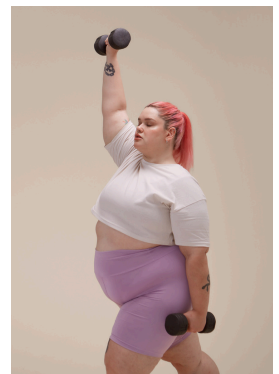


# October Activities 2025

## Get Fit, Eat Well & Feel Good for FREE in Enfield



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



# NUTRITION

## BOOKING IS ESSENTIAL

### EAT WELL WITH DIABETES

<b>WHEN</b>	TUESDAY 7 <sup>TH</sup> OCTOBER
<b>TIME</b>	2 PM - 3.30 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.

### COOKING COURSE FOR DIABETES PREVENTION & MANAGEMENT

<b>WHEN</b>	3 <sup>RD</sup> OCTOBER 10 <sup>TH</sup> OCTOBER 17 <sup>TH</sup> OCTOBER
<b>TIME</b>	10.30AM - 12.30PM
<b>WHERE</b>	<b>PYMMES PARK VISITOR CENTRE</b> N18 1SA

A THREE-PART COOKING COURSE WHERE YOU WILL LEARN, COOK, AND TRY A VARIETY OF DISHES TOGETHER.

### EAT WELL FOR BRAIN HEALTH

<b>WHEN</b>	WEDNESDAY 29 <sup>TH</sup> OCTOBER
<b>TIME</b>	10:30 AM - 12 PM
<b>WHERE</b>	<b>ST STEPHENS CHURCH HALL,</b> PARK AVENUE, ENFIELD, EN1 2BA

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



#### TO BOOK ALL NUTRITION SESSIONS:

[CLICK HERE TO BOOK ONLINE](#)

CALL: 0208 375 4120

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

SCAN THE QR CODE BELOW



# NUTRITION

## BOOKING IS ESSENTIAL

### WEEKLY HEALTHY COOKING CLASSES

WHEN	1 <sup>ST</sup> OCTOBER
	8 <sup>TH</sup> OCTOBER
	15 <sup>TH</sup> OCTOBER
	22 <sup>ND</sup> OCTOBER
	29 <sup>TH</sup> OCTOBER
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 DELICIOUS 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](#)

CALL: 0208 375 4120

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

SCAN THE QR CODE BELOW



### HALLOWEEN- BRING CHILDREN OR GRANDCHILDREN!



**INTERGENERATIONAL COOKING SESSION** BRING UP TO TWO **CHILDREN (AGED 5+)** ENJOY A FUN HOLIDAY ACTIVITY WHERE YOU'LL COOK TOGETHER, MAKING A DELICIOUS PUMPKIN CURRY AND SOME SWEET TREATS TO SHARE.

WHEN	WEDNESDAY 29 <sup>TH</sup> OCTOBER
TIME	2:00 PM - 3.30 PM
WHERE	COOKING CHAMPIONS, ST MATTHEW'S CHURCH HALL, SOUTH ST, PONDERS END, EN3 4LA



# EXERCISE

## BOOKING IS ESSENTIAL

### UNITE IN FITNESS STUDIO

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

**EVERY  
THURSDAY  
1.30 - 2.15 PM**

**BOXFIT**

**EVERY  
THURSDAY  
2.15 - 3 PM**

**ZUMBA TONE**

### ST ALDHELMS

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

**EVERY  
WEDNESDAY  
11- 11:45PM**

**SEATED  
EXERCISE**

**EVERY  
THURSDAY  
3 - 4PM**

**PILATES**

### SOUTHBURY LEISURE CENTRE

192 SOUTHBURY RD,  
ENFIELD EN1 1YP

**EVERY  
WEDNESDAY  
2.15 - 3 PM**

**STRENGTH  
CIRCUIT**

### DURANTS PARK

HERTFORD ROAD, ENFIELD,  
EN3 5HA  
MEETING POINT AT MAIN GATE

**THE THIRD  
MONDAY OF  
THE MONTH  
2 - 3PM**

**WELLBEING  
WALK**

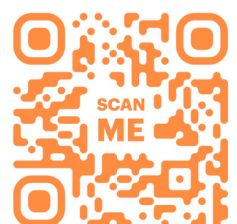
### TO BOOK OUR EXERCISE SESSIONS:

**CALL:** 0208 375 4120

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

**COMPLETE ENQUIRY ON OUR WEBSITE:**

[WWW.UCANENFIELD.CO.UK](http://WWW.UCANENFIELD.CO.UK)



# S O C I A L   G R O U P

NEW!



## VIP SOCIAL CLUB

### MIDDLESEX ASSOCIATION FOR THE BLIND

<b>WHEN</b>	TUESDAY 7 <sup>TH</sup> OCTOBER
<b>TIME</b>	11 AM - 1 PM
<b>WHERE</b>	<b>EDMONTON GREEN LIBRARY</b> , COMMUNITY ROOM 2 (ON 1ST FLOOR, ACCESSED BY LIFT WHICH IS BY MAIN ENTRANCE. MEET & GREET BY RUTH BY THE LIFT)

**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)



### KEEP FIT

(FOR ONE TO ONE MEMBERS ONLY)

### WALKING GROUP

(FOR ONE TO ONE MEMBERS ONLY)

<b>WHEN</b>	8 <sup>TH</sup> OCTOBER 15 <sup>TH</sup> OCTOBER 22 <sup>ND</sup> OCTOBER 29 <sup>TH</sup> OCTOBER	<b>WHEN</b>	9 <sup>TH</sup> OCTOBER 23 <sup>RD</sup> OCTOBER
<b>TIME</b>	11 AM - 1 PM	<b>TIME</b>	12:30 PM - 1:30 PM
<b>WHERE</b>	TO FIND OUT WHERE PLEASE REGISTER WITH ONE TO ONE	<b>WHERE</b>	TO FIND OUT WHERE PLEASE REGISTER WITH ONE TO ONE

**TO BECOME A ONE TO ONE MEMBER OR FIND OUT ABOUT THERE FULL ACTIVITY PROGRAMME:**

[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)



# WELLBEING GROUPS



## SELF ESTEEM: 5 WEEK COURSE

TO UNDERSTAND SELF ESTEEM, AND  
LEARN SKILLS TO DEVELOP IT

<b>WHEN</b>	STARTS THURSDAY 22 <sup>ND</sup> OCTOBER
<b>TIME</b>	11 AM - 1 PM
<b>WHERE</b>	<b>MIND IN ENFIELD</b> 275 FORE ST, EDMONTON N9 OPD

TO BOOK PLEASE SEE BELOW

## MINDFULNESS FOR SELF COMPASSION 6 WEEK COURSE

<b>WHEN</b>	FRIDAY 31 <sup>ST</sup> OCTOBER
<b>TIME</b>	6:30 PM - 8:30 PM
<b>WHERE</b>	<b>MIND IN ENFIELD</b> <b>ONLINE - ZOOM</b>

**TO BOOK** PLEASE EMAIL:  
WELLBEINGLEARNING@MINDEB.ORG.UK OR  
LEAVE A MESSAGE: 0208 906 7504  
[WWW.MINDEB.ORG.UK](http://WWW.MINDEB.ORG.UK)

## WORLD MENTAL HEALTH DAY DIGITAL ART AND WELLBEING WORKSHOP

<b>WHEN</b>	FRIDAY 10 <sup>TH</sup> OCTOBER
<b>TIME</b>	12 PM - 3 PM
<b>WHERE</b>	<b>WELLBEING CONNECT SERVICES</b> 215 FORE STREET, EDMONTON, LONDON, N18 2TZ

TO BOOK PLEASE SEE BELOW

## DIABETES AND CULTURAL FOODS: EATING MINDFULLY (WITH ENFIELD COMMUNITY DIABETES SERVICE)

<b>WHEN</b>	THURSDAY 30 <sup>TH</sup> OCTOBER
<b>TIME</b>	11 AM - 12 PM
<b>WHERE</b>	<b>WELLBEING CONNECT SERVICES</b> 215 FORE STREET, EDMONTON, LONDON, N18 2TZ

**TO BOOK OR FOR MORE INFO:**  
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**

**SIGN UP TODAY!**



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

**For further information:**

**Call: 0208 375 4120**

**Email: [ucanenfield@ageukenfield.org.uk](mailto: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](http://www.ucanenfield.co.uk)**

**Call: 0208 375 4120**

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