

Monday

Tuesday

JULY 2025

Thursday

Friday

	<p>1 Gardening 10am-1pm Health and Wellbeing (Keeping Cool in Summer) 10am-12pm Drama 12:30pm-2pm</p>   	<p>2 Wednesday Bowling 10:15am Quakers Lunch Café 12pm-1:30pm</p>  	<p>3 Cycling and Walking 10am Keeping Safe in Enfield 1pm-2:30pm</p>  	<p>4</p>
<p>7 Sing Out Choir 10:30am-12pm</p> 	<p>8 Gardening 10am-1pm Drama 12:30pm-2pm</p>  	<p>9 Keep Fit 11:45am-12:45pm Chat and Relax and Outdoor Games! 12:45am-2:30pm</p>  	<p>10 Cycling and Walking 10am-12pm</p> 	<p>11</p>
<p>14 Choir—10 Year Anniversary Performance 12:30pm-1:30pm</p> 	<p>15 Gardening 10am-1pm Drama 12:30pm-2pm</p>  	<p>16 Keep Fit 11:45am-12:45pm Chat and Relax and Outdoor Games 12:45am-2:30pm Quakers Lunch Café 12pm-1:30pm</p>   	<p>17 Sports Day at Bush Hill Park! 10:30am-12:30pm</p> 	<p>18</p>
<p>21 Chat and Relax (Ridgeway Tavern) 11am-12pm</p> 	<p>22 Pub Night (Ridgeway Tavern) 7pm-8:30pm</p> 	<p>23 Keep Fit 11:45am-12:45pm Chat and Relax and Outdoor Games 12:45pm-2:30pm</p>  	<p>24 Cycling and Walking 10am-12pm</p> 	<p>25</p>
<p>28 Health and Wellbeing (Grace Buddery Yoga) 10am-12pm</p> 	<p>29 Museum of Zoology Trip 10am meeting</p> 	<p>30 Keep Fit 11:45am-12:45pm Chat and Relax and Outdoor Games 12:45pm-2:30pm</p>  	<p>31 Pub Discovery 7pm-8:30pm</p> 	<p></p>

Monday

Tuesday

AUGUST 2025

Thursday

Friday

<p>4</p> <p>Firs Farm Walk and Talk 10am-11am</p> 	<p>5</p> <p>Gardening 10am-1pm</p> 	<p>6 Wednesday</p> <p>Bowling 10:15am meeting</p> 	<p>7</p> <p>No Activities—Induction Day for New Staff</p>	<p>8</p>
<p>11</p> <p>Closed for 2 Week Summer Break</p>				
<p>18</p>	<p>19</p>	<p>20</p> <p>Quakers Cream Tea Session (please see flyer)</p>	<p>21</p>	<p>22</p>
<p>25</p> <p>BANK HOLIDAY</p>	<p>26</p> <p>Gardening 10am-1pm</p> 	<p>27</p> <p>Pub Night Ridgeway Tavern 7pm-8:30pm</p> 	<p>28</p> <p>Firs Farm Walk and Talk 10am-11am</p> 	<p>29</p> <p>(Tuesday 16th September 2025, our SUMMER TRIP! All will be revealed...)</p>

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 and Angela

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

Back to Firs Farm!

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 Angela

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 including free tea or coffee

11am-12pm

Chat and Relax with Outdoor Games

Activity Lead— Angela or Charlotte

12:45pm-2pm

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

Have tea, coffee, chat and relax or choose to play
table tennis or bocchia/boules

Free (bring money for refreshments)

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

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

Health and Wellbeing

Activity Lead— Fiona and Lucy

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. (Yoga with Grace will be at a different venue, tbc)

Free

Gardening

Activity Lead— Bob

99 Lincoln Rd, Enfield EN1
1JX

10am-1pm meeting by the bike sheds

£5 per term

Sports Day!

Activity Lead— Lucy and Charlotte

Bush Hill Park, Lincoln Road, N21 1PS

A fun filled and inclusive chance to win a medal in our annual SPORTS DAY! Bikes available to use. All

Free

Museum of Zoology Trip

Activity Lead— Bob

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

10am meeting at Community House. Travelling to and from the event via public transport.

£25

Drama 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

£15 for 3 sessions

Keeping Safe in Enfield

Activity Lead— Rosa

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

A session using roleplay to help you feeling confident when out and about in Enfield and on public transport. All members will receive a Personal Safety Alarm at this session

Free

Friends Cafe 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

Cycling and Walking Group

Free Activity Lead— Pete/Charlotte/Angela

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

(Firs Farm Walking Group is FREE, meeting at the Community Hub in Firs Farm Wetlands)

SEPTEMBER TRIP — BOOKING NOW



ROYAL ALBERT HALL— FRIENDSHIP MATINEE

Wednesday 24th September 2025
Meeting at Community House at 1pm
Arriving back at 6pm

Join us for a Friendship Matinee of Symphonic Queen. The **Royal Philharmonic Orchestra** will perform a tribute to one of the world's most iconic rock bands: Queen. Accompanied by **Symphonic Voices**, conducted by **Matthew Freeman**.

Friendship Matinees welcome people of all ages who may engage with a charity or community group. These events offer a relaxed attitude to movement and sound in the auditorium, plus 'chill-out' spaces around the building - you can move about, dance, sing or just listen.

Experience an unforgettable evening filled with timeless classics such as *Bohemian Rhapsody*, *We Will Rock You*, *Don't Stop Me Now*, *Somebody to Love*, *Another One Bites the Dust*, and many more.

Cost will be £25 per person, with free carer tickets for registered carers. Travelling via public transport with a group.

Let us know you would like to be on the list by Friday 11th July 2025

Limit of 10 spaces. First come, first served basis.

Open

Friends Cafe

At Friends Meeting House

59 Church Hill, N21 1LE

12 Noon – 1:30PM

Dates:

2nd July, 16th July, 6th August

Cafe closed in August, but join us on the 20th

August at 2:30pm – 4pm

for a

CREAM TEA AFTERNOON



Good Food

Friendly Company

Live Music

Affordable Prices – **CASH ONLY PLEASE**

Bus Routes: W9, 125, 456

Train Station: Winchmore Hill

Winchmore Hill Quakers in partnership with
One To One Enfield



MAKING LIVES BETTER FOR AUTISTIC ADULTS AND
THOSE WITH LEARNING DIFFICULTIES



10th Anniversary Concert

Sing Out! choir

CELEBRATE 10 YEARS OF SING OUT CHOIR

Monday 14th July 2025

12:30pm – 1:30pm

ENFIELD BAPTIST CHURCH



FREE ENTRY, DONATIONS TO ONE-TO-ONE ENFIELD WELCOME

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