



























SEPTEMBER 2025

Monday

Tuesday

Thursday

Friday

<p>1</p> 	<p>2</p>	<p>3 Wednesday</p> <p>Staff Induction Day - No Activities</p>	<p>4</p> <p>Cycling 10am-12pm </p> <p>Walking Group 12pm-1pm </p>	<p>5</p> <p>Sunday 7th — Palmers Green Festival</p>
<p>8</p> <p>Chat and Relax (Firs Farm) 11am-12pm </p> <p>Pub Night (Ridgeway Tavern) 7pm-8:30pm </p>	<p>9</p> <p>Gardening 10am-1pm </p>	<p>10 St Aldhelms Travel Group 9:30</p> <p>Art 10-11:15 </p> <p>Keep Fit 11:45-12:45 </p> <p>Outdoor Games at Firs Farm 12:45pm-2:30pm </p>	<p>11</p> <p>Cycling 10am-12pm </p>	<p>12</p>
<p>15</p> <p>Sing Out Choir 10:30am-12pm </p> <p>Annual General Meeting 12:30pm-2:30pm</p>	<p>16</p> <p>Thorpe Park Trip (Fully Booked) </p>	<p>17</p> <p>Health & Wellbeing (St Aldhelms) 10am-11am </p> <p>Keep Fit 11:45am-12:45pm </p> <p>Outdoor Games at Firs Farm 12:45am-2:30pm </p>	<p>18</p> <p>Cycling 10am-12pm </p>	<p>19</p>
<p>22</p> <p>Sing Out Choir 10:30am-12pm </p>	<p>23</p> <p>Gardening 10am-1pm </p>	<p>24</p> <p>Royal Albert Hall Trip (Fully Booked)</p> <p>Keep Fit 11:45am-12:45pm </p> <p>Outdoor Games at Firs Farm 12:45pm-2:30pm </p>	<p>25</p> <p>Chat and Relax (Ridgeway Tavern) 11am-12pm </p>	<p>26</p>
<p>29</p> <p>Sing Out Choir 10:30am-12pm </p>	<p>30</p> <p>Gardening 10am-1pm </p> <p>Health & Wellbeing (Enfield Town Library) 10am-11:30am </p> <p>Pub Discovery (The Fox, N13 4JD) 7pm-8:30pm </p>			

Monday

Tuesday

OCTOBER 2025

Thursday

Friday



6

Sing Out Choir
10:30am-12pm



7

Gardening
10am-1pm

Literacy Newsletter Group
5:30pm-6:30pm



1 Wednesday

Bowling
10:15 Meeting

Art
10am-11:15am



2

Keeping Safe in Enfield (Against
Hate Crime)
12pm-1:30pm



3

13

Sing Out Choir
10:30am-12pm



Pub Discovery (Arnos Arms) N11 1AN
7pm-8:30pm



14 Gardening
10am-1pm

Health & Wellbeing (Enfield Town
Library)
10am-12pm

Literacy Newsletter Group
5:30pm-6:30pm



15

Art (Xmas Cards)
10am-11:15am

Keep Fit 11:45am-12:45pm

Outdoor Games at Firs Farm
12:45pm-2:30pm



16

Spooky Story Ghost Writing
Workshop
12pm-1:30pm



17

20

Sing Out Choir
10:30am-12pm



21

Gardening
10am-1pm

Literacy Newsletter Group
5:30pm-6:30pm



22

Art (Pumpkin Carving)
10am-11:15am

Keep Fit 11:45am-12:45pm

Outdoor Games at Firs Farm
12:45pm-2:30pm



23

Chat and Relax (Firs Farm)
11am-12pm

Walking Group
12:30pm-1:30pm



24

Halloween Party
6:30pm-8pm



HALLOWEEN

27

Pub Night (Ridgeway Tavern)
7pm-8:30pm



28

Gardening
10am-1pm



29

Art (Xmas Cards)
10am-11:15am

Keep Fit 11:45-12:45



30

Design Museum Trip
10am Meeting





























Monday

Tuesday

NOVEMBER 2025

Thursday

Friday

3 Sing Out Choir 10:30am-12pm Inclusive Drop In (Enfield Baptist Church) 12:30pm-2:30pm 	4 Learning Disability Employment Workshop! 9:30am-1pm Gardening 10am-1pm  	5 Wednesday Bowling 10:15 Meeting Art 10am-11:15am  	6 Podiatry Health & Wellbeing 11am-12pm Self Defence Class 12:30pm-2pm 	7
10 Sing Out Choir 10:30am-12pm 	11 - (STAFF TRAINING DAY) Confident & Capable - Stepping into Work Course 1:30pm-2:30pm Pub Night (Ridgeway Tavern) 7pm-8:30pm 	12 Art (Xmas Cards) 10-11:15 Keep Fit 11:45-12:45  	13 Coffee Club (Sophie's Café, EN2 6AS) 11am-12pm Walking Group 12pm-1pm  	14 Sunday 16th November - Ridgeway Tavern Christmas Fair - All to be revealed soon! 
17 Sing Out Choir 10:30am-12pm 	18 Gardening 10am-1pm Confident & Capable - Stepping into Work Course 1:30pm-2:30pm Health & Wellbeing 10am-12pm   	19 Art (Xmas Cards) 10am-11:15am Keep Fit 11:45am-12:45pm Pub Discovery (Moon Under Water EN2 6NN) 7pm-8:30pm   	20 Royal Academy of Music Trip 10am Meeting 	21
24 Sing Out Choir 10:30am-12pm Inclusive Drop In (Enfield Baptist Church) 12:30pm-2:30pm 	25 Gardening 10am-1pm Confident & Capable - Stepping into Work Course 1:30pm-2:30pm 	26 Art (Xmas Cards) 10am-11:15am Keep Fit 11:45am-12:45pm  	27 Chat and Relax (Ridgeway Tavern) 11am-12pm 	28

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 (paid at venue) 2 games maximum
Please bring money for food or a packed lunch.

Keep Fit!

Activity Lead Sonia and Desire

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

11:45am - 12:45pm

Free

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

Chat and Relax

Activity Lead - Charlotte, Desire or Toni

Ridgeway Tavern, 76 The Ridgeway, EN2 8JF
OR

Firs Farm Community Hub, Playing Fields, Firs
Lane, N21 2PJ (Check calendar for location)
11am-12pm

Come in for a nice cup of free tea or coffee (free at
the Ridgeway Tavern only), meet other members,
catch up and socialise.

Please bring money for refreshments at Firs Farm

Outdoor Games at Firs Farm

Activity Lead - Desire
12:45pm-2:30pm

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

Have tea, coffee, chat and relax or choose to play
table tennis or boccia/boules

Free (bring money for refreshments)

Sing Out Choir!

Activity Lead - Camilla (choir lead) and
Charlotte

Enfield Baptist Church, Cecil Road EN2
6TG

10:30am-12pm

Free for One-to-One members, £2 per non
One-to-One Members

Pub Night

Activity Lead - Charlotte or Toni

Ridgeway Tavern, 76 The Ridgeway,
EN2 8JF

7pm-8:30pm

Please bring money for food and
drinks.

Free

Pub Discovery

Activity Lead - Charlotte or Toni

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

7pm-8:30pm

Please bring money for food and drinks

Walking Group

Activity Lead - Desire

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

WEAR SENSIBLE WALKING SHOES.

Free

Health and Wellbeing

Various Locations (Please check with the office or on the calendar)

Different workshops and sessions every two weeks 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

Cycling Group

Activity Lead - Pete/Desire

Bush Hill Park, Lincoln Road, N21 1PS

Meet at Bush Hill Park by the bike shed and learn some new bike riding skills! Bikes available for all mobility levels.

Free

Gardening

Activity Lead - Bob

99 Lincoln Road, Enfield EN1 1JX

10am-1pm Meeting by the bike sheds for gardening and a cup of tea!

£5 per term (3 months)

Keeping Safe in Enfield

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

A session to help you feeling confident when out and about in Enfield and on public transport. Each session will have a different theme, keep an eye out on WhatsApp!

Free

Annual General Meeting Viewing

Activity Lead - Charlotte

Enfield Baptist Church, Cecil Road, EN2 6TG

12:30pm-2:30pm

For those of you unable to login to watch the AGM at home, there will be a screen available to watch it after choir and Charlotte will be available to help you ask questions.

Free

St Aldhelms had kindly offered its space for us to use every 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 Aldhelms Food Bank!

St Aldhelms Travel Group

Activity Lead - Jane and Joe

Meet at the Office (2 Farm Road, Winchmore Hill, London N21 3JA)

Meet at 9:20am. Leaving at 9:30am. **This group is on every week for those who are nervous to travel alone to a new venue.**

Please let Lucy know if you will be joining the travel group.

Art Group

Activity Lead - Jane and Joe

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 including Christmas cards and pumpkin carving!

Free

Spooky Story Ghost Writing Workshop

Activity Lead - Bev and Lucy

Firs Farm Community Hub, Playing Fields, Firs
Lane, N21 2PJ
12pm-1:30pm

Join our Spooky Story Writing Workshop to learn how to create fun and scary stories with ghosts, mystery, and surprises!

Free

Literacy Newsletter Group (Last Group)

Activity Lead - Shannon and Chris

Office - 2 Farm Road, Winchmore Hill, London N21
3JA)
5:30pm-6:30pm

Discuss and share tips that support successful reading and writing for everyone! **Only 6 spaces available so please book early!**

Free

Coffee Club!

Activity Lead - Desire

Sophie's Café, 2 Sarnesfield Road, Enfield, EN2
6AS
11am-12pm

Join our Coffee Club to relax, chat, and enjoy a warm cup of coffee with friends.

Please bring some money for refreshments

Self Defence!

Activity Lead - Jason and Desire

Community House, 311 Fore Street, Edmonton,
N9 0PZ
12:30pm-2pm

Join our Self-Defence Class to learn basic moves that can help keep you safe and confident.

Free

Design Museum Trip

Activity Lead - Bob and Desire

Join us for a fun and inspiring trip to the Design Museum! You'll see amazing inventions, creative designs, and cool exhibitions about fashion, technology, architecture, and more. It's a great way to learn how design shapes the world around us.

Thursday 30th October 2025
Meeting at Community House at 10am

Cost will be **£25 per person**. Travelling via public transport with a group.

Let us know you would like to be on the list by 30th September 2025

Limit of 15 spaces. First come, first served basis.

Royal Academy of Music Museum Trip

Activity Lead - Bob and Desire

Come with us on an exciting trip to the Royal Academy of Music! You'll explore one of the world's leading music schools, see rare instruments and historic collections, and experience live performances from talented students. This trip is a fun and inspiring way to discover the world of music up close.

Thursday 20th November
Meeting at Community House at 10am

Cost will be **£25 per person**. Travelling via public transport with a group.

Let us know you would like to be on the list by 20th October 2025.

Limit of 15 spaces. First come, first served basis.



ONE TO ONE ENFIELD

HALLOWEEN PARTY

FRIDAY 24TH
OCTOBER



6:30-8PM

QUAKERS FRIENDS HOUSE, 59
CHURCH HILL, N21 1LE

ALL MEMBERS, FAMILY AND FRIENDS INVITED,
COSTUMES OPTIONAL!
£5 DONATION ENCOURAGED

BOOK IN THE
OFFICE, EMAIL
ADMIN@ONE-TO-
ONE-ENFIELD.CO.UK
OR PHONE US ON
0203 971 3984



FRIENDS OF BROOMFIELD PARK PALMERS GREEN FESTIVAL

CELEBRATING OUR COMMUNITY

SUNDAY

7th SEPT OPEN FROM
12.00-5.00 PM

WWW.FOBP.EVENTS



BIDDALL'S FUN FAIR

FOOD & DRINK STALLS

**VINTAGE
VILLAGE**



**DONKEY
RIDES**

ARTS & CRAFTS

LIVE MUSIC

FUN DOG SHOW

DANCE ZONE

FREE ENTRANCE

supported by

Winkworth



Including a
performance from
our Sing Out
CHOIR!

At 1:05pm

Employable Workshop for Adults with Learning Disabilities

**Bringing together learning disabled adults, employers
and support organisations to discuss how best to
support adults with learning disabilities into work.**

Date: Tuesday 4th November 2025

Venue: Firs Farm Community Hub, Firs Lane N21 2PJ

Time: 9.30am - 1pm



Please **book your place by emailing admin@one-to-one-enfield.co.uk,
calling the office on 02039713984 or popping into our Farm Road office** and
come along to hear more about the value adults with learning disabilities
bring to the workforce and/or share your experience with others.

www.One-To-One-Enfield.co.uk

Are you looking for work? Do you have a learning disability?

**One to One Enfield is running a 5 week course called
Confident and Capable - Stepping Into Work**

This course aims to support adults with a learning disability to build
confidence in how to find a job, what kind of job they might suit and
practice interview skills.

WEEK 1: Employment Workshop with various professionals around Enfield
WEEK 2, 3 AND 4: Working with Rosa to develop interview skills, CV writing skills and
identify which jobs you might like to apply for
WEEK 5: Practice Interviews with One to One Staff and special guests

Dates: Tuesday 4th November 2025 - Tuesday 2nd December

Venue: Firs Farm Community Hub, Firs Lane N21 2PJ

Time: 9.30am - 1pm (4th) and then 1:30-2:30pm each week after.



To find out more, please email lucy@one-to-one-enfield.co.uk or call us on
02039713984. The course is free to all adults with a learning disability. All
participants must be or become a member of One to One Enfield to access
the course.

www.One-To-One-Enfield.co.uk

Friends Café

**Winchmore
Hill Quaker
Meeting House**
59 Church Hill N21 1LE

**low prices - only
not-for-profit
live music
accessible**

**1st &
3rd
Wednesdays**

12-1.30pm*

6th August	15th October
20th August *2.30-4.00pm Cream Tea Afternoon	5th November
3rd September	19th November
17th September	3rd December
1st October	17th December <i>to be confirmed</i>



ART BASED DROP INS:

St Aldhlems Church, Edmonton

OTHER DROP INS:

Enfield Baptist Church, Enfield

Ridgeway Tavern, Enfield

Please see calendar for dates and times.



MEMBERS AND NON-MEMBERS INVITED

At One-to-One, we offer regular drop-in sessions to offer advice, advocacy and one to one support for autistic and learning disabled adults in Enfield.

Our peer support workers are available to help you with whatever issues you may need advice for. It will also be a session to meet with and sign up new members so that you can come along and enjoy our other activities!

INCLUSIVE DROP IN SESSIONS

TO BOOK:

You are welcome to drop in without an appointment, but we would prefer some notice and a brief idea of what you will be looking for support with.

Please call 02039713984 or email lucy@one-to-one-enfield.co.uk

SAFETY AT OUR ACTIVITIES

We would like to kindly remind all members, family members and family that One to One Enfield is not a care organisation, and therefore we are unable to offer travel support to our members, except in the circumstance of 'travel groups' as seen on the calendar.

Activity Leads are not responsible for the safety of members outside of the session and so travel plans must be made before members attend each activity. If you or someone you are responsible for requires our staff to ensure they have been collected, this must be flagged to our staff **before** the activity commences.

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 waiting for extended periods of time without a staff member.

We have now got an agreement with a local cab firm 'Comfort Transport'. In some cases if you require help we can book on your behalf but you will need to pay.

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

Charging & Payment Details

Please note that funding for activities to be inclusive 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 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