



Enfield Carers Centre  
Empowering Carers

Contact us  
on  
0208 366 3677

# Enfield Carers Centre Bulletin No. 1

## Our Commitment to You

We understand that during this difficult time, we all need as much clear and useful information as possible.

So along with our quarterly newsletter, we will be producing a fortnightly bulletin for the duration of the COVID-19 crisis.

We will aim to give you details of our activities and events as well as providing you with details of the latest government advice and information from Enfield Council.

We will also provide you with general information that will hopefully help you to navigate these most extraordinary times.

We hope this bulletin is useful. Feel free to forward on to anyone you think it would be helpful to.

**ECC can help you receive a daily hot meal and prescription collections if you are shielding. Call us on 0208 366 3677 and we'll make the referral on your behalf.**

All ECC staff are still working during the COVID-19 crisis. We are here to help family/informal carers Mon-Fri 9am-5pm on our normal number: 0208 366 3677.

Our monthly support groups are still taking place, but as we can't open the Centre, these are now by phone. Visit our website or see our Apr-Jun Carers Voice Newsletter for dates and details of how to join the telephone support groups.

## **In the two weeks since 20/4/20:**

- **We made 588 welfare check calls to carers**
- **We sent out 4662 reminder texts to carers**
- **We held 2 Mental Health Carer Groups, 1 LD/Autism Carers Group, 4 Benefits Advice Groups, 18 Online Activities for Young Carers plus daily fun challenges**
- **We distributed PPE (personal protective equipment) to 17 carers**

## **Food & Medicine for People who are Shielding**

The Government are asking certain people to shield until June. So, if you are classed as 'Clinically extremely vulnerable' you should by now have received a letter from either your GP or the NHS. If you think you fall within the extremely vulnerable group and haven't received a letter, call your GP/consultant or register yourself online by visiting: <https://www.gov.uk/coronavirus-extremely-vulnerable>. For a list of who is considered extremely vulnerable, see page 7 of the ECC Apr-Jun Carers Voice Newsletter or visit the Gov.uk website.

Shielding means:

1. Do not leave your house.
2. Do not attend any gatherings. This includes gatherings of friends and families in private spaces, for example, family homes, weddings and religious services.
3. Strictly avoid contact with anyone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.

Your letter should give you information about a **free weekly food box delivery**. See overleaf for what's in the box.

## What's In The Shielded Person's Box?

The Government box contains a week's worth of essentials for one person. While the contents of the parcels may slightly vary (depending on stock), they contain items such as:

- Tinned vegetables – as well as tinned tomatoes, tinned fruit, multipacks of soup and baked beans, and a jar of cooking sauce. Other tins will contain meat and tuna.
- Store cupboard staples such as pasta, rice or noodles or cous cous, potatoes and cereal.
- Bread and fresh fruit.
- Coffee, tea and biscuits.
- Toilet paper and shower gel.



## People Aged 70+

It is still recommended that people aged 70+ should stay at home to stay safe. The council has a central supply centre and can deliver essential food deliveries each week to your home so you do not need to leave your home if you do not have friends or family who can buy and deliver your shopping to you. Call ECC on 0208 366 3677 and we can register you onto this council service.

## Incontinence Pads

Enfield Carers Centre has a small stock of pads. If you are having difficulty receiving your normal supply, call us on 0208 366 3677 and we will send you a pack (subject to availability).



## Foodbank Vouchers

If you or your family are experiencing financial difficulty, have lost employment, or you are in debt, we can give you a voucher and refer you to the local Foodbank. Call ECC on 0208 366 3677.

## Do you need evidence that you are an unpaid/informal/family carer?

All carers aged 12+ and registered with Enfield Carers Centre can receive a Keyworker letter that confirms you are a carer. You must use the letter together with an ECC gold Carers Registration (Photo ID) Card which we can supply you with. Email your photo to [info@enfieldcarers.org](mailto:info@enfieldcarers.org) and we will send the letter and card to you.



## Emergency GP or Dental Advice

The current Government advice is that you can leave home for medical appointments. You may need to call your GP first rather than turn up at the surgery. GP practices may postpone non-urgent health checks or routine appointments.

You are advised to go to the doctor only if there is an essential medical need.

## Carer Feedback

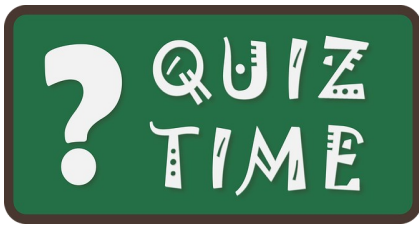
'Wow - you are all doing such a great job providing such great activities for the young carers. Thank you for all you do.'

'Thanks to everyone at ECC for the food package you dropped off. Our food was starting to run out and I was panicking as I was scared to leave the house. Your kindness has reduced my anxiety and we enjoyed a lovely pasta, tuna and sweetcorn bake! It made me and my sons very happy.'

'I just want to say a huge thank you to ECC for the online activities because I'm busy caring for Cassie's\* grandmother 24/7, so for Cassie to be able to see the other kids and have interaction with others outside of our home has really improved her mood, as she was feeling lonely and bored before! She said she looks forward to the next online meeting!'

'I just want to say what an amazing job you guys have been doing. We've had more contact with you than the school. The challenges have been fun... educational and a great bonding experience. (Even I've learned new things).'

\*Name has been changed



Answers at bottom of page

## COVID-19 Testing in Enfield

The Borough finally has a drive-through COVID-19 testing centre, located at Lea Valley Leisure Centre at Picketts Lock. The testing facility is currently only for use by key workers, who are self-isolating because they have symptoms, as well as people in the same household, and there is a booking system.

The next stage will be to extend COVID-19 testing to:

- anyone over 65 with symptoms
- anyone with symptoms whose work cannot be done from home (for example, construction workers, shop workers, emergency plumbers, and delivery drivers)
- anyone who has symptoms of coronavirus and lives with any of those identified above.

1	What was the first toy ever advertised on television?
2	How many teeth do snails have?
3	On the planet Mars, what colour are the sunsets?
4	What is the world record for breaking wooden toilet seats with your head?
5	What is the Queen's nickname?
6	How many plastic bottles are used every day worldwide?
7	How large is the world's largest ever recorded snowflake?
8	Which country has the biggest land-mass in the world?
9	What is the world record for the most amount of ice cream scoops on one cornet?
10	What was the world's least intelligent dinosaur?

## Online Activities

### Online Social Events on Zoom!

Mondays 4.00-5.00pm – EyPIC Chat  
 Wednesdays 3.00-4.00pm – EyPIC Quiz  
 Thursdays 11.00am-12.00pm – EyPIC Yoga  
 Thursdays 4.00-5.00pm – EyPIC Chat

### Online Lessons on Zoom!

Tuesdays 2.30-3.30pm – Year 5 Club  
 Tuesdays 4.00-5.00pm – Year 6 SATs Club  
 Thursdays & Fridays 2.30-3.30pm – Year 3 and 4 Club  
 Tuition for those in Years 7-11 to follow!

### Daily Social Media Challenges!

We post challenges on our social media accounts every weekday!

EnfieldCarersCentreYoungCarers  
 eypic\_youth  
 eypic\_youth

If you would like to join any of our events, please contact us on 02083663677 or 07809332106.

1: Mr Potato Head	6: 1,000,000 - don't forget to recycle
2: 14,000	7: 15 inches across
3: Blue	8: Russia
4: 46 (don't try this at home)	9: 121
5: Lilibet	10: Stegosaurus (its brain was the size of a walnut)

## MEMORIES OF LOVED ONES



Losing someone in death at this time is particularly hard. Although some restrictions have been lifted so that 10 people can now attend funerals, it's still very hard to cope with as it's probably not at all the sort of "send-off" anyone had in mind.

You may not have been able to visit your loved one before they passed or they might have got seriously ill very quickly and perhaps you weren't able to express everything you'd wanted to say to them before they died.

Some staff at Enfield Carers Centre have also lost family or friends during the past few months, either from the virus or other reasons.

Join us as we celebrate the lives of those we've lost since the beginning of this year. We're asking carers to send in photos and a few words describing the person(s) they've lost, their name, date of birth, and a few words about what made them special to you and/or your family.

In Carers Week this year—8th-14th June—we will be issuing a very special Carers Memorial Bulletin which will display photos and carers' stories.

If you'd like to take part, email us on [info@enfieldcarers.org](mailto:info@enfieldcarers.org) or post in a photo and some words about your lost loved ones. It doesn't matter how, where, or what they died of. If they mattered to you, they matter to us.

**We care and we want others to care too.  
Statistics don't tell the full story of  
the people behind the numbers.  
Let's celebrate their lives.**

**Send your photos and stories to ECC by 29th May 2020**

**Email: [info@enfieldcarers.org](mailto:info@enfieldcarers.org)**

**Or post to:  
Enfield Carers Centre  
Britannia House,  
137-143 Baker Street,  
Enfield, EN1 3JL**

**Tel: 0208 366 3677  
Charity Registration No: 1140089**