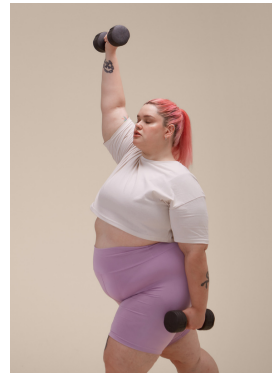


July Activities 2026

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 7 TH JULY
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 14 TH JULY
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	1 ST JULY
	8 TH JULY
	15 TH JULY
	22 ND JULY
	29 TH JULY
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**

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.

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

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



OUR PARTNERS



VIP SOCIAL MIDDLESEX ASSOCIATION FOR THE BLIND

WHEN	TUESDAY 7 TH JULY
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)



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



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

[020 8803 2200](tel:02088032200)

WWW.WELLBEINGCONNECTSERVICES.ORG





UCAN Enfield

Personalised Health Wellbeing

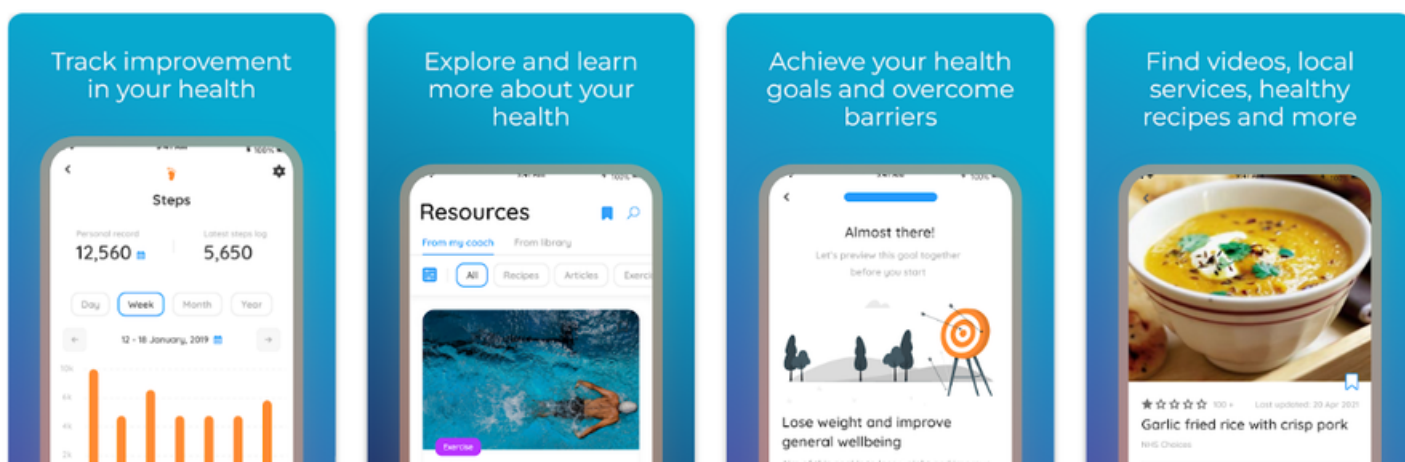
When you sign up to UCan Enfield, you automatically get access to our brand new app

Please note: you'll receive a link to download and access the app
Please don't download it directly from the app store

A simple, supportive app that brings together personalised wellbeing support, trusted information, and local activities all in one place.

- ✓ **Keep track of the support you're receiving**
- ✓ **Discover local services and community activities**
- ✓ **Access trusted health and wellbeing information**
- ✓ **Learn about health conditions and support available**

The app is accessible and inclusive and is available in multiple community languages and accessible formats.



We support Enfield residents who are:

- ✓ **18+ including older adults**
- ✓ **Managing mental health**
- ✓ **Living with health conditions**
- ✓ **Neurodivergent**
- ✓ **Experiencing sensory loss**
- ✓ **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 (coming soon)



SIGN UP TODAY!

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Email: ucanenfield@ageukenfield.org.uk