



My Choice Booking Form

Spring 2025



Name	
Address	
Your phone number	
Emergency number	
Do you have difficulty with stairs?	Yes / No
Do you travel independently ?	Yes / No
Do you have difficulty with lifts?	Yes / No
Do you have difficulty with escalators?	Yes / No
Do you give consent to having your photo taken and shared online?	Yes / No

**ONE TO ONE ENFIELD—2 FARM ROAD, N21 3JA
0203 971 3984**

APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY-SUNDAY
	1 Gardening 10am-1pm <input type="checkbox"/>	2 Bowling <input type="checkbox"/> 10am	3 Cycling and Walking <input type="checkbox"/> 10am-12pm <i>Booking Day</i>	4
7 Pub Night—Ridgeway Tavern <input type="checkbox"/> 7pm-8:30pm	8 Walking Group at Firs Farm <input type="checkbox"/> 1pm-2pm	9 Art Group <input type="checkbox"/> 2pm-3:30pm	10 Cycling and Walking <input type="checkbox"/> 10am-12pm	11
14	15 Chat and Relax (Ridgeway Tavern) <input type="checkbox"/> 11am-12pm	16	17 Cycling and Walking <input type="checkbox"/> 10am-12pm	18
21 BANK HOLIDAY	22 Health and Wellbeing <input type="checkbox"/> 10am-12pm Newsletter Group <input type="checkbox"/> 5:30pm-6:30pm	23 <i>Quakers Lunch Club starts</i> Keep Fit at Community House <input type="checkbox"/> 12pm-1pm Pub Discovery <input type="checkbox"/> 7pm-8:30pm	24 Cycling and Walking <input type="checkbox"/> 10am-12pm Gardening at the Office <input type="checkbox"/> 1pm-2pm	25 Cooking <input type="checkbox"/> 10am-12pm
28 Sing Out Choir—Recording Day <input type="checkbox"/> 9:30am-12pm	29 Gardening <input type="checkbox"/> 10am-1pm Newsletter Group <input type="checkbox"/> 5:30pm-6:30pm	30 Keep Fit at Community House <input type="checkbox"/> 12pm-1pm		

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY-SUNDAY
			1 Yoga 12:30pm-1:30pm <input type="checkbox"/>	2 Cooking 10am-12pm <input type="checkbox"/>
5 BANK HOLIDAY	6 Health and Wellbeing 10am-12pm <input type="checkbox"/> Newsletter Group 5:30pm-6:30pm <input type="checkbox"/>	7 Bowling 10am <input type="checkbox"/>	8 Yoga 12:30pm-1:30pm <input type="checkbox"/> Booking Day	9 Cooking 10am-12pm <input type="checkbox"/>
12 Sing Out Choir 10:30am-12pm <input type="checkbox"/>	13 Drama and Dance 12:30-2pm <input type="checkbox"/> Newsletter Group 5:30pm-6:30pm <input type="checkbox"/>	14 Keep Fit at Community House 12pm-1pm <input type="checkbox"/> Pub Discovery 7pm-8:30pm <input type="checkbox"/>	15 Yoga 12:30pm-1:30pm <input type="checkbox"/>	16
19 Sing Out Choir 10:30am-12pm <input type="checkbox"/> Pub Night—Ridgeway Tavern 7pm-8:30pm <input type="checkbox"/>	20 Gardening 10am-1pm <input type="checkbox"/> Health and Wellbeing 10am-12pm <input type="checkbox"/>	21 Keep Fit at Community House 12pm-1pm <input type="checkbox"/>	22 Yoga 12:30pm-1:30pm <input type="checkbox"/>	23 Cooking 10am-12pm <input type="checkbox"/>
26 BANK HOLIDAY	27 Trip to Whitewebbs Museum 10am meeting <input type="checkbox"/> Drama and Dance 12:30-2pm <input type="checkbox"/>	28 Keep Fit at Community House 12pm-1pm <input type="checkbox"/>	29	30

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - SUNDAY
<p>2</p> <p>Sing Out Choir Concert <input type="checkbox"/></p> <p>12:30pm-1:30pm</p>	<p>3</p> <p>Health and Wellbeing <input type="checkbox"/></p> <p>10am-12pm</p> <p>Gardening <input type="checkbox"/></p> <p>10am-1pm</p> <p>Newsletter Group <input type="checkbox"/></p> <p>5:30pm-6:30pm</p>	<p>4</p> <p>Bowling <input type="checkbox"/></p> <p>10am</p>	<p>5</p> <p>Cycling and Walking <input type="checkbox"/></p> <p>10am-12pm</p>	<p>6</p>
<p>9</p> <p>Sing Out Choir <input type="checkbox"/></p> <p>10:30am-12pm</p>	<p>10</p> <p>Gardening <input type="checkbox"/></p> <p>10am-1pm</p> <p>Drama and Dance <input type="checkbox"/></p> <p>12:30-2pm</p> <p>Newsletter Group <input type="checkbox"/></p> <p>5:30pm-6:30pm</p>	<p>11</p> <p>Keep Fit at Community House <input type="checkbox"/></p> <p>12pm-1pm</p>	<p>12</p> <p>Cycling and Walking <input type="checkbox"/></p> <p>10am-12pm</p> <p>Barclays Bank Enfield—Money Confidence Session <input type="checkbox"/></p> <p>10am-11am</p> <p>Pub Night—Ridgeway Tavern <input type="checkbox"/></p> <p>7pm-8:30pm</p>	<p>13</p>
<p>16</p> <p>Sing Out Choir <input type="checkbox"/></p> <p>10:30am-12pm</p>	<p>17</p> <p>Gardening <input type="checkbox"/></p> <p>10am-1pm</p> <p>Health and Wellbeing <input type="checkbox"/></p> <p>10am-12pm</p> <p>Newsletter Group <input type="checkbox"/></p> <p>5:30pm-6:30pm</p>	<p>18</p> <p>Keep Fit at Community House <input type="checkbox"/></p> <p>12pm-1pm</p>	<p>19</p> <p>Cycling and Walking <input type="checkbox"/></p> <p>10am-12pm</p> <p>Booking Day</p>	<p>20</p>
<p>23</p> <p>Sing Out Choir <input type="checkbox"/></p> <p>10:30am-12pm</p> <p>Keeping Safe in Enfield- Self Defence and Situation Awareness <input type="checkbox"/></p> <p>1pm-3pm</p>	<p>24</p> <p>Gardening <input type="checkbox"/></p> <p>10am-1pm</p> <p>Drama and Dance <input type="checkbox"/></p> <p>12:30-2pm</p> <p>Newsletter Group <input type="checkbox"/></p> <p>5:30pm-6:30pm</p>	<p>25</p> <p>Keep Fit at Community House <input type="checkbox"/></p> <p>12pm-1pm</p> <p>Pub Discovery <input type="checkbox"/></p> <p>7pm-8:30pm</p>	<p>26</p> <p>Cycling and Walking <input type="checkbox"/></p> <p>10am-12pm</p>	<p>27</p>
<p>30</p> <p>Sing Out Choir <input type="checkbox"/></p> <p>10:30am-12pm</p>				<p>Sunday 6th July—Parallel Windsor</p>

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

Quakers Lunch Club

If you would like to attend any of the Quakers Lunch Clubs, please do let us know in the office. If you would be interested in volunteering there, please give us a call!

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.

We have now got an agreement with a local cab firm 'Comfort Transport' . In some cases if you require help we can book on your behalf but you will need to pay.

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