

Niburu London

www.niburulondon.com

Enriching the community through music, media, health
& wellbeing, intergenerational & local heritage projects

Niburu London Newsletter

August - October 2024

Office: Enfield Enterprise Centre, 26-28 Queensway, Enfield, EN3 4SA

Email: infoniburu@gmail.com

Website: <https://www.niburulondon.com>

Health & Wellbeing Videos

James Eaton, the Niburu London Switch Project Health & Wellbeing Co-ordinator continues to release weekly Health and Wellbeing videos via the Facebook platform. Topics explore a variety of subjects including .

Follow the link below to Niburu's Facebook platform:



[Niburu London's Facebook Link](#)

MHA Enfield

Niburu London's Switch Project team continue to work with MHA Communities, North London. The group shares thoughts and memories (some recorded as a podcast), on a wide variety of topics. Recent subjects have included 'Warming Meals for Autumn and Winter', 'Memories of Summer' and 'Happiness'.

A highlight of the summer was the MHA Carnival Tea Party! Guests enjoyed a range of lively activities, including arts and crafts (creating their own carnival masks), a quiz, dancing and of course a sumptuous carnival meal!

Visit the Niburu London website for more information, pictures and videos of Niburu's sessions with MHA Enfield - [NiburuLondon.com](https://www.niburulondon.com)

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One to One & MHA

The joint partnership with One to One Enfield and MHA Communities North London continue the creative writing sessions over the late summer and early autumn.

During August, the group travelled to Enfield Town park to enjoy the summer sunshine and natural surroundings for their creative writing session. At the end of the session, participants shared their writing and certificates.

Visit the Niburu London website for more information, pictures and videos of Niburu's sessions with One-to-One & MHA Enfield - NiburuLondon.com



The Niburu Website

Whilst updates are in progress on the Niburu website, the site will be temporarily unavailable. We are adding a substantial amount of new content and features and are looking forward to sharing these improvements with you soon.



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