



As expected, the Disability Festival in the Park 2023 didn't disappoint

A sum up of this years Festival – an amazing day of sunshine, talent, opportunities, friendship, entertainment and laughter – it wasn't missing a single thing!

We would like to thank every single person who was involved in the planning of the day and to all you lovely people who came along to make it the success it was.

If you enjoyed the day and can spare any amount at all, we ask could you kindly donate, to ensure it remains a free event. You can do so here: <https://rb.gy/a25g8>

Every penny raised will go towards ensuring the 2024 event is as amazing as 2023's was!

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One Place East's new Technical Assistance Project, funded by the Access Foundation

One Place East's new Technical Assistance Project had their own stall at the Disability Awareness Festival this year to help more disabled people benefit from technology and the digital world.

It was great to see so many people interested and trialing out our display of assistive technology and adaptive equipment to help with independent living.

We would also like to say 'thank you' to everyone who took part in our online survey and, to Ilford ShopMobility for their information & to RNIB for providing equipment, including their talking microwave. We are thrilled you joined us, and we hope you had as much fun at the festival as we did.

Pictures tell a thousand stories and above are a few of many of this years Festival. To view all of the photos of the day please visit: [our website by clicking here.](#)





Look Mum, No Hands!

Erica and Steph met up with OPE service users, for an afternoon of theatre. A tender story about friendship and growing up using a combination of theatre, movement and acrobatics.

Those who attended highly recommend catching an upcoming performance if you can. You can find out more at: www.withoutwalls.uk.com



INFORMATION DAY

Find out about support, services and equipment, available locally and nationally, for people with a vision impairment.

WEDNESDAY 6th SEPTEMBER 2023

10AM UNTIL 3PM

Y.M.C.A.

29 RUSH GREEN ROAD, RM7 0PH

Free Entry

Parking available

Refreshments on site

ALL WELCOME

Registered charity number: 1078815

www.sightactionhavering.org.uk

Sight Action Havering – Information Day

Find out about support, services and equipment, available locally and nationally, for people with a vision impairment.

Wednesday 6th September 2023
10am–3pm

YMCA, 29 Rush Green Road,
Romford, Essex, RM7 0PH

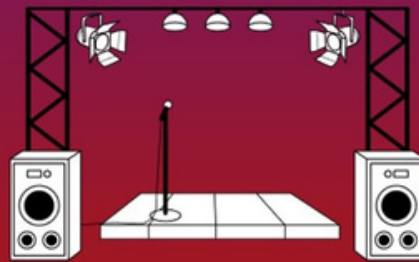
There will be a variety of external providers exhibiting a wide range of products including: Vision Aid, HumanWare, Computer Room Services, British Wireless for the Blind Fund, Deaf Blind UK, Cobolt Realsam Pocket, RNIB and Blind Veterans

One Place East
Where disability matters
presents

Laugh-Able Stand-Up Comedy Course

Every Saturday from 16th September 2023 to 14th October
10.30am - 1.30pm

Friends describe you
as the "joker" of the
group?



Ever watched stand-up
and "thought I could
do that!"

Free Stand-up Comedy Course hosted by Mark Nicholas (as seen at The Comedy Store, The Glee Club & Backyard Comedy Club)
5-weeks of interactive, inclusive, immersive and downright entertaining workshops that will prepare you to perform hilarious jokes in front of a live audience!

Perform alongside a Pro in an Laugh-Able Stand-Up Comedy Night to friends, family and local punters of the Wanstead Community.

This programme is for Deaf and Disabled adults or those with lived experience of mental ill-health. Perfect for exploring a career in stand-up comedy or acting. It's also a safe space for people who want to improve their communication or presentation skills. What better way to help improve your interview skills and confidence than trying stand-up comedy in a super supportive environment.



[Click here to book your place](#)



If you would like to have a chat about the course
or to book a place contact:

020 8925 2435 or info@oneplaceeast.org



Support for Redbridge Residents, struggling with the cost of living

Millions of people across the UK are struggling to cover their essential household costs nowadays. The 'cost of living crisis' means we're all paying a lot more for energy and food, and things like rent and fuel.

Redbridge council have a variety of support available to help with this, which you can access at:

<https://costofliving.redbridge.gov.uk/>

Please find flyer enclosed with this newsletter for upcoming Cost of Living Event.



healthwatch

We need more **MEN** to take part in the Big Conversation.
If you'd like health services to meet your needs in the future
we need to hear from you.



**SCAN
ME!**



The part in 'The Big Conversation' in North East London

The 'Big Conversation' is about listening to the people in our communities, hearing their thoughts about health, care and wellbeing in north east London and, most importantly, acting on them. It will help us focus on what matters to local people and to work with them and you, our partners, to improve quality outcomes and address inequalities.

The survey for residents to complete closes 31 August, so there is still time for people to share their views. [Click here to take part.](#)



One Place East
Where disability matters

Funded by



Tech Assistance Project Tech Drop-In

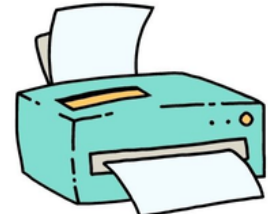


Saturday 30th September 2023
10.00am to 2.30pm



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?



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



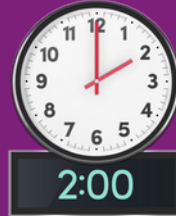
Registered Office: One Place East, 2nd Floor, Ilford Chambers, 11 Chapel Road, Ilford, Essex, IG1 2DR
Registered Charity No: 1065770 - Company Limited by Guarantee No: 3115971

LOGO DESIGN WORKSHOP

DATE



TIME



LOCATION



Show your creative talent and graphic design skills?
Use your skills to design a logo for our new employment and skills service 'The Talent Network'.

Join us on Thursday 31st August, 2pm and design your own logo, to be used for 'The Talent Network' and we will help you with your design skills.

One Place East are running a competition for Deaf and Disabled People and those with lived experience of mental ill-health to design a new logo for The Talent Network.

The winner will win a £100 shopping voucher.

LOGO

If you would like to attend, please contact Saifur Valli 020 8925 2435 | 07393 289 740 or saifur.valli@oneplaceeast.org

Please find enclosed flyer with this newsletter for more details on how to enter the competition.



ONE PLACE
CREATIVE

One Place East
Where disability matters

SKIN CARE AND MAKE-UP WORKSHOP

September

20



2:00

AT ONE PLACE EAST



Come join us on Wednesday 20th September, 2pm till 4pm for a fun workshop about taking care of your skin and doing makeup, for both men and women.

Learn how to make your skin look great with helpful tips. Discover easy makeup tricks to make you look even more beautiful, because you're worth it!

If you would like to attend, please contact Saifur Valli
020 8925 2435 | 07393 289 740 or
saifur.valli@oneplaceeast.org

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ONE PLACE
CREATIVE

September

28



2:00

TO



3:00

AT ONE PLACE EAST



A workshop led by Coyan Cardenas AKA "Memory of God", a Video Games Ambassador to help you find out about exciting careers in the games industry. See Coyan's website for free games for you to play online at: www.memoryofgod.itch.io

The Video Games Ambassadors Programme is led by UKIE the trade body for the UK games and interactive entertainment industry. It is the UK's largest network of games industry professionals supporting educational institutions and employment projects like The Talent Network across the country.

Join us on Thur 28 Sept at 2pm to learn how to follow your dream into a career in the games industry.

If you would like to attend, please contact Saifur Valli 020 8925 2435,
07393 289 740 or saifur.valli@oneplaceeast.org



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Creative activities with Tea, Cake and Fun

Colours of Redbridge and One Place East are hosting a creative activities workshop with tea and cake.

Tell us your stories about life in Redbridge and help shape a new community project in our area.

**Friday 15th Sept 10:30am to 12:30pm at
One Place East, 2nd Floor, Ilford Chambers,
11 Chapel road, Ilford IG1 2DR**

To attend, please email
saifur.valli@oneplaceeast.org or call 07393 289 740.
Confirm your place by 4th Sept.



Disability Festival Planning Team are hosted by Mayor of Redbridge

The Mayor of Redbridge, Councillor Jyotsna Islam invited the festival planning group to the Town Hall as a thank you for all the hard work that was put in by everyone involved. We had a lovely afternoon and it was a thoughtful gesture.

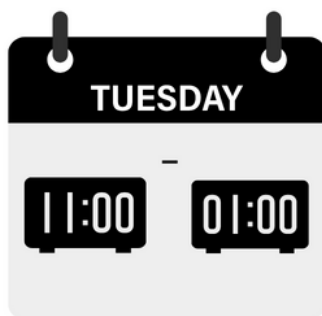
**One Place East**
Where disability matters



One Place Sight Support

for people with a Sight Impairment or Blindness

Our aim is to bring the visually impaired community together and offer help with Benefit Applications, IT training, Career Advice, or anything else you may need.



First Tuesday of every month

11 am – 1 pm

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



For more information or to book please
contact Owais Niaz on:
020 8925 2435 | 07377 170 210
owais.niaz@oneplaceeast.org

Funded by: **THE INMAN CHARITY**

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RUN-UP - MENTAL HEALTH SERVICE

Keeping you updated with everything related to Mental Health

Calming the Mind & Body

with Sue Morgan

3pm - 5pm Saturday 23 September 2023

Somatic Practice Wellbeing Session

This session will take you through the basics of the biological and emotional impact stress has 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.

To book your FREE online place please click on the link : <https://forms.gle/1x46gRGyZAabcDe66>

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



SCAN ME



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

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>

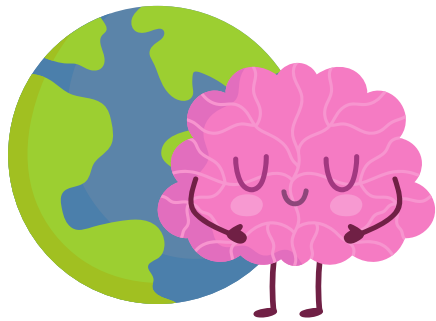
Phone: 020 8925 2435 Mobile: 07939 975763 or Email: runup@oneplaceeast.org



One Place East
Where disability matters



SCAN ME



World Mental Health Day

Tuesday 10 October 2023

World Mental Health Day is celebrated on 10 October each year. The theme of 2023's World Mental Health Day, set by the World Federation for Mental Health, is 'Mental health is a universal human right'.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

Put Tuesday 10 October in your diary as One Place East will be marking this day with an event – which will be announced soon. In the meantime, for more information about World Mental Health Day you can visit the Mental Health Foundation website:

www.mentalhealth.org.uk

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



Find us on:  Spotify  YouTube



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