

>>> FEBRUARY 2025 <<<

VOLUNTEER NEWSLETTER

THANK YOU FOR STARTING 2025 WITH US



*Photos are of some of our lovely Memory Meet Up Volunteers

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Things to complete

Hello and welcome to the **February** edition of our volunteer newsletter!

As we settle into the new year, we're excited to share the **amazing work** our volunteers have been doing and highlight some fantastic upcoming **events** and **opportunities** for you to get involved in. Whether you're looking to **participate** or lend a helping hand, there's something for everyone! From our major **Ageing Well event** to assisting with **Wenzel's tasty donations**, or becoming an **Enfield Energy Champ** – there are plenty of ways to make a difference. Plus, don't forget to check out the **exclusive perks** available to you as a valued volunteer. Enjoy reading!

CELEBRATIONS

We're excited to introduce our **NEW Men Together group**, made possible by the efforts of volunteer **Joe Newton**! A big thank you to Joe for creating this **welcoming space** where men can come together to **socialise** and **support each other's wellbeing**. The group runs weekly on a trial basis and is shaped by its members. Whether you want to share ideas or simply check it out, **we'd love to see you there!** Plus, enjoy a **free lunch** each week, kindly provided by **Wenzel's!**



JUST LAUNCHED!
COME ALONG & JOIN US



Volunteer Social – Join Us for a Relaxing Afternoon!

We're excited to invite you to our next Volunteer Social – a great chance to connect with fellow volunteers and enjoy a refreshing afternoon together.

 **Location:** Lee Valley White Water Rafting Centre,
Station Rd, Waltham Cross EN9 1AB



Date: Friday, 7th March



Time: 2:30 PM

**EMAIL TO BOOK
YOUR PLACE!**

While we won't be rafting, we'll take a guided walk, watch the rafters in action, and finish with a hot drink at the café.

A WARM WELCOME TO OUR NEW STARTERS



**Gemma
Rushton**

**Photographer &
Activity Assistant**

**Upasana
Malhotra**

**Health and Wellbeing
Champion**

**Deev
Patel**

**Health and Wellbeing
Champion**

VOLUNTEER PERKS <<<

FREE CHARITY WORKER DISCOUNTS

★ Trustpilot ★★★★★

Save at
thousands
of brands

Join FREE

FREE TICKETS!

Tickets for Good is a members platform providing **FREE** and discounted tickets to charity workers, volunteers, and NHS workers.

[SIGN UP HERE](#) using
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[address](#)

Events include Music,
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Weekly news



Access through your
mobile at any time

Register



CLICK THE LINKS!

Sign up using your Age UK Enfield email address to unlock access to **hundreds of exclusive offers!** Don't have an Age UK email address yet? No problem—just reach out, and Sian can help set one up for you. You can also access **one-on-one support** from one of our Digital Champions to **guide you through using these offers.** Just let us know, and we'll be **happy to assist!**

OPPORTUNITIES

>>> VOLUNTEER ROLES

WENZELS COLLECTOR

We're looking for a volunteer with a car to help collect Wenzel's donations from Enfield Town on **Thursdays at 5:30 PM until 28th March**. Even if you can help just once or twice, we'd really appreciate it! The food supports our new **Men Together group**, and as a thank you, **you're welcome to take some for yourself**. If you're interested, please get in touch!

LATEST VOLUNTEER OPPORTUNITIES BOOKLET

[CLICK HERE](#) 

>>> FOUR UPCOMING EVENTS FOR YOU TO ATTEND



FREE TASTER CLASS

MOVEMENT AS MEDICINE

Movement as Medicine is a manageable way to introduce exercise into your routine and to help with long term medical conditions. If you suffer from diabetes, high blood pressure, high cholesterol, osteopenia, then this is the class for you!

Monday 10th March
or
Monday 17th March
11.40 - 12.25pm
Arrival at 11.30 please meet in cafe area for registration

Location:
Albany Leisure Centre,
505 Hertford road,
Enfield, EN3 5XH





Scan Me

Booking is essential and subject to meeting criteria
Call 0208 375 4120 or email referrals@ageukenfield.org.uk

Course launch date Monday 7th April - this course is at a cost of £24

Please note Better members still need to book and meet criteria to be enrolled.
Please contact Age UK Enfield mainline

The iCan team invite you to their event



Ageing Well

Wednesday 26th March 2025
10am-2pm
Our Lady of Mount Carmel & Saint George
45 London Road, Enfield EN2 6DS



Join us for fun filled informative day
With taster sessions, guest speakers and stalls
Free light lunch and refreshments throughout the day





Book a place today ! Call 0208 375 4120
Email admin@ageukenfield.org.uk





Eat Well for Brain Health & Reduce The Risk Of Dementia

Rozaliya Popnikolova, a qualified **Nutritionist**, will be sharing some practical and **affordable tips** to support you in making nourishing food choices everyday.

Tuesday 4th March 2025
11am - 1pm
Brookwater House Care Home
1A Oakthorpe Rd, London N13 5HY

Booking is Essential
Call: 0208 375 4120
Email: admin@ageukenfield.org.uk



Men Together

A welcoming space for **Men of all ages** to **connect, socialise**, and take part in a **range of activities** designed to improve **wellbeing**. Come along and be part of a **supportive community**.

Every Friday until 28th March*
10.30am- 12.30pm
Pymmes Park Visitor Centre

* We plan to continue beyond this date, based on demand and the interests of our members. A new flyer will be created with updated details.




Picture: Pymmes Park Visitor Centre


NEW!


For More Information or to Book
Email: activities@ageukenfield.org.uk
Call: 0208 375 4120


Volunteer Opportunities for the Ageing Well Event


We're **looking for volunteers** to help make this event a success! If you'd like to get involved, here are some ways you can support:

 **Meet & Greet** – Welcome attendees, provide directions, and ensure they feel comfortable.

 **Registration Desk** – Help sign in guests, hand out event materials, and answer any initial questions.

 **Refreshments Support** – Assist with setting up, serving tea/coffee, and keeping the area tidy.

 **Event Photography** – Capture moments from the day to help us share the event's success.

 **Event Support & Engagement** – Help with stalls, assist during taster sessions (e.g., mindfulness, exercise, or tech tips), and engage with attendees to create a welcoming atmosphere.

If you'd like to get involved, please reach out via email—we'd love your help!

Become an Enfield Energy Champion



Interested in **helping residents save energy and stay warm** this winter? Gain **accredited training**, skills and knowledge to help members who are facing fuel poverty problems. **If you'd like to get involved, reach out to us**—and for more information, visit: [Enfield Energy Champs](https://www.enfieldenergychamps.org.uk).

REMINDERS

[Click HERE to download our Autumn/ Winter Activities Timetable](#)



NEED AN ID BADGE?

It is important that all volunteers have an ID badge

Send a photo of yourself to:
volunteering@ageukenfield.org
or Sian can take a photo for you, just reach out.

THANK YOU TO ALL OF OUR VOLUNTEERS

for your contribution & dedication to our community.

I would love to hear your feedback and suggestions for future newsletters.
As always, for any help please reach out!

Best Wishes Sian x
Volunteer Coordinator

[07731984145](tel:07731984145) or volunteering@ageukenfield.org.uk