



Another year of One Place East celebrating World Mental Health Day

Well this year was no different, One Place East were as busy as ever before on Tuesday 10 October, celebrating World Mental Health Day, with a variety of workshops and events.

ONE PLACE IN CONVERSATIONS PODCAST



We kicked off the day with an interactive 'One Place in Conversations Podcast' based on the 2023 theme of WMHD – 'Mental Health is a universal human right'. We would like to thank our guests for taking part in and making it the success that it was, Ian Beever, Tom Ryan-Elliott and Ehtesham Sharif.

This was followed by a Happiness Workshop hosted by the lovely Ian Beever, which equipped participants with theories, practical tools and techniques to cultivate happiness and plan a happier year ahead. Participants fed back that they thoroughly enjoyed this workshop.



Continued on page 2...

Inside:

WMHD continued - Page 2

Dates for your Diary - Page 3

OPE launch Reminiscence Group - Page 5

Autumn Cost of Living Payment - Page 6

International Day of People with Disabilities - Page 7

& more

World Mental Health Day continued....



To round off the day in style we held a bingo night at the OPE office, with special thanks to Daniel Woodhouse (Former Mecca Bingo employee) hosting the night for us. We all had a great time and look forward to hopefully having you back with us soon.

Now it's time to start planning celebrations for 2024.



TECH ASSISTANCE PROJECT DROP-IN SATURDAY 30 SEPTEMBER 2023 10.00am-2.30pm

Come along to our next Tech Drop-in on Saturday 25 November 2023 for support with all of your digital needs.

The drop in takes place at our offices in Ilford Chambers from 10.00am-2.30pm.

For more information or to attend please contact Owais or Carol on 07737 170 210 | 07814 205 741 or email owais.niaz@oneplaceeast.org



ILFORD BRANCH OF PAVERS SHOES MAKE GENEROUS DONATION TO ONE PLACE EAST

We would like to say a big thank you to the Ilford Branch of Pavers Shoes for their generous donation of £160. As a small charity we rely heavily on donations so really appreciate any amount received that can go towards providing the best possible services for our users.



ONE PLACE EAST'S DEMENTIA BEFRIENDING SERVICE VISIT VALENTINES MANSION

On Monday (25 September) our Dementia Befriending Service arranged a lovely visit to Valentines Mansion, Ilford for our service users, their carers and befrienders. The service users were thrilled to see the displays at the mansion which brought back very fond memories of their childhood and growing up. After the tour we visited the Gardener's Cottage Cafe located near the mansion. We were warmly welcomed by Miranda, Charlie and Louise who served us with delicious teas, coffees, cakes and sandwiches.

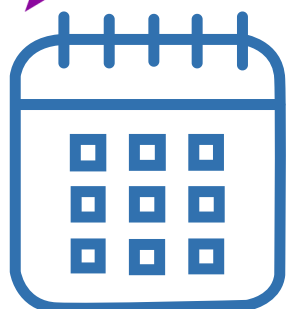
Everybody thoroughly enjoyed the visit and look forward to going back again!



Dates for your Diary

What's going on in Redbridge & beyond

UPCOMING EVENTS



Are you a community or voluntary organisation wanting to encourage more people to come along to your group or activity? Dates for the diary is a chance for us to list events taking place in Redbridge, further afield or even online that we think our members will enjoy.

We know that taking the plunge and joining in for the first time can be hard so once or twice a month we will try and support our members to access something for the first time, knowing that a volunteer or staff member from One Place East will also be going along.

If you are running a group or an activity that our members would enjoy let us know. We can feature details here and provide support for our service users to have confidence to attend something new and know a friendly welcome will be waiting.



Abundance Day at Forest Farm Peace Garden Sunday 22 October 2023 | 11.30am-2pm **FREE**

Join Forest Farm Peace Garden on Sunday 22 October for their annual Abundance Day, including apple juice making, produce and plants sale, children's activities, refreshments, seed swaps, foraging walks and more. And what makes the day even better is that it is FREE entry.

Located at the end of Hazelbrouck Gardens in Hainault. Why not pop down and enjoy a day for all the family. Find FFPG at: www.forestfarmpeacegarden.org.

African Drumming Workshop Wednesday 25 October 2023 | 11.30am-12.30pm & 1.45pm - 2.45pm | **Cost: £5 advance booking required**

Visit Valentines Mansion for a fun and energetic workshop exploring rhythms from West Africa led by Kwame Bakoji-Hume from African Activities. No previous experience is required, just come ready to enjoy!

Book online at:
www.visionrcl.org.uk/event/african-drumming-workshop/



The Black Exchange at Redbridge Town Hall Saturday 28 October 2023

The Black Exchange is a vibrant marketplace at the heart of the community, serving as a cultural hub, a gathering place, and a focal point of trade and commerce. You'll find an assortment of arts and crafts, clothing and home ware and health and beauty products produced by and representing Black culture.



Laugh-Able Comedy Night

Wednesday 1 November 2023 | 7.30pm-9.30pm

Wanstead Library, Spratt Hall Road, E11 2RQ

Book online: £3.50, Concessions: £1.50 or £5 on the door

Fresh from the recent 4th Anniversary special, Laugh-Able is back for another night of hilarious, heartwarming, award winning accessible and affordable comedy. Headlined by Emily McQuade, a London-based stand-up comedian, occasional writer, and prolific hoarder of pens.

Book your tickets online at: www.tinyurl.com/laughablenov1

Christmas in Ilford Talent Showcase

Saturday 25 November 2023 | 3.00pm-5.00pm

High Road Ilford, IGI IDD

FREE

EVENTS IN ILFORD

CHRISTMAS IN ILFORD TALENT SHOWCASE!

Are you a dancer, part of an incredible dance group, a magician, acrobat or a comedian ready to dazzle the crowd? Here's your chance to shine at the Christmas in Ilford Light Switch-On-Event.

25TH NOV 2023, 3:00PM - 25TH NOV 2023, 5:00PM



Victorian Christmas at Valentines Mansion

Saturday 25 November 2023 | 12pm-6pm

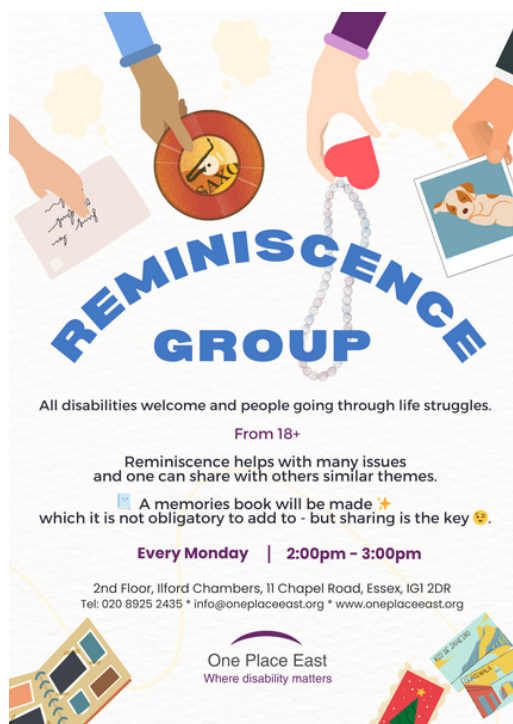
Sunday 26 November | 11am-7pm

FREE entry

the much-loved Victorian Christmas weekend is back!

Over the last weekend in November, come and join in the festivities at the Mansion. Activities include: Artisan craft stalls, Victorian Christmas displays and characters in costume, Carol singing and other live music and performances, Children's craft activities, Artists' Open Studios, Raffles with great prizes up for grabs!, Face painting for children and much more!

ONE PLACE EAST LAUNCH NEW 'REMINISCENCE GROUP' EVERY MONDAY FROM 20 NOVEMBER 2023 | 2.00PM-3.00PM



What do you remember about times gone past? The first time your mouth popped with space dust, your very first kiss, the first time you protested about something that mattered to you? The reminiscence group is all about sharing memories and what better time to launch than Disability History Month, 16th November – December 16th.

Everyone is welcome to come along to the group and share their memories of life growing up in Redbridge or beyond. For those attendees over 40, experiencing what is called the 'Reminiscence Bump' participants may experience particularly strong memories from childhood and young adulthood.

Reminiscence groups are known to help promote self-esteem in older people and we hope that our group will give people a chance to remember shared experiences and personal memories with others in a safe, supportive and fun environment. For more information or to join please contact 020 8925 2435 or email info@oneplaceeast.org

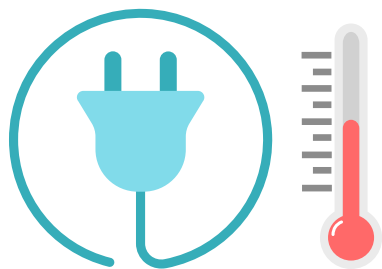
LAUGH-ABLE x OPE COMEDY WORKSHOPS COME TO A CLOSE WITH FINAL SHOWCASE SATURDAY 28 OCTOBER 2023 | 1.00PM-3.30PM ONE PLACE EAST, ILFORD CHAMBERS, 11 CHAPEL ROAD, IG1 2DR



Six participants (OPE's Kate, Kiran, Paula, Raj, Andrew & George) have been taking part in a series of workshops, facilitated by Mark Nicholas and they are now ready to share all they have learned in a Laugh-Able Showcase, which will be headlined by pro comedian Sam Serrano. [\(Please see flyer enclosed\)](#)

It is completely free to attend, to book your place please contact Jodie on 020 8925 2435 | 07944 119 899 or email jodie.roast@oneplaceeast.org

YOU COULD GET £150 OFF YOUR ELECTRICITY UNDER THE WARM HOME DISCOUNT SCHEME



You could get £150 off your electricity bill for winter 2023 to 2024 under the Warm Home Discount Scheme. The money is not paid to you – it's a one-off discount applied to your electricity bill between early October 2023 and 31 March 2024. You'll usually get the discount automatically if you're eligible.

If you might be eligible, you'll get a letter by early January 2024. If you do not get a letter and you think you're eligible, you must contact the Warm Home Discount Scheme before 29 February 2024 through the [gov.uk](https://www.gov.uk) website.

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity and you're eligible. Contact your supplier to find out.





Department
for Work &
Pensions



DATE FOR AUTUMN £300 COST OF LIVING PAYMENT ANNOUNCED

The DWP will make the second 2023 Cost of Living payment of £300 to eligible claimants between 31 October and 19 November. This is the second of three payments over the financial year, totalling up to £900. Eligible pensioner households will also receive a further £300 payment later this year as an addition to the Winter Fuel payment.

Eligible tax credits-only customers who do not qualify for a payment from DWP will receive £300 from HMRC between 10 and 19 November. Claimants will receive the payments automatically. They do not need to contact DWP or do anything to receive the payment

For more information about this or to check eligibility please visit:
www.tinyurl.com/costoflivingpayment



ONE PLACE POP UP AT REDBRIDGE CENTRAL LIBRARY EVERY TUESDAY FROM 11AM-1PM

Did you know that you from Tuesday 31 October you can find us at Redbridge Central Library, every Tuesday morning from 10am-1pm. If you are in the area why not pop in and meet OPE's Owais Niaz and Shameela Adam to find out more about the services we have to offer. It is also an opportunity to get support from our Tech Assistance Project and to see what assistive equipment we have available. If you are unable to pop down and see us but want to know more please contact Owais or Carol on 020 8925 2435 or owais.niaz@oneplaceeast.org.



CONGRATULATIONS TO CYNTHIA BOWLING FOR BEING CHOSEN AS WINNER FOR THE TALENT NETWORK LOGO COMPETITION

One Place East's latest project 'The Talent Network' held a logo design competition and the winner of that competition has now been chosen. Congratulations to Cynthia Bowling on her winning design and for receiving a £100 gift voucher.

We would like to thank all of those who entered the competition, all the designs received were brilliant, you didn't make the judges decision easy.

The Talent Networks 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 helps identify talents, skills and interests and find pathways to employment and training opportunities. Please find enclosed programme of events for 2023/24.





CHRISTMAS CARD DESIGN WORKSHOP

November 16 **START 2:00 PM** **ENDS 4:00 PM**

ENTER OUR CHRISTMAS CARD DESIGN COMPETITION

Part of our programme for International Day of Disabled Persons, join us on Thursday 16 November and design your own One Place East Christmas Card. This workshop will help you create your Christmas Card or bring your already started design to this workshop to add the finishing touches to your creative design.

Competition runs from 13 to 27 November. Entries must be in by 5pm, Monday 27 November.

For more information on how to enter the competition or to attend the workshop, please call 07393 289 740 or email saifur.valli@oneplaceeast.org

Winner announced Sun, 3 Dec. on social media

BEST DESIGN WINS A PRIZE!

One Place East

CHRISTMAS CARD DESIGN WORKSHOP THURSDAY 16 NOVEMBER 2023 | 2.00PM-4.00PM

As part of our programme for International Day of People of Disabilities, join us and design your own One Place East Christmas Card and be in with the chance of winning a prize.

Our competition runs from 13 to 27 November 2023. Entries must be in by Monday 27 November at 5pm.

Please note: you do not need to attend the workshop to enter the competition.

For more information on how to enter or to attend the workshop please contact Saifur on 020 8925 2435 or email saifur.valli@oneplaceeast.org.

The winner of the competition will be announced on the International Day of People with Disabilities, Sunday 3 December 2023, via our social media channels @oneplaceeast.



INTERNATIONAL DAY OF
PEOPLE WITH DISABILITIES

INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES - 3 DECEMBER 2023

To celebrate the International Day of People with Disabilities we will be running various activities, including the above Christmas Card competition. A full programme of events will be sent out nearer the time, but some of the activities planned include:



ONE PLACE CHORDLESS CHOIR DOES CHRISTMAS THURSDAY 16 NOVEMBER 2023

Join us at the OPE office and help us get into the festive season by recording some songs with our One Place Chordless Choir.



TREE DECORATING AND AFTERNOON TEA & CAKE THURSDAY 30 NOVEMBER 2023

Join us at the OPE office and help us get into the festive season by decorating our office Christmas Tree and get rewarded with some festive treats for all of your hard work.



ONE PLACE CREATIVE T-SHIRT DESIGN WORKSHOP THURSDAY 7 DECEMBER 2023 | LED BY CYNTHIA BOWLING

The lovely Cynthia will be running a workshop to help you design your own T-shirts.

For more information or to book onto any of the above please contact 020 8925 2435 or email saifur.valli@oneplaceeast.org | jodie.roast@oneplaceeast.org

Calming the Mind & Body

with Sue Morgan

3pm - 5pm Saturday 28 October 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: tinyurl.com/opecmb23

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



One Place East
Where disability matters



SCAN ME

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



Save Paper and Save Trees

If you would instead like to receive our newsletter via email and help us save on printing and postage costs, whilst also saving our planet please contact Jodie on:

Office: 020 8925 2435 | Mobile: 07944 119 899 | Email: jodie.roast@oneplaceeast.org



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