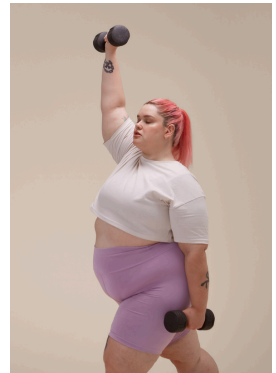


April Activities 2026

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

WHEN	TUESDAY 7 TH APRIL
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.

MENOPAUSE COOKING COURSE

WHEN	TUESDAY 21 ST APRIL TUESDAY 28 TH APRIL
TIME	6:30 PM - 8:30 PM
WHERE	SOUTHGATE METHODIST CHURCH 45 THE BOURNE, SOUTHGATE N14 6RS

DISCOVER NUTRITIOUS, HORMONE-FRIENDLY RECIPES TOGETHER AND LEARN HOW TO SUPPORT YOUR HEALTH THROUGH EVERY STAGE OF MENOPAUSE.

HEALTHY COOKING CLASS

WHEN	WEDNESDAY 15 TH APRIL
TIME	12 PM - 2 PM
WHERE	SOUTHGATE METHODIST CHURCH 45 THE BOURNE, SOUTHGATE N14 6RS

COOK NUTRITIOUS RECIPES TOGETHER AND LEARN SIMPLE WAYS TO EAT HEALTHY ON A BUDGET.

INCLUSIVE HEALTHY COOKING

WHEN	TUESDAY 14 TH APRIL
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- WEDNESDAY S	1ST APRIL	INDIAN
	8TH APRIL	BRAZILIAN FISH STEW (MOQUECA)
	15TH APRIL	ITALIAN PASTA MAKING
	22ND APRIL	ENGLISH ST GEORGE'S DAY
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

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 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.

COMMUNITY HOUSE

311 FORE ST
N9 0PZ

THURSDAY
11 AM - 12 PM

YOGA FOR ALL

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

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.

THURSDAY
10:45 - 11:30 AM

CHAIR ZUMBA

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

SOUTHBURY LEISURE CENTRE

192 SOUTHBURY RD,
ENFIELD EN1 1YP

WEDNESDAY
2.15 - 3 PM

STRENGTH CIRCUIT



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 APRIL
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



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

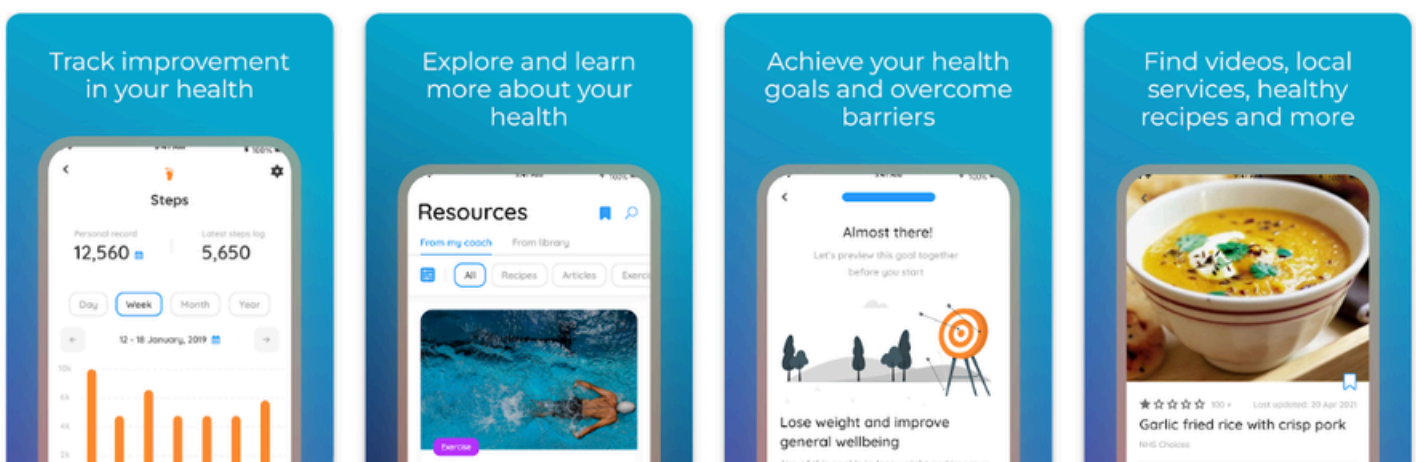
When you sign up to UCan Enfield, you automatically get access to our brand new app

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
- ✓ 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 (coming soon)



SIGN UP TODAY!

www.ucanenfield.co.uk

Call: 0208 375 4120

Email: ucanenfield@ageukenfield.org.uk

Funded by

