



ONE-TO-ONE (ENFIELD)



Please fill in your

"My Choice Forms" for the activities you want to do by ticking the relevant boxes - pre-booking for activities before the activity list is out is not allowed!

All Trips need to be booked and paid for in advance at our office. This includes free trips.

Activities
August & September 2022
For One-To-One Members

If you wish to attend any of the activities, then please let us know. You can contact us by:

















020 8373 6241






mail@one-to-one-enfield.co.uk












Please note that our office is only open from 10:00am - 4:00pm on Monday -Thursdays.

August 2022

Monday	Tuesday	Wednesday	Thursday
<p style="text-align: right;">1</p> <p>Health & Wellbeing Zoom 2:00 - 3:30pm Leader: Nusrath</p> 	<p style="text-align: right;">2</p> <p>Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p>  <p>Zumba/Keep Fit To Music Community House 12:15-1:00pm Leaders: Usha & Sonia</p>  <p>Niburu Podcast Course Session Community House 3:30-5:00pm Leaders: Usha, Allison & Martin</p> 	<p style="text-align: right;">3</p> <p>Chat & Relax Community House 11:00am – 12:00pm Leader: Usha</p>  <p>Arts & Crafts Session Community House 1:00 - 2:30pm Leader: Karen</p> 	<p style="text-align: right;">4</p> <p>Trip On The Cable Car + River Bus Trip Meet at Community House at 10:00am – leave at 10:15am Leaders: Bob & Karen</p>  <p>Niburu Podcast Course Session Zoom 5:00-6:00pm Leaders: Allison & Martin</p> 
<p style="text-align: right;">8</p> <p>Seaside Trip To Southend! Meet at Community House at 9:00am leave at 9:30am Leaders: All Staff</p> 	<p style="text-align: right;">9</p> <p>Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p>  <p>Niburu Podcast Course Session Community House 3:30-5:00pm Leaders: Usha, Allison & Martin</p> 	<p style="text-align: right;">10</p> <p>Arts & Crafts Session Community House 1:00-2:30pm Leader: Karen</p> 	<p style="text-align: right;">11</p> <p>Walk In The Park Enfield Town Park Meet at Enfield Town Library at 10:30am Leader: Karen</p>  <p>Quiz Night Zoom 6:00 -7:00pm Leader: Karen</p> 

Monday	Tuesday	Wednesday	Thursday
<p>15</p>	<p>16</p> <p>Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p>  <p>Zumba/Keep Fit To Music Community House 12:15-1:00pm Leaders: Usha & Sonia</p>  <p>Niburu Podcast Course Session Community House 3:30-5:00pm Leaders: Usha, Allison & Martin</p> 	<p>17</p> <p>Enfield Learning Disability Partnership Board's "Big Public Meeting!" Park Avenue Disability Resource Centre 10:00am – 3:00pm Leader: Chris O'Donnell</p> 	<p>18</p> <p>Bowling Rowans Finsbury Park Meet at Community House at 10.15am – leave at 10.30am Leaders: Bob & Karen</p> 
<p>22</p>	<p>23</p> <p>Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p> 	<p>24</p> <p>Chat & Relax Community House 11:00am – 12:00pm Leader: Usha</p>  <p>Walk In The Park Enfield Town Park Meet at Enfield Town Library at 1:30pm Leader: Karen</p> 	<p>25</p> <p>Quiz Night Zoom 6:00 -7:00pm Leader: Karen</p> 
<p>29</p> <p>Bank Holiday! Office Closed!</p> 	<p>30</p> <p>Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p>  <p>Money Management Group Meeting Community House 1:00 – 3:00pm Leader: Nusrath</p> 	<p>31</p> <p>Walk In The Park Finsbury Park Meet at Edmonton Green Train Station at 10:30am</p>  <p>Chat & Relax Community House 11:00am – 12:00pm Leader: Usha</p> 	

September 2022

Monday	Tuesday	Wednesday	Thursday
			<p style="text-align: right;">1</p> <p>Niburu Podcast Course Session Zoom 5:00-6:00pm Leaders: Allison & Martin</p> 
5	<p>Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p> 	<p style="text-align: right;">6</p> <p>Walk In The Park Enfield Town Park Meet at Enfield Town Library at 10:30am Leader: Karen</p>  <p>Chat & Relax Community House 11:00am – 12:00pm Leader: Liz</p> 	<p style="text-align: right;">8</p> <p>Trip To Buckingham Palace Meet at Community House at 10:00am – leave at 10:15am Leaders: Bob & Karen</p>  <p>Quiz Night Zoom 6:00 -7:00pm Leader: Karen</p> 
<p style="text-align: right;">12</p> <p>Arts & Crafts Session Community House 10:30 – 12:00pm Leader: Karen</p> 	<p style="text-align: right;">13</p> <p>Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p> 	<p style="text-align: right;">14</p> <p>Bowling Rowans Finsbury Park Meet at Community House at 10.15am – leave at 10.30am Leaders: Bob & Karen</p>  <p>Chat & Relax Community House 11:00am – 12:00pm Leader: Liz</p> 	<p style="text-align: right;">15</p> <p>Walk In The Park Pymmes Park Meet at Community House at 1:30pm Leader: Karen</p> 

Monday	Tuesday	Wednesday	Thursday
<p data-bbox="521 316 555 339">19</p> <p data-bbox="69 379 293 507">Health & Wellbeing Zoom 2:00 – 3:30pm Leader: Nusrath</p>  <p data-bbox="69 544 338 667">Sing Out Choir 3:30 – 5:00pm (NOTE: TIME CHANGE!) Leaders: Usha & Camilla</p> 	<p data-bbox="976 316 1010 339">20</p> <p data-bbox="577 347 786 475">Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p>  <p data-bbox="577 512 869 639">Zumba/Keep Fit To Music Community House 12:15 – 1:00pm Leaders: Usha & Sonia</p> 	<p data-bbox="1485 316 1518 339">21</p> <p data-bbox="1032 347 1256 475">Chat & Relax Community House 11:00am – 12:00pm Leader: Liz</p>  <p data-bbox="1032 512 1267 639">Arts & Crafts Session Community House 1:00 – 2:30pm Leader: Karen</p> 	<p data-bbox="2145 316 2179 339">22</p> <p data-bbox="1541 347 1989 475">Walk In The Park Enfield Town Park Meet at Enfield Town Library at 1:30pm Leader: Karen</p>  <p data-bbox="1541 512 1697 639">Quiz Night Zoom 6:00 -7:00pm Leader: Karen</p> 
<p data-bbox="521 675 555 699">26</p> <p data-bbox="69 707 338 834">Sing Out Choir Enfield Baptist Church 3:30 – 5:00pm Leaders: Usha & Camilla</p> 	<p data-bbox="976 675 1010 699">27</p> <p data-bbox="577 707 786 834">Gardening Group Bush Hill Park 10:00am – 1:00pm Leader: Bob</p>  <p data-bbox="577 871 954 999">Money Managing Group Meeting Community House 1:00 – 3:00pm Leader: Nusrath</p>	<p data-bbox="1485 675 1518 699">28</p> <p data-bbox="1032 707 1256 834">Chat & Relax Community House 11:00am – 12:00pm Leader: Liz</p>  <p data-bbox="1032 871 1267 999">Arts & Crafts Session Community House 1:00 – 2:30pm Leader: Karen</p> 	<p data-bbox="2145 675 2179 699">29</p> <p data-bbox="1541 707 2107 834">Walk In The Park Grovelands Park Meet at Edmonton Green Train Station at 10:30am Leader: Karen</p>  <p data-bbox="1541 871 1839 1031">Learning Difficulties & Autism Council Meeting Community House 2:00 – 4:00pm Leaders: Nusrath & Kanwal</p> 

Activity Notes For Members

Date	Activity	Notes
Tuesday 2 nd August Tuesday 16 th August Tuesday 20 th September	Zumba/Keep Fit To Music	August sessions will be free , but a £3 suggested donation will be in place from September! Please wear a t-shirt and trainers or plimsolls!
Thursday 11 th August Wednesday 24 th August Wednesday 31 st August Wednesday 7 th September Thursday 15 th September Thursday 22 nd September Thursday 29 th September	Walk In The Park	Please note that August/September walk dates are likely to change, and attendees will be contacted when this happens! Please wear sensible walking shoes and bring your freedom pass
Wednesday 17 th August	Big Public Meeting	Please book in advance for this activity RSVP Chris O'Donnell by email at Chris.O'Donnell@enfield.gov.uk
Thursday 18 th August Wednesday 14 th September	Bowling	Rowans Leisure Complex, Finsbury Park Cost: £6.50 per game and 2 games maximum Please bring money for food or a packed lunch Please book in advance for this trip!
Thursday 4 th August	London Day Trip	Trip on the Cable Car + River Bus Trip £20 entry fee. Please bring packed lunch or money for a meal. You will also need your travel pass Please book in advance for this trip!
Monday 8 th August	Day Trip	Seaside Trip To Southend £25 deposit. Please bring money for lunch and other expenses If you are unable to attend due to the cost of the trip, then please contact us on 020-8373-6241. You might be able to attend via a discretionary fund – this will apply to carers/support staff too! ” Please wear sensible clothing for the day!
Thursday 8 th September	London Day Trip	Trip To Buckingham Palace £16.50 entry fee. Please bring packed lunch or money for a meal. You will also need your travel pass Please book in advance for this trip!
Monday 12 th September Wednesday 21 st September Wednesday 28 th September	Arts & Crafts Session	£3 suggested donation in place for this activity
Monday 19 th September Monday 26 th September	Sing Out Choir	£3 suggested donation in place for this activity