











































JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Sing Out Choir! 10:30-12pm</p>  <p>Volunteer Week Event 12-2pm</p> 	<p>4 Gardening 10-1pm</p>  <p>Digital Session with Mark 11.15-12:45</p> 	<p>5 Bowling 10-2pm</p>  <p>Cycling and Walking at Bush Hill Park 10-12pm</p> 	<p>6 Drama with Rosa! 10:30-12:30</p>  <p>Charlies Dance Moves! 1-2pm</p>  <p>BOOKING DAY IN THE OFFICE 10-12</p>	7
<p>10 Sing Out Choir! 10:30-12pm</p>  <p>Pub Discovery 6pm-8pm</p> 	<p>11 Gardening 10-1pm</p> 	<p>12 Arts and Craft 10:30-12:30</p>  <p>Cycling and Walking at Bush Hill Park 10-12pm</p>  <p>Money Confidence with Rosa 12:30-1:30pm</p> 	<p>13 Drama with Rosa! 10:30-12:30</p>  <p>Afternoon Special Choir performance in Harrow (details to be confirmed)</p> <p>BOOKING DAY IN THE OFFICE 10-12</p>	14
<p>17 Sing Out Choir! 10:30-12pm</p> 	<p>18 Gardening 10-1pm</p>  <p>Money Confidence Workshop 11:15-12:45pm</p> 	<p>19 Coffee Morning—The Crocodile, Cheshunt—LD WEEK 11am-12:30pm</p>  <p>Cycling and Walking at Bush Hill Park 10-12pm</p>  <p>Pub Night Jolly Butchers 7pm-9pm</p> 	<p>20 Drama with Rosa! 10:30-12:30</p>  <p>Charlies Dance Moves! 1-2pm</p>  <p>Trip— National Maritime Museum</p> 	<p>21 Chase Farm Choir Performance and Tour</p> 
<p>24 Sing Out Choir! 10:30-12pm</p> 	<p>25 Gardening 10-1pm</p> 	<p>26 Arts and Craft 10:00-12:00</p>  <p>Money Confidence with Rosa 12:30-1:30pm</p>  <p>Health and Wellbeing 1:30-2:30pm</p> 	<p>27 NO ACTIVITIES TODAY—STAFF and Volunteer TRAINING DAY—Safeguarding</p>	28

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Sing Out Choir! 10:30-12pm</p>  <p>Pub Night—Jolly Butchers 6pm-8pm</p> 	<p>2 Gardening 10-1pm</p> 	<p>3 Cycling and Walking at Bush Hill Park 10-12pm</p>  <p>Bowling 10-2pm</p> 	<p>4 Drama with Rosa! 10:30-12:30</p>  <p>Charlies Dance Moves! 1-2pm</p>  <p>Trip—Queen Elizabeth Hunting Lodge</p> 	5
<p>8 Sing Out Choir—Concert 10:30-12pm</p> 	<p>9 Picnic and Gardening at Bush Hill Park 10-1pm</p> 	<p>10 Cycling and Walking at Bush Hill Park 10-12pm</p>  <p>Arts and Crafts 10:30-12:30</p> 	11 Autism Conference	12
<p>15 Seaside Trip to Southend!</p>	<p>16 Gardening 10-1pm</p>  <p>Setting Good Behaviour at One to One 11:15-12:45</p> 	<p>17 Cycling and Walking at Bush Hill Park 10-12pm</p>  <p>Money Confidence with Rosa 12-1pm</p>  <p>Pub Discovery 6pm-8pm</p> 	<p>18 Drama with Rosa! 10:30-12:30</p>  <p>Charlies Dance Moves! 1-2pm</p>  <p>BOOKING DAY IN THE OFFICE 10-12</p>	19
<p>22 Health and Wellbeing 11-12</p> 	<p>23 Chat and Relax 11-12</p> 	<p>24 Arts and Crafts 10:30-12:30</p>  <p>Cycling and Walking at Bush Hill Park 10-12pm</p> 	<p>25 Sports Club 10am-11:30am</p>  <p>BOOKING DAY IN THE OFFICE 10-12</p>	26
<p>29 Board Games Chat and Relax with Mark 11-1pm</p> 	<p>30 Digital Session with Mark 11.15-12:45</p> 	31		

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sports Club 10am-11:30am  BOOKING DAY IN THE OFFICE 10-12	2
5 Chat and Relax 11-12pm 	6 Gardening 10-1pm  Write, Read and Succeed 11:15-12:45 	7 Arts and Crafts 10:30-12:30  Bowling 10-2pm 	8 Sports Club 10am-11:30am  Pub Night 7pm-8pm  Trip—John Soams Museum 	9
12 Coffee Morning—Jolly Farmers, Enfield 10-12pm 	13 Gardening 10-1pm  Write, Read and Succeed 11:15-12:45 	14 Cycling and Walking at Bush Hill Park 10-12pm  Arts and Crafts 10:30-12:30 	15 Sports Club 10am-11:30am  BOOKING DAY IN THE OFFICE 10-12	16
19 Chat and Relax 11-12pm 	20 Gardening 10-1pm  Write, Read and Succeed 11:15-12:45  Pub Discovery 6pm-8pm 	21 Cycling and Walking at Bush Hill Park 10-12pm  Health and Wellbeing 11-12  Time to Talk (invite only) 12-2pm 	22 Sports Day! 	21
26 Summer Break—Office Closed	27 Summer Break—Office Closed	28 Summer Break—Office Closed	29 Summer Break—Office Closed	30

Arts and Crafts

Activity Lead— Victor

Community House

One session a day—10:30am-12:30pm

£3 Pay on the Day

Drama with Rosa!

Activity Lead— Rosa

**St Peter's Church, Grange Park,
N21 1DN**

Showcase your talents and work towards a wonderful performance!

10:30am - 12:30pm

£20 for 6 sessions or £5 per session

Chat and Relax

Activity Lead— Liz (term time only)

Victor (holidays)

Ridgeway Tavern

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

See timetable for times

Free

Gardening

Activity Lead— Bob

Bush Hill Park

£10 per term encouraged (4x term per year)

Cycling and Walking Group

Activity Lead— Pete, Liz **Bush Hill Park**

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 Café and learn some new bike riding skills! Bikes available for all mobility levels.

Health and Wellbeing

Activity Lead— Fiona

Community House

Our free morning to come together and discuss health worries or questions you might have

Free

Charlie's Dance Moves!

Activity Lead— Charlie

Come along to this inclusive dance class and learn some of Charlie's signature moves!

St Peter's Church, Grange Park, N21 1DN

£15 for 4 sessions, £5 pay as you go

Digital Help Sessions

Activity Lead— Mark

Enfield Town Library, EN2 6AX

Free

Bring along your laptop, phone or tablet and get some help with how to use it! **Book in 15 minute slots—please call the office before you come!**

Write, Read and Succeed

Activity Lead— Maria from Niburu

Enfield Town Library, EN2 6AX

Different workshops to help build your confidence in reading and writing.

Free

Pub Night

Activity Lead— Jay and Victor

The Jolly Butchers

168 Baker Street, Enfield EN1 3JS

7pm -9pm

Please bring money for food and drinks.

Free

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.

National Maritime Museum Trip

Activity Lead— Bob

£15

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

Queen Elizabeth Hunting Lodge Trip

Activity Lead— Bob

£15

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

John Soames Museum Trip

Activity Lead— Bob

£15

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

SEASIDE TRIP!

Activity Lead— Mark

£20

Meeting at ENFIELD CHASE STATION at 9am, travelling via coach. You must book your space before July 1st! First come, first served, as there are limited spaces!

Sing Out Choir!

Activity Lead— Pete (choir leader) and Liz

**Enfield Baptist Church, Cecil Road EN2
6TG**

£10 donation per term encouraged (4x Term
Per Year)

Picnic

Activity Lead— Lucy

Bush Hill Park

Come along and join our summer picnic, this year,
sponsored by GREGGS!

Free

Time to Talk

Community House

Activity Leads— Fiona, Mark, Lucy

Free

Time to Talk is for members who need to resolve issues within the group.

Only invited members can attend this session. Please do not come if you have not been invited.

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.

£7.70 per game and 2 games maximum

Please bring money for food or a packed lunch

Money Confidence with Rosa!

Free

Community House

A group that uses roleplay and drama to build confidence in handling money and avoiding scams.

Chat and Relax Board Games Edition

Activity Lead— Mark

Ridgeway Tavern

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

Free

Money Confidence Workshop

Free Lead-Lucy

Enfield Town Library, EN2 6AX

A discussion based session to help answer any money based questions you may have.

Setting Good Behaviour at One to One

Free—Fiona

Enfield Town Library, EN2 6AX

A group discussion around the code of conduct at One to One. If you are a regular member, please do your best to attend this session

Coffee Morning—THE CROCODILE, CHESHUNT

Activity Lead— Lucy

The Crocodile, College Rd, Cheshunt, Waltham Cross EN8 9NQ

Come along for free tea and coffee, open to all members, volunteers and friends of One to One, especially those local to the North of Enfield.

Coffee Morning—THE JOLLY FARMERS, ENFIELD

Activity Lead— Lucy

The Jolly Farmers, Enfield Road, EN2 7QS

Come along for free tea and coffee, open to all members, volunteers and friends of One to One, especially those local to the North of Enfield.

Chase Farm Choir Performance and Tour

Activity Lead— Fiona

127 The Ridgeway, Enfield EN2 8JL

The choir will be performing and then all members (choir and non-choir) are invited to have a look around Urgent Care and ask nurses any questions or

Sports Club and Sports Day

Activity Lead— Terry

Broomfield Park, Aldermans Hill, N13 4HE

£10

Four weeks of practicing different inclusive sports such as races, football etc. ending with a big sports day—ALL invited!



CONFIDENCE BOOSTING LITERACY SESSIONS!

PALMERS GREEN LIBRARY

Do you want to build your confidence with your reading and writing? We are hosting some one-on-one workshops with a kind, non-judgemental teacher and some volunteers to help you in any way we can! You will work with a teacher and then a volunteer on whatever you may need a confidence boost in!

**Sessions begin in May on Thursday
evenings, from 5pm-6:30pm
FREE!**
Contact Lucy if you are interested!



Become a Volunteer



**We need
you!**

One to One Enfield is looking for volunteers to attend our activities! Share your skills and help to improve the lives of local members of the community with learning disabilities or autistic adults!

Contact Georgina georgina@one-to-one-enfield.co.uk or call the number below:

 **Call 0203 971 3984**

BOOKING DAY IN THE OFFICE

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

Please come into the office between 10 and 2 on this day to book your activities for the following month and also have a cup of tea and a biscuit.

You will get a calendar with all your events, times and places from either Jay or Victor.

You can also hear about other events that are taking place that are not on the activity sheet.