

# NEWSLETTER

May 2025

## MESSAGE FROM OUR CEOs

Fiona and I hope all are well and enjoying the start of spring. It has certainly been warm of late. With Spring comes a new emphasis on well-being. We have started our Health and Wellbeing sessions to support members to live well and maximise their lives. We have a cycling group up and running, walking groups, gardening, education sessions, and will soon be starting table tennis and other sports activities.

We have partnered with Run for Charity and are looking for members, their carers, their friends and family, or the wider community who want to do a sponsored run for us. Running is good for your physical and mental health. If you are up for a sponsored run let us know. Details are on our website (look for the 'Get Involved' tab).

We have been very fortunate to receive some new grants since Christmas. These grants will help us to continue to provide our members with activities, services, and support for this and next year. We especially thank Lloyds Foundation, National Lottery Awards for All, and Bailey Thomas. We have also successfully bid, in a consortium with other charities, to run early intervention and prevention services for Enfield Borough. Lots to do and lots more to do!

Lastly, we would like to thank Barabra Govey who left Enfield for Norfolk this year. Barabara was a great support of our services, our members and the wider community. She will be missed by many, but we are sure she will soon be active in Norfolk.



## WHAT WE HAVE BEEN DOING





## Volunteers Week – 2<sup>nd</sup> – 8<sup>th</sup> June

We are very lucky to have a lot of committed and supportive volunteers. Some have lived experience others come from the community. We thank you all!

### **Mark is a One-To-One-Enfield Volunteer:**

I volunteer at the Quakers Café in Winchmore Hill. Fiona asked me if I would like to volunteer there and I said yes. I have also been to Enfield college to do catering. I passed the course and got my certificate in catering. To improve I could add my own ideas. We could also do hot food when we can, if it's possible.

My role at the café is looking at the food menu and checking what people want to eat or not want to eat and to get the food ready. I must butter the bread or rolls and place in the fillings. I would have chosen cheese and tomato.

I must wash my hands first and dry them then put on gloves. I also wash my hands twice before I handle food. I also must wear a hat because I don't want hair getting on to the food.

What makes a good volunteer? 1. Organised, 2. Understanding, 3. Good at listening, 4. Good at talking, 5. Helpful, 6. Caring, 7. Happy, 8. Kind, 9. Grateful, 10. Giving eye contact



### **Osman is a member who told us about how volunteers helped him:**

A time when a volunteer helped me when I was at the library doing story writing, the volunteer helped me with spelling and where to put the different things into the right place in the sentences.

A time when a volunteer helped was when I was at an activity: They encouraged me and said to me that they were proud of me. It was good to hear.

At a drama activity a volunteer helped me by encouraging me to into the middle of the circle of the drama game and another drama game to encourage me to get involved in the other game.

## Celebrating Our Volunteers

As part of Volunteers Week, we hoped to celebrate and thank all of our supporters at One-To-One-Enfield.

Unfortunately we will be postponing this event to later in the year. More details to follow...



Are you interested in offering your time and support?

Please call the office or email us at [mail@one-to-one-enfield.co.uk](mailto:mail@one-to-one-enfield.co.uk)

[WWW.ONE-TO-ONE-ENFIELD.CO.UK](http://WWW.ONE-TO-ONE-ENFIELD.CO.UK)

# VOLUNTEER WITH ONE TO ONE ENFIELD

MAKE A REAL DIFFERENCE IN YOUR COMMUNITY BY  
VOLUNTEERING WITH ONE-TO-ONE ENFIELD,  
A CHARITY THAT SUPPORTS AUTISTIC ADULTS AND  
INDIVIDUALS WITH LEARNING DIFFICULTIES TO LIVE  
FULFILLING, INCLUSIVE AND INDEPENDENT LIVES.

## WHY VOLUNTEER WITH US?

- **Support amazing people** in gaining confidence, new skills, and friendships
- **Be part of fun, creative, and social activities** like arts, drama, choir and gardening
- **Learn new skills** and gain experience working in a community-focused environment
- **Make lasting connections** with a supportive and inclusive team
- **Flexible opportunities** - give as much, or as little, time as you can

Together, we can build  
a more inclusive  
Enfield.

[WWW.ONE-TO-ONE-ENFIELD.CO.UK](http://WWW.ONE-TO-ONE-ENFIELD.CO.UK) / DONATE



SUPPORT ONE-TO-ONE ENFIELD  
TO MAKE A LASTING IMPACT!

Your kind donations help us to run vital programmes for members.

Any amount contributes to creating an inclusive, supportive community by **providing materials, funding a group or supporting a trip.**

Thank you for your support.



2 FARM ROAD, LONDON N21 2JA | 0203 971 3884



## DATES FOR YOUR DIARY

A reminder that you need to **PHONE, EMAIL** or **COME IN** to the office **BEFORE** the events to book and, in some cases, pay for them

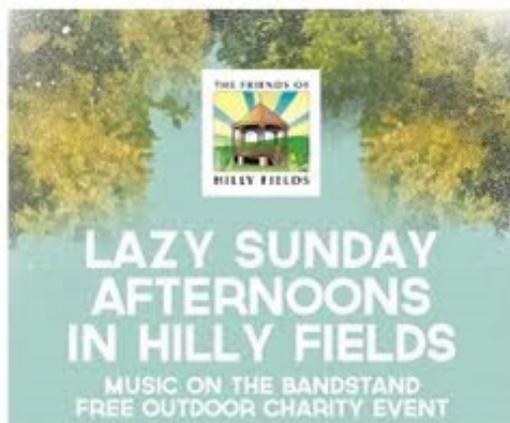


### Choir Concerts

Chase Farm, Tuesday 17<sup>th</sup> June

Westminster Choir event, Harrow Campus, Thursday 19<sup>th</sup> June

Summer Concert, Enfield Baptist Church, Monday 14<sup>th</sup> July



### Free Music Festival

Hilly Fields, Sunday 15<sup>th</sup> June, 3-5.30pm  
**\*Volunteers needed**, please contact the office



### Cycling and Walking Sessions

Thursdays 10am -12pm  
Bush Hill Park, Lincoln Road, EN1 1PS  
Bring your own snacks and drinks.