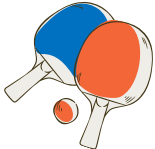


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
 AUGUST ACTIVITIES 2026					1	2
3 CLOSED NO ACTIVITIES	4 CLOSED NO ACTIVITIES	5 CLOSED NO ACTIVITIES	6 CLOSED NO ACTIVITIES	7	8	9
10 SPORTS WITH SPURS MATCH 12-1pm - Bob Tottenham Hotspur community centre  ACTIVITY SIGN UPS 10.00am 11:00am 2 Farm Road, Office	11 GARDENING WITH BOB 10:00-1pm Bush Hill Park  FITNESS AND FLOW WITH REN 10:30-11:30 Firs Farm Community Cafe  HEALTH & WELLBEING WORKSHOP 11.30-1pm Holy Trinity Church  UCAN COOKERY 1-2.30PM St Aldhelm's Church 	12 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   	13 TRIP TO ROWANS BOWLING WITH BOB AND STEVE Meet at COMMUNITY HOUSE, 10:00am Members to pay on arrival, Tickets are £8.10 per player, per game  PUB DISCOVERY 7-8:30PM The Gilpins Bell 	14	15	16
17 CHAT AND RELAX 11-12 Ridgeway Tavern  TABLE TENNIS 1:00-2:30pm Firs Farm 	18 GARDENING WITH BOB 10:00am - 1pm Bush Hill Park  BACK TO BASICS BAKING 2-4pm Quakers  GAMES NIGHT 7-8:30 Cafe Pistchi 	19 AUTISTIC DROP IN Support drop-in with Joe 1:00pm - 2:00pm 2 Farm Road, Office  QUAKERS FRIENDS TEA 2:30-4:30 Winchmore Hill Quakers 	20 DRAWING WORKSHOP 11-12 Enfield Town Park  SUMMER PICNIC 12:30-1:30 Enfield Town Park Bring your own food 	21	22	23
24 CHAT AND RELAX 11-12 Ridgeway Tavern  FRIENDLY FOOTBALL 1:30-2:30 Firs Farm Playing Fields 	25 GARDENING WITH BOB 10:00am - 1pm Bush Hill Park  FITNESS AND FLOW WITH REN 10:30-11:30 Firs Farm Community Cafe  HEALTH & WELLBEING WORKSHOP 11.30-1pm Holy Trinity Church 	26 AUTISTIC DROP IN Support drop-in with Joe 1:00pm - 2.00pm. 2 Farm Road, Office  GRIEF CAFE 12:30-2:30pm The Ann Rommert Room Quakers	27 SPORTS DAY 11-12 Southbury Leisure Centre Fields  ACTIVITY SIGN UPS 1.00-2:00pm 2 Farm Road, Office PUB NIGHT 7-8.30pm The Ridgeway Tavern 	28	29	30
31 CLOSED NO ACTIVITIES						

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.**

**Sports with Spurs
Friendly Match**
Activity Lead - Bob
[Tottenham Community Sports
Centre, 701-703 High Road](#),
N17 8AD
12-1pm
Come along and put those
skills in to practice as we
take on another local charity
in a friendly match
Free to attend.

Fitness with Ren
Activity Lead - Ren
[Firs Farm Community Cafe](#)
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.

**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.

**Creative Activites at
St Aldhelms**
Activity Lead - Jasmine
[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 - 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!

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

Friendly Football
Activity Lead - Ren
[Firs Farm Fields](#)
1:30-2:30pm
Meeting outside the Firs
Farm cafe and we will walk
over to the goal fields
together for a friendly game
with each other.

Table Tennis
Activity Lead - Jasmine
[Firs Farm Fields](#)
1:30-2:30pm
Meeting outside the Firs
Farm cafe and we will walk
over to the goal fields
together for a friendly game
with each other.

**Games Night at Cafe
Pistachi**
Activity Lead - Jasmine
[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!

UCAN Cookery
Cookery class
Activity Lead - Jasmine
[St Aldhelm's Hall](#),
[Windmill Road](#),
[London N18 1PA](#)
1pm-3pm.
Enjoy a fun session of cooking
and socialising!

Back to Basics baking
Activity Lead - Jasmine
[Quakers Friends
meeting house 59 Church Hill](#),
[Winchmore hill, N21 1LE](#)
2-4pm
Enjoy a fun session of cooking
and socialising!

Drawing Workshop
Activity Lead - Annette & Ren
[Enfield Town Park](#)
11-12
Join us for an open-air drawing
workshop surrounded by green
space, trees and views of the
landscape.
Led by illustrator and art
teacher Annette Agard-Vernon,
this is a friendly, relaxed
session. We will explore natural
forms through simple, guided
drawing exercises with step-by-
step guides and demonstrations
of how to use the materials.

Summer Picnic
Activity Lead - Ren
[Enfield Town Park](#)
12:30-1:30
Come along and enjoy a
summer picnic, a chance to
socialise and relax
together. Please bring your
own food and drink and
perhaps something to sit on
if you would like.

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 £8.10 per member per
game.**

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 by your drink/
food**

Pub Discovery
Activity Lead - Jasmine
[Gilpins Bell Pub](#)
[50-54 Fore St, Silver](#)
[London N18 2SS](#)
7pm-8:30pm.
Enjoy an evening of socialising,
red catching up with others.
**Bring money to buy your drink/
food**

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

Grief cafe
[The Ann Rommert Room](#)
[Winchmore Hill Quakers](#)
[59 Church Hill](#),
[London N21 1LE](#)
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.

Quakers Friends Tea
Activity Lead - Fiona
[Winchmore Hill](#)
Quakers House
2:30-4:30
Join us for an afternoon filled
with friendly conversatins,
drinks and a delicious selection
of drinks.

**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.

SUMMER CLOSURE

Please note we are closed for the
summer on these weekday dates
and there will be no activities:

August 3rd to 9th
and then
August 31st to September 8th