



# My Choice Booking Form

January—March 2025



Name	
Address	
Your phone number	
Emergency number	
Do you have difficulty with stairs?	Yes / No
Do you travel independently ?	Yes / No
Do you have difficulty with lifts?	Yes / No
Do you have difficulty with escalators?	Yes / No
Do you give consent to having your photo taken and shared online?	Yes / No

# JANUARY 2025

		1 Closed	2 Closed	3 Closed
6 Yoga Welcome Session 3pm-4pm <input type="checkbox"/>	7 Chat and Relax 11am-12pm <input type="checkbox"/>	8 Bowling 10am meeting <input type="checkbox"/>	9 Staff Training— No Activities Today	10
Pub Night 7pm-8:30pm <input type="checkbox"/>				
13 Choir (Blue Monday) 10:30am-12pm <input type="checkbox"/>	14 Gardening 10am-1pm <input type="checkbox"/>	15 Keep Fit! 11:45am-12:45pm <input type="checkbox"/>	16 Cooking 10am-12pm <input type="checkbox"/>	17
	Behaviour Workshop 11am-12pm <input type="checkbox"/>			
20 Choir 10:30am-12pm <input type="checkbox"/>	21 Keeping Safe in Enfield 10:30am-12:30pm <input type="checkbox"/>	22 Keep Fit! 11:45am-12:45pm <input type="checkbox"/>	23 Cooking 10am-12pm <input type="checkbox"/>	24
	Gardening 10am-1pm <input type="checkbox"/>	Pub Discovery 7pm-8:30pm <input type="checkbox"/>	Booking Day 10-2 in Office	
27 Choir 10:30am-12pm <input type="checkbox"/>	28 Gardening 10am-1pm <input type="checkbox"/>	29 Keep Fit 11:45am-12:45pm <input type="checkbox"/>	30 Cooking 10am-12pm <input type="checkbox"/>	31

# FEBRUARY 2025

<p><b>3</b></p> <p><b>Choir</b> 10:30am-12pm</p> <input type="checkbox"/>	<p><b>4</b></p> <p><b>Gardening</b> 10am-1pm</p> <input type="checkbox"/>	<p><b>5</b></p> <p><b>Bowling</b> 10am meeting</p> <input type="checkbox"/>	<p><b>6</b></p> <p><b>Cooking</b> 10am-12pm</p> <input type="checkbox"/>	<p><b>7</b></p>
<p><b>10</b></p> <p><b>Choir</b> 10:30am-12pm</p> <input type="checkbox"/>	<p><b>11</b></p> <p><b>Gardening</b> 10am-1pm</p> <input type="checkbox"/>	<p><b>12</b></p> <p><b>Keep Fit!</b> 11:45am-12:45pm</p> <input type="checkbox"/>  <p><b>Pub Discovery</b> 7pm-8:30pm</p> <input type="checkbox"/>	<p><b>13</b></p> <p><b>Valentines Chat and Relax</b> <b>Ridgeway</b> 11am-12pm</p> <input type="checkbox"/>	<p><b>14</b></p>
<p><b>17</b></p> <p><b>Literacy Group with Maria</b> 1pm-2pm</p> <input type="checkbox"/>	<p><b>18</b></p> <p><b>Keeping Safe in Enfield</b> 10:30am-12:30pm</p> <input type="checkbox"/>  <p><b>Gardening</b> 10am-1pm</p> <input type="checkbox"/>	<p><b>19</b></p> <p><b>Keep Fit!</b> 11:45am-12:45pm</p> <input type="checkbox"/>	<p><b>20</b></p> <p><b>Barclays—Cybercrime</b> 1pm-2pm</p> <input type="checkbox"/>  <p><b>Booking Day 10-2 in Office</b></p>	<p><b>21</b></p>
<p><b>24</b></p> <p><b>Choir</b> 10:30am-12pm</p> <input type="checkbox"/>  <p><b>Literacy Group with Maria</b> 1pm-2pm</p> <input type="checkbox"/>	<p><b>25</b></p> <p><b>Gardening</b> 10am-1pm</p> <input type="checkbox"/>  <p><b>Drama and Dance</b> 12:30pm-2pm</p> <input type="checkbox"/>	<p><b>26</b></p> <p><b>Keep Fit!</b> 11:45am-12:45pm</p> <input type="checkbox"/>  <p><b>Pub Night</b> 7pm-8:30pm</p> <input type="checkbox"/>	<p><b>27</b></p> <p><b>The Cinema Museum Trip</b> Meet 10am</p> <input type="checkbox"/>  <p><b>Yoga</b> 12:30-1:30pm</p> <input type="checkbox"/>	<p><b>28</b></p>

# MARCH 2025

<p>3</p> <p><b>Choir</b> 10:30am-12pm <input type="checkbox"/></p> <p>Yoga</p> <p><b>Literacy Group with Maria</b> 1pm-2pm <input type="checkbox"/></p>	<p>4</p> <p><b>Gardening</b> 10am-1pm <input type="checkbox"/></p> <p><b>Drama and Dance</b> 12:30pm-2pm <input type="checkbox"/></p>	<p>5</p> <p><b>Bowling</b> 10am meeting <input type="checkbox"/></p>	<p>6</p> <p><b>Yoga</b> 12:30-1:30pm <input type="checkbox"/></p> <p><b>Pub Night</b> 7pm-8:30pm <input type="checkbox"/></p>	<p>7</p>
<p>10</p> <p><b>Choir</b> 10:30am-12pm <input type="checkbox"/></p> <p><b>Literacy Group with Maria</b> 1pm-2pm <input type="checkbox"/></p>	<p>11</p> <p><b>Gardening</b> 10am-1pm <input type="checkbox"/></p> <p><b>Drama and Dance</b> 12:30pm-2pm <input type="checkbox"/></p>	<p>12</p> <p><b>Chat and Relax</b> 11am-12pm <input type="checkbox"/></p> <p><b>Keep Fit!</b> 11:45am-12:45pm <input type="checkbox"/></p>	<p>13</p> <p><b>Walking Group</b> 10am-11am <input type="checkbox"/></p> <p><b>Yoga</b> 12:30-1:30pm <input type="checkbox"/></p>	<p>14</p>
<p>17</p> <p><b>Walking Group</b> 10am-11am <input type="checkbox"/></p> <p><b>Literacy Group with Maria</b> 1pm-2pm <input type="checkbox"/></p>	<p>18</p> <p><b>Gardening</b> 10am-1pm <input type="checkbox"/></p> <p><b>Drama and Dance</b> 12:30pm-2pm <input type="checkbox"/></p>	<p>19</p> <p><b>Keep Fit!</b> 11:45am-12:45pm <input type="checkbox"/></p> <p><b>Pub Discovery</b> 7pm-8:30pm <input type="checkbox"/></p>	<p>20</p> <p><b>Keeping Safe in Enfield</b> 11-1 <input type="checkbox"/></p> <p><b>Booking Day 10-2 in Office</b></p>	<p>21</p>
<p>24</p> <p><b>Choir</b> 10:30am-12pm <input type="checkbox"/></p>	<p>25</p> <p><b>Gardening</b> 10am-1pm <input type="checkbox"/></p> <p><b>Keeping Safe Workshop with Rosa</b> 12:30-2pm <input type="checkbox"/></p>	<p>26</p> <p><b>Keep Fit!</b> 11:45am-12:45pm <input type="checkbox"/></p>	<p>27</p> <p><b>Tower Bridge Trip</b> Meet 10am <input type="checkbox"/></p> <p><b>Yoga</b> 12:30-1:30pm <input type="checkbox"/></p>	<p>28</p>
<p>31</p> <p><b>Choir Concert</b> 12:30pm-1:30pm <input type="checkbox"/></p>				

# Bowling

Activity Lead— Bob

Meet at Community House, 311 Fore Street N9  
OPZ, group bus to Rowans Leisure Complex  
10 Stroud Green Road, N4 2DF

Community House 10:15am, we will leave at 10:30am.

**£7.70 per game**, 2 games maximum

Please bring money for food or a packed lunch

# Keep Fit!

Activity Lead— Sonia

Firs Farm Community Hub, Playing  
Fields, Firs Lane, N21 2PJ

11:45am-12:45pm

Keep your mind and body fit with easy fitness routines in a  
friendly supportive environment

# Chat and Relax

Activity Lead— Charlotte or Ayse

Ridgeway Tavern, 76 The Ridgeway,  
EN2 8JF

Come in for a nice cup of free tea or coffee, meet  
other members, catch up and socialise.

11am-12pm

# Gardening

Activity Lead— Bob

Bush Hill Park, Lincoln Road, N21  
1PS

10am-1pm meeting by the bike sheds

**£10 per term encouraged (4x term per year)**

# Sing Out Choir!

Activity Lead— Camilla (choir leader) and Charlotte

**Enfield Baptist Church, Cecil Road  
EN2 6TG**

10:30am-12pm

**£10 donation per term encouraged**

# Pub Night

Activity Lead— Charlotte

**The Jolly Butchers**

**168 Baker Street, Enfield EN1 3JS**

7pm -8:30pm

Please bring money for food and drinks.

# Pub Discovery

Activity Lead— Charlotte

**Various Pubs Across Enfield (look out for the flyer on WhatsApp or ask in the office!)**

6pm -8pm

Please bring money for food and drinks.

# Walking Group

Activity Lead— Charlotte or Ayse

**Enfield Town Park, Meet outside  
Enfield Town Library, 66 Church  
Street, EN2 6AX**

Bring your own drinks and snacks. PLEASE WEAR SENSIBLE WALKING SHOES.

# Yoga and Wellbeing

St Peters Church Hall, Vera Avenue, N21  
1DN

Activity Lead—Charlotte and Dai

Yoga inclusive for all abilities. Gentle stretching, mental wellbeing and a good laugh together!

12:30-1:30pm (Monday 6th December Welcome Session is 3pm-4pm)

# Money Confidence at Barclays Bank

Barclays Bank, Enfield Town, EN2 6LS

Activity Lead—Charlotte

Come and look around a bank and ask professionals any money related questions or worries you have, with a focus on Cyber Crime.

1pm-2pm

# Write, Read, and Succeed

Activity Lead— Maria

St Andrews Church, Southgate,  
Chase Side, N14 5PP

with Maria from Niburu help build confidence in reading and writing.

# Keeping Safe in Enfield

Activity Lead— Fiona

Community House, 311 Fore Street N9 0PZ,

A group session helping members to better protect themselves from harmful influences including radicalisation and street violence.

Please check times and dates on calendar

# 4 WEEK BLOCK ACTIVITIES

You can only attend these activities if you book and pay for all 4 of the sessions. In case of sickness, you won't be refunded but we will try to put you onto the next block of sessions. If not enough people sign up, we will cancel and refund.

## Cooking Group!

Activity Lead— Charlotte and Vicki from  
Bread and Butter

**Community House, 311 Fore Street,  
Edmonton, N9 0PZ**

10am-12pm

**ONLY 8 SPACES AVAILABLE—BOOK EARLY TO  
AVOID DISAPPOINTMENT**

**£22 for 4 sessions (includes all  
ingredients)**

## Drama and Dance Group!

Activity Lead— Rosa and Charlie

Practice your performance skills with Charlie and Rosa  
in a friendly, judgement and expectation free environ-  
ment

**St Peter's Church Hall, Vera Avenue,  
N21 1DN**

12:30pm-2pm (please note regular time  
change)

**£20 for 4 sessions**



# Blue Monday Event

Enfield Baptist Church, Cecil Road  
EN2 6TG

Activity Lead—Charlotte and Camilla

Beat the blue Monday blues with a sing-a-long event with the Sing Out Choir. All friends and family invited, coffee and tea provided. Lets beat loneliness together and spend Blue Monday together!

10:30am-12:30pm

# Cinema Museum Trip

Meeting Community House, 311 Fore  
Street N9 0PZ

Activity Lead—Bob

£25

# Tower Bridge Trip

Meeting Community House, 311 Fore  
Street N9 0PZ

Activity Lead—Bob

£25

# Behaviour Workshop

A chance for members to speak with staff about One to Ones behaviour policy and voice any worries or concerns about behaviour at activities.

Community House, 311 Fore Street  
N9 0PZ

Activity Lead—Fiona

Free

# Charging & Payment Details

Please note that funding for activities is now limited and therefore suggested payment amounts are welcome donations.

It is more important to us for our activities to be inclusive to all of our members. If you are unable to afford the suggested donation amount, please contact us.

Any donation you can make towards the running of our activities is greatly appreciated, we are committed to doing everything we can to ensure we continue to provide current, new and exciting activities and we are very thankful for all the help & support you provide to us.

Bank details

One to one Enfield

a/c 51154045

s/c 23-05-80

Payment can be via BACS or cash to the office.

Thank you

- The One to One Staff

## SAFETY AT OUR ACTIVITIES

We would like to kindly remind all members, family members and carers that One to One Enfield is not a care organisation, and therefore we are unable to offer travel support to our members.

Activity Co-Ordinators are not responsible for the safety of members outside of the session, and so travel plans must be made before members attend each activity.

Can we remind all members to arrive **no more than 10 minutes** before each activity.

The designated staff member will not arrive before this.

The winter months are becoming cold and dark and so for safety reasons we do not want members to be waiting for extended periods of time without a staff member.

If you have any worries or concerns about this, or would like some sign-posting to companies who could support travel, let us know.

-The One to One Management Team