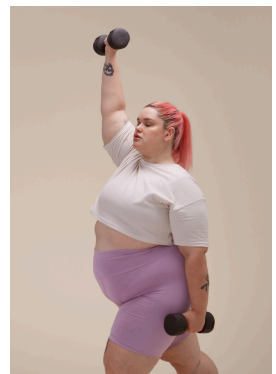


January Activities 2026

New Year, New Habits- FREE Wellbeing in Enfield



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



NUTRITION

BOOKING IS ESSENTIAL

EAT WELL WITH DIABETES

WHEN	TUESDAY 6 TH JANUARY
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.

EAT WELL FOR BRAIN HEALTH

WHEN	WEDNESDAY 28 TH JANUARY
TIME	10:30 AM - 12 PM
WHERE	ST STEPHENS CHURCH HALL, PARK AVENUE, ENFIELD, EN1 2BA

DISCOVER HOW FOODS CAN BOOST YOUR MEMORY, FOCUS, AND MOOD IN THIS INTERACTIVE SESSION WITH TASTERS.

FRESH START COOKING CLASSES

WHEN	16 TH JANUARY
	23 RD JANUARY
TIME	10.30AM - 12.30PM
WHERE	PYMMES PARK VISITOR CENTRE EDMONTON N18 1SA

JOIN OUR COOKING CLASSES AND LEARN QUICK, TASTY WAYS TO MAKE HEALTHIER CHOICES & ENJOY A MEAL TOGETHER.

INCLUSIVE HEALTHY COOKING

WHEN	TUESDAY 13 TH JANUARY
TIME	1:00 PM - 2:30 PM
WHERE	ST ALDHELMS CHURCH HALL 2 WINDMILL RD, LONDON N18 1PA

INTERACTIVE & SUPPORTIVE HEALTHY EATING COOKING SESSIONS FOR ADULTS NEEDING EXTRA SUPPORT, INCLUDING THOSE WITH LEARNING DISABILITIES, MENTAL HEALTH NEEDS, OR DEMENTIA.

NUTRITION

BOOKING IS ESSENTIAL

NEW



COOKING FROM AROUND THE WORLD CLASSES

WHEN	7 TH JANUARY
	14 TH JANUARY
	21 ST JANUARY
	28 TH JANUARY
TIME	11:00 AM - 13.30 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 **TRY A VARIETY OF DISHES**. YOU'RE WELCOME TO ATTEND ALL FOUR SESSIONS, BUT YOU MUST **BOOK EACH ONE INDIVIDUALLY**.

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



EATING HEALTHY FOR 2026: A TALK, TASTE AND DEMO

WHEN	TUESDAY 27 TH JANUARY
TIME	1:00 PM - 2:30 PM
WHERE	ST ALDHELMS CHURCH HALL 2 WINDMILL RD, LONDON N18 1PA

JOIN OUR **BREAD N BUTTER NUTRITIONIST** FOR A FRIENDLY SESSION ON SIMPLE, REALISTIC WAYS TO EAT WELL IN 2026.

PICKLES & CHUTNEYS: WASTE LESS & SUPPORT YOUR GUT!

WHEN	THURSDAY 15 TH
	TUESDAY 20 TH
TIME	11 AM - 12:30 PM
WHERE	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.

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

NEW

TUESDAY
11:30 - 12:15 PM

REGGAETIVITY

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

WEDNESDAY
11:00 - 11:45 AM

**SEATED
EXERCISE**

A GENTLE CHAIR-BASED WORKOUT
TO IMPROVE MOBILITY, FLEXIBILITY,
AND COORDINATION.

THURSDAY
10:45 - 11:30 AM

CHAIR ZUMBA

A FUN DANCE-BASED WORKOUT FOR
ALL LEVELS, SEATED OR STANDING.

THURSDAY
12:00 - 12:45 PM

**STRENGTH
CIRCUIT**

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

BOOKING IS ESSENTIAL

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



NEW**ST PETERS CHURCH HALL**

VERA AVENUE

N21 1DN

**SOUTHBURY LEISURE
CENTRE**192 SOUTHBURY RD,
ENFIELD EN1 1YP**THURSDAY**
1:30 - 2:15 PM**STRENGTH AND
TONE**USING RESISTANCE BANDS AND
BODYWEIGHT EXERCISES SEATED OR
STANDING.**WEDNESDAY**
2.15 - 3 PM**STRENGTH
CIRCUIT**A STATION-BASED WORKOUT USING
RESISTANCE EXERCISES TO BUILD
STRENGTH AND ENDURANCE.**TO BOOK OUR EXERCISE SESSIONS:****[CLICK HERE](#)** TO BOOK ONLINE OR SCAN QR CODE**CALL: 0208 375 4120****EMAIL: UCANENFIELD@AGEUKENFIELD.ORG.UK****C R E A T I V E**NEW**ARTS & CRAFTS****WHEN****23RD JANUARY**
30TH JANUARY**TIME**

10:30 AM - 12:30 PM

WHERE**DUGDALE ARTS CENTRE**
39 LONDON RD
ENFIELD TOWN
EN2 6DS**POTTERY****WHEN****16TH JANUARY****TIME**

10:30 AM - 12:30 PM

WHERE**DUGDALE ARTS CENTRE**
39 LONDON RD
ENFIELD TOWN
EN2 6DS**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

WHEN	13 TH JANUARY
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:

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

WWW.AFTB.ORG.UK



STEP INTO THE YEAR WALK (FOR ONE TO ONE MEMBERS ONLY)

WHEN	WEDNESDAY 7 TH JANUARY
TIME	11 - 12 PM
WHERE	TO FIND OUT WHERE PLEASE REGISTER WITH ONE TO ONE

TO BECOME A ONE TO ONE MEMBER OR FIND

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 TO NUTRITION. 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



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
- ✓ 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

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