

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRI

SAT

SUN



# JULY ACTIVITIES 2026



1  
ART 10:00- 11:15am,  
St Aldhelm's Church  
CREATE AND CONNECT 11.30-12.30pm,  
St Aldhelm's Church  
GRIEF CAFE 12.30-2.30pm  
St Aldhelm's Church  
*\*Art for Autistic members only with Joe*  
1:00pm - 2.15pm. St Aldhelm's Church  
END OF LIFE WORKSHOP 1-3PM  
Community house



2  
CYCLING WITH PETE 10:00-12:00pm  
Bush Hill Park  
CHAT AND CHILL 12:00 -1pm  
Bush Hill Park  
ACTIVITY SIGN UPS 12.30pm-1.30pm  
2 Farm Road, Office



3

4

5

6  
CHOIR WITH CAMILLA 10:30-12pm  
Enfield Baptist Church  
  
SUMMER CELEBRATION PARTY 6.30-8.30pm  
Holy Trinity Church



7  
GARDENING WITH BOB 10:00-1pm  
Bush Hill Park  
CYCLING WITH PETE/JANE 10:00-12pm  
Bush Hill park  
SWIMMING 12-1pm  
Southbury leisure center



8  
ART 10:00 - 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  
END OF LIFE WORKSHOP 1-3PM  
Community house



9  
CYCLING WITH PETE 10:00-12:00pm  
Bush Hill Park  
CHAT AND CHILL 12:00 -1pm  
Bush Hill Park



10

11

12

13  
SPORTS WITH SPURS 10.30-1pm  
Tottenham Hotspur community center  
  
CHOIR CONCERT 12.30-1.30PM  
Enfield Baptist Church



14  
GARDENING WITH BOB 10:00-1pm  
Bush Hill Park  
CYCLING WITH PETE/JASMINE 10:00-12pm  
Bush Hill park  
HEALTH & WELLBEING WORKSHOP 11.30-1pm  
Holy Trinity Church  
UCAN COOKERY 1-2.30PM  
St Aldhelm's Church  
PUB NIGHT 7.30-8.30pm  
Ridgeway Tavern



15  
ART 10:00am - 11:15am,  
St Aldhelm's Church  
CREATE AND CONNECT 11.30-12.30pm,  
St Aldhelm's Church  
END OF LIFE WORKSHOP 1-3PM  
Community house



16  
CYCLING WITH PETE/ DESI 10:00-12:00  
Bush Hill Park  
CHAT AND CHILL 12:00-1pm  
Bush Hill Park



17

18

19

20  
TRIP TO ROWANS BOWLING WITH STEVEN AND BOB  
Meet at COMMUNITY HOUSE, 10:00am  
Members to pay on arrival,  
Tickets are £8.10  
per player, per game  
  
ACTIVITY SIGN UPS 12.30pm-1.30pm  
2 Farm Road, Office



21  
GARDENING WITH BOB 10:00am - 1pm  
Bush Hill Park  
SWIMMING 12-1pm  
Southbury leisure center  
WALKING GROUP 1.30-2.30pm  
Enfield Playing fields  
BACK TO BASICS BAKING 2-4pm  
Quakers



22  
ART 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  
END OF LIFE WORKSHOP 1-3PM  
Community house



23  
CHAT AND RELAX 11-12PM  
Ridgeway Tavern  
WALKING GROUP WITH DESI 12.30-1.30PM  
Enfield Town Park



24

25

26

27  
SPORTS WITH SPURS 10.30-1pm  
Tottenham Hotspur community center



28  
GARDENING WITH BOB 10:00am - 1pm  
Bush Hill Park  
HEALTH & WELLBEING WORKSHOP 11.30-1pm  
Holy Trinity Church



29  
ART  
10:00- 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



30  
CHAT AND RELAX 11-12pm  
Ridgeway Tavern  
FITNESS WITH REN 11.30-12.30  
Chase Farm Gym park  
PUB DISCOVERY 7-8.30pm  
Stag and Hounds



31

### Cycling

Activity Lead - Pete/Desi  
Bush Hill Park,  
99 Lincoln Road,  
Enfield EN1 1JX  
10am-12pm.

Please meet us by the  
containers and enjoy a cycle  
around the park.



### Chat and Chill

Activity lead - Desi  
Bush Hill Park,  
99 Lincoln Road,  
Enfield EN1 1JX  
12-1pm

Please meet us by the  
containers for a relaxing  
chat and chance to unwind  
amongst peers.



### Fitness with Ren

Activity Lead - Ren  
Chase Farm Hospital Gym  
park  
11.30-12.30pm

Learn how to use the free  
gym equipment, have fun and  
get fit! Please bring a bottle  
of water with you and wear  
comfortable, appropriate  
clothing for the weather and  
movement.



### Grief cafe

St Aldhelms, Windmill Road,  
London N18 1PA  
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.

### End of life workshop

Community house  
311 Fore street N9 0PZ  
1-3pm  
This is a workshop with  
Enfield End of Life steering  
group and One to One to help  
you plan for your whole life,  
right to the end. You can join  
us to get help writing a plan  
that you can keep. There are  
four sessions and we will talk  
about your future, your  
wishes and what matters to  
you.

### Sports with Spurs

Activity Lead - Ren  
Tottenham Community  
Sports Centre, 701-703  
High Road,  
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**



## 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

### Walking Group Enfield playing fields

Activity Lead - Ren  
Enfield Playing fields  
6 Cobham Cl, Enfield EN1 3PH  
1.30-2.30pm

Come and join us for a walk  
around the lovely grounds of  
Enfield playing fields!

### Walking Group Enfield playing fields

Activity Lead - Desi  
Enfield Town Park  
Cecil Rd, Enfield EN2  
12.30-1.30pm

Come and join us for a walk  
around the lovely Enfield town  
park!



### Activity sign ups in office

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.**



### Health and Wellbeing workshop

Holy Trinity Church,  
Winchmore Hill N21 3RS  
11.30-1pm  
This is a workshop with  
Medicus, please join us to hear  
more about guidance on booking  
GP appointments, cancer  
screening, where to get medical  
help, healthy eating and health  
checks.



### Trip Rowan's Tenpin Bowling

Activity Lead - Bob and  
Steven  
Meet at Community House at  
10am  
311 Fore Street N9 0PZ  
To travel to  
Rowans Tenpin Bowling 10  
Stroud Green Road N4 2DF  
Join us for a Bowling trip, We  
will travel together from  
Community House by public  
transport.  
**Please bring money for the  
bowling and travel, bowling is  
£7.60 per member per game.**

### Create & Connect

Activity Lead - Jasmine  
St Aldhelm's Church,  
Windmill Road,  
London N18 1PA  
11.30-12.30pm  
Join us for a friendly,  
creative, and totally relaxed  
gathering where everyone's  
welcome! Enjoy good company  
and create new ideas  
together.



### Swimming

Southbury Leisure centre  
192 Southbury Road  
Enfield EN1 1YP  
12-1pm  
12 spaces available for a  
private lane booked at  
Southbury Leisure Centre.  
Booking essential and you  
must be able to swim. This is  
not a swimming lesson, but a  
chance to get fit, splash  
about and use the lane to  
swim.



### Autism Art

Activity Lead - Joe  
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!



### Art Group

Activity Lead - Jasmine  
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!



### Sing Out Choir!

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



### Pub Discovery

Activity Lead - Jasmine  
The Stag and Hounds  
371 Bury St W, London N9  
9JW  
7pm-8:30pm.  
Enjoy an evening of socialising,  
relaxing and catching up with others.  
**Bring money to buy your drink/  
food**



### Pub Night

Activity Lead - Jasmine  
Ridgeway Tavern,  
76 The Ridgeway, EN2 8JF  
7.30-8:30pm.  
Enjoy an evening of socialising,  
relaxing and catching up with  
others  
**Bring money to buy your drink/  
food**

### Back to basics baking

Activity Lead - Jane  
Quakers  
Friends meeting house  
59 Church Hill, Winchmore  
hill, N21 1LE  
2-4pm  
Enjoy a fun session of cooking  
and socialising!



### Gardening

Activity Lead - Bob  
99 Lincoln Road,  
Enfield EN1 1JX  
10am-13:00pm  
Meeting by the bike sheds  
for gardening and a cup of  
tea!



### Chat and Relax

Activity Lead -  
Ridgeway Tavern  
76 The Ridgeway  
Enfield EN2 8JF  
11-12.00pm  
Come and meet other members,  
catch up and socialise.



**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.