
















































# JUNE ACTIVITIES

# 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
<p>1 CHOIR WITH CAMILLA 10:30am-12pm Enfield Baptist Church *Free Flow Music with Camilla (by invitation only) 1pm-2pm ACTIVITY SIGN UPS 12.30pm-1.30pm 2 Farm Road, Office</p>   	<p>2 FITNESS AND FLOW WITH REN 10:30am-11:30am Firs Farm Community Hub BACK 2 BASICS BAKING 1:00pm-2:30pm St Aldhelms Church</p>  	<p>3 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</p> 	<p>4 MY ONE CHANGE EVENT 10-12pm Southbury leisure center CHAT AND RELAX 11-12:00pm Ridgeway Tavern WALKING GROUP 12.30pm-1.:30pm Enfield Town park</p>  	5	6	7
<p>8 CHOIR WITH CAMILLA 10:30am-12pm Enfield Baptist Church *Free Flow Music with Camilla (by invitation only) 1pm-2pm TABLE TENNIS 1-2pm Firs Farm Community hub</p>   	<p>9 GARDENING WITH BOB 10:00am-13:00pm Bush Hill Park MINDFULNESS IN NATURE 10.30-11.30AM Enfield playing fields  SWIMMING 12-1pm Southbury leisure center</p>   	<p>10 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</p> 	<p>11 CYCLING WITH PETE/ DESI 10:00-12:00pm Bush Hill Park CHAT AND CHILL 12:00-1pm Bush Hill Park PUB NIGHT 7:00pm-8:30pm The Ridgeway</p>   	12	13	14
<p>15 CHOIR WITH CAMILLA 10:30am-12:00pm North Middlesex Hospital *Free Flow Music with Camilla (by invitation only) 1pm-2pm  WALKING GROUP 1.30-2.30pm Firs farm</p>   	<p>16 CHOIR PERFORMANCE 12.15pm Chase Farm hospital GARDENING WITH BOB 10:00am-1pm Bush Hill Park FITNESS AND FLOW WITH REN 10:30am-11:30am Firs Farm Community Hub</p>    	<p>17 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</p> 	<p>18 CYCLING WITH PETE/ DESI 10:00-12:00 Bush Hill Park  CHAT AND CHILL 12:00-13:00pm Bush Hill Park</p>  	19	20	21
<p>22 CHOIR WITH CAMILLA 10:30am-12pm Enfield Baptist Church *Free Flow Music with Camilla (by invitation only) 1pm-2pm ACTIVITY SIGN UPS 12.30pm-1.30pm 2 Farm Road, Office TABLE TENNIS 1-2pm Firs Farm Community hub</p>    	<p>23 MINDFULNESS IN NATURE 10.30-11.30AM Enfield playing fields GARDENING WITH BOB 10:00am - 1pm Bush Hill Park SWIMMING 12-1pm Southbury leisure center Back to Basics Baking 1:00pm-3:00pm St Aldhelm's Hall</p>    	<p>24 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</p> 	<p>25 ARSENAL TOUR 11.30am Meet BOB at Community house  CYCLING WITH PETE/ DESI 10:00-12:00 Bush Hill Park PUB DISCOVERY 7-8.30pm The Beehive pub</p>   	26	27	28
<p>29 CHOIR WITH CAMILLA 10:30am-12pm Enfield Baptist Church *Free Flow Music with Camilla (by invitation only) 1pm-2pm WALKING GROUP 1.30-2.30pm Firs farm</p>   	<p>30 FITNESS AND FLOW WITH REN 10:30am-11:30am Firs Farm Community Hub GARDENING WITH BOB 10am-1pm Bush Hill Park</p>  					

# JUNE ACTIVITY INFORMATION



**Cycling**  
Activity Lead - Pete/Desi  
Bush Hill Park,  
99 Lincoln Road,  
Enfield EN1 1JX  
10am-12pm.  
Please meet us by the  
containers and enjoy a cycle  
around the park.



**Chat and Chill**  
Activity lead - Desi  
Bush Hill Park,  
99 Lincoln Road,  
Enfield EN1 1JX  
12-1pm  
Please meet us by the  
containers for a relaxing  
chat and chance to unwind  
amongst peers.



**Fitness and Flow with Ren**  
Activity Lead - Ren  
Firs Farm Community Hub,  
Firs Lane N21 2PJ  
10.30-11.30am  
Join Ren for a chance to  
improve fitness, strength  
and mobility with a variety  
of different exercises,  
followed by some stretch  
and relaxation.



**Pub Night**  
Activity Lead - Rowan  
Ridgeway Tavern,  
76 The Ridgeway, EN2 8JF  
7pm-8:30pm.  
Enjoy an evening of  
socialising, relaxing and  
catching up with others  
**Bring money to by your drink/  
food**



**Back to basics baking**  
Activity Lead - Jane  
St Aldhelm's Hall,  
Windmill Road,  
London N18 1PA  
1pm-3pm  
Enjoy a fun session of cooking  
and socialising!



**ARSENAL TOUR**  
Activity Lead - Bob  
Meet Bob at Community House,  
N18 at 11:30am for a 12pm  
departure as we head to the  
stadium!  
**Bring a packed lunch.  
This event is now FULLY  
BOOKED.**



**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

**Walking Group**  
Activity Lead - Ren  
Firs Farm Community Hub,  
Firs Lane N21 2PJ  
1.30-2.30pm  
Come and join us for a walk  
around the lovely grounds at  
firs farm community hubs, look  
out for wildlife and enjoy the  
spring sunshine!



**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.**



**Gardening**  
Activity Lead - Bob  
99 Lincoln Road,  
Enfield EN1 1JX  
10am-13:00pm  
Meeting by the bike sheds  
for gardening and a cup of  
tea!



**My One Change Event**  
Southbury Leisure centre  
192 Southbury Road  
Enfield EN1 1YP  
Join us for an interactive  
workshop around diabetes and  
fitness at Southbury Leisure  
Centre.  
The workshop is being lead by  
NHS dietician team, followed  
by a fitness circuit run by  
Ren.

**Create & Connect**  
Activity Lead - Ren  
St Aldhelm's Church,  
Windmill Road,  
London N18 1PA  
11.30-12.30pm  
Join us for a friendly,  
creative, and totally relaxed  
gathering where everyone's  
welcome! Enjoy good company  
and create new ideas  
together.



**Swimming**  
Southbury Leisure centre  
192 Southbury Road  
Enfield EN1 1YP  
12-1pm  
12 spaces available for a private  
lane booked at Southbury  
Leisure Centre. Booking  
essential and you must be able  
to swim. This is not a swimming  
lesson, but a chance to get fit,  
splash about and use the lane to  
swim.



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.**

**Sing Out Choir!**  
Activity Lead - Camilla (choir  
lead)  
Enfield Baptist Church,  
Cecil Road EN2 6TG  
10:30am-12pm



**Pub Discovery**  
Activity Lead - Ren  
The Beehive pub  
24 Little Bury street  
N9 9JZ  
7pm-8:30pm.  
Enjoy an evening of  
socialising, relaxing and  
catching up with others.



**Autism Art**  
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!



**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 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.



**Mindfulness in Nature**  
Activity Lead - Ren  
Enfield Playing Fields  
Donkey Lane, EN1 3PL  
10.30-11.30am  
Join Ren for a gentle walk and  
chance to relax. Connect with  
nature and our body, with some  
gentle guided breathing and  
sensory awareness.



**Chat and Relax**  
Activity Lead - Ren  
Ridgeway Tavern  
76 The Ridgeway  
Enfield EN2 8JF  
11-12.00pm  
Come and meet other members, catch up  
and socialise.

