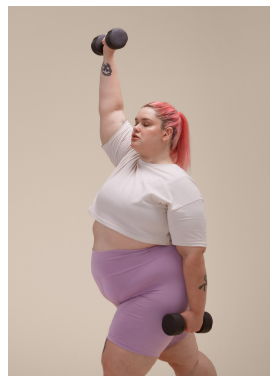


August Activities 2026

FREE in Enfield. Your Summer Wellbeing Refresh



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



NUTRITION

BOOKING IS ESSENTIAL

EAT WELL WITH DIABETES

WHEN	TUESDAY 4 TH AUGUST
TIME	1:00 PM - 2:30 PM
WHERE	ST ALDHELMS CHURCH HALL 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

WHEN	TUESDAY 11 TH AUGUST
TIME	1:00 PM - 2:30 PM
WHERE	ST ALDHELMS CHURCH HALL 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

WHEN- WEDNESDAYS	5 TH AUGUST
	12 TH AUGUST
	19 TH AUGUST
	26 TH AUGUST
TIME	11:00 AM - 12:30 PM
WHERE	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

TO BOOK ALL NUTRITION SESSIONS: [CLICK HERE](#)

TO BOOK ONLINE OR SCAN THE QR CODE

CALL: 0208 375 4120

UCANENFIELD@AGEUKENFIELD.ORG.UK



EXERCISE

ST ALDHELMS

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

TUESDAY
11:30 - 12:30 PM

YOGA FOR ALL

GENTLE, **ACCESSIBLE YOGA AND MEDITATION FOR ALL LEVELS**,
PLEASE BRING YOUR OWN MAT

WEDNESDAY
11 AM - 11.45 PM

SEATED EXERCISE

FULL BODY WORKOUT USING
RESISTANCE BANDS TO BUILD
STRENGTH, IMPROVE MOBILITY AND
BALANCE

SOUTHBURY LEISURE CENTRE

192 SOUTHBURY RD,
ENFIELD EN1 1YP

WEDNESDAY
2.15 - 3 PM

STRENGTH CIRCUIT

WEDNESDAY
3 - 4PM

LANE SWIM

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.

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



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

OUR PARTNERS



VIP SOCIAL MIDDLESEX ASSOCIATION FOR THE BLIND

WHEN	TUESDAY 4 TH AUGUST
TIME	11 AM - 1 PM
WHERE	ENFIELD FOYER 279-281 FORE STREET ~ EDMONTON ~ N9 0PD

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

FOR FURTHER INFORMATION CONTACT:

GLORIA [07858 311 410](tel:07858311410)

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
OUT MORE. CONTACT:**

WWW.ONE-TO-ONE-ENFIELD.CO.UK

MAIL@ONE-TO-ONE-ENFIELD.CO.UK

[020 3971 3984](tel:02039713984)



in Enfield and Barnet

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 OR

LEAVE A MESSAGE: 0208 906 7504

WWW.MINDEB.ORG.UK



OUR PARTNERS



WELLBEING CONNECT SERVICES

DIGITAL ART AND WELLBEING WORKSHOP

REGISTRATION NECESSARY

**FRIDAY 21ST AUGUST
10:30AM-1:00PM**

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

ONCE REGISTERED THE TERMS AND CONDITIONS WILL BE SENT.

YOGA CLASS

REGISTRATION LINK: [HTTPS://FORMS.GLE/MVVNPJLZDSEN59VL6](https://forms.gle/MVVNPJLZDSEN59VL6)

**THURSDAY 20TH AUGUST
11:00AM-12:00PM**

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

ONCE REGISTERED THE TERMS AND CONDITIONS WILL BE SENT.

GARDENING

**TUESDAY 4TH AUGUST
12:00PM-1:00PM**

**PYMMES PARK VISITORS CENTRE, EDMONTON, LONDON,
N18 1SA**

TO FIND OUT MORE CONTACT:

INFO@WELLBEINGCONNECTSERVICES.ORG

020 8803 2200

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

SIGN UP TODAY!



www.ucanenfield.co.uk

For further information:

Call: 0208 375 4120

Email: ucanenfield@ageukenfield.org.uk

UCAN Enfield Benefits – What do I get?

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



SIGN UP TODAY!

www.ucanenfield.co.uk

Call: 0208 375 4120

Email: ucanenfield@ageukenfield.org.uk