY FUND

A Network Partner of CARERS TRUST

ENFIELD Council

Telephone: 020 8366 3677
Britannia House,
137-143 Baker Street, Enfield, EN1 3JL

email: info@enfieldcarers.org
Website: www.enfieldcarers.org
Registered Charity Number: 1140089

Enfield Carers Centre
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*See our regular **"Carers' Voice"** newsletter on our website: **www.enfieldcarers.org** or pick up a copy at local libraries and GP surgeries.*

Carers Emergency Card Scheme



- This free Enfield Council scheme is a safe way to hold essential information about the person you care for, what their care needs are and who needs to be informed if you have an accident.
- To join the scheme, contact us on **020 8366 3677** or download a form from our website: **enfieldcarers.org**. You need to provide a passport-style photo and at least one emergency contact.

ENFIELD Council

Safe and Connected
Enfield Telecare Services

Gold Carers Registration Card



- The card can be shown to identify your carer role which can allow access to discounts, including at the Enfield Council's public leisure centres, managed by Better Leisure.

BETTER

- If you provide a passport-style or electronic photograph after registering, we'll send you a free card.
  (note: we charge to replace lost or damaged cards).

Benefits Advice Service

- Check if you are getting the right benefits
- Advice on form filling & answering disability-related benefit queries
- Group information sessions explain carer & disability related benefits, to help you understand if you qualify & how to complete the forms.

Mini Legal Sessions

Legal Information Sessions - free 10 -minute telephone appointments with a solicitor (prior booking only) for carer or disability related topics.

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Welcome to Connections
our day care service for adults in Enfield



Run by team of qualified and professionally trained staff.

- Offering a range of care and activities for your loved one, which promote physical and mental wellbeing
- Welcoming adults with a range of support needs
- Safe, secure provision; know your loved ones are in safe hands
- New purpose-built community care space designed with needs of users in mind
- Refreshments, hot meals and transport (small charge applies)
- Flexible respite and support. Your loved one can enjoy half day(s) or full day(s) whilst you enjoy a break from caring or attend an appointment.



Connections is open Monday to Friday, from 10am until 4pm
Call us to arrange a **free taster day**.

Find out more at **www.enfieldcarers.org** , call **020 8366 3677** (option 2), or email:
Connections@enfieldcarers.org

Find us at:
Unit 7, 26 – 28 Queensway
Enfield, EN3 4SA
Close to parking and bus routes 121 / 191 / 279 /307 / 313 /349

Enfield Carers Centre
Connections
Day care & community club

Homecare Association

Enfield Carers Centre
Supporting people who care

Inspected and rated Good
CareQuality Commission

Homecare Services from the Charity You Can Trust

We provide high-quality respite/homecare services to families and carers in Enfield, giving carers some time for themselves

This service:

- ✓ is delivered by highly-skilled, fully vetted and trained support workers
- ✓ can assist people of all ages including children and adults with learning difficulties, autism, mental ill health, challenging behaviours, or long-term health conditions e.g. stroke, dementia, and diabetes
- ✓ has been inspected and rated as **Good** by the Care Quality Commission (CQC)
- ✓ can include sitting services, companionship, overnight care, shopping/escorting, personal care, help with mobility, administering medicines, peg feeding, stoma and catheter care
- ✓ focuses on learning the likes and dislikes of your loved one

CareQuality Commission Rated GOOD



Our services are not for profit, and charged at very competitive hourly rates.

Call us on **020 4519 2654**, or email on **homecare@enfieldcarers.org** or visit our website: **enfieldhomecare.org**

86% of Carers who responded to our survey stated that the support received from ECC has helped them cope with their caring role.

Enfield Carers Centre
Supporting people who care

Support for Carers at GPs

We can support unpaid Carers to feel more informed, confident and recognised when attending GP appointments. This includes information, advice and practical support. We can help you to understand your rights, signpost you to appropriate local support, and ensure you do not overlook your own health and wellbeing needs.

Support for Carers at North Middlesex Hospital

We support Carers when a loved one is admitted to or discharged from hospital. We provide advice and guidance around hospital discharge, caring responsibilities and available support in the community. We aim to make sure carers are listened to, included where appropriate, and connected with the right support to help them continue caring safely and confidently.

Free Hospital Discharge Training



We can help you learn how to keep the person you care for safe & well at home.
You will learn vital nursing skills and where to go for out-of-hours help, plus tips to reduce hospital admissions and avoid repeat visits to A&E or your GP surgery.

Other Activities

- Manual Handling Training
- First Aid Training
- Healthy Living Day Events
- Mental Health Training
- Carers Week and Carers Rights Day Events

FIRST AID

Carers Week

Carers RIGHTS DAY

- Carer Consultations & Forums
- Support for Carers wanting to re-enter the workplace, study or volunteer

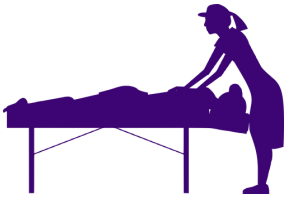
Enfield Carers Centre
Supporting people who care

75% of Carers who responded to our survey said their quality of life has improved after using ECC's services

Carers' Breaks

- We arrange activities including day trips, meals out, short breaks, visits to the cinema or theatre and a variety of exercise and other classes.
- Complementary Therapy Sessions: massage or reflexology - chargeable and by prior booking only
- We may be able to help you apply for a grant to have a break away from the person you care for.

Have a break - meet new people who understand what it's like to be a Carer and enjoy some free time





Advocacy (in partnership with Local Enfield Advocacy Partnership (LEAP))

- We specialise in informal advocacy, related to health and social care matters.
- Our independent Advocate will help you present your case in the way that a tribunal or other body will expect.
- Free advocacy skills workshops and one-to-one sessions
- If your loved one can't speak or make decisions for themselves, a formal advocate might be needed e.g. for mental health or mental capacity issues. We can advise and signpost you to an independent advocacy service.

Call **020 8366 3677**, use the QR code or see our website: **www.enfieldcarers.org** for more information.

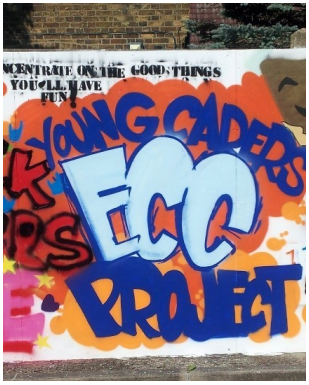
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Supporting Young Carers

- We support Young Carers aged 5-17
- Young Carers may be helping to care for a parent, brother, sister, grandparent or other family member.
- We offer Young Carers:

EYPIC
Enfield Young People in Caring



- Weekly Social Activities
- Weekly Homework Clubs
- One-to-One support
- Tuition, Homework and In-school Support
- Digital Lending Library (we can lend you a laptop)
- Fun Trips and Activities

COMMUNITY FUND

Call us on **07809 332106**, scan the QR code or email:
youngcarers@enfieldcarers.org

Counselling Service

We understand that looking after someone with illness, disability or addiction can be physically and emotionally stressful.

- Counsellors offer a chance to talk in confidence
- We offer 6 x weekly day-time sessions which can be by telephone, online, or face to face, at a heavily subsidised rates.



Call **020 8366 3677** or email **info@enfieldcarers.org** for an application form.

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Getting a Carers Assessment

- ✓ If you are looking after an adult living in Enfield, who is disabled, ill or elderly, you are entitled to a Carers Assessment to see what help and support you may need with caring.
- ✓ A Carers Assessment is a discussion about: how caring affects your life; what practical help you provide; how best to help you keep well and healthy; how to manage caring alongside your other responsibilities whilst still enjoying a life outside caring.
- ✓ Enfield Carers Centre can do your assessment face-to-face, by telephone or online.

ENFIELD Council

Call **020 8366 3677**, use the QR code or see our website: **www.enfieldcarers.org** for more information.

Carers Support Groups

- Carers 'Essentials' sessions
- Dementia Carers
- Learning Difficulties & Autism Carers
- Evening/Working Carers chat
- Mental Health Carers
- Bereavement Carers
- Coffee and Chat



Groups are held face-to-face

Please note that groups are for Carers only and not the person being cared for

Call **020 8366 3677**, use the QR code or see our website: **www.enfieldcarers.org** for details about dates and times.