






















JANUARY 2025

		1 Closed	2 Closed	3 Closed
6 Yoga Welcome Session 3pm-4pm  Pub Night 7pm-8:30pm 	7 Chat and Relax 11am-12pm 	8 Bowling 10am meeting 	9 Staff Training— No Activities Today	10
13 Choir (Blue Monday) 10:30am-12pm 	14 Gardening 10am-1pm  Behaviour Workshop 11am-12pm 	15 Keep Fit! 11:45am-12:45pm 	16 Cooking 10am-12pm 	17
20 Choir 10:30am-12pm 	21 Keeping Safe in Enfield 10:30am-12:30pm  Gardening 10am-1pm 	22 Keep Fit! 11:45am-12:45pm  Pub Discovery 7pm-8:30pm 	23 Cooking 10am-12pm  Booking Day 10-2 in Office	24
27 Choir 10:30am-12pm 	28 Gardening 10am-1pm 	29 Keep Fit 11:45am-12:45pm 	30 Cooking 10am-12pm 	31

FEBRUARY 2025

<p>3</p> <p>Choir 10:30am-12pm</p> 	<p>4</p> <p>Gardening 10am-1pm</p> 	<p>5</p> <p>Bowling 10am meeting</p> 	<p>6</p> <p>Cooking 10am-12pm</p> 	<p>7</p>
<p>10</p> <p>Choir 10:30am-12pm</p> 	<p>11</p> <p>Gardening 10am-1pm</p> 	<p>12</p> <p>Keep Fit! 11:45am-12:45pm</p>  <p>Pub Discovery 7pm-8:30pm</p> 	<p>13</p> <p>Valentines Chat and Relax Ridgeway 11am-12pm</p> 	<p>14</p>
<p>17</p> <p>Literacy Group with Maria 1pm-2pm</p> 	<p>18</p> <p>Keeping Safe in Enfield 10:30am-12:30pm</p>  <p>Gardening 10am-1pm</p> 	<p>19</p> <p>Keep Fit! 11:45am-12:45pm</p> 	<p>20</p> <p>Barclays—Cybercrime 1pm-2pm</p>  <p>Booking Day 10-2 in Office</p>	<p>21</p>
<p>24</p> <p>Choir 10:30am-12pm</p>  <p>Literacy Group with Maria 1pm-2pm</p> 	<p>25</p> <p>Gardening 10am-1pm</p>  <p>Drama and Dance 12:30pm-2pm</p> 	<p>26</p> <p>Keep Fit! 11:45am-12:45pm</p>  <p>Pub Night 7pm-8:30pm</p> 	<p>27</p> <p>The Cinema Museum Trip Meet 10am</p>  <p>Yoga 12:30-1:30pm</p>	<p>28</p>

MARCH 2025

<p>3</p> <p>Choir 10:30am-12pm</p> <p>Yoga</p> <p>Literacy Group with Maria 1pm-2pm</p>  	<p>4</p> <p>Gardening 10am-1pm</p> <p>Drama and Dance 12:30pm-2pm</p>  	<p>5</p> <p>Bowling 10am meeting</p> 	<p>6</p> <p>Yoga 12:30-1:30pm</p> <p>Pub Night 7pm-8:30pm</p>  	<p>7</p>
<p>10</p> <p>Choir 10:30am-12pm</p> <p>Literacy Group with Maria 1pm-2pm</p>  	<p>11</p> <p>Gardening 10am-1pm</p> <p>Drama and Dance 12:30pm-2pm</p>  	<p>12</p> <p>Chat and Relax 11am-12pm</p> <p>Keep Fit! 11:45am-12:45pm</p>  	<p>13</p> <p>Walking Group 10am-11am</p> <p>Yoga 12:30-1:30pm</p>  	<p>14</p>
<p>17</p> <p>Walking Group 10am-11am</p> <p>Literacy Group with Maria 1pm-2pm</p>  	<p>18</p> <p>Gardening 10am-1pm</p> <p>Drama and Dance 12:30pm-2pm</p>  	<p>19</p> <p>Keep Fit! 11:45am-12:45pm</p> <p>Pub Discovery 7pm-8:30pm</p>  	<p>20</p> <p>Keeping Safe in Enfield 11-1</p> <p>Booking Day 10-2 in Office</p> 	<p>21</p>
<p>24</p> <p>Choir 10:30am-12pm</p> 	<p>25</p> <p>Gardening 10am-1pm</p> <p>Keeping Safe Workshop Rosa 12:30-2pm</p>  	<p>26</p> <p>Keep Fit! 11:45am-12:45pm</p> 	<p>27</p> <p>Tower Bridge Trip Meet 10am</p> <p>Yoga 12:30-1:30pm</p>  	<p>28</p>
<p>31</p> <p>Choir Concert 12:30pm-1:30pm</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, 2 games maximum

Please bring money for food or a packed lunch

Keep Fit!

Activity Lead— Sonia

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

11:45am-12:45pm

Keep your mind and body fit with easy fitness routines in a
friendly supportive environment

Chat and Relax

Activity Lead— Charlotte or Ayse

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.

11am-12pm

Gardening

Activity Lead— Bob

Bush Hill Park, Lincoln Road, N21
1PS

10am-1pm meeting by the bike sheds

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

Sing Out Choir!

Activity Lead— Camilla (choir leader) and Charlotte

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

10:30am-12pm

£10 donation per term encouraged

Pub Night

Activity Lead— Charlotte

The Jolly Butchers

168 Baker Street, Enfield EN1 3JS

7pm -8:30pm

Please bring money for food and drinks.

Pub Discovery

Activity Lead— Charlotte

Various Pubs Across Enfield (look out for the flyer on WhatsApp or ask in the office!)

6pm -8pm

Please bring money for food and drinks.

Walking Group

Activity Lead— Charlotte or Ayse

**Enfield Town Park, Meet outside
Enfield Town Library, 66 Church
Street, EN2 6AX**

Bring your own drinks and snacks. PLEASE WEAR SENSIBLE WALKING SHOES.

Yoga and Wellbeing

St Peters Church Hall, Vera Avenue, N21
1DN

Activity Lead—Charlotte and Dai

Yoga inclusive for all abilities. Gentle stretching, mental wellbeing and a good laugh together!

12:30-1:30pm (Monday 6th December Welcome Session is 3pm-4pm)

Money Confidence at Barclays Bank

Barclays Bank, Enfield Town, EN2 6LS

Activity Lead—Charlotte

Come and look around a bank and ask professionals any money related questions or worries you have, with a focus on Cyber Crime.

1pm-2pm

Write, Read, and Succeed

Activity Lead— Maria

St Andrews Church, Southgate,
Chase Side, N14 5PP

with Maria from Niburu help build confidence in reading and writing.

Keeping Safe in Enfield

Activity Lead— Fiona

Community House, 311 Fore Street N9 0PZ,

A group session helping members to better protect themselves from harmful influences including radicalisation and street violence.

Please check times and dates on calendar

4 WEEK BLOCK ACTIVITIES

You can only attend these activities if you book and pay for all 4 of the sessions. In case of sickness, you won't be refunded but we will try to put you onto the next block of sessions. If not enough people sign up, we will cancel and refund.

Cooking Group!

Activity Lead— Charlotte and Vicki from
Bread and Butter

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

10am-12pm

**ONLY 8 SPACES AVAILABLE—BOOK EARLY TO
AVOID DISAPPOINTMENT**

**£22 for 4 sessions (includes all
ingredients)**

Drama and Dance Group!

Activity Lead— Rosa and Charlie

Practice your performance skills with Charlie and Rosa
in a friendly, judgement and expectation free environ-
ment

**St Peter's Church Hall, Vera Avenue,
N21 1DN**

12:30pm-2pm (please note regular time
change)

£20 for 4 sessions

Blue Monday Event

Enfield Baptist Church, Cecil Road
EN2 6TG

Activity Lead—Charlotte and Camilla

Beat the blue Monday blues with a sing-a-long event with the Sing Out Choir. All friends and family invited, coffee and tea provided. Lets beat loneliness together and spend Blue Monday together!

10:30am-12:30pm

Cinema Museum Trip

Meeting Community House, 311 Fore
Street N9 0PZ

Activity Lead—Bob

£25

Tower Bridge Trip

Meeting Community House, 311 Fore
Street N9 0PZ

Activity Lead—Bob

£25

Behaviour Workshop

A chance for members to speak with staff about One to Ones behaviour policy and voice any worries or concerns about behaviour at activities.

Community House, 311 Fore Street
N9 0PZ

Activity Lead—Fiona

Free

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.

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