

RUN-UP NEWSLETTER

FEBRUARY 2023

One Place East
Where disability matters

Mental Health Awareness Week 15-21 May 2023



MENTAL HEALTH AWARENESS WEEK - 15-21 MAY 2023 THEME: ANXIETY

Mental Health Awareness Week takes place from Monday 15 – Sunday 21 May 2023.

The official theme for this year, as set by the Mental Health Foundation, is 'anxiety'.

To mark this important week we will be running various workshops relevant to the theme of Mental Health Awareness Week. See overleaf for more information.

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MENTAL HEALTH AWARENESS WEEK - 15-21 MAY 2023

PROGRAMME OF EVENTS

To mark Mental Health Awareness Week we will be running the workshops below, all workshops will be based around the theme 'Anxiety'.

MONDAY 15 MAY 2023 | 12 - 3PM

Learn Meditation

with Raj Ibhrampurkar

Monday 15 May 2023 | 12 – 3pm

Venue: One Place East, 2nd Floor, Ilford Chambers,
11 Chapel Road, Ilford, Essex, IG1 2DR

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An Introduction to the Power within You

Looking into the background of meditation, followed by a gentle practice and a workshop to provide guidelines to help you build your own practice.

Part of the Mental Health Awareness week - Everyone is Welcome!

WEDNESDAY 17 MAY 2023 | 11AM - 4PM

Anxiety Matters

with Sue Morgan

Wednesday 17 May 2023 | 11am - 4pm

Venue: One Place East, 2nd Floor, Ilford Chambers,
11 Chapel Road, Ilford, Essex, IG1 2DR

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Understanding and Coping with Anxiety Workshop

Everyone has anxiety from time to time, but chronic anxiety or panic attacks can interfere with your quality of your life, making it difficult to manage day to day activities and it can seriously consequences on your mental and physical health.

Learn how anxiety affects your mental and physical health, what you can do to support yourself and help manage the symptoms.

Suitable for anyone wanting to understand more about anxiety and what they can do about it. This session will include somatic practice to help reduce symptoms.

THURSDAY 18 MAY 2023 | 11AM - 1PM

Tea & Talk – All things Anxiety

With Kate & Maria

Thursday 18 May 2023 | 11am - 1pm

Venue: One Place East, 2nd Floor, Ilford Chambers,
11 Chapel Road, Ilford, Essex, IG1 2DR

One Place East aims to help create supportive communities where friends, family and colleagues can come together to have conversations about all things mental health.

So why not come along and join us to meet new friends, support yourself and others to chat and relax with a cuppa and some biscuits.

Everybody is welcome!

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SATURDAY 20 MAY 2023 | 3PM - 5PM

Calming the Mind & Body

with Sue Morgan

Saturday 20 May 2023 | 3pm - 5pm | Via Zoom

Somatic Practice Wellbeing Session

This session will take you through the basics of the biological and emotional impact stress has on the mind and body, to help you to recognise, track and relieve your body's stress response.

You will be guided through mindful Somatic Experiencing self-regulation techniques to reduce stress, calm your mind and soothe your nervous system. This session will take place on Zoom and will also provide you with some practical tools to take away and use for yourself.

Suitable for anyone suffering from overwhelm, anxiety, depression, PTSD or just wanting to fully relax, unwind and connect with yourself and others.

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For more information about any of the above workshops
please contact Jodie on the details below:

0208 925 2435 | 07944 119 899

runup@oneplaceeast.org

To book please either visit the link below or scan the
QR code:

rb.gy/wvussq

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Scan me:





SERVICE USER NETWORK MEETING WEDNESDAY 22 FEBRUARY 2023, 2:30-4:00PM ONE PLACE EAST, ILFORD CHAMBERS



We invite you to join us at our next Service User Network Meeting at a new time of 2:30-4:00pm, at our offices in Ilford Chambers.

As requested by our users, at this meeting we will have guest speakers Jane Smith & Jonathan Coles return from the London Borough of Redbridge Welfare Benefits Team.

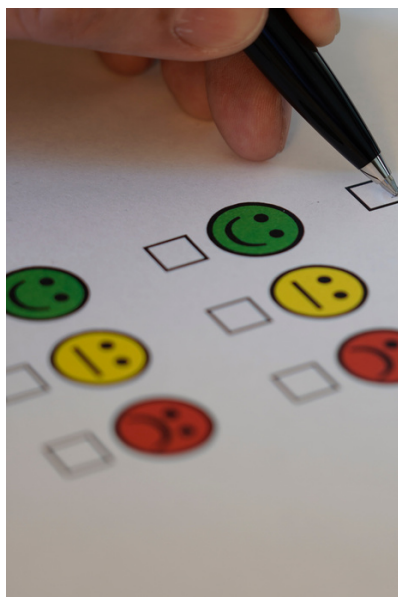
Come along to find out more about the support they can provide and for the opportunity to ask any benefit related questions.

REFRESHMENTS WILL BE PROVIDED

To attend please contact Jodie on the details below:

0208 925 2435 | 07944 119 899
runup@oneplaceeast.org

RUN-UP ANNUAL SURVEY DEADLINE - 24.02.2023



There is still time for you to complete our annual survey. A paper version was sent in January 2023 to those who receive our newsletter via post, however you can complete our survey online here:

www.surveymonkey.co.uk/r/runup

We really appreciate you taking a few moments of your time to complete our survey in order to help us secure future funding to allow our services to continue running.

If you need any support with this please contact Jodie on:
020 8925 2435 | 07944 119 899 | jodie.roast@oneplaceeast.org

Calming the Mind and Body Review

Somatic Practice Well-being Sessions

Written by Sue Morgan

These popular sessions are held monthly on Zoom and begin with a mini workshop with slides explaining the basics of the biological and emotional impact stress has on the mind and body. Participants are invited to rate their current stress level on a scale of 1-10 (low to high).

Participants are then invited to get comfortable with cushions and back support, while they are guided through a series of gentle somatic practice techniques, specifically designed to soothe the nervous system, reduce stress and calm the mind and body. This gentle somatic practice teaches participants how to recognise, track and relieve their body's stress response and provides them with simple techniques they can use for themselves at other times.

Following the somatic practice, participants are invited to re-rate their stress level and typically find significant reduction in stress, anxiety and pain. Finally, they have the opportunity to share their experience or ask questions in a closing circle with the rest of the group if they so choose. Participants tend to come back time and time again to maintain their well-being.

These informal, friendly, self-regulation sessions are delivered by Sue Morgan, a Somatic Experiencing® Practitioner specialising in trauma recovery, nervous system regulation and experienced in delivering trauma informed workshops and group sessions.

These sessions are suitable for anyone with an internet connection, suffering from overwhelm, anxiety, depression, PTSD, chronic health issues, or just wanting to fully relax, unwind and connect with themselves. Those who have joined us in the past few months have shared their experience and feedback below:



"Calming the mind and body sessions for me have a rhythm that is very settling and calming to me and my mind and body. The sessions have really peaked and broadened my interest in learning so much more about the impact of trauma and the responses we may have to feeling threatened.

I have been enabled through repetition of the important information to really integrate what I've learned into my thinking and my awareness of my body, responses and behaviour.

Thank you so much for the sessions you have run. They have been really great and much much appreciated. The sessions are well timed and a really well-planned mix of information, resources and exercises. There is a felt sense of safety set up for me in the way the sessions are managed and run. Please please keep running them. It would also be great to have a day conference with practices and learning." MT

"Calming the mind has been absolutely life changing for me has the information is ground-breaking and has helped me understand myself and my symptoms more than anything else I've tried. I would thoroughly recommend, Sue is amazing, I'm so grateful for this work it should be taught in schools." AA

Continued overleaf...

"I find the Calming the Mind and Body sessions of immense benefit. For the past four years I've been dealing with a traumatic event that happened which causes great stress and these sessions help soothe my body tension and ease my anxiety. After a session I feel more grounded and calm, more able to stay in the present moment. Sue leads the sessions with empathy and compassion. She creates a safe place to practise these exercises and she explains the theory which helps with my understanding of dysregulation. I really look forward to these sessions. Without them, I'd find it more difficult to cope." LS

"I felt that the sessions were very useful in managing stress and anxiety and had a positive impact both mentally and physically. I left the sessions with some useful tools to help me in the future. Sue is very empathetic and understanding. She explains everything very well and I feel very comfortable with her." AM

"I have experienced the many benefits that the sessions have assisted me on my healing journey and allowed me to take back control of my health issues and achieve a better understanding of why things are occurring in my body."

The mind-body exercises are not over complicated and very easy to follow they help me so much in my wellness on my own personal journey with stress, depression, anxiety and health issues creating a great sense of well-being and increasing the feeling of relaxation." MD

The calming the mind and body sessions allowed me to explore my anxiety through the body and taught me to be with it, not impatient by it. Sue taught me about nervous system dysregulation and gave me tools to help regulate my anxiety and nervous system to reconnect with myself and rebalance. I left the sessions with new educational information and practical tools which have really helped me on a daily basis." LS

"I find the Somatic Relaxation sessions are of immense help to relax my mind and body. I suffer from severe insomnia, but during these sessions my body relaxes and I always have a good sleep afterwards. I have fibromyalgia and my body and mind are usually tense and anxious, so relaxation is very hard for me to achieve independently. This has positive impacts on my mood and my ability to manage my chronic illnesses."

I think these sessions are vital for people like me who suffer from long term illnesses or who have trouble relaxing due to chronic stress or mental health conditions. It's also valuable to people just finding it difficult to cope with their daily life. I would highly recommend these sessions to anyone. I just wish more sessions were available during the month, rather than just one session a month." SV

Future Calming the Mind and Body Sessions

Participant feedback shows our Calming the Mind and Body sessions have provided support for anxiety, pain, sleep and improved well-being. So, if you have been impressed by what you have read and would be interested in joining us to reduce your stress levels and improve your well-being, then check out the dates of our next sessions below:

Our next sessions are on: Saturday 25 February, 25 March & 22 April 2023, 3-5pm

To book your FREE online place please scan the QR Code or click the following link: <https://forms.gle/p7iQn5ipjvxqBtK7>

Alternatively you can contact:

Office: 020 8925 2435

Mobile: 07939 975763/07944 119899

Email: runup@oneplaceeast.org

SCAN ME





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Tech Assistance Project



Do you need help with
Technology, such as
computers, phones and
tablets?



dinner is
ready!!



Do you want to know about
assistive technology and
adaptive equipment
like talking microwaves
and Alexa?



If the answer is YES,
contact us on:

07377 170 210

owais.niaz@oneplaceeast.org

07814 205 741

carol.gardner@oneplaceeast.org



DISABILITY FESTIVAL IN THE PARK 2023

Planning has started again for this year's festival. We hope the festival can continue to grow and offer locals and the wider disabled community the most informative, fun, and welcoming day for everyone.

To ensure this we need your help. We want to hear from as many people as possible. So let us know what you would make your day special and complete our online survey. <https://www.surveymonkey.co.uk/r/3GHHV29>

If you don't have online access, or need an accessible version of the survey please just let us know by contacting 020 8925 2435.

THE CREATEABLES GET BUSY IN MARCH..

The CreateAbles
One Place East
Where disability matters

March 8
START 2:00 PM
ENDS 4:00 PM
JEWELLERY MAKING WORKSHOP WITH MEL

Have you ever wanted to make your own jewellery?

Come and join us on Wednesday 8th March and create your own jewellery. Mel will help you make rings, bracelets and more. Let's add some glam to 2023!

If you would like to attend this special workshop, please call Saifur on 020 8925 2435 | 07585 399 365 or email saifur.valli@oneplaceeast.org

Project funded by **COMMUNITY FUND**

AT ONE PLACE EAST

The CreateAbles
One Place East
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March 27
START 1:30 PM
ENDS 3:30 PM
MAKING MUSIC WITH SARAH

Let's make music and sing!

Come and join us for an interactive Making Music workshop on Monday 27th March, 1:30pm till 3:30pm. We will use various household or office objects to create music and sing.

If you have any objects that makes a good sound, bring it along with you.

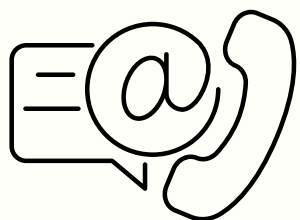
If you would like to attend this special workshop, please call Saifur on 020 8925 2435 | 07585 399 365 or email saifur.valli@oneplaceeast.org

Project funded by **COMMUNITY FUND**

AT ONE PLACE EAST

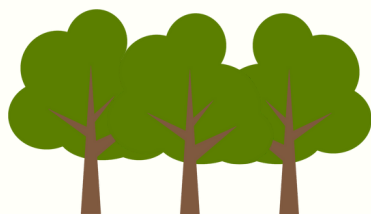


The CreateAbles project have two exciting workshops taking place in March. On the 8 March there will be a jewellery making workshop and on the 27 March there will be a making music workshop.



For more information or to book onto either workshop please contact Saifur on:

0208 925 2435 | 07585 399 365
saifur.valli@oneplaceeast.org



If you receive this newsletter via post and would prefer to receive it via email please let us know by emailing Jodie.roast@oneplaceeast.org



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