

# Dementia Action Week

## 18th - 24<sup>th</sup> May 2026



### Enfield Dementia Network

Enfield Dementia Network, are dedicated to working with the community to improve the lives of those affected by dementia. We are a network of local dementia care providers, businesses and independent people, who collectively work together to deliver supportive services, activities and events for people, and their families, who are affected by dementia.

#### Contact us:

[www.enfielddementianetwork.co.uk](http://www.enfielddementianetwork.co.uk)  
[info@enfielddementianetwork.co.uk](mailto:info@enfielddementianetwork.co.uk)  
0208 375 4120

**Join us for a week of special activities to raise awareness of how to reduce risks of dementia and living well with dementia.**

Day & Time	Activity	Where	Who
<b>Monday 18<sup>th</sup> May</b> <b>11am- 12:45pm</b>  <b>1pm</b>	Dementia Friendly Swim Session  Line Dancing & Boost your Brain Health talk	Southbury Leisure Centre, 192 Southbury Road, Enfield EN1 1YP  <b>No need to book</b>	 
<b>Tuesday 19<sup>th</sup> May</b> <b>9:45am- 11am</b>	Walk and Talk	Pymmes Park, Victoria road, Edmonton, N18 2UG <b>No need to book.</b>	
<b>Tuesday 19<sup>th</sup> May</b> <b>11am- 1pm</b>	Walk and Talk	Meet at Elyng House, 1 Forty Hill, Enfield EN2 9HT <b>Booking required details below.</b>	 
<b>Wednesday 20<sup>th</sup> May</b> <b>10am- 11am</b>	Coffee & Chat Talk	Enfield Town Library, 66 Church Street, Enfield EN2 6AX <b>No need to book</b>	 
<b>Wednesday 20<sup>th</sup> May</b> <b>10am- 12pm</b>	Brain Health Session	Ruth Winston Centre, 190 Green Lanes, N13 5UE <b>Booking required details below.</b>	 
<b>Wednesday 20<sup>th</sup> May</b> <b>11:30am- 1:30pm</b>	Dementia Friendly Screening - Hamnet	Cineworld Enfield, Southbury Road, Enfield, EN1 1YQ <b>£4.50 per person. No need to book</b>	 
<b>Wednesday 20<sup>th</sup> May</b> <b>12pm- 1:30pm</b>	Smiles Book Workshop- Zoe Zinfinity	Sophie's Bakery & Cafe, 2 Sarnesfield Road, Enfield, EN2 6AS <b>£19 per person. Booking required details below.</b>	
<b>Wednesday 20<sup>th</sup> May</b> <b>2pm- 3:30pm</b>	Afternoon Tea & Dance	Mabel Churn Centre, 55B The Sunny Road, EN3 5EF <b>£2.50 per person. Booking required details below.</b>	

Day & Time	Activity	Where	Who
Thursday 21st May 10am- 12pm	Dementia Awareness Stall	Edmonton Green Library Ground Floor, 36- 44 south Mall, Edmonton, N9 OTN <b>No need to book</b>	
Thursday 21st May 1pm- 4pm	Dementia Friendly Taster Sessions. Stalls from Alzheimer's Society Age UK Enfield	Albany Leisure Centre, 505 Hertford Road, Enfield, EN3 5XH <b>No need to book</b>	 
Thursday 21st May 5:30pm- 7:30pm	Women's Brain Health Event Riddim&Release Stalls and Information about brain health.	Millfield Theatre, Silver Street, Edmonton, N18 1PJ  Free for over 60's <b>£5 over 18's Pay on the door.</b>	
Thursday 21 <sup>st</sup> May 10:30am- 12:30pm	Information, Games, Practical tips on caring	Enfield Connections Day Centre, Unit 7, 26-28 Queensway, Enfield, EN3 4SA <b>Booking required details below.</b>	
Friday 22nd May 2pm- 3:30pm	Pymmes Park Walk and Talk	Pymmes Park, Victoria road, Edmonton, N18 2UG <b>No need to book</b>	
Friday 22 <sup>nd</sup> May 11am- 2pm	Cycling	Bush Hill Park, Lincoln Road, Enfield, EN1 1JX <b>No need to book</b>	
Saturday 23rd May 10am- 12pm	Stall, information and talk on staying well as a carer.	Southgate Leisure Centre, Winchmore Hill Road, N14 6AD <b>No need to book</b>	

## How to Book

All activities at held by **BETTER**  
**do not** need to be booked **Just turn up on the day.**

### **Forty Hall Walk - Tuesday 19<sup>th</sup> May**

with Tottenham Hotspurs Foundation and Elsyng House

**Book a space by calling  
07809 728067 or email**

***clientrelations.eh@oaklandcare.com***

### **Ruth Winston Centre - Wednesday 20<sup>th</sup> May**

Spaces are limited – **Book your place by calling 020 8886  
5346.**

### **Smiles Book Club- Wednesday 20<sup>th</sup> May**

Smiles Books – In this super fun workshop we'll be using simple book making techniques, collage and stamping, create a book to hold everything that makes you smile. All materials included.

*£19 per person includes:*

- All materials and equipment provided—everything you need to create your book!*
- A hot beverage of your choice*
- 20% of every ticket sold will help fund materials for the Age UK Enfield Memory Meet Up.*

**Book your place by emailing [zoe@zinfinity.co.uk](mailto:zoe@zinfinity.co.uk)**

**Enfield Carer's Connections Day Centre- Information,  
games and practical tips about caring- Thursday 21<sup>st</sup> May**

**Book your place by calling 0208 366 3677**

**Age UK Enfield- Afternoon Tea and Dance - Wednesday  
20th May**

**Book your place by calling 0208 375 4120**

# Join us for an Alzheimer's Walk!



**Date:** Tuesday 19th May 2026  
**Time:** 11:00am (walk starting from Elsyng House)  
**Location:** Forty Hall, Forty Hill, EN2 9HA  
**Meeting Points:** Elsyng House at 10:45am or Forty Hall car park at 11:00am



Elsyng House Care Home is proud to host this community walk in partnership with the Tottenham Hotspur Foundation. Everyone is welcome to join, and the route is fully wheelchair accessible. This year features an engaging talk from Forty Hall during the walk. Let's come together and support a fantastic cause!

For further information, please call 07809 728067 or email [clientrelations.eh@oaklandcare.com](mailto:clientrelations.eh@oaklandcare.com).

## DEMENTIA FRIENDLY SWIMMING

### SOUTHBURY LEISURE CENTRE

These supported swim sessions are held at quieter times with a reduced capacity. Carers are welcome to attend. Refreshments are an offer following the swim.

Day: Every Monday  
 Time: 11.45am - 12.30pm  
 Cost: £4 (including carers)  
 Lockers: £1 or a locker token (returned after use)

Reserve your space at reception or by scanning the QR code.



## TRY SOMETHING NEW THIS SUMMER 2026!

### Free Cycling sessions for all!

We're back with our fun and friendly cycling sessions - suitable for all abilities!



Come along and try one of our bikes or trikes with the support of one of our friendly qualified cycle instructors!

**Every Friday, 11am - 2pm**  
**From 1st May - 25<sup>th</sup> September 2026**  
**Bush Hill Park, Lincoln Road, EN1 1PS**  
**Meeting point is by the containers in the park**

For more information  
 Call 0208 375 4120 / 07824 845 784  
 Email: [referrals@ageukenfield.org.uk](mailto:referrals@ageukenfield.org.uk)  
[www.ageukenfield.org.uk](http://www.ageukenfield.org.uk)

## Dementia Action Week

Join us at

ENFIELD CARERS CENTRE

New

### Connections

Day Care & Community Club

Crafts & Games

Tea & Biscuits

Everyone Welcome!

📅

**Thursday 21st May | 10am - 3pm**

Guest speaker: Practical tips and advice to support health and wellbeing for people living with dementia.  
 10:30am - 12:30pm

📍

**Connections, Enfield Carers Centre**  
 Unit 7, 26 - 28 Queensway,  
 Enfield, EN3 4SA

☎️

To book your place please call

**0208 366 3677**

Enfield Carers Centre  
**Connections**  
 Day care & community club

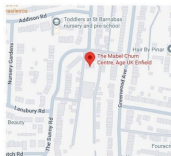
## Memory Meet Up visits The Mabel Churn Centre!



Enjoy a wonderful  
Afternoon Tea & Dance



Come and enjoy a relaxed and welcoming gathering filled with gentle, soothing music, delicious tea, and the simple pleasure of good company. It's a lovely opportunity to unwind, share conversation, and enjoy a peaceful afternoon together in friendly surroundings.



**WHEN: Wednesday 20th May 2026**

**TIME: 2pm - 3:30pm £2.50 each.**

**WHERE: The Mabel Churn Centre, 55B The Sunny Road, Enfield, EN3 5EF**

**PLEASE NOTE: THERE WILL BE NO OTHER MEMORY MEET UP AT ST STEPHEN'S ON THIS DAY.**

## Women's Brain Health

Protect your brain. Power your life.

**Thursday 21<sup>st</sup> May,  
5.30pm to 7.30pm.**

**Millfield Theatre,  
Silver Street  
Edmonton, N18 1PR**



GUEST  
PRESENTER  
NATALIE REMEE  
AWARD WINNING  
COACH FOR  
WOMEN 40+

Over 60's  
FREE  
£5.00 Over 18's  
Pay on the day!

### WHO IS THIS FOR?

- Women of all ages and abilities
- Those navigating perimenopause, menopause or post-menopause
- Anyone interested in improving their brain health

### WHAT TO EXPECT

- Expert health and wellbeing guidance
- A welcome drink to get you settled
- Riddim & Release workout experience
- On-site blood pressure testing

For more information email:  
[referrals@ageukenfield.org.uk](mailto:referrals@ageukenfield.org.uk)  
or call 0208 375 4120



£5 per  
class

## Line Dancing & Boost Your Brain Health Talk!

Beginners welcome!



**Monday 18th May at 1pm**

**Southbury Leisure Centre**

**192 Southbury Rd, Enfield, EN1 1YP**

**Free refreshments**

For more information

email: [referrals@ageukenfield.org.uk](mailto:referrals@ageukenfield.org.uk) or

call 0208 375 4120 / 07824 845 784

[www.ageukenfield.org.uk](http://www.ageukenfield.org.uk)

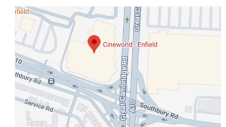


## Memory Meet Up visits Cineworld!

We're excited to offer a limited number of places at a Memory Meet-Up screening of the beautiful and moving film *Hamnet* — all for just **£9 per couple**, including refreshments!



*Hamnet* is a powerful and emotional story set in the 16th century, exploring the love between William Shakespeare and Agnes Hathaway. When tragedy strikes with the loss of their young son, the film tenderly follows their journey through grief, love, and healing — and how it ultimately inspires one of Shakespeare's most iconic works, *Hamlet*.



**WHEN: Wednesday 20th May 2026**

**TIME: Meet at 11am for 11:30 film start - 2pm end (approx)**  
**WHERE: Cineworld Enfield, Southbury Rd, Enfield EN1 1YQ**

**PLEASE NOTE: THERE WILL BE NO OTHER MEMORY MEET UP AT ST STEPHEN'S ON THIS DAY.**



## Reduce your risk of dementia

There are things you can do to reduce your own risk of developing dementia.

These include keeping active, eating healthily and exercising your mind. There is a lot of evidence that lifestyle choices can affect our risk of developing dementia. Dementia risk is lowest in people who have healthy behaviours in mid-life (aged 40–65). No single behaviour is guaranteed to prevent dementia, and some are more easy to change than others.

### Take physical exercise

Doing regular physical activity is one of the best ways to reduce your risk of dementia. It's good for your heart, circulation, weight and mental wellbeing.

There are two main types of physical activity – aerobic activity and strength-building activity. Each type will keep you fit in different ways. Doing a combination of these activities will help you to reduce your risk of dementia.



### Drink less alcohol

Drinking too much alcohol increases your risk of developing dementia.

If you regularly drink alcohol, try to do so in moderation and within recommended limits. Drinking too much alcohol at one time exposes your brain to high levels of harmful chemicals.

Try to drink no more than 14 units of alcohol each week. This is equal to about one pint of beer or a small glass of wine each day. If you regularly drink much more than this, you are increasing your risk of damage to your brain and other organs, and so increasing your risk of dementia.



### Stay mentally well and socially active

Depression is a mental health condition that affects at least one in five people in the UK. People who have had periods of depression in their life also have a higher risk of developing dementia.

Social isolation can greatly increase a person's risk of dementia. Engaging in social activities may help to build up your brain's ability to relieve stress and improve your mood



### Protect your eyesight and hearing

Uncorrected vision loss increases a person's risk of developing dementia.

People who have corrected vision loss do not have an increased risk of developing dementia.

Hearing loss is related to an increased risk of developing dementia and may be an early symptom. Managing hearing loss works best when you start doing it early on. The use of hearing aids has been shown to reduce the risk of dementia to the level of a person with normal hearing.

