



FREE ENTRY

Disability Festival in the Park

#ThisAbility

Wednesday 9th August 2023
12:00 to 19:00

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

SPORTS

GAMES

INFORMATION STANDS

FOOD AND DRINK

LIVE MUSIC

WORKSHOPS

ARTS AND CRAFTS

FASHION SHOW FOR THE CLIMATE EMERGENCY!

Scan here!

The annual Disability Festival in the Park is back and better than ever on Wednesday 9 August 2023



If you've never been to the festival before, you are missing out and should definitely change that this year! 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!

See overleaf for our programme of events taking place...

Inside:

Disability Festival in the Park Programme – Pages 2 & 3

Pain & Fatigue Warriors – Page 5

Redbridge Providers Event – Page 6

Job Vacancies – Page 7

& more



DISABILITY FESTIVAL

IN THE PARK

WEDNESDAY 9 AUGUST 2023

One Place East
Where disability matters

As well as all of the other exciting activities taking place on the day, which you will find in the main programme at the event, here is a timetable of what we will be offering in our area.

Time:	Activity:
 12:30-13:30pm	Jewellery Making Workshop Come and make some fashionable jewellery with Mel.
 12:30-16:00pm	Tech Assistance Project Assistive equipment displays and workshop tutorials. Drop in for support with all your digital needs.
 13:00-14:15pm	Meditation Practice Introduction to a gentle chair based meditation to help you find peace and calm (at Woodbine Centre).

DISABILITY FESTIVAL

IN THE PARK



14:30-15:45pm

Calming the Mind & Body

Somatic practice wellbeing session to help reduce stress, calm your mind and nervous system (at Woodbine Centre).



13:30pm onwards

Variety of Holistic Therapies available

Including Reiki, Healing and Indian Head Massage - drop in to book by 15 minute appointment.



16:00-16:30pm

Decorate your plant pot workshop

Come and decorate a plant pot with help from Mel, so it's ready for Potting.



16:30-17:00pm

Pot your own plant workshop

With your decorated pot at the ready, come and join Tony for help with planting a bulb.

We will hopefully see you there!

Learning Disability Week Celebrations

This year, Learning Disability Week took place from 19–25 June 2023. This year the theme was based on busting myths about what it is like to live with a Learning Disability.

Our services for people with a Learning Disability spend all year attending meetings and workshops, running focus groups and taking part in consultations. So for 2023, to celebrate Learning Disability Week we thought we would do something different to usual and do something social for a change.

We got the gang together and all enjoyed a lovely meal in the Toby Carvery in Woodford Green.



Tech Drop-in @ OPE Saturday 29 July 2023 10am–2.30pm

Our Tech Assistance Project will be running another Tech Drop-in session this coming Saturday 29 July, from 10am–2.30pm.

Drop in to the One Place East office for support with all your digital needs.

For more information about the project, or if you would rather book a one to one appointment please contact the details below:

Owais Niaz – 07377 170 210
owais.niaz@oneplaceeast.org

Carol Gardner – 07814 205 741
carol.gardner@oneplaceeast.org



One Place East
Where disability matters

Funded by

The Access
Foundation



Tech Assistance Project Tech Drop-In



Saturday 29th July 2023
10.00am to 2.30pm



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

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



dinner is
ready!!



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



Please let us know you
are coming :
07377 170 210
owais.niaz@oneplaceeast.org
07814 205 741
carol.gardner@oneplaceeast.org

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



Pain & Fatigue Warriors

Taking care of your physical and mental health

11am - 1.30pm Wednesdays

30 August & 27 September 2023

Ilford Chambers 11 Chapel Road, Ilford IG1 2D



SCAN ME

Feeling Tired all the Time?

If you are battling with Chronic Fatigue Syndrome, ME, Fibromyalgia, Long Covid, Depression, Anxiety, or simply feeling tired all the time, then why not join us to explore the nature of how these chronic conditions impact your mental and physical health, stopping you from living the life you want.

These educational sessions will address these debilitating symptoms, dysregulation, stress and pain cycles from a lived and trauma informed perspective. They will include Somatic Practice to aid self-regulation, calm your mind and relieve your body's stress response.

To book your FREE place please click on the link: <https://forms.gle/hpa8CDvr7KJeoMvo7>

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



One Place East
Where disability matters



Disability Expo Event at ExCeL Centre London

On the 6th & 7th July, Carol Gardner and Owais Niaz from One Place East attended the Annual Disability Expo event at the ExCeL Centre in London.

They are pictured left with Andrew Longhurst – Trustee and Aaron Phipps MBE (a wheelchair rugby player and gold medal-winning Paralympian).

This event was a great opportunity to increase our support networks with various organisations and companies that support people with a variety of disabilities. We look forward to next years event!



Get Together Group running every Thursday from 2-4pm from 3 August 2023

The OPE Get Together Group will be back from 3rd August 2023, where will have a range of speakers from different groups, including walking and talking groups, arts-based groups and gardening – with a focus being on encouraging people to connect.

Keep your eyes peeled for the exciting programme of activities that will be coming soon.

For more information or to join please contact Erica Miles
on: 07903 568 138 | erica.miles@oneplaceeast.org



OPE attend London Borough of Redbridge 'All Provider' Forum

On Wednesday 12 July 2023, we attended the Redbridge Providers Forum at Sir James Hawkey Hall in Woodford Green.

Some of the themes for the forum included:

- LGBTQ+ Inclusion in the Social Care Sector
- Accessing Housing Benefits & Advice
- Mentorship Scheme for Employers
- Safeguarding Adults Including DoLS and BIA
- Redbridge Placement & Brokerage & Direct Payments Team
- Redbridge Contracts and Quality Assurance team
- Redbridge Commissioning Team

One Place East service users Ian Fullbrook and Sam Levene were brave enough to get up on stage, in front of 150+ people, and speak about their personal journeys with One Place East.

They did an amazing job and got a great reception from those in attendance – so a massive well done to them both, they done themselves and the organisation proud.



WE ARE HIRING!

We are currently recruiting for:

- **Befriending & Volunteering Lead**
- **Digital Development Lead**
- **Outreach & Peer Group Facilitator**
- **The Talent Network Project Facilitator**

**The closing date for all applications is
Friday 28 July 2023 at 5pm**

**To download an application
pack visit:**

www.oneplaceeast.org/join-us

Redbridge Dementia Befriending Services receives funding from London City Airport Community Fund



We are very excited to have been awarded a London City Airport Community Fund grant. This is a great opportunity for us to continue our work with the local community and make a difference in the London Borough of Redbridge.

We will be using these funds to support people with dementia and make a positive impact on their mental and physical wellbeing by providing meaningful social opportunities to help in sustaining their independence and reducing isolation.

VOLUNTEERS NEEDED



Our Dementia Befriending Service relies heavily on volunteers in order to make a massive difference to people living with Dementia.

If you are interested in joining our dedicated team please contact Jan Mitchell or Manjit Kaur on the details below:

020 8925 2435

jan.mitchell@oneplaceeast.org

manjit.kaur@oneplaceeast.org

One Place East Talking Newsletter

We now provide our newsletters in audio format, with our One Place East Talking Newsletter.

This can be found on our website www.oneplaceeast.org or on our YouTube page @oneplaceeast

For support with accessing this please contact the office on 020 8925 2435 or info@oneplaceeast.org



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