

# October 2023





























Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p><b>Sing Out Choir</b> </p> <p>10:30am-12:00pm</p>	<p>3 <b>Gardening</b> at Bush Hill Park, 10am-1pm </p> <p><b>Chat and Relax</b> (for Autistic Adults) 11:30am-12:30pm </p> <p><b>Now and Then—Literacy Workshop</b> 1:30pm-3pm </p>	<p>4 <b>Bowling</b> </p> <p>10:30am-1pm</p> <p><b>Art and Craft Morning</b> 10:30am-12pm</p> <p><b>Art and Craft Afternoon</b> 12:30pm-2pm </p>	<p>5</p> <p><b>Pub Discovery</b> </p> <p>7pm-9pm</p>	<p>6 <b>Office Closed</b></p>
<p>9</p> <p><b>Sing Out Choir</b> </p> <p>10:30am-12:00pm</p>	<p>3 <b>Gardening</b> at Bush Hill Park, 10am-1pm </p> <p><b>Chat and Relax</b> (Enfield Library) 11:30am-12:30pm </p> <p><b>Now and Then—Literacy Workshop</b> 1:30-3pm </p>	<p>11 <b>Pub Night</b> 7pm-9pm </p> <p>Jolly Butchers</p> <p><b>Walk in the Park</b> 12pm-1pm </p> <p>Grovelands Park</p>	<p>12 <b>Drama Group</b> </p> <p>10:30am-12:30pm</p>	<p>13 <b>Office Closed</b> (Rotary Disability Games on SUNDAY 15TH OCTOBER)</p>
<p>16</p> <p><b>Sing Out Choir</b> </p> <p>10:30am-12:00pm</p>	<p>17 <b>Gardening</b> at Bush Hill Park, 10am-1pm </p> <p><b>Now and Then—Literacy Workshop</b> 1:30-3pm </p>	<p>18 <b>Art and Craft Morning</b> 10:30am-12pm</p> <p><b>Art and Craft Afternoon</b> 12:30pm-2pm </p>	<p>19 <b>Drama Group</b> </p> <p>10:30am-12:30pm</p> <p><b>Parliament Trip</b> </p> <p>Meet 10am</p>	<p>20 <b>Office Closed</b> (Volunteers Training)</p>
<p>23 <b>Chat and Relax</b> </p> <p>Ridgeway Tavern, 11am-12pm</p>	<p>24 <b>Gardening</b> at Bush Hill Park, 10am-1pm </p> <p><b>Now and Then—Literacy Workshop</b> 1:30pm-3pm </p>	<p>25 <b>Health and Wellbeing</b> </p> <p>11am-12pm</p>	<p>26 <b>Drama Group</b> </p> <p>10:30am-12:30pm</p>	<p>27 <b>Office Closed</b></p>
<p>30</p> <p><b>Sing Out Choir</b> </p> <p>10:30am-12:00pm</p>	<p>31 <b>Gardening</b> at Bush Hill Park, 10am-1pm </p> <p><b>Now and Then—Literacy Workshop</b> 1:30pm-3pm </p>			

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# November 2023

Monday

Tuesday

Wednesday

Thursday

Friday

		<p><b>1 Bowling</b> 10:30am-1pm  <b>Evening Club—Halloween Party</b> 6pm-8pm Coffee Break Café  (Opposite office )</p>	<p><b>2 Drama Group</b> 10:30am-12:30pm  <b>Financial Awareness</b> shop  2pm-3:30pm</p>	<p><b>3 Office Closed</b></p>
<p><b>6 Sing Out Choir</b> 10:30am-12:00pm  <b>Police—Keeping Safe Workshp</b> 2pm Community House </p>	<p><b>7 Gardening</b> at Bush Hill Park, 10am-1pm  <b>Chat and Relax</b> (Autism Specific) 11:30am-12:30pm <b>Etiquette Workshop</b>  2pm-4pm </p>	<p><b>8 Walk in the Park</b> 12pm-1pm Broomfield Park  <b>Pub Night</b> 7pm-9pm  Jolly Butchers </p>	<p><b>9 Drama Group</b> 10:30am-12:30pm  <b>Welcome Collection</b> Meet 10am</p>	<p><b>10 Office Closed</b></p>
<p><b>13 Sing Out Choir</b> 10:30am-12:00pm </p>	<p><b>14 Gardening</b> at Bush Hill Park, 10am-1pm  <b>Diversity Workshop AM start</b> 10:30am-12:30pm  <b>Diversity Workshop PM start</b> 1:30pm-3:30pm</p>	<p><b>15 Art and Craft Morning</b> 10:30am-12pm  <b>Art and Craft Afternoon</b> 12:30pm-2pm <b>Pub Discovery</b> 7pm-9pm </p>	<p><b>16 Dance Group</b> 12:00pm-1:30pm  <b>Drama Group</b> 2pm-4pm </p>	<p><b>17 Office Closed</b></p>
<p><b>20 Sing Out Choir</b> 10:30am-12:00pm </p>	<p><b>21 Gardening</b> at Bush Hill Park, 10am-1pm  <b>Chat and Relax</b> (Enfield Library) 11:30am-12:30pm</p>	<p><b>22 Health and Wellbeing</b> 11am-12pm </p>	<p><b>23 Dance Group</b> 12:00pm-1:30pm  <b>Drama Group</b> 2pm-4pm </p>	<p><b>24 Office Closed</b></p>
<p><b>27 Sing Out Choir</b> 10:30am-12:00pm  <b>Christmas Party</b> 6pm-9pm</p>	<p><b>28 Gardening</b> at Bush Hill Park, 10am-1pm  <b>Chat and Relax with Mark</b> <b>Board Game Edition</b> (Ridgeway Tavern) 11:00am-1pm </p>	<p><b>29 Art and Craft Morning</b> 10:30am-12pm <b>Art and Craft Afternoon</b> 12:30pm-2pm </p>	<p><b>30 Dance Group</b> 12:00pm-1:30pm  <b>Drama Group</b> 2pm-4pm </p>	

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# December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4 Choir Concert</b> 12:30pm-1:30pm</p> 	<p><b>5 Chat and Relax (Autism specific)</b> 11:30am-12:30pm</p>  <p><b>Gardening at Bush Hill Park</b> 10am-1pm</p>  <p><b>Pub Discovery 6pm-8pm</b></p> 	<p><b>6 Bowling</b> 10:30am-1pm</p>  <p><b>Art and Craft Morning</b> 10:30am-12pm</p> <p><b>Art and Craft Afternoon</b> 12:30pm-2pm</p> 	<p><b>7 Dance Group</b> 12:00pm-1:30pm</p>  <p><b>Hunterian Museum Trip</b></p> <p>Meet 10am</p> 	<p><b>8 Office Closed</b></p>
<p><b>11 Chat and Relax</b> Ridgeway Tavern, 11am-12pm</p> 	<p><b>12 Panto—Sleeping Beauty — Meet 12.30pm</b> Millfield Theatre</p> 	<p><b>13 Pub Night 7pm-9pm</b> Jolly Butchers</p>  <p><b>Open Office</b> All members welcome to join us for a mince pie and a hot drink 10am-2pm</p>	<p><b>14 Office Closed</b></p>	<p><b>15 Office Closed</b></p>
<p><b>18 Office Closed</b></p>	<p><b>19 Office Closed</b></p>	<p><b>20 Office Closed</b></p>	<p><b>21 Office Closed</b></p>	<p><b>22 Office Closed</b></p>
<p><b>25 Office Closed</b> <b>Merry Christmas!</b></p>	<p><b>26 Office Closed</b></p>	<p><b>27 Office Closed</b></p>	<p><b>28 Office Closed</b></p>	<p><b>29 Office Closed</b></p>










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# January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 New Years' Day Parade</b> Time and details TBC	<b>2</b>	<b>3 City Bridge Coffee Morning</b> 10.30am-12pm Venue TBC	<b>4 Chat and Relax with Mark Board Game Edition (Ridgeway Tavern) 11:00am-1pm</b> 	<b>5 Office Closed</b>
<b>8 Chat and Relax (Ridgeway Tavern) 11:30am-12:30pm</b> 	<b>9 Chat and Relax (Autism specific) 11:30am-12:30pm</b>  <b>Podcast Course 2:30pm-4pm</b> 	<b>10 Bowling 10:30am-1pm</b>  <b>Art and Craft Morning 10:30am-12pm</b> <b>Art and Craft Afternoon 12:30am-2pm</b> 	<b>11</b>	<b>12 Office Closed</b>
<b>15 Sing Out Choir 10:30am-12:00pm</b> 	<b>16 Gardening at Bush Hill Park, 10am-1pm</b>  <b>Podcast Course 2:30pm-4pm</b> 	<b>17 Walk in the Park Enfield Town 12pm-1pm</b> <b>Pub Night Jolly Butchers 7pm-9pm</b> 	<b>18 Drama Group 10:30am-12:30pm</b> 	<b>19 Lunch Club (12-1pm)</b>  <b>Office Closed</b>
<b>22 Sing Out Choir 10:30am-12:00pm</b> 	<b>23 Gardening at Bush Hill Park, 10am-1pm</b>  <b>Chat and Relax Library 11:30am-12:30pm</b>  <b>Podcast Course 2:30pm-4pm</b> 	<b>24 Art and Craft Morning 10:30am-12pm</b>  <b>Art and Craft Afternoon 12:30pm-2pm</b>  <b>Pub Discovery 6pm-8pm</b>	<b>25 Drama Group 10:30am-12:30pm</b>  <b>National Portrait Gallery Trip Meet 10am</b> 	<b>26 Office Closed</b>
<b>29 Sing Out Choir 10:30am-12:00pm</b> 	<b>30 Podcast Course 2:30pm-4pm</b> 	<b>31 Health and Wellbeing 11am-12pm</b> 		

# February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 Drama Group</b> 10:30am-12:30pm 	<b>2 Office Closed</b>
<b>5 Sing Out Choir</b> 10:30am-12:00pm 	<b>6 Gardening at Bush Hill Park,</b> 10am-1pm  <b>Chat and Relax (Autistic Adults)</b> 11:30-12:30  <b>Podcast Course</b> 2:30pm-4pm 	<b>4 Bowling</b> 10:30am-1pm  <b>Art and Craft Morning</b> 10:30am-12pm <b>Art and Craft Afternoon</b> 12:30am-2pm 	<b>8 Drama Group</b> 10:30am-12:30pm  <b>Young V&amp;A Trip</b> Meet 10am 	<b>9 Office Closed</b>
<b>12 Chat and Relax</b> Ridgeway Tavern (11:30am-12:30pm)	<b>13 Gardening at Bush Hill Park,</b> 10am-1pm 	<b>14 Walk in the Park</b> 12pm-1pm North Enfield Recreation Ground 	<b>15 Drama Group</b> 10:30am-12:30pm 	<b>16 Office Closed</b>
<b>19 Sing Out Choir</b> 10:30am-12:00pm 	<b>20 Gardening at Bush Hill Park,</b> 10am-1pm 	<b>21 Art and Craft Morning</b> 10:30am-12pm  <b>Art and Craft Afternoon</b> 12:30am-2pm <b>Pub Night</b> Jolly Butchers 7pm-9pm 	<b>22 Drama Group</b> 10:30am-12:30pm 	<b>23 Office Closed</b>
<b>26 Sing Out Choir</b> 10:30am-12:00pm 	<b>27 Gardening at Bush Hill Park,</b> 10am-1pm 	<b>28 Health and Wellbeing</b> 11am-12pm 	<b>29 Pub Discovery</b> 6pm-8pm 	

# March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 Office Closed</b>
<b>4 Sing Out Choir</b> 10:30am-12:00pm 	<b>5 Gardening</b> at Bush Hill Park, 10am-1pm  <b>Chat and Relax</b> (Autistic Adults) Library 11:30am-12:30pm  <b>Pub Discovery</b> (6pm-8pm) 	<b>6 Bowling</b> 10:30am-1pm  <b>Art and Craft Morning</b> 10:30am-12pm <b>Art and Craft Afternoon</b> 12:30pm-2pm 	<b>7 Chat and Relax</b> Ridgeway Tavern (11:30am-12:30pm)	<b>8 Office Closed</b>
<b>11 Sing Out Choir</b> 10:30am-12:00pm 	<b>12 Gardening</b> at Bush Hill Park, 10am-1pm 	<b>13 Walk in the Park</b> 12pm-1pm  <b>Pub Night</b> Jolly Butchers 7pm-9pm 	<b>14 RAF Museum Trip</b> Meet 10am 	<b>15 Office Closed</b>
<b>18 Sing Out Choir</b> 10:30am-12:00pm 	<b>19 Gardening</b> at Bush Hill Park, 10am-1pm  <b>Chat and Relax</b> Library 11:30am-12:30pm 	<b>20 Art and Craft Morning</b> 10:30am-12pm <b>Art and Craft Afternoon</b> 12:30am-2 pm 	<b>21 Chat and Relax with Mark Board Game Edition</b> (Ridgeway Tavern) 11:00am-1pm 	<b>22 Office Closed</b>
<b>25 Choir Concert</b> 12:30pm-1:30pm 	<b>26 Gardening</b> at Bush Hill Park, 10am-1pm 	<b>27 Health and Wellbeing</b> 11am-12pm  <b>Walk in the Park</b> 12pm-1pm Enfield Town Park 	<b>28 Autism Acceptance Week Coffee Morning</b> Venue and details TBC	<b>29 Office Closed/Bank Holiday</b>

# Arts and Crafts

Activity Lead— Karen

**Community House**

There are 2 sessions a day—10:30-12pm and  
12:30pm-2pm

£25 per term (3x terms per year)

Or £5 per session (only one session per day)

# Drama Group

Activity Lead— Keanna

**Community House**

Showcase your talents and work towards a  
wonderful performance!

10:30am - 12:30pm

£20 for 6 sessions, £5 pay as you go

# Chat and Relax

Activity Lead— Liz

**Ridgeway Tavern**

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

11am-12pm

Free

# Gardening

Activity Lead— Bob

**Bush Hill Park**

£20 per term (3x terms per year)

# 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 outside Edmon-  
ton Green Station.

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

Free

## Evening Club

### Halloween Party!

Activity Lead— Fiona

**Coffee Break Café (opposite the Office)**

792 Green Lanes, N21 2SH

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

£15

## Health and Wellbeing

Activity Lead— Fiona

**Community House**

Free

## Pub Night

Activity Lead— Karen

**The Jolly Butchers**

168 Baker Street, Enfield EN1 3JS

7pm -9pm

Please bring money for food and drinks.

Free

## Now and Then Workshop

Practice your literacy skills and learn about history

Activity Leads—Allison from Niburu

**Enfield Town Library**

1:30pm-3pm

Free

## Dance Workshops

Activity Lead— Charlie and Liz

**United Reformed Church**

77 Compton Road, N21 3NU

£15 for 4 sessions, £5 pay as you go

## Pub Discovery

Activity Lead— Lucy

**Various Pubs Across Enfield (you will be told in advance)**

6pm -8pm

Free

Please bring money for food and drinks.



## Sing Out Choir!

Activity Lead— Pete (choir leader) and Liz

### Enfield Baptist Church

Cecil Road, Enfield, EN2 6TG

£25 per term (3x terms per year)

## Bowling

Activity Lead— Bob

### Rowans Leisure Complex

10 Stroud Green Road, N4 2DF

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

£6.50 per game and 2 games maximum

Please bring money for food or a packed lunch

## Podcast Course

Activity Lead— Niburu and Jay  
Create a podcast!

### Community House

Free

## Chat and Relax (for Autistic Adults)

Activity Lead— Mark and Bee

### Enfield Town Library

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

Free

## Ettiquette and Diversity Workshops

Activity Lead— Allison from Niburu

### Community House

Free

## Lunch Club

Activity Lead— tbc

### Ridgeway Tavern

£10 for lunch and a drink

## Young V&A Trip

Activity Lead— Bob

£15

Meet at Community House at 10am, travelling via public transport

## Hunterian Museum Trip

Activity Lead— Bob

£15

Meet at Community House at 10am, travelling via public transport

## Welcome Collection Trip

Activity Lead— Bob

£15

Meet at Community House at 10am, travelling via public transport

## National Portrait Gallery Trip

Activity Lead— Bob

£15

Meet at Community House at 10am, travelling via public transport

## Parliament Trip

Activity Lead— Bob

£15

Meet at Community House at 10am, travelling via public transport

## R.A.F Museum Trip

Activity Lead— Bob

£15

Meet at Community House at 10am, travelling via public transport

# Christmas Performance & Party!

27th November—6pm-9pm

£25

United Reformed Church

77 Compton Road, N21 3NU



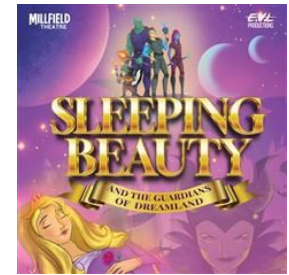
Performances from Drama Group, Dance Group and Choir of 'The Wizard of Oz'

## Pantomime Trip — Sleeping Beauty 12th December

£25

Millfield Theatre

Must be paid at the office by Monday 6th November 2023



## Rotary North London Disability Games

Sunday 15th October 2023

Free

Aspire Leisure Centre, Stanmore

Sign up in the office to join our team to compete in sporting events such as bowles, darts, table tennis etc.

Chat and Relax Boardgame Edition with Mark will run every second month at the Ridgeway Tavern

Free

# A Note on PAYMENT

All charges of activities are VOLUNTARY DONATIONS to help cover the costs of running the charity. If you cannot afford to pay for the courses or trips you would like to do, you are still able to come free of charge! Speak to Fiona or Mark in the office.

Please make sure that all clubs, workshops and trips are paid for IN ADVANCE at the office on 2 Farm Road, N21 3JA.

If you would like to pay by debit card, please contact us first to ensure our system for card payments has been implemented and is up and running.

# How to get to the One to One Office

Our address is 2 FARM ROAD, WINCHMORE HILL, N21 3JA

Phone: 0203 971 3984



**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 then take Bus number 125.