







































MAY ACTIVITIES 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
<p>4 OFFICE CLOSED/NO ACTIVITIES</p>	<p>5 ACTIVITY SIGN UPS 12.30-1.30pm 2 Farm Road, Office </p> <p>GARDENING WITH BOB 10:00am-13:00pm Bush Hill Park </p>	<p>6 ART WITH REN 10:00am - 11:15am ST Aldhelm's Church </p> <p>CREATE AND CONNECT WITH REN 12:00pm - 2:00pm St Aldhelm's Church </p> <p>*Art for Autistic members only with Joe 11.30am - 1:00pm St Aldhelm's Church </p>	<p>7 ACTIVITY SIGN UPS 12.30pm-1.30pm 2 Farm Road, Office </p> <p>CYCLING WITH PETE/ DESI 10:00am-12:00pm Bush Hill Park </p> <p>CHAT AND CHILL 12:00pm-13:00pm Bush Hill Park </p>	8	9	10
<p>11 CHOIR WITH CAMILLA 10:30am-12pm Enfield Baptist Church </p> <p>*Free Flow Music with Camilla (by invitation only) 1pm-2pm</p> <p>SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE </p>	<p>12 GARDENING WITH BOB 10:00am-13:00pm Bush Hill Park </p> <p>CHAT AND RELAX WITH REN 11:00am-12:00pm Firs Farm Community Hub </p> <p>WALKING GROUP WITH REN 12.00pm-1:00pm Firs Farm Community Hub </p> <p>UCAN COOKING 1:00pm-2:30pm St Aldhelms Church </p>	<p>13 ART WITH REN 10:00am - 11:15am ST Aldhelm's Church </p> <p>CREATE AND CONNECT WITH REN 12:00pm - 2:00pm St Aldhelm's Church </p> <p>*Art for Autistic members only with Joe 11.30am - 1:00pm St Aldhelm's Church </p>	<p>14 OFFICE CLOSED</p> <p>PUB DISCOVERY WITH REN 7:00pm-8:30pm The New Crown Southgate </p>	15	16	17
<p>18 CHOIR WITH CAMILLA 10:30am-12:00pm Enfield Baptist Church </p> <p>*Free Flow Music with Camilla (by invitation only) 1pm-2pm</p> <p>SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE </p>	<p>19 GARDENING WITH BOB 10:00am-13:00pm Bush Hill Park </p> <p>FLEXERCISE WITH REN 10:30am-11:30 Firs Farm Community Hub </p> <p>BACK 2 BASICS COOKING 1:00pm-2:30pm St Aldhelms Church </p>	<p>20 ART WITH REN 10:00am - 11:15am ST Aldhelm's Church </p> <p>CREATE AND CONNECT WITH REN 12:00pm - 2:00pm St Aldhelm's Church </p> <p>*Art for Autistic members only with Joe 11.30am - 1:00pm St Aldhelm's Church </p>	<p>21 CYCLING WITH PETE/ DESI 10:00-12:00 Bush Hill Park </p> <p>CHAT AND CHILL WITH DESI 12:00-13:00pm Bush Hill Park </p>	22	23	24
<p>25 OFFICE CLOSED/NO ACTIVITIES</p>	<p>26 GARDENING WITH BOB 10:00am-13:00pm Bush Hill Park </p> <p>SUPER CIRCUITS WITH REN 10:30am-11:30am Firs Farm Community Hub </p> <p>BACK 2 BASICS COOKING 1:00pm-2:30pm St Aldhelms Church </p> <p>PUB NIGHT WITH ROWAN 7:00pm-8:30pm Ridgeway Tavern </p>	<p>27 ART WITH REN 10:00am - 11:15am ST Aldhelm's Church </p> <p>CREATE AND CONNECT WITH REN 12:00pm - 2:00pm St Aldhelm's Church </p> <p>*Art for Autistic members only with Joe 11.30am - 1:00pm St Aldhelm's Church </p>	<p>28 TRIP TO ROWANS BOWLING WITH DESI AND JANE Meet at COMMUNITY HOUSE, 10:00am</p> <p>Members to pay on arrival, Tickets are £7.60 per player, per game </p> <p>HALIFAX FRAUD PREVENTION WITH REN 12:00pm-2:00pm HALIFAX SOUTHGATE</p>	29	30	31

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
 10am-12pm.
 Please meet us by the
 containers for a relaxing
 chat and chanceto unwind
 amongst peers.



Sports Pick and Mix

Activity Lead - Ren
 Southgate College,
 Southgate, N14 6BS
 2:15pm-3:15pm
 Keep your mind and body fit
 with some sport activities in
 a friendly supportive
 environment.
 Travel group will leave the
 office at 1:30pm



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



Cookery class

Activity Lead - Jane
 St Aldhelm's Hall,
 Windmill Road,
 London N18 1PA
 1pm-2:30pm.
 Enjoy a fun session of cooking
 and socialising!



Trip Rowan's Tenpin Bowling

Activity Lead - Bob and Desi
 Meet at Community House at
 10am
 311 Fore Street N9 0PZ To
 travel to Rowans Tenpin Bowling
 10 Stroud Green Road N4 2DF
 Join us for a Bowling trip, We
 will travel together from
 Community House by public
 transport. Enjoy a fun day out
 of socialising and perfecting
 your bowling skills!
 Please bring money for the
 bowling and travel, bowling is
 £7.60 per member per game.



NEW SUBSCRIPTIONS FOR ACTIVITIES:

FULL MEMBERSHIP- £10 P/M
 CHOIR MEMBERSHIP - £5 P/M
 STANDARD MEMBERSHIP -£2 P/M

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
 12:00-1:00pm
 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!



Halifax Fraud Prevention

Activity Lead - Ren
 Halifax Southgate
 55 Chase Side, London N14
 5BU
 12pm-2:00pm
 Join us at Southgate Halifax
 for a workshop on fraud
 awareness, indetifying scams
 and staying safe online!



Create & Connect

Activity Lead - Ren
 St Aldhelm's Church,
 Windmill Road,
 London N18 1PA
 12pm -2:00pm
 Join us for a friendly,
 creative, and totally relaxed
 gathering where everyone's
 welcome! Enjoy good company
 and create new ideas
 together.



Sing Out Choir!

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



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.

Chat and Relax

Activity Lead - Ren
 Firs Farm Community Hub,
 Firs Lane N21 2PJ
 11am-12pm.
 Come and meet other members,
 catch up and socialise.



Pub Discovery

Activity Lead - Ren
 The New Crown 8-84 Chase
 Side, N14 5PH
 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
 11:30am-1pm
 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.



Super Circuits

Activity Lead - Ren
 Firs Farm Community Hub,
 Firs Lane N21 2PJ
 10:30am-11:30am
 Come and join us for a fun
 fitness class with a mix of
 cardio and resistance training to
 increase overall fitness levels,
 build strength and improve
 endurance



Flexercise

Activity Lead - Ren
 Firs Farm Community Hub,
 Firs Lane N21 2PJ
 10:30am-11:30am
 Come and join us for a combination of
 strength, balance and flexibility.
 Improve joint mobility and function,
 reduce tension and stiffness in the
 body.

