



## Autism Hub Events – February 2026

*Drop-in sessions are open to all members of the public and do not need to be booked. You may have to wait your turn to be seen. Any member can drop in to discuss anything on their mind with a Peer Support Worker and/or an Activity Lead. Housing, referrals, support within the community, including information about One to One Enfield.*

*Peer Support Groups are a closed group, and therefore, if you would like to join one, you must contact [lucy@one-to-one-enfield.co.uk](mailto:lucy@one-to-one-enfield.co.uk) to discuss which group may be right for you. It is important that we keep the groups informed on any changes, including new members.*

### Wednesday 4<sup>th</sup> February – **Art-based Drop In**

11:30-13:00

St Aldhelms, 2 Windmill Road, London N18 1PA

### Wednesday 11<sup>th</sup> February – **Art Group for Autistic Adults**

13:00-14:30

St Aldhelms, 2 Windmill Road, London N18 1PA

### Thursday 12<sup>th</sup> February – **Inclusive Chat and Relax**

11:00-12:00

The Ridgeway Tavern, 76 The Ridgeway, EN2 8JF

### Monday 16<sup>th</sup> February – **Evening Peer Support Group**

18:30-20:00

The Winchmore Pub (by invitation only, please enquire first)

### Wednesday 18<sup>th</sup> February – **Art Group for Autistic Adults**

1pm-2:30pm

St Aldhelms, 2 Windmill Road, London N18 1PA

### Thursday 26<sup>th</sup> February – **Online Peer Support Group**

19:30-21:00

Microsoft Teams (please email [lucy@one-to-one-enfield.co.uk](mailto:lucy@one-to-one-enfield.co.uk) for link)

**Are you an autistic adult under 30?** We are running a small group for 6 weeks, starting in February. Aims: *This therapeutic space will offer support for young people in Enfield to enhance their wellbeing, to learn about their strengths and skills, reflect upon their hopes and values and how to achieve their goals. It will involve joining with others in a small group to create a story of their future hopes, as they would like them to be. This therapeutic space aims to enhance wellbeing. How: Using the metaphor of the tree of life we will be exploring our past and the rich skills and strengths we have inherited. We will learn about how these gifts can help us to achieve our hopes and dreams and how they help us manage when times are more difficult. Working together, we will share our hopes and encourage each other to succeed on our journey. **Please contact Lucy if you would like to join. Spaces are very limited.***

ANY QUESTIONS – CONTACT LUCY on [lucy@one-to-one-enfield.co.uk](mailto:lucy@one-to-one-enfield.co.uk) or call 0203 971 3984 Mon-Thu 9:30am-2:30pm