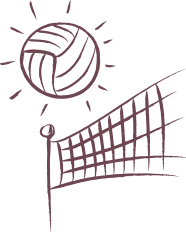
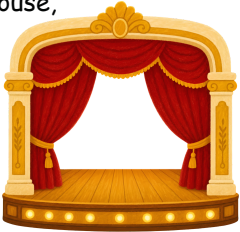


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI
 OCTOBER 2026 ACTIVITIES			1 CHAT AND RELAX 11-12 Ridgeway Tavern  WALKING GROUP 12:45-2PM Enfield Town Park 	2
5 CHOIR 10:30-12 Enfield Baptist Church  BASKETBALL 2:15-3:15 Barnet & Southgate College, Southgate campus 	6 GARDENING WITH BOB 10:00-1pm Bush Hill Park 	7 ART CLAY MAGNET MAKING 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 	8 CHAT AND RELAX 11-12 Ridgeway Tavern  WALKING GROUP 12:45-2PM Enfield Town Park 	9
12 CHOIR 10:30-12 Enfield Baptist Church  ACTIVITY SIGN UPS 11-12 2 Farm Road, Office   VOLLEYBALL 2:15-3:15 Barnet & Southgate College, Southgate campus	13 GARDENING WITH BOB 10:00-1pm Bush Hill Park  FITNESS AND FLOW 10:30-11:30 Firs Farm  UCAN COOKERY 1-2:30pm St Aldhelms  PUB NIGHT 7-8:30pm Ridegway Tarvern 	14 ART FINISHING MAGENETS 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 	15 WALKING GROUP 11-12 Trent Park  Meeting outside Cockfosters Station CHAT AND RELAX 12-1 RIPE cafe, Trent Park 	16
19 UKULELE SINGALONG WORKSHOP 10:30am-12pm Enfield Baptist Church  TENNIS 2:15-3:15 Barnet & Southgate College, Southgate Campus 	20 SWIMMING 12-1pm Southbury Leisure Centre  GAMES NIGHT 7-8:30pm Cafe Pistachi 	21 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 	22 CHAT AND RELAX 11-12 Ridgeway Tavern  WALKING GROUP 12:45-2PM Enfield Town Park  HALLOWEEN PARTY 7:30-8:30 Winchmore Hill Quakers 	23
26 UKULELE SINGALONG WORKSHOP 10:30am-12pm Enfield Baptist Church  SPORTS WITH SPURS - TRAINING 10:30-12 Tottenham Hostpur Community Sports Centre 	27 GARDENING WITH BOB 10:00am - 1pm Bush Hill Park  SPORTS WITH SPURS ONE TO ONE vs DALO MATCH Tottenham Hotspur Community Sports Centre  PUB DISCOVERY 7-8:30pm The Woodman 	28 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 	29 FITNESS AND FLOW 10:30-11:30 Firs Farm  CHAT AND RELAX 11-12 Firs Farm Community Hub  WALKING GROUP 12-1 Firs Farm Farm Fields  ACTIVITY SIGN UPS 10-11am 2 Farm Road, Office 	30 MATILDA Friendship Matinee Concert 12pm meet at Community House, 



SPORTS WITH SPURS
26th October 10:30-12
[Tottenham Hotspur Community Sports Centre](#)

Join us for a training session as we prepare to take on another charity the following day!

ONE-TO-ONE v DALO MATCH
27th October 12-1pm

Come and put your skills and techniques learned to the test as we take on another local charity in a friendly match

UKULELE SING-ALONG WOKSHOP

[Enfield Baptist Church](#)
10:30am-12pm

Come and join the UKULELE singalong workshops with Frven from The Ministry of Happier for a fun singalong session together.



Creative Activites at St Aldhelms

Activity Lead -
[St Aldhelm's Church, Windmill Road, London N18 1PA](#)



Art 10-11:15
Create & Connect 11:30-12:30

Join us for a friendly, creative, and relaxed gathering.



7th and 14th October we have a special guest coming to help us make clay magnets.

Autistic Art Group

Activity Lead -
[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!



MATILDA

Friendship Matinee Concert
12pm meet at [Community House](#),

Show starts at 2pm at the Royal Albert Hall.

Only 12 spaces available.
Booking essential

£25.00



Games Night at Cafe Pistachi

Activity Lead -
[46 Church St, Enfield EN2 6AZ](#)

7pm-8:30pm.
Come along for a friendly selection of games and socialising together at the Pitschi Cafe. Members, don't forget to bring your discount card along!



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

Please come along to the office to make payment. Thank you.

Chat and Relax
[Trent Park - Ripe Cafe](#)
15th Oct 12-1pm

Chat and Relax
[Ridgeway Tavern](#)
1st, 8th and 22nd Oct 11-12pm

Chat and Relax
[Firs Farm Community Hub](#)
29th Oct 11-12pm



Pub Night
[Ridgeway Tavern, 76 The Ridgeway, EN2 8JF](#)
7.00-8:30pm.



Pub Discovery
[The Woodman](#)
[128 Bourne Hill Road N13 4BD](#)
7:00-8:30pm

Enjoy socialising, relaxing and catching up with others
Bring money to buy your drink/food

Gardening with Bob
[99 Lincoln Road, Enfield EN1 1JX](#)



10am-1:00pm
Meeting by the bike sheds for gardening, connecting with each other over a cup of tea!

Please note there is NO gardening on Tuesday 20th October.

UCAN COOKERY
[St ALdhelms Church Hall](#)
1-2:30pm

Enjoy a fun session of cooking and socialising!



HALLOWEEN PARTY
7:30-8:30
[Winchmore Hill Quakers](#)



Come along for a spooky night of music and socialising. We are being joined by the students at Barnet and SOutgate college.

Fitness and Flow
[Firs Farm Community Hub](#)
10:30am-11:30am

Come along and move your body. Join us for some gentle exercise working on various different movements, looking at strength, mobility and flexibility.

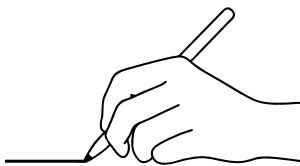


Choir
[Enfield Baptist Church](#)
10:30am-12pm

Come and sing along together, connect and socialise over song and good times!



Activity sign ups in office
[One To One Office,](#)
2 Farm Road, N21 3JA
12th Oct 11-12
29th Oct 10-11
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.



SWIMMING 12-1pm
[Southbury Leisure Centre](#)
Join us for a swim at Southbury Leisure Centre.
Only 12 spaces available. Please book to reserve your space.



WALKING GROUPS
[Trent Park](#) -15th Oct meet outside Cockfosters Station at 11am

[Enfield Town Park](#)
1st, 8th and 22nd Oct
12:45- 2pm

[Firs Farm Fields](#)
29th Oct, 12-1pm



BASKETBALL



Activity Lead - Ren
[Barnet & Southgate College, Southgate Campus](#)
2:15-3:15pm
Come and play a variety of sports over the Mondays of September

VOLLEYBALL



Activity Lead - Ren
[Barnet & Southgate College, Southgate Campus](#)
2:15-3:15pm
Come and play a variety of sports over the Mondays of September

TENNIS



Activity Lead - Ren
[Barnet & Southgate College, Southgate Campus](#)
2:15-3:15pm
Come and play a variety of sports over the Mondays of September

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.

