

# March Activities 2026

## FREE in Enfield. Your Spring Wellbeing Refresh



Register to access free weekly exercise, wellbeing, nutrition & cooking sessions



# NUTRITION

## BOOKING IS ESSENTIAL

### EAT WELL WITH DIABETES

<b>WHEN</b>	TUESDAY 3 <sup>RD</sup> MARCH
<b>TIME</b>	1:00 PM - 2:30 PM
<b>WHERE</b>	<b>ST ALDHELMS CHURCH HALL</b> 2 WINDMILL RD, LONDON N18 1PA

LEARN HOW TO MANAGE YOUR BLOOD SUGAR, BOOST YOUR ENERGY, AND ENJOY MEALS. FREE RESOURCES AND HEALTHY TASTERS INCLUDED.



### INCLUSIVE HEALTHY COOKING

<b>WHEN</b>	TUESDAY 10 <sup>TH</sup> MARCH
<b>TIME</b>	1:00 PM - 2:30 PM
<b>WHERE</b>	<b>ST ALDHELMS CHURCH HALL</b> 2 WINDMILL RD, LONDON N18 1PA

INTERACTIVE HEALTHY EATING AND COOKING SESSIONS **FOR ADULTS WITH LEARNING DISABILITIES**

# NUTRITION

## BOOKING IS ESSENTIAL



### COOKING FROM AROUND THE WORLD CLASSES

<b>WHEN- WEDNESDAY S</b>	<b>4<sup>TH</sup> MARCH</b>	<b>SOUTHERN AMERICAN</b> GUEST CHEF
	<b>11<sup>TH</sup> MARCH</b>	<b>SRI LANKA</b> HOPPERS AND KOTTU
	<b>18<sup>TH</sup> MARCH</b>	<b>IRELAND</b> ST. PATRICK'S DAY SODA BREAD AND COLCANNON
	<b>25<sup>TH</sup> MARCH</b>	<b>SPAIN</b> TAPAS
<b>TIME</b>	<b>11:00 AM - 12:30 PM</b>	
<b>WHERE</b>	COOKING CHAMPIONS, ST MATTHEW'S CHURCH HALL, SOUTH ST, PONDERS END, EN3 4LA	

THESE ARE FUN, **HANDS-ON COOKING SESSIONS** WHERE YOU'LL LEARN ABOUT DIFFERENT CUISINES. YOU'RE WELCOME TO ATTEND ALL FOUR SESSIONS, BUT YOU MUST **BOOK EACH ONE INDIVIDUALLY**. CARERS ATTENDING PLEASE ALSO BOOK A PLACE



### PICKLES & CHUTNEYS: WASTE LESS & SUPPORT YOUR GUT!

<b>WHEN</b>	<b>TUESDAY 17<sup>TH</sup> MARCH</b>
<b>TIME</b>	<b>11 AM - 12:30 PM</b>
<b>WHERE</b>	COOKING CHAMPIONS, ST MATTHEW'S CHURCH HALL, SOUTH ST, PONDERS END, EN3 4LA

**A HANDS-ON SESSION SHOWING HOW TO REDUCE FOOD WASTE BY MAKING GUT-FRIENDLY PICKLES AND CHUTNEYS AT HOME.**

#### TO BOOK ALL NUTRITION SESSIONS:

[CLICK HERE](#) TO BOOK ONLINE OR SCAN THE QR CODE

CALL: 0208 375 4120

[UCANENFIELD@AGEUKENFIELD.ORG.UK](mailto:UCANENFIELD@AGEUKENFIELD.ORG.UK)



# EXERCISE

## UNITE IN FITNESS STUDIO

9 OAKWOOD PARADE,  
QUEEN ANNE'S PLACE,  
ENFIELD EN1 2PX

**THURSDAY**  
**2.15 - 3 PM**

**ZUMBA TONE**

A FUN, DANCE-BASED WORKOUT  
THAT INCORPORATES LIGHT WEIGHTS  
TO HELP TONE MUSCLES

## ST ALDHELMS

CHURCH HALL,  
2 WINDMILL ROAD,  
EDMONTON, N18 1PA

**TUESDAY**  
**11:30 - 12:15 PM**

**REGGAETIVITY**

DANCE, SWEAT, AND BOOST YOUR  
BODY & MIND- FULL BODY WORKOUT

**THURSDAY**  
**12:00 - 12:45 PM**

**STRENGTH  
CIRCUIT**

A STATION-BASED WORKOUT USING  
RESISTANCE EXERCISES TO BUILD  
STRENGTH AND ENDURANCE.

## ST PETERS CHURCH HALL

VERA AVENUE  
N21 1DN

**THURSDAY**  
**1:30 - 2:15 PM**

**STRENGTH AND  
TONE**

USING RESISTANCE BANDS AND  
BODYWEIGHT EXERCISES SEATED OR  
STANDING.

## SOUTHBURY LEISURE CENTRE

192 SOUTHBURY RD,  
ENFIELD EN1 1YP

**WEDNESDAY**  
**2.15 - 3 PM**

**STRENGTH  
CIRCUIT**

A STATION-BASED WORKOUT USING  
RESISTANCE EXERCISES TO BUILD  
STRENGTH AND ENDURANCE.



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THE QR CODE OR **CALL:** 0208 375 4120  
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# EXERCISE

**NEW**

## YOGA FOR ALL

**STARTS 12TH MARCH  
THURSDAYS  
11 - 12 PM**

**COMMUNITY HOUSE  
311 FORE STREET  
EDMONTON  
N9 0PZ**

GENTLE, **ACCESSIBLE YOGA AND MEDITATION FOR ALL LEVELS**, INCLUDING COMPLETE BEGINNERS.

**PLEASE BRING YOUR OWN MAT** CHAIRS WILL BE AVAILABLE FOR THOSE WHO NEED EXTRA SUPPORT.

SLOW, GROUNDING SESSIONS, FOCUSED ON MINDFUL MOVEMENT, BREATHWORK, NERVOUS SYSTEM REGULATION AND REST.

YOU'RE INVITED TO MOVE WITH CURIOSITY RATHER THAN EXPECTATION.

OPTIONAL JOURNALLING PROMPTS SUPPORT REFLECTION BEYOND THE MAT.

DESIGNED TO MEET YOU WHERE YOU ARE — WHETHER LEARNING, BUILDING STRENGTH, OR SIMPLY PAUSING.



THE  
REGULATION  
PROJECT

**CLICK HERE TO BOOK** ONLINE OR SCAN THE QR CODE OR **CALL:** 0208 375 4120  
[UCANENFIELD@AGEUKENFIELD.ORG.UK](mailto:UCANENFIELD@AGEUKENFIELD.ORG.UK)



# CREATIVE

## POTTERY

WHEN	20 <sup>TH</sup> MARCH 27 <sup>TH</sup> MARCH
ONE SESSION PER PERSON	
TIME	10:30 AM - 12:30 PM
WHERE	DUGDALE ARTS CENTRE 39 LONDON RD ENFIELD TOWN EN2 6DS

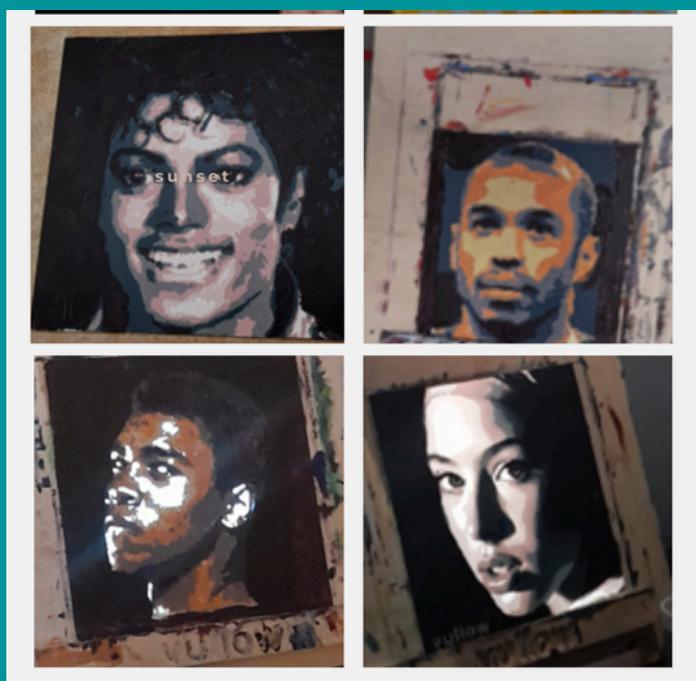
## ARTS & CRAFTS

WHEN	13 <sup>TH</sup> MARCH
ONE SESSION PER PERSON	
TIME	10:30 AM - 12:30 PM
WHERE	DUGDALE ARTS CENTRE 39 LONDON RD ENFIELD TOWN EN2 6DS

## DIGITAL ART

WHEN	6 <sup>TH</sup> MARCH
ONE SESSION PER PERSON	
TIME	10:30 AM - 12:30 PM
WHERE	DUGDALE ARTS CENTRE 39 LONDON RD ENFIELD TOWN EN2 6DS

PERFECT FOR BEGINNERS AND CURIOUS CREATIVES — LIKE PAINT BY NUMBERS, BUT WITH A PROJECTOR AND PAINT.



### TO BOOK ALL CREATIVE SESSIONS:

[CLICK HERE](#) TO BOOK ONLINE OR SCAN THE QR CODE

CALL: 0208 375 4120

UCANENFIELD@AGEUKENFIELD.ORG.UK



# OUR PARTNERS



## VIP SOCIAL MIDDLESEX ASSOCIATION FOR THE BLIND

<b>WHEN</b>	TUESDAY 3 <sup>RD</sup> MARCH
<b>TIME</b>	11 AM - 1 PM
<b>WHERE</b>	<b>ENFIELD FOYER</b> 279-281 FORE STREET ~ EDMONTON ~ N9 0PD

**OPEN TO VISUALLY IMPAIRED ADULTS OF ALL AGES, GENDERS AND ETHNIC BACKGROUNDS.**

FOR FURTHER INFORMATION CONTACT:

RUTH GASKIN [07858 311 410](tel:07858311410)

[WWW.AFTB.ORG.UK](http://WWW.AFTB.ORG.UK)



## ONE TO ONE ENFIELD

**FROM GARDENING, CHOIR ARTS, EXERCISE AND MORE OUR PARTNERS ONE TO ONE ENFIELD OFFER A RANGE OF ACTIVITIES FOR PEOPLE WITH AUTISM & LEARNING DISABILITIES.**

**TO BECOME A ONE TO ONE MEMBER OR FIND**

[WWW.ONE-TO-ONE-ENFIELD.CO.UK](http://WWW.ONE-TO-ONE-ENFIELD.CO.UK)

[MAIL@ONE-TO-ONE-ENFIELD.CO.UK](mailto:MAIL@ONE-TO-ONE-ENFIELD.CO.UK)

[020 3971 3984](tel:02039713984)



## MIND IN ENFIELD AND BARNET

**FROM SLEEP SUPPORT TO MINDFULNESS OUR PARTNERS MIND IN ENFIELD AND BARNET OFFER A RANGE OF WELLBEING SESSIONS AND COURSES BOTH IN PERSON AND ONLINE.**

**FOR THE FULL SCHEDULE AND TO BOOK.**

**CONTACT:**

[WELLBEINGLEARNING@MINDEB.ORG.UK](mailto:WELLBEINGLEARNING@MINDEB.ORG.UK) OR

LEAVE A MESSAGE: 0208 906 7504

[WWW.MINDEB.ORG.UK](http://WWW.MINDEB.ORG.UK)



## WELLBEING CONNECT SERVICES

**FROM GARDENING NUTRITION AND MENTAL HEALTH. OUR PARTNERS WELLBEING CONNECT SERVICES OFFER MONTHLY ACTIVITIES TO SUPPORT YOUR WELLBEING,**

**TO FIND OUT MORE CONTACT:**

[INFO@WELLBEINGCONNECTSERVICES.ORG](mailto:INFO@WELLBEINGCONNECTSERVICES.ORG)

[020 8803 2200](tel:02088032200)

[WWW.WELLBEINGCONNECTSERVICES.ORG](http://WWW.WELLBEINGCONNECTSERVICES.ORG)

# We support Enfield residents who are:

- ✓ 18+ including older adults
- ✓ Living with health conditions
- ✓ Experiencing sensory loss
- ✓ Managing mental health
- ✓ Neurodivergent
- ✓ Feeling lonely or isolated

## UCAN Enfield Benefits – What do I get?

- ✓ A session to set goals and wellbeing plan
- ✓ 6 weeks of free exercise sessions
- ✓ Free nutrition talks and cooking sessions
- ✓ Regular check-ins to track your progress
- ✓ Information on health conditions, activities & self-care
- ✓ Access to our new health & wellbeing app (coming soon)



**SIGN UP TODAY!**

[www.ucanenfield.co.uk](http://www.ucanenfield.co.uk)

**Call: 0208 375 4120**

**Email: [ucanenfield@ageukenfield.org.uk](mailto:ucanenfield@ageukenfield.org.uk)**

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