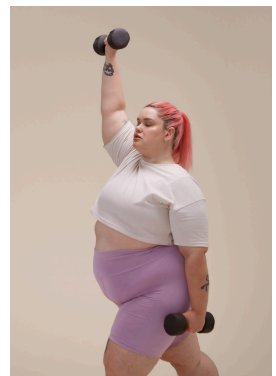


# June Activities 2026

## 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 2<sup>ND</sup> JUNE

**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 9<sup>TH</sup> JUNE

**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

<b>WHEN- WEDNESDAY S</b>	<b>3<sup>RD</sup> JUNE</b>
	<b>10<sup>TH</sup> JUNE</b>
	<b>17<sup>TH</sup> JUNE</b>
	<b>24<sup>TH</sup> JUNE</b>
<b>TIME</b>	<b>11:00 AM - 12:30 PM</b>
<b>WHERE</b>	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](mailto: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](mailto:UCANENFIELD@AGEUKENFIELD.ORG.UK)



# OUR PARTNERS



## VIP SOCIAL MIDDLESEX ASSOCIATION FOR THE BLIND

<b>WHEN</b>	TUESDAY 2 <sup>ND</sup> JUNE
<b>TIME</b>	11 AM - 1 PM
<b>WHERE</b>	<b>ENFIELD FOYER</b> 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](http://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](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)



## 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](mailto:WELLBEINGLEARNING@MINDEB.ORG.UK) OR

LEAVE A MESSAGE: 0208 906 7504

[WWW.MINDEB.ORG.UK](http://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](mailto:INFO@WELLBEINGCONNECTSERVICES.ORG)

[020 8803 2200](tel:02088032200)

[WWW.WELLBEINGCONNECTSERVICES.ORG](http://WWW.WELLBEINGCONNECTSERVICES.ORG)



UCAN Enfield

Personalised Health Wellbeing

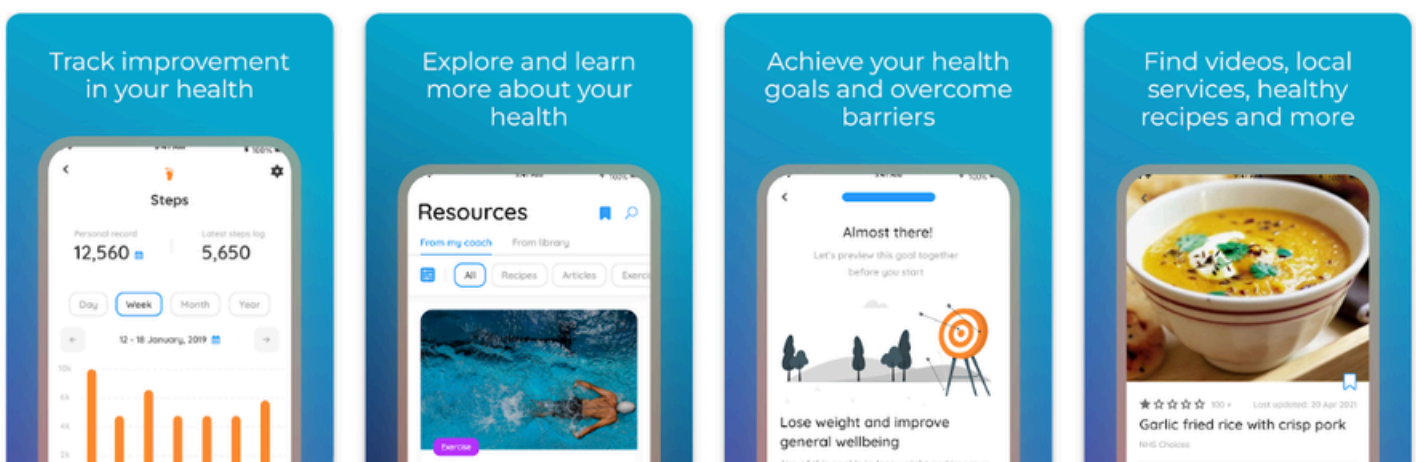
## When you sign up to UCan Enfield, you automatically get access to our brand new app

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

**Call: 0208 375 4120**

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

Funded by

