

All you need to know Age UK Enfield



Who we are

Age UK Enfield was established in 1985, trading originally as Age Concern Enfield, and we are a small independent charity.

We offer a comprehensive range of information, support and services, to anyone over 50 who resides in London Borough of Enfield.

Our **Care Services** are based in Edmonton, and **Prevention Services** operate from Bush Hill Park. We deliver activities across the whole of the borough in a variety of community spaces



Vision:

An age-friendly
Enfield where everyone
can love later life.

Mission:

To improve the lives
of older people in Enfield
by ensuring they are
valued, active,
connected, and able to
live the life they choose.



Values

People-Centred

We put people's needs and preferences at the heart of all we do.

Kind

We are welcoming, respectful, and empathetic.

Inclusive

We celebrate and value the diverse communities of Enfield and the contributions they bring.

Creative

We work together to find new solutions to the challenges facing older people.

Professional

We are dedicated to delivering the highest quality services and activities .

Collaborative

We believe teamwork and partnerships are central to achieving our vision.



Our Services and Activities

Parker Centre Dementia Day Care

The Parker Centre is a specialist dementia care day centre in Edmonton, providing high quality day care, activities and events, for people with early memory problems, to advanced dementia, as well as respite for their carers.

Home Care and Support

Age UK Enfield's award-winning Home Care and Support Service provides bespoke in-home care and support from trained, professional and friendly staff, enabling people to build confidence, and continue to live safely and independently in their own homes.

Home from Hospital

Supports local residents who are leaving hospital and require some extra help and support for up to three weeks. The Home from Hospital Service can help with shopping, domestic tasks, basic food preparation and medication collection.



Our Services and Activities

Information, Advice and Advocacy

Provides information, advice and advocacy, supporting residents on a wide range of issues including welfare benefit checks, applying for welfare benefits (over state pension age only) applying for accessible transport, and much more.

Planning for Later Life

Provides information sessions and one to one advice on a wide variety of later life issues, including funerals, wills, advanced decisions, how to care for your pets, bereavement services, and much more.

Digital Inclusion

Provides support with individuals to promote the benefits of using digital technology and offer one to one support for using SMART phones and tablets.



Our Services and Activities

Fall Stop Service

Provides a range of information, advice, exercises and activities for falls prevention, to help people who have had a fall or are at risk of falling. We deliver a range of exercise sessions across the borough on a weekly basis. Navigators also assist with benefit checks, and applications for travel concessions.

Movement as Medicine

Is an exercise course suited for absolute beginners and people returning to exercise who may have long term health conditions. It focuses on building strength, balance, coordination and confidence.

Upcoming services

Strength training



Our Services and Activities

Post diagnostic dementia support

Supports people who are newly diagnosed with dementia, and their families. We offer information and advice on living with dementia, welfare benefits, travel concessions, aids and adaptations and much more. We work to connect people and navigate the many support services available.

Memory Meet Ups

We deliver regular social activity groups, supporting people with dementia, and their carers in various venues across the borough.



Our Services and Activities

Social Singing

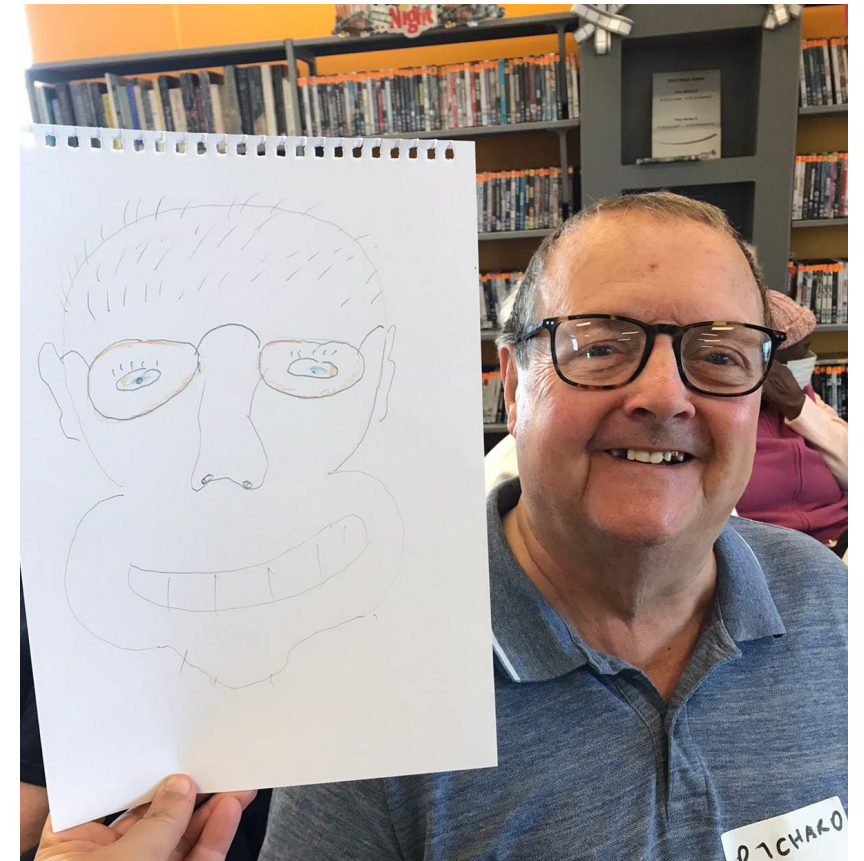
A monthly activity, that is suitable for all and part of our programme of dementia friendly activities.

Art Journalling sessions

Art Journalling Sessions are a monthly activity that is suitable for all, led by RCVS at Southgate Library.

Padwicks' Afternoon Show

A monthly musical comedy and entertainment show with tea & cakes. Suitable for all.



Our Services and Activities

Men's Sheds

Our shed is based in the grounds of John Jackson Library and is open Tuesdays and Thursdays. We offer group creative activities, encourage people to make new friendships, and learn new creative skills. Suitable for men 50+

Cycling Confidence Project (seasonal offer)

Our sessions are suitable for all. We offer a weekly session during the summer in Bush Hill Park.

There are a range of accessible bikes to use.

Feel Good Fridays (seasonal offer)

Every Friday we use the warm space at Dugdale Arts to deliver inclusive Sporting Memories for brain health and arts and crafts, at no charge to local residents.



Our Services and Activities



Fit for Life

Our Fit for Life project has been running for nearly 20 years in the borough.

We understand the importance of active ageing and ageing well. We offer a wide variety of group exercise classes, that are designed to build confidence, fitness and maintain mobility. Additionally, we deliver walks and talks across the borough in local and country parks.

Our classes are suitable for all, ranging from beginners' gentle exercise, or returners to exercise, right through to more advanced classes and challenging country park walks.

Classes are fun, affordable and welcoming. We often have time at the end of classes to connect and socialise with other participants and share refreshments.

Volunteering

We offer a broad range of volunteering opportunities across all of our services.

The benefits of volunteering for AUKE include:

- Regular volunteer meet ups
- Learning & development
- Meeting new people



Volunteer with us: Your help can **change** lives!

We are the leading organisation working for older people in the borough. We offer a variety of rewarding roles in the community, at our office, and within our day care centre.



We'd love to hear about your skills. Some roles include:

I Activity Assistant I Digital Champion I
I Kitchen Assistant I Telephone Assistant I
I Health and Wellbeing Champion I Event Assistant I
I Information & Advice I + Many More I

To find out more and to apply contact us:

volunteering@ageukenfield.org.uk
www.ageuk.org.uk/enfield
020 8375 4120



Making a referral

To make a referral to Age UK Enfield, clients need to be residents of Enfield, registered with an Enfield GP and 50+.

Email: referrals@ageukenfield.org.uk

Or call: 0208 375 4120

Enquiries: admin@ageukenfield.org.uk

Web address:

www.ageuk.org.uk/enfield

