



Enfield's Dementia Friendly Activities

A programme of regular activities suitable for people living with dementia and their families



Receiving a dementia diagnosis can present challenges, but we are here to support you. This leaflet has been created to consolidate all dementia-friendly activities within the borough in one convenient location. The Enfield Dementia Network strives to transform Enfield into a dementia-friendly community.



Activities for people with
Activities suitable for someone

dementia & their families
with a diagnosis of dementia

Day & Time	Event	Venue	Cost	Contact and booking details
Monday (Weekly) 11am - 2pm	Monday Memory Club	St Andrew's Church, Chase Side, Southgate, N14 5PP	£3 perp person includes refreshments	Booking required. Tel: 07903 710678 Email: Jenny@mondaymemoryclub.co.uk
Monday (Weekly) 10:45am - 11:45am	Sporting Memories	Southbury Leisure Centre, 192 Southbury Road, Enfield EN1 1YP	Free	Booking required via Better App OR Email: dominic.hall@gll.org.uk
Monday (Weekly) 12 - 1pm	Walking Football	Southbury Leisure Centre, Southbury Road, EN1 1YP	Free	Booking required via Better App OR Email: dominic.hall@gll.org.uk
Monday (Weekly) 1pm - 2pm	Dementia Friendly Swimming	Southbury Leisure Centre, 192 Southbury Road, Enfield EN1 1YP	Free	Booking required via Better App OR Email: dominic.hall@gll.org.uk
Tuesday (Weekly) 2pm - 4pm	Singing For The Brain Alzheimer's society	Southgate Methodist Church, 47 The Bourne, London N14 6RS	Free	Booking required. Email: Enfield@alzheimers.org.uk
First Tuesday of every month, 11am- 12pm	Time Together Dementia Cafe	Elsyng House Care home, 1 Forty Hill, EN2 9HT	Free including refreshments	Booking required. TEL: 0208 175 5100 OR Email: clientrelations.eh@oakwoodcare.com
First and Third Wednesday of every month, 10:30am - 12pm	Memory Meet Up - Age UK Enfield	St Stephens Church Hall, Village Road, EN1 2BA	£2.50 per person Including refreshments	No booking required. TEL: 0208 375 4120 OR Email: admin@ageukenfield.org.uk



Activities for people with dementia & their families

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Day	Event	Venue	Cost	Contact and booking details
Wednesday (Fortnightly) 11:30am - 1:30pm	Memory Club - Home Instead	9 Armfield Road, Enfield, EN2 0DH	£5 per person including light lunch	Booking required. TEL: 0203 641 8851
Third Wednesday of every month, 1030am - 11:30am	Social Singing - Age UK Enfield	St Stephens Church Hall, Village Road, EN1 2BA	£2.50 per person including refreshments	No Booking required. TEL: 0208 375 4120 OR Email: admin@ageukenfield.org.uk
Fourth Wednesday of every month, 10:30am - 12pm	Dementia Friendly Cookery Club - Ucan Enfield	St Stephens Church Hall, Village Road, EN1 2BA	Free	Registration to Ucan Enfield required. Tel: 0208 375 4120 OR Email: ucanenfield@ageukenfield.org.uk
First Wednesday of every month, 1pm - 3pm	Come Together Memory Club	Autumn Gardens, 73 Trent Gardens, Southgate, N14 4QB	Free including refreshments	Booking required. TEL: 0208 344 2600 OR Email: welcome@autumngardens.com
Second and Fourth Thursday of every month, 12:30pm - 2pm	Memory Cafe - Rotary Club of Southgate	St Andrews Church, Southgate, N14 5PP	£2.50 per person including refreshments	Booking required. TEL: 07792 011 075
Last Thursday of every month, from 12pm	Dementia Cafe Azalea Court Care home	Azalea Court, 58 Abbey Road, EN1 2QN	Free	Booking required. TEL: 0208 370 1750 OR Email: reception@azaleacourt.co.uk
Friday (Weekly) 10:45am - 1:45pm	Memory Lane	Our lady of Lourdes Church Hall, 373 Bowes Road, N11 1AA	£3 perp person including light lunch	Booking required. TEL: 07961 881 453 / 07788 4329 470



Other Dementia

Friendly Activities



Day	Event	Venue	Cost	Contact and booking details
First Monday of every month, 10am - 12pm	Tea and Chatter - Enfield Carers Centre	Edmonton Green Library, South Mall, N9 0TN	Free including refreshments	No Booking required. TEL: Call 020 8366 3677 OR Email: info@enfieldcarers.org
Second Tuesday of every Month, 10am - 12pm	Tea and Chatter - Age UK Enfield	Ordnance unity centre library, 1st Floor, 645 Hertford Road, EN3 6ND	Free including refreshments	No Booking required. TEL: 20208 375 4120 OR Email: admin@ageukenfield.org.uk
Tuesday and Thursday (Weekly) 10:30am - 1:30pm	Mens Sheds	John Jackson Library, Bush Hill Park, EN1 1DW	Free including refreshments	No Booking required. TEL: 20208 375 4120 OR Email: admin@ageukenfield.org.uk
Thursday (weekly) 11:45am - 12:45pm	Zumba - Enfield Caribbean Association (ECA)	Unite in Fitness, 9 Oakwood Place, EN1 2PX	£3 for ECA members £4 for Non ECA members	No booking required. TEL: 07908600420 OR Email: info@theeca.org.uk
First Thursday of every month, 10am - 12pm	Tea and Chatter - Age UK Enfield	Enfield Town Library, 1st Floor, Church Street, EN2 6AX	Free including refreshments	No Booking required. TEL: 20208 375 4120 OR Email: admin@ageukenfield.org.uk
Last Thursday of every month	Community Hub - Elsyng Care Home	Elsyng House Care home, 1 Forty Hill, EN2 9HT	Free including refreshments	Booking required. TEL: 0208 175 5100 OR Email: clientrelations.eh@oakwoodcare.com
The first three Fridays of the month, 12pm - 3pm	Lunch Club- Enfield Caribbean Association	Green Towers Community Centre , 7 Plevna Road, N9 0BU	£10 for ECA members £14 for non ECA members	Booking required TEL: 07908600420 OR Email: info@theeca.org.uk

Organisations with dementia friendly activities

Chicken Shed - Gladrags Secret Society

The Gladrags Secret Society is an intergenerational project offering glamorous afternoons filled with live music, dance, and entertainment.

For more information about these events:

Call: 0208 292 9222

Email: rachely@chickenshed.org.uk

Website: www.chickenshed.org.uk



Enfield Caribbean Association

ECA offer a range of services including exercise classes, a Luncheon Club and special events throughout the year.

For more information:

Call: 07908600420

Email: info@theeca.org.uk

Website: www.theeca.org.uk



Ruth Winston Centre

The Ruth Winston Community Centre is an activity and resource centre offering a wide range of activities, including computer courses, craft classes, Yoga, Zumba Gold and much more. Members must be independent or bring a carer to take part in all activities.

For more information:

Call: 0208 886 5346

Email: info@ruthwinstoncentre.com

Website: www.ruthwinstoncentre.com



U3A Enfield

U3A offer a wide range of interest groups run by volunteers. Their current program includes, poetry, story writing, bridge, Italian for beginners and much more.

For more Information:

MEETING: 2nd Wednesday of every month from 2pm at Enfield Baptist Church, Cecil Road, Enfield EN2 6TG

WEBSITE: www.u3asites.org.uk/enfield/welcome



Daycenters

Day centres are places where people with dementia can attend for a whole day for support, and give a carer's respite from their caring role.

Age UK Enfield - The Parker Centre

The Parker Centre is an award winning specialist dementia day care centre in Edmonton, providing high quality care, activities and events for people with early memory problems to advanced dementia. They offer a wide range of activities to stimulate the memory and mind. A nutritious hot meal is served every day and refreshments served regularly.

ADDRESS: The Parker Centre, 6 Houndsfield Road, LONDON, N9 7RA

TELEPHONE: 020 8 351 1131

EMAIL: day.centre@ageukenfield.org.uk

WEBSITE: www.ageukenfield.org.uk



Enfield Asian Welfare Association (EAWA) - Day care centre

EAWA day care centre offers a wide series of both group and personalised activities, including chair based yoga, reflexology, a knitting circle and much more. They also have special dementia activity equipment for those who require it. A hot vegetarian lunch is served daily.

ADDRESS: Wheatsheaf Hall, Main Avenue, Enfield, EN1 1DS

TELEPHONE: 0208 363 4622

EMAIL: info@eawa.org.uk

WEBSITE: www.eawa.org.uk



Services for carers of people with dementia

Enfield Carers Centre (ECC)

ECC is a charity providing information, advice, training and support to people looking after/caring for someone who needs their help. They hold monthly meetings for those who care for someone living with dementia. No charge.

WHEN: Third Thursday of every month, 11am - 12:30pm

WHERE: Britannia House, 143 Baker St, Enfield EN1 3JL

CONTACT: Call 020 8366 3677 OR

Email info@enfieldcarers.org to book a place

WEBSITE: www.enfieldcarers.org



Receiving a dementia diagnosis

Age UK Enfield, funded by the North Central London Integrated Care Board (NCL ICB), assists individuals newly diagnosed with dementia, collaborating closely with Enfield Memory Service and North Middlesex University Hospital Trust.

Accepting referrals from various sources, including self-referrals, Enfield Memory Service directly refers individuals to Age UK Enfield's Health & Wellbeing Navigators upon diagnosis. The primary goal is to provide timely information, advice, and support post-dementia diagnosis.

Services offered

Health & Wellbeing Navigators offer personalised one-to-one assistance, aiding in:

- Understanding and managing a diagnosis
- Developing coping strategies
- Accessing welfare benefits and travel concessions
- Planning for the future - For example: Lasting power of attorney, Wills and advance statements.
- Accessing support from other organisations
- Understanding OT (Occupational therapy) aids, adaptations, and assisted technology
- Connecting with others for peer support
- Providing information and support for caregivers

Many individuals referred to Health & Wellbeing Navigators enquire about dementia-friendly activities. Age UK Enfield offers a variety of in-house services and refers, or guides, individuals to other local organisations for activities and support.

**To make a referral or speak to someone please
call: 0208 375 4120 or email: referrals@ageukenfield.org.uk**

National Services



Alzheimer's Society

Through the support line, online and print information, expert dementia advisers and online community, Alzheimer's society give advice and practical guidance for the next steps as people living with dementia navigate the hardest times of their lives. Through this vital work, the aim is to help people living with dementia to enjoy more fulfilled lives. From the moment someone is worried about memory loss they can turn to them for help. The dementia helpline is open:

- Monday to Wednesday: 9am – 8pm
- Thursday and Friday: 9am – 5pm
- Saturday and Sunday: 10am – 4pm

CONTACT: 0333 150 3456

WEBSITE: www.alzheimers.org.uk



DementiaUK

Dementia UK

Dementia UK provide a free, confidential dementia helpline that is staffed by dementia specialist Admiral Nurses, who provide information, advice, and support with any aspect of dementia. The Helpline is open:

- Monday to Friday: 9am to 9pm
- Saturday and Sunday 9am to 5pm (closed 25th December)

The Admiral nurses are there for you when you need help. Whatever you're worried about, they have the time to listen and the knowledge to solve problems.

They can help you understand more about dementia and feel more in control, giving you the tools and the confidence to manage your future with dementia together – one step at a time.

CONTACT: 0800 888 6678, OR email helpline@dementiauk.org

WEBSITE: www.dementiauk.org



Enfield Dementia Network comprises local dementia care providers, businesses, and independent entities offering a variety of supportive services for individuals at all stages of dementia, from diagnosis to advanced stages.

Our priorities

- Raising awareness of dementia to reduce stigma.
- Encourage people to seek early diagnosis.
- Promote healthy lifestyles to reduce their risks of developing dementia

For more information or to join:



0208 375 4120



www.enfielddementianetwork.co.uk