NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
						1
2 **CHOIR 10:30am-12pm** Enfield Baptist Church **SPORTS PICK AND MIX 2:15-3:15** Barnet & Southgate College, Southgate Campus	3 **GARDENING WITH BOB 10:00-1pm** Bush Hill Park **FITNESS AND FLOW 10:30-11:30** Firs Farm	4 **ART 10:00am - 11:15am,** St Aldhelm's Church *Art for Autistic members only with Joe 1:00pm - 2.15pm. St Aldhelm's Church **GRIEF CAFE 12:30-2:30** St Aldhelms Church	5 **CHAT AND RELAX 11-12** Ridegway Tavern **WALKING GROUP 12:45-2pm** Enfield Town Park	6	7	8
9 **CHOIR 10:30am-12pm** Enfield Baptist Church **SPORTS PICK AND MIX 2:15-3:15** Barnet & Southgate College, Southgate Campus	10 **GARDENING WITH BOB 10:00-1pm** Bush Hill Park **UCAN COOKERY 1-2:30pm** **St Aldhelms Church Hall** **PUB NIGHT 7-8:30pm** Ridgeway Tavern	11 **ART 10:00am - 11:15am,** St Aldhelm's Church **CREATE AND CONNECT 11.30-12.30pm,** St Aldhelm's Church *Art for Autistic members only with Joe **1:00pm - 2.15pm.** St Aldhelm's Church	12 **BOWLING 10:15** Meet at Community house at 10:15 Bowling at Rowans starts at 11:30	13	14	15
16 **CHOIR 10:30am-12pm** Enfield Baptist Church **SPORTS PICK AND MIX 2:15-3:15** Barnet & Southgate College, Southgate Campus	17 **GARDENING WITH BOB 10:00am - 1pm** Bush Hill Park **ACTIVITY SIGN UPS 10-11:00am** 2 Farm Road, Office **SWIMMING 12-1pm** Southbury Leisure Centre **GAMES NIGHT 7-8:30pm** Pistachi Cafe, Enfield Town	18 **ART 10:00am - 11:15am,** St Aldhelm's Church **CREATE AND CONNECT 11.30-12.30pm,** St Aldhelm's Church *Art for Autistic members only with Joe **1:00pm - 2.15pm.** St Aldhelm's Church	19 **CHAT AND RELAX 11-12** Ridegway Tavern **WALKING GROUP 12:45-2pm** Enfield Town Park	20	21	22
23 **CHOIR 10:30am-12pm** Enfield Baptist Church **SPORTS PICK AND MIX 2:15-3:15** Barnet & Southgate College, Southgate Campus	24 **GARDENING WITH BOB 10:00am - 1pm** Bush Hill Park **PUB DISCOVERY 7-8:30pm** Jolly Farmers	25 **BAUBLE MAKING WORKSHOP 10:30am - 12:30pm,** St Aldhelms Church *Art for Autistic members only with Joe **1:00pm - 2.15pm.** St Aldhelm's Church	26 **CHAT AND RELAX 11-12** Firs Farm Community Hub Cafe **WALKING GROUP 12:00-1pm** Firs Farm Fields	27	28	29
30 **CHOIR 10:30am-12pm** Enfield Baptist Church **SPORTS PICK AND MIX 2:15-3:15** Barnet & Southgate College, Southgate Campus	ACTIVITY CALENDAR					

Chat and Relax
Ridgeway Tavern
5th and 19th November
11am-12pm

Come and meet other members, catch up and socialise.



Chat and Relax
Firs Farm Community Hub
26th Nov 12-1pm

Come and meet other members, catch up and socialise in another part of town.



Games Night at Cafe Pistachi
46 Church St, Enfield EN2 6AZ
7pm-8:30pm.
Come along for a friendly selection of games and socialising together at the Pitschi Cafe. Members, don't forget to bring your discount card along!



Autistic Art Group
Activity Lead -
St Aldhelm's Church, Windmill Road, London
N18 1PA
1-2.15PM
Open to all skill levels, a welcoming space for creativity & community. Create and share art!





Creative Activites at St Aldhelms
St Aldhelm's Church,
Windmill Road,
London N18 1PA
Art 10-11:15



Create & Connect 11:30-12:30
Join us for a friendly, creative, and totally relaxed gathering where everyone is welcome! Enjoy good company and create new ideas together.



Bauble Decorating Workshop
St Aldhelms Church
25th November
10:30am - 2:30pm

Join Zoe as a guest workshop leader and decorate our own christmas bauble as we get ready for December,



NEW SUBSCRIPTIONS FOR ACTIVITIES:

FULL MEMBERSHIP: £10
ONE ACTIVITY: £5
PSG/ CHAT AND RELAX: £3
New Members: Those who are interested in joining One To One Enfield can attend all activities for the first 2 months without charge as a trial period.
If you pay for a years membership upfront you will only be charged for 10 months

Choir
Enfield Baptist Church
10:30am-12pm

Come and sing along together, connect and socialise over song and good times!

Sing Out! choir



SWIMMING 12-1pm
Southbury Leisure Centre
Join us for a swim at Southbury Leisure Centre. Only 12 spaces available. Please book to reserve your space.



Gardening with Bob
99 Lincoln Road,
Enfield EN1 1JX
10am-1:00pm
Meeting by the bike sheds for gardening, connecting with each other over a cup of tea!



UCAN Cookery
St Aldhelms Church
12.30-2.30pm
Enjoy a fun session of cooking and socialising!



Grief cafe
St Aldhelms Church
12.30-2.30pm
Join us for a cuppa and a safe space where your loss and pain can be expressed freely. For everyone grieving the death of a relative or friend.



FITNESS AND FLOW
10:30-11:30
Firs Farm

Join Ren for a fitness circuit focussing on a range of strength, mobility and cardiovascular elements, followed by a calming stretch and relax at the end,



Activity sign ups in office
One To One Office,
2 Farm Road, N21 3JA
17th Nov 10-11am
Come along to book and pay for activity sessions, ask questions and find out more about what's on the calendar
We accept cheque, cash and card payments.



SPORTS PICK AND MIX
Barnet & Southgate College,
Southgate Campus
2:15-3:15pm
Come and play a variety of sports with the student coaches of the college



WALKING GROUP

Enfield Town Park
5th and 19th November
12:45- 2pm



WALKING GROUP

Firs Farm - meet at the Firs Farm Community Hub
26th November 12-1pm



Pub Night
Ridgeway Tavern,
76 The Ridgeway, EN2 8JF
7.00-8:30pm.

Enjoy socialising, relaxing and catching up with others
Bring money to buy your drink/food



Pub Discovery
Jolly Farmers
Enfield Road, EN2 7QS
7:00-8:30pm

Join us as we discover another local pub in the area. Bring money for your drink/food.



It is important to arrive no more than 10 minutes before activities start.
This keeps members safe and stops us being overcharged for longer venue hire.

BOWLING 10:15



Meet at Community House at 10am
311 Fore Street N9 0PZ To travel to Rowans Tenpin Bowling 10 Stroud Green Road N4 2DF
Join us for a Bowling trip, We will travel together from Community House by public transport. Enjoy a fun day out of socialising and perfecting your bowling skills!
Please bring money for the bowling and travel, bowling is £7.60 per member per game.