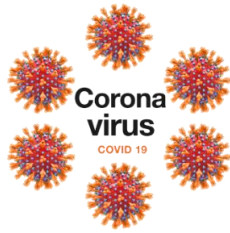




## June 2022 Activities

2022



Due to Covid-19 some activities are online but we now have more activities and events in person and outdoors.



We still have lots of activities that you can join using Zoom.  
You will need a computer, tablet, or a smart phone.



You can see how to download and join Zoom on a video on our website at <https://www.one-to-one-enfield.co.uk/how-to-use-zoom/>



If you need more help, please let a member of staff know.  
We might be able to help you get access to a smart phone or computer if you don't have one.



If you would like to join an activity, please contact a member of staff. You can contact the office on 02083736241 (Monday-Thursday 10am - 4pm), or email [mail@one-to-one-enfield.co.uk](mailto:mail@one-to-one-enfield.co.uk)



You will need to give us

- your name
- your mobile phone number

Wednesday

June

1



**Chat & Relax**

11am - 12pm on Zoom

Leader: Liz



**Bowling at Rowans in Finsbury Park**

10.30am meet at Community House. Travel by bus or train. Lanes booked for 11.30am.

£6.50 for bowling. Bring your own snacks/lunch.

Thursday

June

2



**Bank Holiday**

Office closed

We are closed at the weekends

Monday

June

6

**Sing  
Out!**  
choir



**Let's Sing Out Choir**

5 - 6.30pm at Enfield Baptist Church

Leader: Usha

Tuesday

June

7



Sing  
Out!  
choir

## Retirement Picnic Party

11am - 1pm

Meet us next to Friends of Bush Hill Park Hut,  
Bush Hill Park, Lincoln Road,  
Enfield, EN1 1PS

Lesley Walls, CEO of One-to-One (Enfield) invites you to her joint Retirement Party. Brian, Naomi, Maz and Susila are also celebrating their retirements on this day. We hope you can join us to give them all a fond farewell. Sing Out choir will sing a few songs for us.

Please bring a picnic lunch or refreshments with you.

Wednesday

June

8



## Chat & Relax

11am - 12pm on Zoom

Leader: Liz

Thursday

June

9



## Trip to Orbit in Stratford Olympic Park

10am meet at Community House.

10.15am leave Community House. Travel by train.

Entry to Orbit £11.50

Slide ride (optional) £17.50

Bring a packed lunch, for a picnic in the park.

Thursday

June

9



## Quiz Night

6 - 7pm on Zoom

Leader: Karen

We are closed at the weekends

Monday

June

13



## Spectrum of Experiences Conference:

### Live Speaker Talk with Grace Liu

2pm - 3pm on Zoom

Grace Liu is a blogger and author. She will give a talk on her experiences of being autistic, mixed race and gay.

Book your place: [mail@one-to-one-enfield.co.uk](mailto:mail@one-to-one-enfield.co.uk)

The talk will be available to catch-up later at [www.one-to-one-enfield.co.uk/spectrum/](http://www.one-to-one-enfield.co.uk/spectrum/)

Sing  
Out!  
choir



## Let's Sing Out Choir

5 - 6.30pm at Enfield Baptist Church

Leader: Usha

Tuesday

June

14



### Gardening Group Bush Hill Park

10am - 1pm Meet at Friends of Bush Hill Park Hut.  
Leader: Bob



### Volunteers Week Celebration

11am - 12.30pm at Community House

Refreshments provided

Please **book your place** in advance [nusrath@one-to-one-enfield.co.uk](mailto:nusrath@one-to-one-enfield.co.uk) or by calling 02083736241

Wednesday

June

15



### Walking for Health & Fun Enfield Town

10.30am meet outside Enfield Town Library  
Leader: Karen



### Chat & Relax

11am - 12pm on Zoom

Leader: Liz



### Management Committee

2pm - 4pm at Community House  
Contact: Kanwal

Thursday

June

16

We are closed at the weekends

Monday

June

20

Sing  
Out!  
choir



### Let's Sing Out Choir

5 - 6.30pm at Enfield Baptist Church

Leader: Usha

Tuesday

June

21



### Gardening Group Bush Hill Park

10am - 1pm Meet at Friends of Bush Hill Park Hut.

Leader: Bob



### Zumba / Keep Fit to Music

1pm - 1.45pm at Community House in Room 1 or 3

\*note venue change\*

Leader: Usha



### Fundraising Committee

2pm - 4pm at Community House

Leader: Nusrath

Wednesday

June

22



### Chat & Relax

11am - 12pm on Zoom

Leader: Liz



### Walking for Health & Fun Pymmes Park

1.30pm Meet at Community House

Leader: Karen



### Health & Wellbeing

2pm - 3.30pm on Zoom

Leaders: Nusrath and Brian

Thursday

June

23



Sarah-Jane Critchley



Katie Munday



Dean Beadle

### Spectrum of Experiences Conference: Live Panel Q&A

1pm - 2pm on Zoom

With special guests:  
Sarah-Jane Critchley, Katie Munday and more TBC.  
Hosted by our patron, Dean Beadle.

Book your place and submit questions in advance:

[mail@one-to-one-enfield.co.uk](mailto:mail@one-to-one-enfield.co.uk)



### Quiz Night

6 - 7pm on Zoom

Leader: Karen

We are closed at the weekends

Monday

June

27



### Craft & Paint Afternoon

11am - 12.30pm at Community House  
MHA Communities North London are creating community artworks which will be on display as part of a history walking tour in Enfield Town in September 2022.

Sing  
Out!  
choir



### Let's Sing Out Choir

5 - 6.30pm at Enfield Baptist Church  
Leader: Usha

Tuesday

June

28



### Gardening Group Bush Hill Park

10am - 1pm Meet at Friends of Bush Hill Park Hut.  
Leader: Bob



### Money Managing Group

1pm - 3pm at Community House  
Leader: Nusrath



Wednesday

June

29



**Chat & Relax**

11am - 12pm on Zoom

Leader: Liz



**Walking for Health & Fun  
Enfield Town**

1pm meet outside Enfield  
Town Library

Leader: Karen

Thursday

June

30



**Virtual Trip**

1 - 2pm on Zoom



**Learning Difficulties and  
Autism Council**

2pm - 4pm at Community  
House

Contact: Nusrath/Kanwal