



Making lives better for Autistic adults and those with learning difficulties

One-to-One Enfield

NEWSLETTER OCTOBER 2023

HELLO AND WELCOME,

The last few months have seen a great deal of change with Nusrath and Kanwal leaving.

Nusrath was with us for 15 years and her contribution to the running of the Charity has been amazing. Everyone offers her many thanks and we wish her well in her exciting new role. Kanwal started at One-to-One during lockdown and did a fantastic job of running the office and has now taken up a job in Wandsworth which I am sure she will enjoy. We miss them both.

We do welcome Mark Charles, our full time General Manager, as well as Lucy Monaghan, our Activities and Events Lead. It is great to be working with them both.

One-to-One Enfield continues to thrive. However, as for all charities, it is becoming increasingly difficult to bring in the funds required to maintain this activity level. We are continually putting in applications for funding, but the current financial crisis has made it very difficult for One-to-One to secure funds. Every week there are free activities offered and for some activities we ask for a voluntary donation to support the running of the charity.

Please be assured that any member in financial hardship will *not* be excluded from attending activities and should have a confidential discussion with Mark. We have been fortunate to have received donations from the W.I as well as some local schools and we are extremely grateful for their help.



Members have asked that we continue to provide some activities in the evening, and we are putting on pub nights, evening clubs and a Christmas party.

Our annual pantomime visit is scheduled for the 12th of December. The Christmas party is being held on the 27th of November and family and friends are all invited to buy a ticket.

Thanks to City Bridge Trust we are pleased to be able to offer a range of activities and events including our ever-popular choir, 'chat and relax', art and walking groups as well as drop-in sessions to improve IT skills for members.

MESSAGE FROM CEOs cont...

The City Bridge Trust is of great support to our Charity and enables members to 'Get Out and About' to really enjoy and benefit from many fun activities.



Our Lottery Grant enables our members to find a voice within the community and 'Speak Out' through the Learning Disability and Autism Council (LDAC) and Partnership Board which includes co-production work with the London Borough of Enfield. We are providing support with reading skills and giving opportunities for members to learn more about local issues. Elections for LDAC members will be starting shortly so please keep an eye out.

In addition, this grant allows us to grow the confidence of members and to become more expressive through dance, drama and discussion and information groups.

This year we have been awarded a small grant from Partners for Health to ensure that we continue our work to improve health and wellbeing. We are working closely with community nurses and hospitals to help members understand the importance of maintaining a healthy lifestyle and to be able to identify when to seek medical advice and help them navigate a complex system.

We continue to work with other charities, particularly Niburu to provide workshops for the benefit of our members and are extremely grateful for the support they give. A wonderful podcast was made earlier this year.

We are also working with the police to ensure that members make the right choices to keep safe.

The London Borough of Enfield provides the funding for us to provide the Autism Hub and to put on our highly successful Autism Empowerment conference in September. This funding has allowed us to provide peer support for autistic adults across Enfield.



There is an increasing number of autistic adults seeking our support and help and we are now putting on specific peer support sessions for our autistic members.

A huge thank you to everyone at One-to-One, members, volunteers, staff and all supporters of our great Charity. We are a true family supporting each other with the vision of improving the lives of autistic people and those with a learning disability in Enfield.

*Fiona and Andrew
Joint CEOs, One-to-One Enfield*

EVENTS

Annual Autism Conference, September 25th

We held our annual Autism conference at Park Avenue Disability Centre with a series of workshops, speakers and stalls around the theme of empowerment. We had a great mix of delegates (55 in total) including autistic adults, carers, parents, professionals from Enfield council and other organisations.

The conference was opened by the Mayor of Enfield, Suna Hurman. We were supported by a host of volunteers, including parents of our members. We are extremely grateful to Judyth who donated so many delicious cakes for all our delegates to enjoy. Thank you all for your support.

Delegates spoke to local organisations including ENAS, Riverside Engage Enfield and Citizens Advice Enfield, plus access appointments were arranged with the Welfare and Benefits team for advice.



Highlights of the conference included an inspiring and entertaining keynote speech from One-to-One's patron Dean Beadle; a lively and honest session discussing the adult autism strategy with Helen Baeckstroem and an excellent panel discussion on late diagnosis where all panel members were autistic.

In addition, we ran art workshops creating collaborative artworks around the theme of 'self-portrait.' Alexander Technique workshops provided a chance to explore some mind / body awareness self-care skills and provided a guided calming meditation.

Everybody enjoyed the conference and particularly valued listening to people sharing their stories, meeting and talking to other people and the variety of talks and workshops on offer. Lots of great ideas for next years' conference were also given.



Rotary North London Disability Games, October 15th

We participated in the Rotary North London Disability Games for the first time at Aspire Leisure Centre, Stanmore. We were well represented by our members: Amber Wardell, Canan Dogan, Mark Kirby, Paul Lehrian, Raquel Weald and Regi Marimpillai.



They were all incredible and we brought home six medals - two gold, one silver and three bronze. We are extremely proud of our members and their representation of One-to-One.

There were 9 events. We had team games such as boccia and individual events such as darts, table tennis and bowls to name a few.

Massive thank you to the Rotary Clubs for organising and running this event, with particular thanks to the Event Lead, Scott MacLachlan. We would also like to thank Enfield Chase Rotary Club for ensuring that our members and staff got to and from the event safely. Without their help we wouldn't have made it. We are looking forward to next year.



Christmas activities

We have so many exciting events planned for Christmas so please look out for our posters and announcements.

OUR TRIPS IN PICTURES



Bank of England



Founding Museum



Trip to Brighton

Canal Museum



Tate Britain



Imperial War Museum

WELCOMING SOME NEW FACES

Mark is excited to have taken on the role of General Manager. He has worked in various industries over the years from Leisure to Retail and he is now loving the work he is doing within the charity sector.

Mark spent 5 years working and living abroad in Australia and returned to the UK with his family in tow in February this year. He has a passion for sport, football in particular, and is an avid supporter of Tottenham Hotspur. Mark enjoys helping people and is looking forward to how he can contribute to support the people we work with in the community.



'Lucy is delighted to be our new Activities and Events Lead. She has a background in Performing Arts and part planning, as well as teaching drama and singing. She studied Musical Theatre and has appeared in lots of musicals over the last few years.

She is a dog lover and has a lovely rescue dog called Harvey. She is really looking forward to creating some wonderful activities for all our members.



Joe joins us as a Peer Support Worker. He is passionate about improving the lives of autistic adults and he's delighted to have joined our team.

Joe is a prolific writer from Southgate, with a background in volunteering and journalism. He's been a culture correspondent and even did a stint at the Tower of London.

He enjoys reading and electronic music.



VOLUNTEERING OPPORTUNITIES

We would like to say a massive thank you to all of our volunteers who support our members through fundraising, attending trips and activities, working in the office and providing guidance and support with the Board and committees. We honestly could not operate and provide everything we do for our members without your support. Your involvement enables us to keep our members at the heart of all we do and improves our service design and delivery. You are all absolute stars and we are always grateful.

We are always on the look out for new volunteers from our membership and the broader community to undertake roles, including supporting activity delivery such as group walks and fitness sessions, administration, providing peer support, fundraising and helping with corporate functions.

Volunteering can be a stepping stone to paid employment in the future as it can help build your confidence and skills as well as give you the opportunity to make new friends.

We provide training to volunteers and a DBS check is required (which we arrange and pay for).

If you are interested in volunteering, please contact Fiona Jackson who will meet with you and tell you more. She can be reached either by calling the office or emailing fiona@one-to-one-enfield.co.uk.





COME AND JOIN US BECOME A MEMBER TODAY

WHO WE ARE?

One-to-One Enfield supports Autistic adults and those with learning difficulties living in Enfield.

WHAT WE DO?

- We run a range of activities and projects for all our members to take part in within the community.
- We provide healthy living training to give people information on staying healthy.
- We give people opportunities to learn and develop their leadership skills .

MEMBER BENEFITS

ATTENDING ACTIVITIES

- Our members can access a whole range of classes each week including choir, walks, lunch club, arts and crafts and more.

TRIPS

- We take our members on subsidised trips each year too, at a small cost to cover expenses.

ADDED BONUSES

- By joining us as a member you can make new friends, visit different places, gain new skills, become more independent and most importantly have fun!

Join today by simply filling in our membership form online and we will be in touch.

We are looking forward to meeting you!



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