

Funded by



UCAN ENFIELD

We help you live well, stay connected and feel supported. Get free personalised support today!



We support Enfield Residents who are 18+, including older people, people with long-term health conditions, sensory loss, neurodiversity, and those experiencing challenges with mental health or loneliness



Your path to wellbeing

Our UCan practitioners give Enfield borough residents aged 18+ the tools to build manageable healthy habits into everyday life. Move towards a happier and healthier you today.

Live well

Stay active, eat well, and feel your best with support from local health and wellbeing experts.

Feel supported

Your mental health matters – find someone to talk to and resources to help you cope.

Stay connected

Build friendships, join community groups, and stay connected – whatever life brings.

Stay independent

Live independently, safely, and confidently with personalised support tailored to your needs.

Contact us today and start your journey to wellness

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www.ucanenfield.co.uk