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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY-SUNDAY
	1 Gardening 10am-1pm 	2 Bowling 10am 	3 Cycling and Walking 10am-12pm Booking Day 	4
7 Pub Night—Ridgeway Tavern 7pm-8:30pm 	8 Walking Group at Firs Farm 1pm-2pm 	9 Art Group 2pm-3:30pm 	10 Cycling and Walking 10am-12pm 	11
14	15 Chat and Relax (Ridgeway Tavern) 11am-12pm 	16	17 Cycling and Walking 10am-12pm 	18
21 BANK HOLIDAY	22 Health and Wellbeing 10am-12pm Newsletter Group 5:30pm-6:30pm  	23 Keep Fit at Community House 12pm-1pm Quakers Lunch Club starts Pub Discovery 7pm-8:30pm  	24 Cycling and Walking 10am-12pm Gardening at the Office 1pm-2pm  	25 Cooking 10am-12pm 
28 Sing Out Choir—Recording Day 9:30am-12pm 	29 Gardening 10am-1pm Newsletter Group 5:30pm-6:30pm  	30 Keep Fit at Community House 12pm-1pm 		

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - SUNDAY
			1 Yoga 12:30pm-1:30pm 	2 Cooking 10am-12pm 
5 BANK HOLIDAY	6 Health and Wellbeing 10am-12pm Newsletter Group 5:30pm-6:30pm  	7 Bowling 10am 	8 Yoga 12:30pm-1:30pm Booking Day 	9 Cooking 10am-12pm 
12 Sing Out Choir 10:30am-12pm 	13 (No Gardening—Staff Training) Drama and Dance 12:30-2pm Newsletter Group 5:30pm-6:30pm  	14 Keep Fit at Community House 12pm-1pm  Pub Discovery 7pm-8:30pm 	15 Yoga 12:30pm-1:30pm 	16
19 Sing Out Choir 10:30am-12pm Pub Night—Ridgeway Tavern 7pm-8:30pm  	20 Gardening 10am-1pm Health and Wellbeing 10am-12pm  	21 Keep Fit at Community House 12pm-1pm 	22 Yoga 12:30pm-1:30pm 	23 Cooking 10am-12pm 
26 BANK HOLIDAY	27 Trip to Whitewebbs Museum 10am meeting Drama and Dance 12:30-2pm 	28 Keep Fit at Community House 12pm-1pm 	29	30

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - SUNDAY
2 Sing Out Choir Concert 12:30pm-1:30pm 	3 Health and Wellbeing 10am-12pm  Gardening 10am-1pm  Newsletter Group 5:30pm-6:30pm	4 Bowling 10am 	5 Cycling and Walking 10am-12pm 	6
9 Sing Out Choir 10:30am-12pm 	10 Gardening 10am-1pm  Drama and Dance 12:30-2pm  Newsletter Group 5:30pm-6:30pm 	11 Keep Fit at Community House 12pm-1pm 	12 Cycling and Walking 10am-12pm  Barclays Bank Enfield—Money Confidence Session 10am-11am  Pub Night—Ridgeway 7pm-8:30pm 	13
16 Sing Out Choir 10:30am-12pm 	17 Gardening 10am-1pm  Health and Wellbeing 10am-12pm  Newsletter Group 5:30pm-6:30pm 	18 Keep Fit at Community House 12pm-1pm 	19 Cycling and Walking 10am-12pm Booking Day 	20
23 Sing Out Choir 10:30am-12pm  Keeping Safe in Enfield- Self Defence and Situation Awareness 1pm-3pm	24 Gardening 10am-1pm  Drama and Dance 12:30-2pm  Newsletter Group 5:30pm-6:30pm 	25 Keep Fit at Community House 12pm-1pm  Pub Discovery 7pm-8:30pm 	26 Cycling and Walking 10am-12pm 	27
30 Sing Out Choir 10:30am-12pm 				Sunday 6th July—Parallel Windsor Trip (details to be announced)

Bowling

Activity Lead— Bob

Meet at Community House, 311 Fore Street N9
OPZ, group bus to Rowans Leisure Complex
10 Stroud Green Road, N4 2DF

Community House 10:15am, we will leave at 10:30am.

£7.70 per game (paid at venue) 2 games maximum

Please bring money for food or a packed lunch

Keep Fit! (venue change)

Activity Lead— Sonia

Community House, 311 Fore Street,
Edmonton, N9 0PZ

11:45am-12:45pm

Free

Keep your mind and body fit with easy fitness routines in a
friendly supportive environment

Chat and Relax

Activity Lead— Charlotte or Ayse

Ridgeway Tavern, 76 The Ridgeway,
EN2 8JF

Come in for a nice cup of free tea or coffee, meet
other members, catch up and socialise.

Free

11am-12pm

Gardening

Activity Lead— Bob

99 Lincoln Rd, Enfield EN1 1JX

10am-1pm meeting by the bike sheds

£5 per term

Sing Out Choir!

Activity Lead— Camilla (choir leader) and
Charlotte

Enfield Baptist Church, Cecil Road
EN2 6TG

10:30am-12pm

Free for One to One members, £2 per
non One-to-One Member

Pub Night (NEW venue)

Activity Lead— Charlotte

Ridgeway Tavern, 76 The Ridgeway,
EN2 8JF

7pm -8:30pm

Please bring money for food and drinks.

Free

Pub Discovery

Activity Lead— Charlotte

Various Pubs Across Enfield (look out for
the flyer on WhatsApp or ask in the of-
fice!)

6pm -8pm

Please bring money for food and drinks.

Walking Group

Activity Lead— Charlotte or Angela

Firs Farm Community Hub, Playing
Fields, Firs Lane, N21 2PJ

WEAR SENSIBLE WALKING SHOES.

Free

Whitewebbs Museum Trip

www.whitewebbsmuseum.co.uk

Meeting Community House, 311 Fore
Street N9 0PZ

Activity Lead—Bob

£35 (includes entrance ticket)

This is a slightly more expensive trip because of the entrance tickets. If you have any financial struggles and want to attend, then please do let us know so we can support.

Newsletter Group

Activity Lead— Shannon and Chris

One to One Office, 2 Farm Road,
N21 3JA

A group for budding journalists who wish to work on reading and writing skills and have their work published in the newsletter.

FREE—ONLY 6 SPACES PER BLOCK. Contact Lucy to book. Members must attend all 4 sessions in their block.

Money Confidence at Barclays Bank

Barclays Bank, Enfield Town, EN2 6LS

Activity Lead—Charlotte

Come and look around a bank and ask professionals any money related questions or worries you have, with a focus on Cyber Crime.

NEW Lunch Club at The Quakers Hall

Quakers Hall, 59 Church Hill, N21 2LE

Our friends at The Quakers Hall in Winchmore Hill have kindly invited us to their bi-weekly Lunch Club. 12pm-1:30pm. All members are invited, sandwiches, soup and cakes will be on sale.

Free to enter, food available to purchase

**EVERY TWO WEEKS. STARTING
WEDNESDAY 23RD APRIL. More details
to follow....**

Health and Wellbeing

Activity Lead— Jacky

Enfield Town Library Community
Room—EN2 6AX

Different workshops and sessions every two weeks focusing on different aspects of Health and Wellbeing. Inclusive, friendly and non-judgmental, bring your health related questions to these sessions to make sure you're getting the right support.

Free

Cycling and Walking Group

Activity Lead— Pete

Bush Hill Park, Lincoln Road, N21 1PS

Bring your own drinks and snacks. PLEASE WEAR SENSIBLE WALKING SHOES. Walk is 60 minutes or 30 minutes for beginners. FOR CYCLING: Meet at Bush Hill Park by the bike sheds and learn some new bike riding skills! Bikes available for all mobility levels

Free

Keeping Safe in Enfield

Activity Lead— Angela, Jason

Grange Park Methodist Church, London N21 2LS (there will be a travel group from Choir)

A session in Situation Awareness, with self defence exercises and certificates at the end! Free

Art Group

Activity Lead— NightWatch

Community House, 311 Fore Street, Edmonton, N9
OPZ

A fun, one off art group which will be inclusive and community minded.

Free

4 WEEK BLOCK ACTIVITIES

You can only attend these activities if you book and pay for all 4 of the sessions. In case of sickness, you won't be refunded but we will try to put you onto the next block of sessions. If not enough people sign up, we will cancel and refund.

Cooking Group!

Activity Lead— Charlotte and Vicki from Bread and Butter

**Community House, 311
Fore Street, Edmonton,
N9 0PZ**

10am-12pm

**ONLY 8 SPACES AVAILABLE—BOOK
EARLY TO AVOID DISAPPOINT-
MENT**

**£22 for 4 sessions (includes
all ingredients)**

Drama and Dance Group!

Activity Lead— Rosa

Practice your performance skills with Rosa in a friendly, judgement and expectation free environment

**St Peter's Church Hall, Vera
Avenue, N21 1DN**

12:30pm-2pm

£20 for 4 sessions

Yoga and Wellbeing!

Activity Lead—

Charlotte and Dai

Yoga inclusive for all abilities. Gentle stretching, mental wellbeing and a good laugh together!

**St Peter's Church
Hall, Vera Avenue,
N21 1DN**

12:30pm-2pm

£10 for 4 sessions

Charging & Payment Details

Please note that funding for activities is now limited and therefore suggested payment amounts are welcome donations.

It is more important to us for our activities to be inclusive to all of our members. If you are unable to afford the suggested donation amount, please contact us.

Any donation you can make towards the running of our activities is greatly appreciated, we are committed to doing everything we can to ensure we continue to provide current, new and exciting activities and we are very thankful for all the help & support you provide to us.

Bank details

One to one Enfield

a/c 51154045

s/c 23-05-80

Payment can be via BACS or cash to the office.

Thank you

- The One to One Staff

SAFETY AT OUR ACTIVITIES

We would like to kindly remind all members, family members and carers that One to One Enfield is not a care organisation, and therefore we are unable to offer travel support to our members.

Activity Co-Ordinators are not responsible for the safety of members outside of the session, and so travel plans must be made before members attend each activity.

Can we remind all members to arrive **no more than 10 minutes** before each activity.

The designated staff member will not arrive before this.

The winter months are becoming cold and dark and so for safety reasons we do not want members to be waiting for extended periods of time without a staff member.

We have now got an agreement with a local cab firm 'Comfort Transport' . In some cases if you require help we can book on your behalf but you will need to pay.

If you have any worries or concerns about this, or would like some sign-posting to companies who could support travel, let us know.

-The One to One Management Team