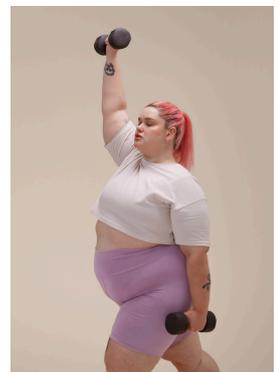


October Activities 2025

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

WHEN	TUESDAY 7 TH OCTOBER
TIME	2 PM - 3.30 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.

COOKING COURSE FOR DIABETES PREVENTION & MANAGEMENT

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

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

EAT WELL FOR BRAIN HEALTH

WHEN	WEDNESDAY 29 TH OCTOBER
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.



TO BOOK ALL NUTRITION SESSIONS:

[CLICK HERE TO BOOK ONLINE](#)

CALL: 0208 375 4120

UCANENFIELD@AGEUKENFIELD.ORG.UK

SCAN THE QR CODE BELOW



NUTRITION

BOOKING IS ESSENTIAL

WEEKLY HEALTHY COOKING CLASSES

WHEN	1ST OCTOBER
	8TH OCTOBER
	15TH OCTOBER
	22ND OCTOBER
	29TH 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

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 29TH 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

COMPLETE ENQUIRY ON OUR WEBSITE:

WWW.UCANENFIELD.CO.UK



S O C I A L G R O U P

NEW!



VIP SOCIAL CLUB

MIDDLESEX ASSOCIATION FOR THE BLIND

WHEN	TUESDAY 7 TH OCTOBER
TIME	11 AM - 1 PM
WHERE	EDMONTON GREEN LIBRARY , 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



KEEP FIT

(FOR ONE TO ONE MEMBERS ONLY)

WALKING GROUP

(FOR ONE TO ONE MEMBERS ONLY)

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

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

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

TO BOOK PLEASE SEE BELOW

MINDFULNESS FOR SELF COMPASSION 6 WEEK COURSE

WHEN	FRIDAY 31 ST OCTOBER
TIME	6:30 PM - 8:30 PM
WHERE	MIND IN ENFIELD ONLINE - ZOOM

TO BOOK PLEASE EMAIL:
WELLBEINGLEARNING@MINDEB.ORG.UK OR
LEAVE A MESSAGE: 0208 906 7504
WWW.MINDEB.ORG.UK

WORLD MENTAL HEALTH DAY DIGITAL ART AND WELLBEING WORKSHOP

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

TO BOOK PLEASE SEE BELOW

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

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

TO BOOK OR FOR MORE INFO:
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

Funded by



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!

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Email: ucanenfield@ageukenfield.org.uk

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