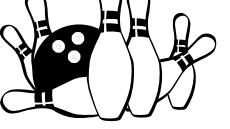
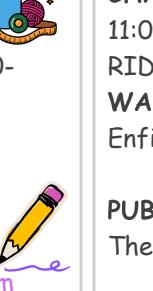




# MARCH ACTIVITIES 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
<p>2 ACTIVITY SIGN UPS 12.30pm-1.30pm 2 Farm Road, Office</p> <p>CHOIR WITH CAMILLA 10:30am-12pm Enfield Baptist Church *Free Flow Music with Camilla (by invitation only) 1pm-2pm</p> <p>SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE</p>   	<p>3 ACTIVITY SIGN UPS 12.30pm-1.30pm 2 Farm Road, Office</p> <p>GARDENING WITH BOB 10:30am-12:30pm Bush Hill Park</p>  	<p>4 ART WITH TONI 10:00am - 11:15am ST Aldhelm's Church</p> <p>CREATE AND CONNECT WITH TONI 11.30am - 2:00pm St Aldhelm's Church</p> <p>*Art for Autistic members only with Joe 11.30am - 1:00pm</p>  	<p>5 WALKING GROUP WITH DESI 12.15-1.15pm Enfield Town Park</p> 		<p>6</p>	<p>7</p>
<p>9 AN AUDIENCE WITH NORTH LONDON HOSPICE WITH LUCY 12:30pm-2:30pm Enfield Baptist Church</p> <p>SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE</p>  	<p>10 GARDENING WITH BOB 10:30am-12:30pm Bush Hill Park</p> <p>COOKERY CLASS 1:00pm-2:30pm St Aldhelm's Hall</p> <p>PUB NIGHT WITH ROWAN 7:00pm-8:30pm Ridgeway Tavern</p>   	<p>11 ART WITH TONI 10:00am - 11:15am ST Aldhelm's Church</p> <p>CREATE AND CONNECT WITH TONI 11.30am - 2:00pm St Aldhelm's Church</p> <p>*Art for Autistic members only with Joe 11.30am - 1:00pm</p>  	<p>12 TRIP TO ROWANS BOWLING WITH BOB AND DESI Meet at COMMUNITY HOUSE, 10am</p> <p>Members to pay on arrival, Tickets are £7.60 per player, per game</p> 	<p>13</p>	<p>14</p>	<p>15</p>
<p>16 CHOIR WITH CAMILLA 10:30am-12pm Enfield Baptist Church</p> <p>SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE</p>  	<p>17 GARDENING WITH BOB 10:30am-12:30pm Bush Hill Park</p> <p><b>HAPPY ST. PATRICK'S DAY</b></p> 	<p>18 ART WITH TONI 10:00am - 11:15am ST Aldhelm's Church</p> <p>CREATE AND CONNECT WITH TONI 11.30am - 2:00pm St Aldhelm's Church</p> <p>*Art for Autistic members only with Joe 11.30am - 1:00pm</p>  	<p>19 CHAT AND RELAX WITH DESI 11:00am - 12:00pm Firs Farm Community Hub</p> <p>WALKING GROUP WITH DESI 12.15-1.15pm Firs Farm Community Hub</p>  	<p>20</p>	<p>21</p>	<p>22</p>
<p>23 CHOIR PERFORMANCE, FILM SOUNDTRACKS 12:30pm-1:30pm Enfield Baptist Church</p> <p>SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE</p>  	<p>24 GARDENING WITH BOB 10:30am-12:30pm Bush Hill Park</p> <p>COOKERY CLASS 1:00pm-3:00pm St Aldhelm's Hall</p>  	<p>25 ART WITH TONI 10:00am - 11:15am ST Aldhelm's Church</p> <p>VOLUNTEERING AT ST ALDEHLM'S WITH TONI 1:00-2:30PM St Aldhelm's Church</p> <p>CREATE AND CONNECT WITH TONI 11.30am - 2:00pm St Aldhelm's Church</p> <p>*Art for Autistic members only with Joe 11.30am - 1:00pm</p>  	<p>26 CHAT AND RELAX WITH DESI 11:00am-12:00pm RIDGEWAY TAVERNS</p> <p>WALKING GROUP WITH DESI 12.15-1.15pm Enfield Town Park</p> <p>PUB DISCOVERY WITH TONI 7:00pm-8:30pm The Queens Head 7:00pm-8:30pm</p>   	<p>27</p>	<p>28</p>	<p>29</p>
<p>30 SPORTS WITH SPURS WITH REN 10:00am-12:30pm TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 9:00am to TOTTENHAM COMMUNITY CENTRE</p> 	<p>31 ACTIVITY SIGN UPS 12.30-1.30pm 2 Farm Road, Office</p> <p>FLEX FITNESS WITH REN 10:30-11:30am Firs Farm Community Hub</p> <p>GARDENING WITH BOB 10:30am-12:30pm Bush Hill Park</p>  					



# 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  
or Firs Farm Community Hub  
Firs Lane, N21 2PJ  
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**  
Activity Lead - Ren  
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 - Rowan  
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 buy your drink/ food**



**Cookery class**  
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**



**Trip Rowan's Tenpin Bowling**  
Activity Lead - Bob and Desi  
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. Enjoy a fun day out of socialising and perfecting your bowling skills!  
Please bring money for the bowling and travel, bowling is £7.60 per member per game.

**PLEASE DO NOT ARRIVE TOO EARLY FOR EVENTS**

**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.

**Walking Group**  
Activity Lead - Desi   
Enfield Town Park,  
Cecil Road, 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**

**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 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 -2.00pm  
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)  
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 (choir lead)  
Enfield Baptist Church,  
Cecil Road EN2 6TG  
12:30pm-1:30pm  
Come and Support our sing out choir in their performance of Film soundtracks! Enjoy some familiar and fun music!  
**Free to attend**

**An Audience with North London Hospice**  
Activity Lead - Lucy   
Enfield Baptist Church,  
Cecil Road  
EN2 6TG  
12:30pm-2:30pm  
All members welcome!  
**Free to attend**

**Pub Discovery**  
Activity Lead - Toni  
Queens Head,  
41-43 Station Road,  
N21 3NB  
7-8:30pm.  
Enjoy an evening of socialising, relaxing and catching up with others.  
**Free to attend, bring money to buy 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**  
Activity Lead- 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 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**

**Flex Fitness**  
Activity Lead - Ren  
Firs Farm Community Hub,  
Firs Lane N21 2PJ  
10:30am-11:30am  
Come and join us for a combination of strength, balance and flexibility. Improve joint mobility and function, reduce tension and stiffness in the body.  
**Free to attend**