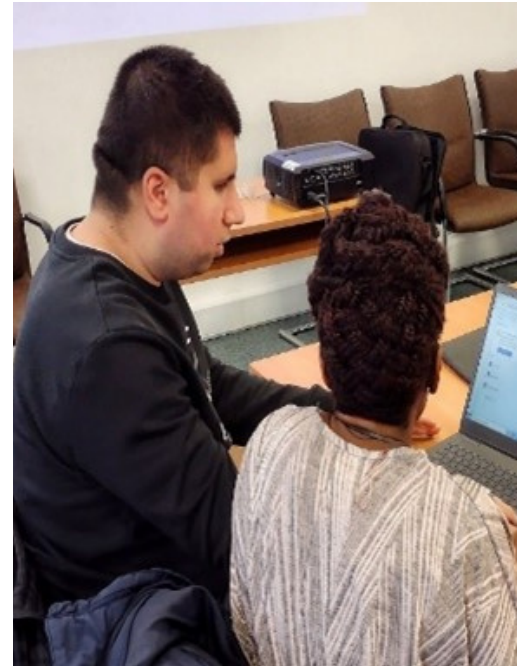


One Place East  
Where disability matters

# Newsletter

## May 2023



***Mayor's final fundraiser is a triumph, and a brilliant time was had by all***



*On Saturday 13 May the majority of our One Place East staff team, along with Trustees, volunteers & service users attended the Mayoral Celebration Event at Sir James Hawkey Hall in Woodford.*

*Continued overleaf...*

### ***Inside:***

Tech Assistance  
Project seeks  
Volunteers • P3

*King Charles III pays  
royal visit to OPE • P4*

Volunteers Week, 1-7  
June 2023 • P5

FREE Training • P6

Disability Awareness  
Festival • P7

& much more!





## ***Mayor's final fundraiser continued..***

The Mayor Councillor Thavathuray Jeyaranjan made an extravagant entrance into the event and kicked off perfectly the start to what would turn out to be the most wonderful evening.

We were so honoured to have been chosen to be one of the Mayors charities for year 2022/23 and what an amazing way to round it all off.

A special thank you to everyone who was involved in planning such a great night. Every performer was outstanding and a special mention to One Place East's very own speakers - Ian L. Fullbrook, Sam Levene & Owais Niaz. Who all stood on a stage in front of a big crowd of people (most of which they didn't know) and yet they all came across so brilliantly and done One Place East so proud.





# ***Our new Tech Assistance Project (TAP) holds first of many Digital Drop-in's***

On Saturday 20th May 2023, TAP held it's first of many Digital Drop-in's. The drop-ins are for anyone who needs help with technology (such as computers, phones and tablets), or those who want to know more about assistive technology and adaptive equipment (like talking microwaves and Alexa).

We had 6 individuals attend our first drop-in and received support with a range of issues, including:

- Mobile phones - Emailing, texting, adding contacts, downloading videos and pictures.
- Tablets - uninstalling apps, placing emails in different folders, changing delivery address on amazon account.
- Researching smart phones.

Our next drop in will be held on Saturday 29th July 2023 from 10:30am-2:30pm.

For more information, to apply to volunteer or to let us know you are coming please contact:

**Owais Niaz on 07377 170 210**

**[owais.niaz@oneplaceeast.org](mailto:owais.niaz@oneplaceeast.org)**

**Carol Gardner on 07814 205 741**

**[carol.gardner@oneplaceeast.org](mailto:carol.gardner@oneplaceeast.org)**



# Health Groups for Women & Men

## Wednesday 31 May 2023



One Place East  
Where disability matters

working in partnership with



RedbridgeCVS



### Health Groups for Women & Men



**Wednesday 31 May 2023**



**2:30-4:00pm**



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

**Women's Group:**



**Cervical cancer**



**Menopause**



**Breast cancer**

**Men's Group:**



**Prostate screening**



**Bowel cancer**



**Breast cancer in men**

**To book please contact Carol or Jodie on:**



**020 8925 2435**



**07814 205 741 / 07944 119 899**



**carol.gardner@oneplaceeast.org  
jodie.roast@oneplaceeast.org**



Registered office: One Place East Ltd - Registered Charity No: 1065770 | Company Limited by Guarantee No: 3115971

In partnership with RedbridgeCVS, on Wednesday 31 May from 2:30 - 4:00pm we will be delivering (separate) workshops for Women & Men on the topic of health issues.

The women's group will include the following topics: Cervical Cancer, Breast Cancer and the Menopause.

The men's group will include the following topics: Prostate Cancer, Bowel Cancer and Breast Cancer in Men.

To book please contact Carol or Jodie on:

07814 205 741 | 07944 119 899  
[carol.gardner@oneplaceeast.org](mailto:carol.gardner@oneplaceeast.org)  
[jodie.roast@oneplaceeast.org](mailto:jodie.roast@oneplaceeast.org)

## King Charles III pays a royal visit to OPE..

To mark the Kings Coronation, on Thursday 4th May we invited our staff, service users and volunteers to join us with an afternoon celebration, and the King himself even made an appearance.

A special shout out to all the staff and volunteers who ensured the office was worthy for a royal visit and a big thanks to Mel Ali for being our in house DJ and ensuring everyone was dancing all afternoon. We had a ball!





## Steph's 'Cooking Masterclass' went down a storm

Our Createables project recently held a Cooking Masterclass workshop, hosted by the talented Steph Tatum.

Attendees made homemade sausage rolls, cupcakes and tasty chicken and roasted vegetables.

The workshop catered for vegetarians, vegans and meat eaters and had a really good turn out. A big thank you to Steph for delivering it and for all those who came along and made it the success it was!



Volunteers Week takes place 1-7 June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities and say thank you.

Find us at the RedbridgeCVS annual Volunteering Fair on Tuesday 6 June 2023 from 11am-2pm at Redbridge Town Hall.

At One Place East we currently have the following volunteering roles available:

- Tech Assistance
- Dementia Befriending
- Mental Health Befriending

For more information or to apply please contact: **020 8925 2435** | [info@oneplaceeast.org](mailto:info@oneplaceeast.org)





  
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# **The CreateAbles project**

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## **FREE TRAINING**

### **Safeguarding and Health & Safety**

Join us on Friday 2nd June and learn about risks, types of abuse suffered and key safeguarding rules put in place to minimise the abuse.

The day will also include Health and Safety training. You will learn important information about staying safe and healthy in a workplace.



**2nd June**



**10:30am till 4:30pm**

### **Equality and Diversity in the workplace**

Join us on Friday 9th June for Equality and Diversity training.

You will learn the different types of backgrounds among people, such as differences in race, gender, age, religion, sexual orientation, disability, and culture.

The training will also cover issues such as discrimination, and harassment, with the aim of creating a respectful and inclusive environment where everyone feels valued and can contribute their best.



**9th June**



**10:30am till 4:30pm**

If you would like to attend this free training, please contact Saifur on:  
07585 399 365 or [saifur.valli@oneplaceeast.org](mailto:saifur.valli@oneplaceeast.org)

project funded by







**FREE ENTRY**

# Disability Festival in the Park

## #ThisAbility

**GAMES**

**SPORTS**

**ARTS AND CRAFTS**

**LIVE MUSIC**

**WORKSHOPS**

**WEDNESDAY 9th August 2023**

**12:00 to 19:00**

**Christchurch Green  
Woodbine Place,  
London E11 2RH**

**INFORMATION STANDS**

**FOOD AND DRINK**

**FASHION SHOW FOR THE CLIMATE EMERGENCY!**

**NELFT NHS**  
NHS Foundation Trust

**WEL**  
Enterprises

**redbridge**  
FORUM

**One Place East**  
Where disability matters

**uniting friends**  
Leading the way for independence

**RIASS**  
Redbridge Information and Advice Service

**Vision**  
Redbridge Culture & Leisure

London Borough of  
**Redbridge**

**You can kindly donate at:**  
**[www.justgiving.com/campaign/disabilityfestival2023](http://www.justgiving.com/campaign/disabilityfestival2023)**

## One Place East Tech Assistance Project (TAP) needs your help

The project aims to support People with Disabilities to access the internet, live more independently at home and become less isolated and better-connected thanks to assistive technology.

We ask anyone interested in TAP to complete the following survey to assist us in delivering TAP and ensure that participants get the most out of our project. The survey should take around 7-10 minutes to complete.

Scan the QR code or visit:

[www.surveymonkey.co.uk/r/3TBNBRS](http://www.surveymonkey.co.uk/r/3TBNBRS)

If you would like to receive this survey in an accessible format or need some assistance to complete it please contact:

**Owais Niaz: 07377 170 210 | [owais.niaz@oneplaceeast.org](mailto:owais.niaz@oneplaceeast.org)**

**Carol Gardner: 07814 205 741 | [carol.gardner@oneplaceeast.org](mailto:carol.gardner@oneplaceeast.org)**





# RIASS Carers Week Information Day

## Wednesday 7 June 2023, 11am-1pm

### Redbridge Central Library, Clements Road, Ilford, IG1 1EA



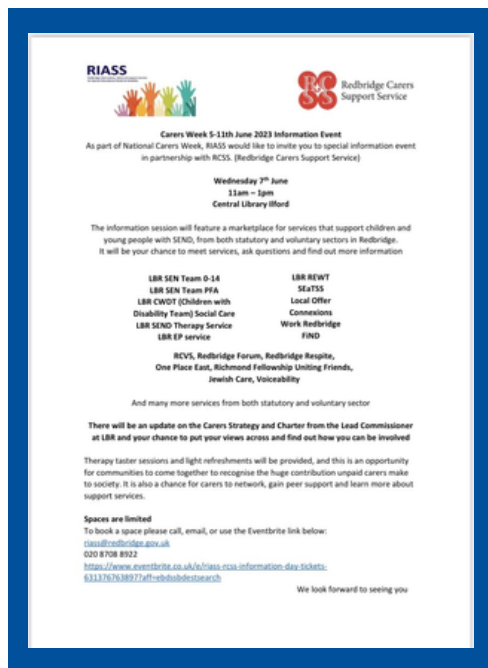
As part of National Carers Week, RIASS would like to invite you to special information event in partnership with Redbridge Carers Support Service (RCSS).

The information session will feature a marketplace for services that support children and young people with SEND, from both statutory and voluntary sector in Redbridge. It will be your chance to meet services, ask questions and find out more information. The services attending will include: LBR SEN Team 0-14, LBR SEN Team PFA, LBR CWDT (Children with Disability Team) Social Care, LBR Therapy Service, LBR EP service, LBR REWT, SEaTSS, Local Offer, Connexions, Work Redbridge, FiND, RCVS, Redbridge Forum, Redbridge Respite, One Place East, Richmond Fellowship, Uniting Friends, Jewish Care and Voiceability.

There will also be an update on the Carers Strategy and Charter from the Lead Commissioner at LBR and your chance to put your views across and find out how you can be involved

Therapy taster sessions and light refreshments will be provided and this is an opportunity for communities to come together to recognise the huge contribution unpaid carers make to society. It is also a chance for carers to network, gain peer support and learn more about support services.

For more info visit [www.redbridgeiass.org.uk](http://www.redbridgeiass.org.uk)



## ADULT Mental Health First Aid Refresher Course - 06.06.2023

This course is for people who have already completed the 2 day Mental Health First Aid course but need to renew their accreditation as it expires after 3 years.

If you completed your MHFA course with One Place East in the last 3 we can offer a promo code if you contact us on 020 8925 2435 before purchasing your ticket. If you are a local person who is already accredited as a Mental Health First Aider you will need to provide proof of your accreditation.

Visit <https://tinyurl.com/3tkx9xjh> to book now.

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## ADULT MENTAL HEALTH FIRST AID REFRESHER COURSE



# Mental Health Awareness Week Celebrations 15-21 May 2023

To mark Mental Health Awareness Week 2023, One Place East held a variety of workshops throughout the week, including Meditation, Anxiety Matters, Tea & Talk and Calming the Mind & Body.

A special thanks to Raj Ibhrampurkar, Sue Morgan, Maria Diminieux and Kate Harrison for facilitating the workshops. We can't wait to see what you deliver for World Mental Health Day in October!

15 to 21 May 2023

## Mental Health Awareness Week



#ToHelpMyAnxiety



**Laugh-ABLE**  
ALWAYS ACCESSIBLE TO EVERYONE

BRING YOUR OWN DRINK

PRIZES FOR BEST AUDIENCE MEMBER GIVEAWAY

BSL USED HERE

Vision Redbridge Culture & Leisure

amateo award

WINNER

MC **MARK NICHOLAS**  
WEST END NEW ACT OF THE YEAR SEMI FINALIST 2023  
"MARK HCD OUR SHOW. HE WAS AN ABSOLUTE PRO AND WE ENJOYED HIS COMEDY AS WELL"  
(ENRICH FESTIVAL)

**FEATURING**  
GREGG HOUSTON  
SIOBHON DODD  
GOZ  
LEVY LUPU  
LEIGH DOUGLAS  
ADAM HOPKINS

Sponsored by:  
One Place East  
Where disability matters

eventbrite

**HEADLINER DON BISWAS**

2022  
"A PHENOMENAL GAG TELLER WITH AN ENGAGING STAGE PERSONA. DON BISWAS SHOWS ALL THE SIGNS OF A TRULY GREAT COMIC"  
(BROADWAY BABY)  
AS SEEN ON DAVES ROSIE JONES  
DISABILITY COMEDY EXTRAVAGANZA

WANSTEAD LIBRARY WEDNESDAY  
7TH JUNE 7:30PM-10:00PM

SCAN ABOVE TO BOOK YOUR TICKETS. GENERAL ADMISSION £3 DISABILITY £1 OR £5 ON THE DOOR. BYOB AND FREE TEA AND COFFEE PROVIDED

Dave

## Laugh-Able Presents BSL Interpreted Comedy Night with Don Biswas - 7 June 2023

After Laugh-Able received a small grant from its award & Mark Nicholas (Autistic Comic and Promoter of the Night) decided to use the entirety of this grant to make this night truly accessible. As well as having an award winning comic headlining in Don Biswas, Mark has been able to secure the services of two very talented BSL Interpreters.

Get your tickets now by scanning the QR code below. This will be the last event before the summer break. An event which has something for absolutely everyone!



# Become a part of our One Place East Get Together Group Runs Every Thursday 2-4pm

If you want to meet new people, take part in activities and learn new skills then why not join our Get Together Group.

Get Together is a weekly in person and online group where the focus is on wellbeing and connecting with others. So, whether you are into knitting or manga, cinema or singing, Zumba or scrapbooking, whether you have been pub quiz champion, or you haven't found your thing yet, you will be welcome to come along and spend time with others.

We hope to support new social and interest groups by giving individuals a chance to Get Together and find other people with similar interests. Most of all we want to create a space where everyone feels welcome, and everyone feels safe to share.

For more info contact Erica on:

**07903 568 138**

**[erica.miles@oneplaceeast.org](mailto:erica.miles@oneplaceeast.org)**

## Get Together Group

**If you want to meet new people, take part in activities and learn new skills, then this is the group for you.**



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**One Place East**  
Where disability matters

**The group runs every  
Thursday from 2 - 4pm  
at One Place East**



To find out more about this exciting new opportunity, contact us on:  
020 8925 2435 | 07903 568 138 | [socialprescribing@oneplaceeast.org](mailto:socialprescribing@oneplaceeast.org)



Registered Office: One Place East, 2nd Floor, Ilford Chambers, 11 Chapel Road, Ilford, Essex, IG1 2DR  
Registered Charity No: 1065770 Company Ltd by Guarantee No: 3115971



### Coffee and Support Morning Meetings for Visually Impaired People

 **Tuesday 6th of June, 2023**  
**10 am - 12 noon**  
**2nd Floor, Ilford Chambers,**  
**11 Chapel Rd, Ilford IG1 2DR** 

 Vision Ability is inviting you to our Coffee Morning Get-together. This is a great opportunity to socialise, make new friends and get support. 

**Our aim is to bring our community together and offer help with Benefit Applications, IT training, Career Advice, or whatever else you may need.**



for information and bookings  
contact Owais Niaz at 07943722343, or  
[info@visionability.org.uk](mailto:info@visionability.org.uk)

Kindly Hosted by One Place East

Vision Ability Registered Office: 244 - 254 Cambridge Heath rd, E2 9DA.  
Community Interest Company Limited by Guarantee No: 3115971

## Coffee and Support Morning Meetings for Visually Impaired People Tuesday 6 June 2023 / 10am-12pm

Vision Ability is inviting you to it's coffee morning get together. An opportunity to socialise, make new friends and seek support with benefit applications, IT training, career advice or whatever other support you may require.

For more information or to book to attend please contact Owais Niaz on:

**07943 722 343 | [info@visionability.org.uk](mailto:info@visionability.org.uk)**



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