

## *Empowering older people in Enfield*



**Age UK Enfield provides a range of services to support, inform, advise and inspire older people and their carers.**



*During the pandemic some of our services have been modified, please contact us to check the latest information.*

### **Fit For Life Exercise Classes**

We are currently running online exercise classes, and some outdoor walks. We look forward to starting the rest of our classes, from Aqua Aerobics to Zumba, when it is safe to do so.

### **Handyperson Scheme**

A handyperson scheme run by Age UK Barnet in some parts of Enfield, undertaking small jobs or repairs for a fee

Our **Health & Wellbeing** services include;

**Falls Stop Service** - Navigators support people over 50 who have experienced a fall, or who are at risk of falling. Our navigators can help access services across the community that can reduce the risk of falling and enable people to live independently. At the moment our Tai Chi classes are held weekly online via Zoom.

**Memory Care Navigators** support people from point of diagnosis, by helping to understand their diagnosis, how to access support, information and advice and connect to other people living with dementia and their carers.

Our team of **Health & Wellbeing navigators** also work with older people who are living with complex health and social needs to identify services that can help to maintain health and promote wellbeing, connect to others to reduce isolation and join activities.

### **Planning for later life**

Awareness and information sessions on all aspects of planning for later life including will writing, power of attorney, bereavement services, and advanced decisions / statements. Sessions are currently run online.

## **Home Based Support**

Home based service supporting people to stay in their own home, and enabling carers to have some respite. We also offer Home Care services to provide domestic care and personal care for people in need of little more support at home.

## **Information and Advice**

We offer a telephone and online advice service on every aspect of later life, including welfare benefits, debt and money, housing, accessing services, and much more.

## **iCan**

Our team of navigators work with vulnerable adults (anyone aged over 18), taking a holistic approach to identify their physical, emotional, psychological, social and practical needs to help people to live healthily and independently in the community. Tea & Chatter is a session usually held in libraries that brings people together, we are meeting online via Zoom at present.

## **Memory Club**

Until we can safely meet back in person, our Memory Club is meeting fortnightly on Friday mornings using Zoom. Memory Club offers reminiscence, creative activities and guest speakers for people affected by dementia and their family members.

## **Parker Day Centre**

This specialist dementia centre, with highly trained staff, supports people aged 50 plus who have early memory problems, through to those with advanced dementia. The centre offers a stimulating and supportive environment with a range of activities, freshly cooked food and transport options. While the centre is currently closed, staff are continuing to work with clients within their own homes.

## ***Support Age UK Enfield***

*We are a local, independent charity, responsible for raising our own funds.*

### **Volunteer**

We rely on our volunteers to continue to provide services for older people in Enfield – can you help? Get in touch to see what opportunities we have.

### **Fundraise**

Can you help raise funds for Age UK Enfield? We need your help now more than ever. Please contact us to find out how you can help, or visit [www.ageukenfield.org.uk](http://www.ageukenfield.org.uk)

### **Legacies**

Would you like to help Age UK Enfield continue to help older people by remembering us in your will? Contact us for more information on the best way to leave a charitable donation to Age UK Enfield.

### **John Jackson Library**

35 Agricola Place  
Bush Hill Park  
Enfield  
EN1 1DW  
020 8375 4120  
[admin@ageukenfield.org.uk](mailto:admin@ageukenfield.org.uk)

### **The Parker Centre**

6 Houndsfield Road  
Edmonton  
N9 7RA  
020 8351 1040  
[daycare@ageukenfield.org.uk](mailto:daycare@ageukenfield.org.uk)



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***Age UK Enfield is the operating name of Age Concern Enfield.  
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