



JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
			1	2	3	4
5 NO ACTIVITIES	6 MAIN OFFICE, 2 FARM ROAD, N21 3JA Sign up for new activities (Jay) (10am - 12pm) *OFFICE CLOSED 12pm* 	7 FIRS FARM COMMUNITY HUB with Toni: Step Into the Year Walk (11am-12pm), Music (12.45-1.30pm), Getting to Know You (1.30-2.30pm) 	8 RIDGEWAY TAVERN Chat & Relax with Desi (11am-12pm) MAIN OFFICE, 2 FARM ROAD, N21 3JA Sign up for new activities (Jay) (1-2pm) 	9	10	11
12 ENFIELD BAPTIST CHURCH Choir with Camilla 10:30am-12pm *Free Flow Music with Camilla (by invitation only) 1pm-2pm An Audience with North London Hospice (Charlotte) 12:30-2:30pm 	13 BUSH HILL PARK, Gardening with Bob (10:30am-12:30pm) ST ALDHELM'S Cooking (1-2:30pm) RIDGEWAY TAVERN Pub Night (7-8.30pm) 	14 ST ALDHELM'S CHURCH Art with Toni (10am-11:15am) Create & Connect with Toni (11.30am -2.30pm) *Autism Drop in Session with Joe (11:30am-1pm) 	15 RIDGEWAY TAVERN Chat & Relax with Desi (11am-12pm) 	16	17	18
19 ENFIELD BAPTIST CHURCH Choir with Camilla 10:30am-12pm Health and Well Being Group with Charlotte 12:30pm-2:30pm *Free Flow Music with Camilla (by invitation only) 1pm-2pm TRAVEL GROUP: SOUTHGATE COLLEGE from OFFICE 1.30pm SOUTHGATE COLLEGE Sports Pick & Mix with Lucy 2:15-3:15pm 	20 BUSH HILL PARK, Gardening with Bob (10:30am-12:30pm) 	21 ST ALDHELM'S CHURCH Art with Toni 10am-11:15am Create & Connect with Toni (11.30am -2.30pm) *Autism Art with Joe 11.30am-1pm 	22 Trip to the NATIONAL GALLERY with Bob and Desi Meet at COMMUNITY HOUSE , 10am Tickets are £25 per member 	23	24	25
26 ENFIELD BAPTIST CHURCH Choir with Camilla 10:30am-12pm *Free Flow Music with Camilla (by invitation only) 1pm-2pm TRAVEL GROUP: SOUTHGATE COLLEGE from OFFICE 1.30pm SOUTHGATE COLLEGE Sports Pick & Mix with Ren 2:15-3:15pm 	27 BUSH HILL PARK, Gardening with Bob (10:30am-12:30pm) 	28 Southbury Leisure Centre Open Day TRAVEL GROUP FROM OFFICE at 9am BETTER *OFFICE CLOSED* 	29 FIRS FARM COMMUNITY HUB Health walk, Coffee and Chat with Desi 9:30am-12:30pm 	30	31	

ACTIVITY INFORMATION

JANUARY



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



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



Health and Wellbeing

Enfield Baptist Church, Cecil Road, EN2 6TG
12:30-2:30pm. Workshops and sessions focusing on different aspects of Health and Wellbeing. Inclusive, friendly and non-judgemental, bring your health related questions to these sessions to make sure you're getting the right support.
Free to attend



National Gallery Trip

Thursday 22th January
Activity Lead - Bob
Come with us on an exciting trip to the National Gallery! You'll be inspired by the amazing artwork you will see and have lots of pleasure exploring! This trip is a fun and inspiring way to discover the world of art up close.
Meet at Community House 10am
Travelling via public transport with a group. **£25 per ticket**



Cooking

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



Step into the Year Walk

Activity Lead - Toni and Joe
Firs Farm Community Hub, Playing Fields, Firs Lane N21 2PJ
11-12. A nice start to your year and a great chance to talk to new people and catch up!
Free to attend



Music

Activity Lead - Toni
Firs Farm Community Hub, Playing Fields, Firs Lane N21 2PJ
12:30-1:30pm. A fun session to explore music in a friendly zone!
Free to attend



Getting to know you session

Activity Lead - Toni
Firs Farm Community Hub, Playing Fields, Firs Lane N21 2PJ
1:30pm-2:30pm
A nice start to your year to meet lots of new people! Bring your own lunch, 1 hot drink will be provided.
Free to attend



Walking Group with Coffee and Chat

Activity Lead - Desi
Firs Farm Community Hub, Playing Fields, Firs Lane N21 2PJ
9:30-12:30.
PLEASE WEAR SENSIBLE WALKING SHOES
Free to attend



Travel Group Information

Meet at the Office (2 Farm Road, Winchmore Hill, London N21 3JA)
We will run a group for those who are nervous to travel alone to a new venue.
Please let Jay know if you would be interested in joining a travel group when you make your booking.



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



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)



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



Southbury Leisure Centre Open Day

192 Southbury Road, Enfield, London, EN1 1YP
Wednesday 28th January
The travel group will leave from the office. Further details will be provided.
Free to attend



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



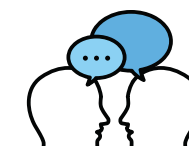
Art Group

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



Autism Drop in Session

Activity Lead - Joe
St Aldhelm's Church, Windmill Road, London N18 1PA
11:30am-1pm
A fun chance to meet people, socialise and share ideas with each other!
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



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!