

Newsletter

June 2023



Employment Opportunities at One Place East - Various roles available - Apply now!

Do you want a role transforming peer-led solutions for Deaf and Disabled People? With thanks to The National Lottery Community Fund and CABWI we can press the start button on our ambitions plans to empower more people to lead social change and tackle structural and social inequality. We are creating four new roles aimed at strengthening the foundations for creative community-led solutions.

Please find our job opportunities pack attached with this newsletter for more information.

To apply visit: www.oneplaceeast.org/join-us

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& much more!



One Place East Launch Events: The Talent Network

One Place East invites you to the launch events for The Talent Network.

OPE is launching a new employment and personal development service – The Talent Network. Its focus is addressing the barriers keeping Deaf and Disabled People furthest from the labour market or from reaching their potential once in work.

This is not your traditional employment project – oh no! Where people are frequently told what they cannot do, The Talent Network will help identify talents, skills and interests and find pathways to employment and training opportunities – including self-employment or enterprise creation.

As with all OPE's work, peer support and connecting Deaf and Disabled People to their community to achieve their ambitions is a core aim of The Talent Network.

Thanks to funding from CABWI, we are able to develop a network of Deaf and Disabled People, employers, education and training providers, employment support agencies, role models, inventors, entrepreneurs and those who are just fun to have around.

The Talent Network is not just for Deaf and Disabled People aged 18 – 65 who currently are not working. It is also for people in work but feel they could further develop or change their career, if only they were supported to achieve their potential. Employers may also want to be involved, getting support in making their business more inclusive.

We are holding two launch events for you to find out more about The Talent Network and hear your ideas to shape its work. **Please find flyer overleaf.**

- 1. Physical launch: Wednesday 12th July 2023 | 1.30pm – 3.30pm | at OPE** (If you require BSL or other communication support, please let us know when booking.)
- 2. Online launch for those in work or who prefer online: Monday 17th July 6pm – 8pm** (will include live captioning and chat box facility to increase inclusion).

If you would like to book at attend either of the events please contact:

020 8925 2435 | 07944 119 899 | jodie.roast@oneplaceeast.org

One Place East
Where disability matters

invites you to the launch events for **The Talent Network**

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The Disability Festival in the Park is back and better than ever before.

If you've never been to the festival before, you are missing out! We have workshops, market stalls, accessible sports, arts and crafts as well as a main stage filled with talented singers and dancers. Entry to the Festival is completely free and there is something for all the family!

How can you be a part of the most accessible and friendly event in London?

If you want to book to exhibit at the festival please visit here:

www.adultcare.redbridge.gov.uk/news/disability-awareness-festival/

We also have a variety of sponsorship and advertising packages available.

You can kindly donate here:

www.justgiving.com/campaign/disabilityfestival2023



One Place East celebrates Volunteers Week 2023

To mark Volunteers Week, on Wednesday 7th June we held a Volunteers Get Together at our offices, where we presented all of our dedicated volunteers with certificates of appreciation.

All those who attended had a lovely time tucking into the buffet and catching up with their fellow volunteers.

As an organisation, we rely heavily on support from volunteers and really do appreciate the commitment and care that they each possess.

We also attended the Redbridge CVS Annual Volunteering Fair on Tuesday 6th June at Redbridge Town Hall. The event had a great turn out and we are hopeful that we managed to recruit many more volunteers.

If you would like to join our dedicated team of volunteers please contact:

020 8925 2435 | info@oneplaceeast.org



Learning Disability Listening Event 2023

What is it?

We want to hear from
YOU about how we
are doing and we
want to tell you how
we are improving



You are invited!

June 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

When is it?

Friday 23rd June



12:00

12:00 – 4:00

Ilford

LUNCH
PROVIDED
AT 12:00



How to Register Your Interest



Email to:

learningdisabilitiesprojects@nelft.nhs.uk

Or Call 0300 555 1200 and ask for:

Barbara Jennings on extension number 58740

or Anna Cohen on extension number 56940



We will then be in touch to confirm your place





Toast

Join us for **FREE** theatre, circus, music and performance on a high street near you.

REDBRIDGE OUTDOOR ARTS

May to September
Barkingside and Ilford Town Centre

Look Mum, No Hands!

Do What Ya Mama Told Ya!

Flood

Share the experience!





 @redbridgearts  visionrcl.org.uk/ROA





Redbridge Outdoor Arts return for 2023 to a High Street near you

ALL EVENTS ARE FREE- NO NEED TO BOOK, JUST TURN UP!

Redbridge Outdoor Arts presents a summer of arts and culture in Ilford Town Centre and Ken Aston Square, Barkingside High Street.

The shows are relaxed and performed outdoors, meaning you don't have to sit still and be quiet throughout! They are family friendly, but you can come alone or with friends! There are seats available, so if you need to sit, or have space made available for you, please speak to one of our friendly team. From BSL integrated performance to Easy-Read booklets, we are aiming to be as accessible as we can and hope to see you there!

For more information on everything including accessibility, how to find us and to sign up for the very first Redbridge Outdoor Arts newsletter, visit www.visionrcl.org.uk/ROA or email us at culture@visionrcl.org.uk

Redbridge Outdoor Arts is a partner in Without Walls, a consortium of festivals and arts organisations bringing fantastic outdoor arts to people in towns and cities across England.

Visit www.visionrcl.org.uk/ROA for more information.



Scan the QR code for more info:



VOLUNTEERS NEEDED

Opportunities Available:

- Dementia Befriending
- Mental Health Befriending
- Peer Support
- Tech Assistance

Interested In Joining Us?


One Place East
Where disability matters

Call: 020 8925 2435
Email: info@oneplaceeast.org
Visit: www.oneplaceeast.org

Our visit to the Dreamachine

On 26th April 2023, Jane Wells and her team from the Dreamachine paid a visit to One Place East to do a presentation, on the Dreamachine experience. The Dreamachine experience has toured parts of Great Britain, including Edinburgh, Cardiff, Belfast and London. There is a pre-booking form containing information about medical conditions or sensitivities that may be relevant to participation in the High Sensory Dreamachine experience.

On the 12th May 2023, Kate Harrison visited the Dreamachine premises, at Hackney Downs Studios to take part in this exciting experience, and reported below:



"There were six of us taking part in the experience. We took our shoes off and laid back in very comfy seats and had soft blankets to cover ourselves with. First of all we took part in relaxation and breathing exercises. Then we prepared and took part in the taster session.

My experience (eyes shut tightly) and the bright lights were flashing, I saw like a kaleidoscope of images. Which were hexagons and diamond shapes in red and yellow. The extended version again I saw hexagon shapes and diamonds in vivid colours – yellows, oranges and red colours. It almost looked like a bees honey comb pattern.

Afterwards, I was invited to share my feedback of what I saw and how I felt during the process. There were slate boards and pastels provided so that we could draw what we had seen. The whole experience was truly magical.

The following day, I went to the Hackney Downs Studios again for their Science Day. The aim of this project is to investigate the neural effects of the Dreamachine experience simultaneously across multiple users. I was set up for an electroencephalogram (EEG), which provides a readout of online brain activity. I wore a snug fitting cap, made of elasticated cloth and some metal sensors. In order to establish contact between the scalp and the sensors it is necessary to apply an electrolyte gel, that contains conductive salts, which takes about half an hour to complete.

During the Dreamachine session it followed the same routine as on the 12th. During the taster main event I saw white smoke and it felt serene and dreamy. I did not see any colours or shapes this time. I completed a survey and talked about my experiences.

I found the entire Dreamachine experience exciting and wonderful. I would like to give a special thank you to Jane Wells and Dr David Schwartzman and the many others working for Dreamachine for allowing me to take part.



One Place East

Where disability matters

Do you know what services
One Place East (OPE) has to
offer?



If not, the OPE Advisory Group invites you to join them for a coffee, meet the team and find out more about OPE services on:



Wednesday 12 July 2023
10.30am–12.30pm

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



For more information or to let us know you are coming please contact **020 8925 2435** or email advisorygroup@oneplaceeast.org
However, booking is not essential.



Disability Expo 2023 6th & 7th July 2023 at ExCeL London

Join us at the Disability Expo 2023. A two-day event offering...

- Hundreds of exhibitors offering a large array of equipment provision, from the latest innovations in independent living & mobility aids and technologies, services and advice from an array of charities and organisations.
- A full event programme comprising of inclusive activities, performances and presentations from engaging relatable people, sharing their experiences, skills and expertise.
- A safe and accessible place for networking so that you can meet new people, share your experiences and increase your support networks.



Volunteer at the Disability Expo

Are you passionate about creating an inclusive society? Do you believe in the power of volunteering to uplift the lives of individuals with disabilities? Then mark your calendars for the Disability Expo 2023!

Whether you have specific skills to contribute or simply a desire to help, your presence will make a significant difference. Together, we can make the world a more inclusive place for everyone.

To register please scan the QR code displayed on the flyer (left). For more information please contact:

Chandy.green@thedisabilityexpo.com



One Place East work in partnership with RedbridgeCVS to deliver health workshops for women and men

On Wednesday 31 May, in partnership with RedbridgeCVS we held groups for women and men to discuss various health issues, including cervical, breast, bowel and prostate cancer.

Both the women and men's groups found the sessions really informative, so we would like to say a big thank you to the RedbridgeCVS staff members who came along and delivered them in such a friendly and accessible way. We look forward to more partnership working in the coming months.

Calming the Mind & Body

with Sue Morgan

3pm - 5pm Saturday 24 June 2023

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.

Click here to book your FREE place.

Phone: 020 8925 2435 Mobile: 07939 975763/07944 119899 or Email: runup@oneplaceeast.org



One Place East
Where disability matters



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