

# *Men's Groups in Enfield*



## **Men's Sheds**

Every Tuesday and Thursday 10am - 1:30pm

John Jackson library, Bush Hill Park, EN1 1DW

*Our twice weekly sessions are for men 50+ who are residents of Enfield.*

*John Jackson Shed members work on group and individual projects using recyclable wooden materials that are collected from the Borough. We're a friendly bunch, who welcome new members and always have a listening ear and mug of tea ready.*

**FREE**

TEL: 0208 375 4120

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

## **Men's Sheds**

Every Wednesday 10am - 1pm

Cedar's Park (behind the cafe) Theobalds Lane, Waltham Cross EN8 8RU

*Men's Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities.*

*Improving wellbeing, reducing loneliness and combatting social isolation.*

**FREE**

Contact: Just turn up and ask for Rob or Andy

## **Andy's Man Club**

Every Monday 7pm (exc bank holidays)

Cooking Champions Church Hall, South Street, Ponders End EN3 4LA

(Behind the church)

*Talking group for men to come together and improve their mental health*

**FREE**

Email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

WEBSITE: [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

## Gentlemen's Club

Every Wednesday 2pm

Bullsmoor Lodge, Bullsmoor Lane, Enfield, EN3 6TE

*A space for men over 65 to come together and enjoy each other's company with activities such as board games.*

FREE

TEL: 01992 719092

Email: [BullsmoorLodge@agecare.uk.com](mailto:BullsmoorLodge@agecare.uk.com)

## Probus Club of Enfield

The Probus Club of Enfield is an association of retired professional and business men founded in 1975.

*Lunch meetings are held monthly plus some ad hoc trips to theatres etc.*

Please see website for cost to join

Contact via the website: [www.enfieldprobus.org.uk/contact](http://www.enfieldprobus.org.uk/contact)

## Walking Football

Every Monday 7 - 8pm and Every Saturday 10am - 12pm

Dave Bryant Stadium, Donkey Lane, Enfield EN1 3PL

*Football at a more casual pace for over 50s. Newcomers welcome. Come along for an hours walk, exercise and social.*

£5 per session

Contact [ramismail65@gmail.com](mailto:ramismail65@gmail.com) for more information and to enroll

Please note women are welcome however group is male dominated

## Men's Cookery Class

Every Monday 2 - 4pm

Cooking Champions Church Hall, South Street, Ponders End EN3 4LA  
(Behind the church)

FREE

Booking essential

Email: [info@cookingchampions.uk](mailto:info@cookingchampions.uk)

