

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
	1CLOSED NO ACTIVITIES	2CLOSED NO ACTIVITIES	3CLOSED NO ACTIVITIES	4	5	6
7CLOSED NO ACTIVITIES	8CLOSED NO ACTIVITIES	9ART 10:00am - 11:15am, St Aldhelm's Church *Art for Autistic members only with Joe 1:00pm - 2.15pm. St Aldhelm's Church	10WALKING GROUP 12:15-1:30pm Trent Park, meet outside Cockfosters Station. CHAT AND RELAX 1:30-2:30pm Ripe Cafe Trent Park	11	12	13
14ACTIVITY SIGN UPS 10.00am 11:00am 2 Farm Road, Office BASKETBALL 2:15-3:15 Barnet & Southgate College, Southgate campus	15GARDENING WITH BOB 10:00-1pm Bush Hill Park SWIMMING 12-1pm Southbury Leisure Centre GAMES NIGHT 7-8:30pm Cafe Pistachi	16ART 10:00am - 11:15am, St Aldhelm's Church CREATE AND CONNECT 11.30-12.30pm, St Aldhelm's Church *Art for Autistic members only with Joe 1:00pm - 2.15pm. St Aldhelm's Church	17TRIP TO CLACTON 9:15am COACH PICK UP SOUTHBURY LEISURE CENTRE	18	19	20
21CHOIR 10:30am-12pm Enfield Baptist Church TABLE TENNIS 2:15-3:15 Barnet & Southgate College, Southgate Campus	22GARDENING WITH BOB 10:00am - 1pm Bush Hill Park BACK TO BASICS BAKING 2-4pm Quakers PUB NIGHT 7-8:30pm Ridegway Tavern	23ART 10:00am - 11:15am, St Aldhelm's Church CREATE AND CONNECT 11.30-12.30pm, St Aldhelm's Church *Art for Autistic members only with Joe 1:00pm - 2.15pm. St Aldhelm's Church QUAKERS FRIENDS TEA 2:30-4:30 Winchmore Hill Quakers	24CHAT AND RELAX 11-12 Ridegway Tavern WALKING GROUP 12:45-2pm Enfield Town Park	25	26	27
28CHOIR 10:30am-12pm Enfield Baptist Church FOOTBALL 2:15-3:15 Barnet & Southgate College, Southgate Campus FRAUD, SCAMS & STAYING SAFE ONLINE 1-2pm Barclays Branch, Enfield Town Only 6 spaces available. Booking Essential.	29GARDENING WITH BOB 10:00am - 1pm Bush Hill Park ACTIVITY SIGN UPS 10.00am 11:00am 2 Farm Road, Office PUB DISCOVERY 7-8:30pm Crown and Horseshoes	30ART 10:00am - 11:15am, St Aldhelm's Church CREATE AND CONNECT 11.30-12.30pm, St Aldhelm's Church *Art for Autistic members only with Joe 1:00pm - 2.15pm. St Aldhelm's Church GRIEF CAFE 12:30-2:30pm The Ann Rommert Room Quakers	ONE-TO-ONE ENFIELD	25	26	27
S E P T E M	B E R	2 0 2 6	A C T I V I T I E S			

Summer Trip to CLACTON



Southbury Leisure Centre
Coach departs at 9:30 so please arrive at 9:15am

Please bring any money you might need for the day for lunch and refreshments, or a packed lunch if you prefer.

Coach will be leaving Clacton at 3:30pm to arrive back at Southbury Leisure Centre

BOOKING ESSENTIAL
LIMITED SPACES - FIRST COME FIRST SERVED BASIS

£25.00pp must be paid when booked, places cannot be held without payment



Creative Activites at St Aldhelms
Activity Lead - St Aldhelm's Church, Windmill Road, London N18 1PA
Art 10-11:15



Create & Connect 11:30-12:30
Join us for a friendly, creative, and totally relaxed gathering where everyone is welcome! Enjoy good company and create new ideas together.



Autistic Art Group
Activity Lead - St Aldhelm's Church, Windmill Road, London N18 1PA
1-2.15PM

Open to all skill levels, a welcoming space for creativity & community. Create and share art!



FRAUD, SCAMS & STAYING SAFE ONLINE 1-2pm
Barclays Branch, Enfield Town
Only 6 spaces available.
Booking Essential.

Come along for a orkshop to find out about how to stay safe online, avoid fraud and gain confidence to know the difference between what is real or a scam!



Games Night at Cafe Pistachi
Activity Lead - 46 Church St, Enfield EN2 6AZ
7pm-8:30pm.

Come along for a friendly selection of games and socialising together at the Pitschi Cafe. Members, don't forget to bring your discount card along!



NEW SUBSCRIPTIONS FOR ACTIVITIES:

FULL MEMBERSHIP: £10
ONE ACTIVITY: £5
PSG/ CHAT AND RELAX: £3
New Members: Those who are interested in joining One To One Enfield can attend all activities for the first 2 months without charge as a trial period.
If you pay for a years membership upfront you will only be charged for 10 months

Chat and Relax
Trent Park - Ripe Cafe
10th Sept, 1:30-2:30pm



Chat and Relax
Ridgeway Tavern
76 The Ridgeway Enfield EN2 8JF
24th Sept 11-12.00pm



Come and meet other members, catch up and socialise.

Pub Night
Ridgeway Tavern,
76 The Ridgeway, EN2 8JF
7.00-8:30pm.



Pub Discovery
Crown and Horseshoes
Horseshoe Ln, Enfield EN2 6PZ
7:00-8:30pm



Enjoy socialising, relaxing and catching up with others
Bring money to buy your drink/food

Gardening with Bob
99 Lincoln Road, Enfield EN1 1JX
10am-1:00pm
Meeting by the bike sheds for gardening, connecting with each other over a cup of tea!



Back to Basics baking
Quakers Friends
Meeting House N21 1LE
2-4pm
Enjoy a fun session of cooking and socialising!



Quakers Friends Tea
Quakers Friends
Meeting House N21 1LE
2:30-4:30
Join us for an afternoon filled with friendly conversatins, drinks and a delicious selection of drinks.



Grief cafe
St Aldhelms Church
12.30-2.30pm
Join us for a cuppa and a safe space where your loss and pain can be expressed freely. For everyone grieving the death of a relative or friend.

Choir
Enfield Baptist Church
10:30am-12pm

Come and sing along together, connect and socialise over song and good times!



Activity sign ups in office
One To One Office,
2 Farm Road, N21 3JA
10-11am
Come along to book and pay for activity sessions, ask questions and find out more about what's on the calendar
We accept cheque, cash and card payments.



SWIMMING 12-1pm
Southbury Leisure Centre
Join us for a swim at Southbury Leisure Centre.
Only 12 spaces available. Please book to reserve your space.



WALKING GROUPS
Trent Park - meet outside Cockfosters Station at 12:15pm to head to Trent Park for a walk until 1:30pm

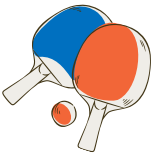


Enfield Town Park
12:45- 2pm

Basketball
Activity Lead - Ren Barnet & Southgate College, Southgate Campus
2:15-3:15pm
Come and play a variety of sports over the Mondays of September



Table Tennis
Activity Lead - Ren Barnet & Southgate College, Southgate Campus
2:15-3:15pm
Come and play a variety of sports over the Mondays of September



Football
Activity Lead - Ren Barnet & Southgate College, Southgate Campus
2:15-3:15pm
Come and play a variety of sports over the Mondays of September



It is important to arrive no more than 10 minutes before activities start. This keeps members safe and stops us being overcharged for longer venue hire.

ACTIVITY CLOSURE
Please note we are closed for activities at the beginning of September
NO ACTIVITES 1-8th September
ACTIVITIES START 9th Septmeber