



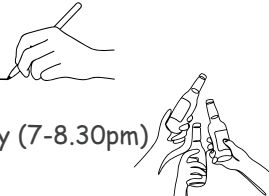








































FEBRUARY ACTIVITIES

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
						1
2 ENFIELD BAPTIST CHURCH Choir with Camilla (10:30am-12pm)  <i>*Free Flow Music with Camilla (by invitation only) 1pm-2pm</i> OFFICE, 2 FARM ROAD N21 3JA Booking Day with Jay 12.30-1.30pm TRAVEL GROUP: SOUTHGATE COLLEGE from OFFICE (1.30pm) SOUTHGATE COLLEGE Sports Pick & Mix with Lucy (2:15-3:15pm)  	3 BUSH HILL PARK, Gardening with Bob (10:30am-12:30pm)  OFFICE, 2 FARM ROAD N21 3JA Booking Day with Jay 12.30-1.30pm THE LINCOLN ARMS Pub Discovery (7-8.30pm) 	4 ST ALDHELM'S CHURCH with Toni: Art (10-11.15am), Create & Connect (11.30am - 2.30pm) <i>*Art based Autism drop-in with Joe (11.30am - 1pm)</i>   	5 SOPHIE'S CAFE Chat & Relax with Desi (11am-12pm)  ENFIELD TOWN PARK Walking group with Desi (12.15 - 1.15pm) 	6	7	8
9 ENFIELD BAPTIST CHURCH Choir with Camilla 10:30am-12pm  <i>*Free Flow Music with Camilla (by invitation only) 1pm-2pm</i> An Audience with North London Hospice (Charlotte) 12:30-2:30pm TRAVEL GROUP: SOUTHGATE COLLEGE from OFFICE (1.30pm) SOUTHGATE COLLEGE Sports Pick & Mix with Ren (2:15-3:15pm)   	10 BUSH HILL PARK, Gardening with Bob (10:30am-12:30pm)  ST ALDHELM'S HALL Cooking (1-2:30pm) 	11 ST ALDHELM'S CHURCH with Toni: Art (10am-11:15am) Create & Connect (11.30am -2.30pm) <i>*Autism Art group Session with Joe (11:30am - 1pm)</i>   	12 RIDGEWAY TAVERN Chat & Relax with Desi & Lucy (11am-12pm)  ENFIELD TOWN PARK Walking group with Desi (12.30-1.30pm) 	13 ST PAUL'S CHURCH WINCHMORE HILL Curry Night Fundraiser 	14 NORTH ENFIELD CONSERVATIVE CLUB Choir performance with Camilla & Fiona, 12.30pm 	15
16 TOTTENHAM COMMUNITY CENTRE Sports with Spurs (10am - 12.30pm) with Ren  THE WINCHMORE PUB <i>*Evening Peer Support Group with Lucy (by invitation only)</i> 	17 BUSH HILL PARK, Gardening with Bob (10:30am-12:30pm) 	18 ST ALDHELM'S CHURCH with Toni: Art (10am-11:15am) Create & Connect (11.30am -2.30pm) <i>*Autism Art group with Joe (11.30am - 1pm)</i>   	19 RIDGEWAY TAVERN Chat & Relax with Desi (11am-12pm)  ENFIELD TOWN PARK Walking group with Desi (12.30-1.30pm) 	20	21	22
23 ENFIELD BAPTIST CHURCH Choir with Camilla (10:30am-12pm)  <i>*Free Flow Music with Camilla (by invitation only) 1pm-2pm</i> TRAVEL GROUP: SOUTHGATE COLLEGE from OFFICE (1.30pm) SOUTHGATE COLLEGE Sports Pick & Mix with Ren (2:15-3:15pm)  	24 BUSH HILL PARK, Gardening with Bob (10:30am-12:30pm)  RIDGEWAY TAVERN Pub Night (7-8.30pm) 	25 ST ALDHELM'S CHURCH with Toni: Art (10am-11:15am) Create & Connect (11.30am -2.30pm) <i>*Autism Art group with Joe (11.30am - 1pm)</i>   	26 FIRS FARM COMMUNITY HUB Chat & Relax with Desi (11am-12pm) Walking group (12.15-1.15pm)  	27	28	

ACTIVITY INFORMATION



If you want to pay for activities or events by bank transfer our details are:

One To One Enfield
Account: 51154045
Sort Code: 23-05-80
Metro Bank

Chat and Relax
 Activity Lead - Desi
 Ridgeway Tavern,
 76 The Ridgeway, EN2 8JF
 11am-12pm.

Come in for a nice cup of free tea or coffee. Meet other members, catch up and socialise.

Free to attend



Sports Pick and Mix

Southgate College,
 Southgate, N14 6BS
 2:15-3:15pm

Keep your mind and body fit with some sport activities in a friendly supportive environment.

Travel group will leave the office at 1:30pm

Free to attend



Pub Night

Activity Lead - Toni
 Ridgeway Tavern,
 76 The Ridgeway, EN2 8JF
 7-8:30pm. Enjoy an evening of socialising, relaxing and catching up with others.

Free to attend, bring money to by your drink/ food



Chat and Relax

Activity Lead - Desi
 Sophie's Cafe,
 2 Sarnesfield Road, EN2 6AS
 (opposite Enfield Town Library green)
 11am-12pm.

Join us for a nice cup of free tea or coffee. Meet other members, catch up and socialise.

Free to attend



Cooking

Activity Lead - Jane
 St Aldhelm's Hall,
 Windmill Road,
 London N18 1PA
 1-2:30pm. Enjoy a fun session of cooking and socialising!

Free to attend

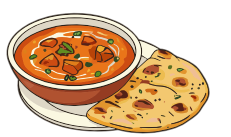


Curry Night Fundraiser

St Paul's Church
 Winchmore Hill
 Church Hill, N21 1JA

Buy a ticket to Curry Night and help to raise money for One To One Enfield!

Cost of tickets and more details will be shared soon!



Walking Group

Activity Lead - Desi
 Enfield Town Park,
 Cecil Rd, EN2 6LE
 approx. 12:30-1:30pm

*Desi will be travelling to the park from The Ridgeway Tavern on public transport. Please be patient as you wait for her to arrive.

WEAR SENSIBLE WALKING SHOES

Free to attend



Booking Days with Jay

One To One Office,
 2 Farm Road, N21 3JA
 12.30-1.30pm

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 for payable events



Gardening

Activity Lead - Bob
 99 Lincoln Road,
 Enfield EN1 1JX
 10:30am-12:30pm Meeting by the bike sheds for gardening and a cup of tea!

£5 per term (January - March)



Walking Group

Activity Lead - Desi
 Firs Farm Community Hub,
 Playing Fields,
 Firs Lane N21 2PJ
 12:15-1:15pm

PLEASE WEAR SENSIBLE WALKING SHOES

Free to attend



Create & Connect

Activity Lead - Toni
 St Aldhelm's Church,
 Windmill Road,
 London N18 1PA
 11.30am -2.30pm

Join us for a friendly, creative, and totally relaxed gathering where everyone's welcome! Enjoy good company and create new ideas together. **Free to attend**



Sing Out Choir!

Activity Lead - Camilla (choir lead) and Charlotte
 Enfield Baptist Church,
 Cecil Road EN2 6TG
 10:30am-12pm

£20 per term for members (January - March)

£5 per non One-to-One Member each session



Choir Performance

Activity Lead - Camilla & Fiona
 Conservative Club,
 278 Baker St,
 Enfield EN1 3LD

Help us to celebrate 20 years of the Chase Rotary Club by performing songs before joining everyone for brunch.

Free to attend.

Book early, there are limited spaces!!



An Audience with North London Hospice

Activity Lead - Charlotte
 Enfield Baptist Church,
 Cecil Road
 EN2 6TG

12:30pm-2:30pm
 All members welcome!

Free to attend



Pub Discovery

Activity Lead - Toni
 The Lincoln Arms,
 155 Percival Rd,
 Enfield EN1 1QT

7-8:30pm. Enjoy an evening of socialising, relaxing and catching up with others.

Free to attend, bring money to by your drink/ food



Autism Art

Activity Lead - Joe
 St Aldhelm's Church,
 Windmill Road, London
 N18 1PA

11:30am-1pm
 Open to all skill levels, a welcoming space for creativity & community. Create and share art!

Free to attend



Art Group

Activity Lead - Toni
 St Aldhelms, Windmill Road,
 London N18 1PA

10am-11:15am
 Open to all skill levels, a welcoming space for creativity and community. Create and share art pieces!

Free to attend



Free Flow Music

Lead by Camilla
 Enfield Baptist Church,
 Cecil Road, EN2 6TG

By invitation only (for our autistic members).
 1-2pm.

Come and enjoy some free flow music in a friendly and supportive environment.

Free to attend



Sports with Spurs

Activity Lead - Ren
 Tottenham Community Sports Centre,
 701-703 High Rd, N17 8AD

10am - 12.30pm
 A range of easy-to-join-in sports activities to get us moving and to have healthier lifestyles,

provided by staff from the Spurs Foundation Team

Free to attend



St Aldhelm's Church has kindly offered its space for us to use on a Wednesday. Every week they take food bank donations, so if you are willing and able, please bring food bank donations along. Please let us know if you would like to volunteer for St Aldhelm's Food Bank!