



The Queen's Award  
for Voluntary Service  
The MBE for volunteer groups



Making lives better for Autistic  
adults and those with learning  
difficulties

# ONE-TO-ONE (ENFIELD)

## Check for Changes

Times of the activities  
may have changed.  
Please have a good look  
at the back for details  
of each activity you  
want to do for the  
correct timings.

## Bookings

Please fill in your My Choice  
Forms for the activities you  
want to do.

All Trips, Bowling, Dance and  
Drama sessions need to be  
booked and paid for in  
advance at our office.

Trip costs include entry fees

# April to September 2023

## Activities for members

## WE HAVE MOVED!

Our office is now at :

2 Farm Road, Winchmore Hill, London N21 3JA



NEW PHONE NUMBER **020 3971 3984**



[mail@one-to-one-enfield.co.uk](mailto:mail@one-to-one-enfield.co.uk)



[www.one-to-one-enfield.co.uk](http://www.one-to-one-enfield.co.uk)

Join us on
























facebook



[@onetooneenfield](https://www.instagram.com/onetooneenfield)

One-to-One (Enfield) is a registered Charity number 1061507 and Company Limited by  
Guarantee (England & Wales) number 3324923

























# April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Bowling</b> 10:30 to 1:30</p> 	<p>4</p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm</p>  <p><b>A Better Life</b> 10:30-3.15</p> 	<p>5</p> <p><b>Arts and Crafts Morning</b> 10.30-12pm</p>  <p><b>Arts and Crafts Afternoon</b> 12.30-2pm</p> 	<p>6</p>	<p>7</p>  <p>ONE-TO-ONE <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p>
<p>10</p> <p><b>Bank Holiday</b></p>	<p>11</p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm</p> 	<p>12</p> <p><b>Pub Night</b> Jolly Butchers 7-9pm</p> 	<p>13</p> <p><b>Trip to the William Morris Gallery</b> 10:15-4.15</p> 	<p>14</p> <p><b>OFFICE CLOSED</b></p> <p><b>Lunch Club</b> At The Ridgeway Tavern 12- 3pm</p> 
<p>17</p> <p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm</p>  <p><b>Sing Out! choir</b> <b>Sing Out Choir</b> 3:30 - 5:00pm</p>	<p>18</p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm</p>  <p><b>Digital Training</b> 2- 4pm</p> 	<p>19</p> <p><b>Arts and Crafts Morning</b> 10.30-12pm</p>  <p><b>Arts and Crafts Afternoon</b> 12.30-2pm</p> 	<p>20</p> <p><b>Dance Workshop</b> 12- 1.30pm</p> 	<p>21</p> <p><b>OFFICE CLOSED</b></p> <p><b>Lunch Club</b> At The Ridgeway Tavern 12- 3pm</p> 
<p>24</p> <p><b>Health &amp; Wellbeing</b> 10:30- 12</p>  <p><b>Sing Out! choir</b> <b>Sing Out Choir</b> 3:30 - 5:00pm</p>	<p>25</p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm</p> 	<p>26</p> <p><b>Walk in the Park</b> Broomfield Park 1-2</p> 	<p>27</p> <p><b>Drama Group</b> 10.30 - 12.30pm</p>  <p><b>Evening Club</b> 6 - 7.30pm</p> 	<p>28</p> <p><b>OFFICE CLOSED</b></p> <p><b>Lunch Club</b> At The Ridgeway Tavern 12- 3pm</p> 

Remember Your My Choice Forms

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# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Bank Holiday</b> 1</p>	<p><b>Gardening</b> at Bush Hill Park. 10-1pm  2</p>	<p><b>Arts and Crafts Morning</b> 10.30-12pm  3</p> <p><b>Arts and Crafts Afternoon</b> 12.30-2pm  3</p>	<p><b>Drama Group</b> 10.30 - 12.30pm  4</p>	<p><b>OFFICE CLOSED</b> 5</p> <p><b>Lunch Club</b> At The Ridgeway Tavern 12- 3pm  5</p>
<p><b>Coronation Bank Holiday Celebrations at the Ridgeway Tavern 12-3</b> 8</p>	<p><b>Gardening</b> at Bush Hill Park. 10-1pm  9</p>	<p><b>Walk in the Park Grovelands Park</b> 1-2  10</p> <p><b>Cost of Living Advice</b> 10- 12pm  10</p>	<p><b>Drama Group</b> 10.30 - 12.30pm  11</p>	<p><b>OFFICE CLOSED</b> 12</p> <p><b>Trip to London Symphony Orchestra</b> 10.15-3.30  12</p>
<p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm  15</p> <p><b>Sing Out! choir</b> <b>Sing Out Choir</b> 3:30 - 5:00pm  15</p>	<p><b>Gardening</b> at Bush Hill Park. 10-1pm  16</p> <p><b>Walk in the Park Enfield Town</b> 1-2  16</p>	<p><b>Arts and Crafts Morning</b> 10.30-12pm  17</p> <p><b>Arts and Crafts Afternoon</b> 12.30-2pm  17</p>	<p><b>Drama Group</b> 10.30 - 12.30pm  18</p>	<p><b>ONE-TO-ONE OFFICE CLOSED</b> 19</p> <p><b>ENFIELD</b></p> <p><small>Making lives better for Autistic adults and those with learning difficulties</small></p>
<p><b>Bowling</b> 10:30 to 1:30  22</p> <p><b>Sing Out! choir</b> <b>Sing Out Choir</b> 3:30 - 5:00pm  22</p>	<p><b>Gardening</b> at Bush Hill Park. 10-1pm  23</p>	<p><b>Pub Night</b> Jolly Butchers 7-9pm  24</p>	<p><b>Drama Group</b> 10.30 - 12.30pm  25</p>	<p><b>ONE-TO-ONE OFFICE CLOSED</b> 26</p> <p><b>ENFIELD</b></p> <p><small>Making lives better for Autistic adults and those with learning difficulties</small></p>
<p><b>Bank Holiday</b> 29</p>	<p><b>Gardening</b> at Bush Hill Park. 10-1pm  30</p>	<p><b>Trip to Imperial War Museum</b> 10:15-4.15  31</p>		

























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# June 2023

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Remember Your My Choice Forms

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Drama Group 10.30 - 12.30pm 	2  Making lives better for Autistic adults and those with learning difficulties
5 Celebrating Volunteers Ridgeway Tavern 10-12  Walk in the Park Enfield Town, 1-2  Sing Out! choir Sing Out Choir 3:30 - 5:00pm	6 Gardening at Bush Hill Park. 10-1pm 	7 Arts and Crafts Morning 10.30-12pm  Arts and Crafts Afternoon 12.30-2pm 	8 Bowling 10:30 to 1:30  Evening Club 6 - 7.30pm 	9  Making lives better for Autistic adults and those with learning difficulties
12 Health & Wellbeing 10:30- 12  Sing Out! choir Sing Out Choir 3:30 - 5:00pm	13 Gardening at Bush Hill Park. 10-1pm 	14 Pub Night Jolly Butchers 7-9pm 	15 Tour of Westminster Parliament 10:15-4.15 	16  Making lives better for Autistic adults and those with learning difficulties
19 Chat and Relax At The Ridgeway Tavern 11-12pm  Sing Out! choir Sing Out Choir 3:30 - 5:00pm	20 Gardening at Bush Hill Park. 10-1pm 	21 Arts and Crafts Morning 10.30-12pm  Arts and Crafts Afternoon 12.30-2pm 	22	23  Making lives better for Autistic adults and those with learning difficulties
26 Chat and Relax At The Ridgeway Tavern 11-12pm  Sing Out! choir Sing Out Choir 3:30 - 5:00pm	27 Gardening at Bush Hill Park. 10-1pm 	28	29 Dance Workshop 12- 1.30pm 	30  Making lives better for Autistic adults and those with learning difficulties














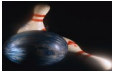



# July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm</p>  <p>3</p>	<p><b>Gardening</b> at Bush Hill Park. 10-1pm</p>  <p>4</p>	<p><b>Arts and Crafts Morning</b> 10.30-12pm</p>  <p>5</p>	<p><b>Bowling</b> 10:30 to 1:30</p>  <p>6</p>	<p><b>ONE-TO-ONE</b> <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p> <p>7</p>
<p><b>Sing Out! Sing Out Choir</b> 3:30 - 5:00pm</p> 	<p><b>Podcast Course</b> 2.30 - 4pm</p> 	<p><b>Arts and Crafts Afternoon</b> 12.30-2pm</p> 		
<p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm</p>  <p>10</p>	<p><b>Gardening</b> at Bush Hill Park. 10-1pm</p>  <p>11</p>	<p><b>Walk in the Park</b> Broomfield Park 1-2</p>  <p>12</p>	<p><b>Trip to Tate Britain</b> 10:15-4.15</p>  <p>13</p>	<p><b>ONE-TO-ONE</b> <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p> <p>14</p>
<p><b>Sing Out! Sing Out Choir</b> 3:30 - 5:00pm</p> 	<p><b>Podcast Course</b> 2.30 - 4pm</p> 	<p><b>Pub Night</b> Jolly Butchers 7-9pm</p> 		
<p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm</p>  <p>17</p>	<p><b>Gardening</b> at Bush Hill Park. 10-1pm</p>  <p>18</p>	<p><b>Arts and Crafts Morning</b> 10.30-12pm</p>  <p>19</p>	<p>20</p>	<p><b>ONE-TO-ONE</b> <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p> <p>21</p>
<p><b>Sing Out! Sing Out Choir</b> 3:30 - 5:00pm</p> 	<p><b>Podcast Course</b> 2.30 - 4pm</p> 	<p><b>Arts and Crafts Afternoon</b> 12.30-2pm</p> 		
<p><b>Health &amp; Wellbeing</b> 10:30- 12</p>  <p>24</p>	<p><b>Podcast Course</b> 2.30 - 4pm</p>  <p>25</p>	<p>26</p>	<p>27</p>	<p><b>ONE-TO-ONE</b> <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p> <p>28</p>
<p>31</p>				

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# August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm </p> <p><b>Podcast Course</b> 2.30 - 4pm </p>	<p><b>2</b></p> <p><b>Arts and Crafts Morning</b> 10.30-12pm </p> <p><b>Arts and Crafts Afternoon</b> 12.30-2pm </p>	<p><b>3</b></p>	<p><b>4</b></p> <p><b>ONE-TO-ONE</b> <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p>
<p><b>7</b></p> <p><b>BRIGHTON TRIP</b> </p>	<p><b>8</b></p> <p><b>Gardening</b> at Bush Hill Park. 10-12pm </p>	<p><b>9</b></p> <p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm </p>	<p><b>10</b></p> <p><b>Trip to Bank of England Museum</b> 10:15-4.15 </p>	<p><b>11</b></p> <p><b>ONE-TO-ONE</b> <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p>
<p><b>14</b></p> <p><b>Health &amp; Wellbeing</b> 10:30- 12 </p>	<p><b>15</b></p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm </p> <p><b>Summer Picnic</b> at Bush Hill Park. 12-3pm </p>	<p><b>16</b></p> <p><b>Arts and Crafts Morning</b> 10.30-12pm </p> <p><b>Arts and Crafts Afternoon</b> 12.30-2pm </p>	<p><b>17</b></p>	<p><b>18</b></p> <p><b>ONE-TO-ONE</b> <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p>
<p><b>21</b></p> <p><b>Bowling</b> 10:30 to 1:30 </p>	<p><b>22</b></p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm </p>	<p><b>23</b></p> <p><b>Pub Night</b> Jolly Butchers 7-9pm </p>	<p><b>24</b></p> <p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm </p>	<p><b>25</b></p> <p><b>ONE-TO-ONE</b> <b>OFFICE CLOSED</b> ENFIELD <small>Making lives better for Autistic adults and those with learning difficulties</small></p>
<p><b>28</b></p> <p><b>BANK HOLIDAY</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>NO ACTIVITIES THIS WEEK</b> The office will be open</p>


























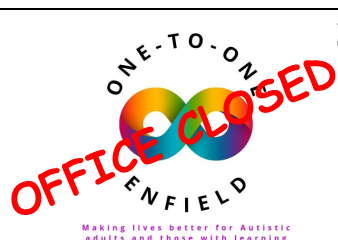
Remember Your My Choice Forms

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# September 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
				 <p>1</p>
<p>4</p> <p><b>Health &amp; Wellbeing</b> 10:30- 12</p> 	<p>5</p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm</p> 	<p>6</p> <p><b>Arts and Crafts Morning</b> 10.30-12pm</p>  <p><b>Arts and Crafts Afternoon</b> 12.30-2pm</p> 	<p>7</p> <p><b>Trip to the Foundling Museum</b> 10:15—4.15</p> 	 <p>8</p>
<p>11</p> <p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm</p>  <p><b>Sing Out! Sing Out Choir</b> 3:30 - 5:00pm</p> 	<p>12</p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm</p>  <p><b>Walk in the Park</b> Grovelands Park 10.15—12</p> 	<p>13</p> <p><b>Pub Night</b> Jolly Butchers 7-9pm</p> 	<p>14</p> <p><b>Bowling</b> 10:30 to 1:30</p> 	 <p>15</p>
<p>18</p> <p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm</p>  <p><b>Sing Out! Sing Out Choir</b> 3:30 - 5:00pm</p> 	<p>19</p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm</p> 	<p>20</p> <p><b>Arts and Crafts Morning</b> 10.30-12pm</p>  <p><b>Arts and Crafts Afternoon</b> 12.30-2pm</p> 	<p>21</p> <p><b>City Bridge Project Coffee Morning</b> 10- 12pm</p> 	 <p>22</p>
<p>25</p> <p><b>Chat and Relax</b> At The Ridgeway Tavern 11-12pm</p>  <p><b>Sing Out! Sing Out Choir</b> 3:30 - 5:00pm</p> 	<p>26</p> <p><b>Gardening</b> at Bush Hill Park. 10-1pm</p>  <p><b>Walk in the Park</b> Broomfield Park 10.15—12</p> 	<p>27</p>	<p>28</p>	 <p>29</p>



## Arts and Crafts

Activity lead - Karen

Community House

There are 2 sessions a day  
10.30 - 12pm and 12.30pm - 2pm

£2 pay on the day. You can only  
book one session a day.

## BRIGHTON TRIP

£25

Activity lead Fiona

Meet at Community House  
Coach leaves at 9am



## Chat and Relax

Activity lead  
Liz

11-12

FREE tea and Coffee — pay for any other drinks yourself

Ridgeway Tavern

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



## Evening Club

Activity lead-Fiona

Wanasa Café

869 Green Lanes, London N21 2QS

6pm - 7.30pm

£5

Price includes coffee or tea and a cake.  
Bring extra money if you want to do the  
raffle



## Drama Group

Community House

10.30 - 12.30pm

Free

Activity lead — Karen





## Independence and Well-being



Activity lead - Nusrath  
Community House

**Free**

## A Better Life

Learn about exercise, healthy eating and personal safety



Community House  
2.30 - 4



Activity leads - Allison from Niburu and Fiona



## Dance workshop

**Free**

United Reformed Church. 77 Compton Road N21 3NU  
12 - 1.30

Activity leads - Charlie (Dance Teacher) and Liz



## Lunch Club

The Ridgeway Tavern  
12-3pm

**Lunch provided, bring money to pay for your drinks**

Activity leads - Fiona and Victor

## Celebrating Volunteers - coffee morning



Celebrate our fantastic volunteers and enjoy free tea, coffee and biscuits

Ridgeway Tavern  
10 - 12pm

Activity lead - Nusrath

**FREE**



# CITY BRIDGE TRUST

## CITY BRIDGE PROJECT COFFEE MORNING

**FREE**

**Community House**

**10 - 12pm**

**Activity lead - Nusrath**



Celebrate the great support we enjoy from The City Bridge Trust Enjoy, coffee and cake with members, volunteers and



## GARDENING

**Bush Hill  
Park**

**10 - 1pm**

**FREE**

**Activity lead - Bob**

## Summer Picnic



**Bush Hill Park**

**12-3pm**

**Bring your own picnic and  
drinks.**

**Free Tea and coffee.**

**Activity leads - Fiona and Bob**

## Trip to WILLIAM MORRIS GALLERY



Meet at Community House  
10am  
Leave at 10.15am

Please book in advance for all trips  
**£10**

Activity leads - Karen and Bob

Please bring packed lunch or money for a meal  
You will also need your travel pass

## Trip to THE BANK OF ENGLAND



Meet at Community House  
10am  
Leave at 10.15am

Please book in advance for all trips  
**£10**

Activity leads - Karen and Bob

Please bring packed lunch or money for a meal  
You will also need your travel pass

## Trip to FOUNDLING MUSEUM



Meet at Community House  
10am  
Leave at 10.15am

Please book in advance for all trips  
**Cost £15**

Activity leads - Karen and Bob

Please bring packed lunch or money for a meal  
You will also need your travel pass

## Walk in the Park

Activity lead - Liz



For Enfield Town Park meet at Enfield Library at 1pm

For Broomfield Park and Grovelands Park meet at 10.15 to 10.30 outside Edmonton Green Station

Bring your own drinks and snacks.  
PLEASE WEAR SENSIBLE WALKING SHOES  
Walk is 60 minutes or 30 minutes for beginners

## Pub Night

The Jolly Butchers



Activity lead - Karen

168 Baker Street  
Enfield, EN1 3JS

7.30pm - 9.30pm

Please bring money for drinks and food

## Bowling



Rowans Leisure Complex  
10 Stroud Green Road  
N4 2DF

Activity leads -Karen & Bob

Meet at Community House 10.15am  
we will leave at 10.30am  
Cost **£6.50** per game and 2 games maximum

Please bring money for food or a packed lunch

## Trip to IMPERIAL WAR MUSEUM



Meet at Community House  
10am  
Leave at 10.15am

Please book in advance for all trips  
**£10**

Activity leads - Karen and Bob

Please bring packed lunch or money for a meal  
You will also need your travel pass



## Trip to Lunchtime Concert in London

Meet at Community House  
10am  
Leave at 10.15am **£10**

Activity leads - Karen and Bob

Please bring packed lunch or money for a meal  
You will also need your travel pass

## Trip to UK PARLIAMENT



Meet at Community House  
10am  
Leave at 10.15am

Please book in advance for all trips  
**£10**

Activity leads - Karen and Bob

Please bring packed lunch or money for a meal  
You will also need your travel pass

## Trip to TATE BRITAIN



Meet at Community House  
10am  
Leave at 10.15am

Please book in advance for all trips  
**£10**

Activity leads - Karen and Bob

Please bring packed lunch or money for a meal  
You will also need your travel pass

## Cost of Living Advice Coffee Morning

Ridgeway Tavern **Free**  
10 - 12pm

Activity lead is Fiona with  
Josephine from Enfield Welfare Advice

Enjoy coffee, tea and biscuits with members,  
volunteers and staff and get free Cost of Living  
Advice from an expert



## Podcast Course

Community House  
2.30—4pm

Activity lead - Nusrath

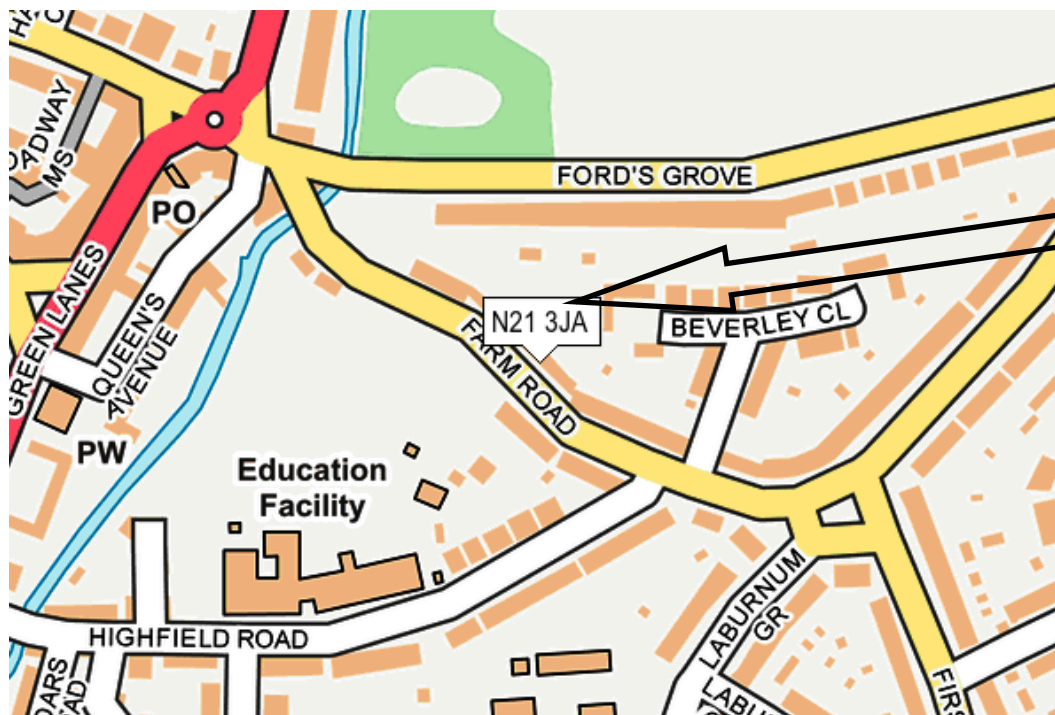
**Free**



# HOW TO GET TO OUR NEW OFFICE IN WINCHMORE HILL

2 Farm Road Winchmore Hill N21 3JA

Telephone - 020 3971 3984



## HOW TO GET TO WINCHMORE HILL ON PUBLIC TRANSPORT

These transport lines have routes that pass near Winchmore Hill.

**Bus** : 125,329,456

**Train** : GREAT NORTHERN LINE to Winchmore Hill station and then take either of these buses.

**Tube** : **PICCADILLY LINE** to Southgate station and then take the Bus number 125.