



ONE PLACE EAST CELEBRATES WORLD MENTAL HEALTH DAY 2023

To celebrate World Mental Health Day, on Tuesday 10 October we will be running a variety of workshops/events.

To kick the day off we have a live and interactive podcast – based on the theme of WMHD – ‘Mental Health is a universal human right’. In the afternoon we have a Happiness Workshop hosted by the lovely Ian Beever, followed by an online workshop on ‘How to manage stress’. To round off the day in style we have a bingo night at the OPE office.

Please find our programme of events enclosed with this newsletter. For more information or for support with booking, please contact Jodie on:

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



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ONE PLACE POP UP @ REDBRIDGE CENTRAL LIBRARY WEEKLY FROM 10 OCTOBER 2023 11AM-1PM

One Place East are pleased to announce we are trialing a weekly slot at the library every Tuesday 11.00am–1.00p.m.

This gives us a great opportunity to let the community know all about what we do and the services we can offer. We also aim to demonstrate some of the latest equipment our Technical Assistance Project are showcasing and answer your questions about getting online. Our launch coincides with World Mental Health Day 2023.

Come down to the library and find us.

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?

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

TECH ASSISTANCE PROJECT DROP-IN SATURDAY 30 SEPTEMBER 2023 10.00AM-2.30PM

Come along to our next Tech Drop-in on Saturday 30 September 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

LAUGH-ABLE COMEDY NIGHT WEDNESDAY 4 OCTOBER 2023 7.30PM-9.30PM

Come along to an award winning comedy night showcasing talented comics with disabilities and mental health conditions.

Pre-booked tickets from £1.50! (On the door £5)

Bring your own bottle, free Tea and Coffee and prizes to be won!

Visit Laugh-Able on Facebook or for more info email:
laughablecomedynight@gmail.com

Laugh ABLE
ALWAYS ACCESSIBLE TO EVERYONE

BRING YOUR OWN BOTTLE BYOB!

WEDNESDAY 4TH OCTOBER
7:30-9:30PM WANSTEAD LIBRARY,
SPRATT HALL ROAD, E11 2RQ

2022 WINNER

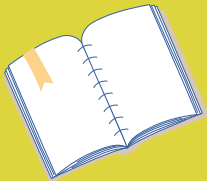
FEATURING:
RABIAH COON
SAM ADAMSON
ANDREW DIPPLE
SAMUEL COLEMAN
DEE CHAMBERS

"A TRULY FUNNY COMEDIAN AND NOT ONE TO MISS" (BOARDMASTERS FESTIVAL)

GIVEAWAY
PRIZE FOR BEST AUDIENCE MEMBER

HEADLINE ALEX KITSON

SCAN THE QR CODE ABOVE. BOOK IN ADVANCE
GENERAL ADMISSION £3.50 DISABILITY £1.50 OR £5 ON THE DOOR



DATES FOR YOUR DIARY

What's going on in Redbridge & beyond

OUR FUTURE FAIRLOP - 28TH SEPTEMBER 2023



The Council are currently working with community groups, residents and business to find out what extra cultural and environmental facilities local people want to see in Fairlop Waters. OPE's very own Owais and Isaac have already been sharing their ideas with the Future Fairlop team, but they would love to hear what matters to you.

Why not offer your feedback in their next online workshop on Thursday 28th September 6.30–8.00pm. There is limited space so register as soon as you can.

Visit rb.gy/nimdb for more information. If you have any questions please contact connect@playdisrupt.com.



Vision
Redbridge Culture & Leisure

BLACK HISTORY MONTH FOOD FESTIVAL ILFORD HIGH ROAD

You can celebrate Black History Month and World Food Day on Ilford High Road by Redbridge Town Hall on the 13, 14 & 15 October. The event will feature food and craft stalls from around the world, town centre dance performances, music, and much more.



Vision
Redbridge Culture & Leisure

INCLUSIVE WALK AND TALK EVERY THURSDAY 10AM (30-45 MINS) ONE PLACE EAST ARE PLANNING TO JOIN A WALK ON 26TH

Get outside and get active! Enjoy a weekly walk in Valentines Park. The mobility walk and talk is suitable for people living with dementia, mental health illness, disabilities, cancer and stroke survivors (no matter the stage). Enjoy a gentle walk and a chance to talk. The walks are run by fully trained friendly Walk Leaders.

Focusing on Visual Impairments:

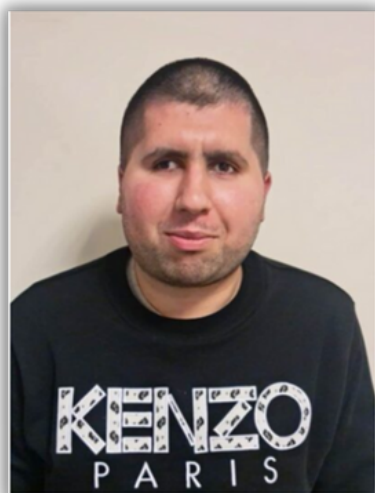
One Place East have always supported some people with a visual impairment access our service. Over the last few years, it started to become clear that many people locally were experiencing difficulties accessing services for people living with sightloss. We wanted to try and find ways to do more to help people. Over the last 18 months we are really proud of the differences we are making for people with a visual impairment in Redbridge and North East London.

What people told us about their experiences of living with sightloss in Redbridge:

This month we are publishing our findings from the research we carried out earlier this year exploring people's experiences of living with sight loss in Redbridge. We want to thank everyone who shared their story. We tried really hard to hear from as many people as we could but found it hard to reach as many people as we had wanted to.

What people told us is that they wanted more opportunities to meet one another and share their experiences. Please visit our website to read the full report..

This month we want to highlight one of our sightloss community members who has had a wonderful journey from volunteer, to paid member of staff and small business owner.



Most people that come along regularly to One Place East know Owais, who has been on an amazing journey over the last few years and kindly shared this with us.

'Until around the age of eight I was at a mainstream school. I got the diagnosis from my GP that I was losing my sight. I was then placed in a special needs school. It had a massive impact on my education. I was all over the place. I really felt like my life had completely ended and I thought I would have to rely on people for the rest of my life.

When I went to college, I got some good support and this helped me. I got a paid work placement opportunity and I thought this would help me get a job when I left, but it didn't.

Applying for jobs can be difficult. I would put in my application form and then not hear back, or get a message to say, 'sorry you have not been shortlisted for interview'.

I started volunteering at One Place East a few years ago. The organisation supported me with opportunities, to speak up and gain confidence about what I could do. I started doing sessional work talking about what is life with a disability in schools and getting involved with lots of the things going on with One Place East. I helped lead on research within our community last year, and would love people to have look at what we learned.

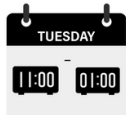
I set up my own business Vision Ability and this is growing from strength to strength. I still work for One Place East and now help lead on the Technical Assistance Project. It's been amazing to be able to support people to get the help they need to access equipment and develop skills to live independent lives. I feel really proud about helping others and making a difference. I feel like I have had a lot of barriers in my life and I want others to know that it is possible to get the right help and live a good life helping others.'

The new Sight Support Group is like a dream come true. Our community have so few places locally to meet. I feel really proud to be launching our regular monthly meeting.



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
Gloucester Room,
Redbridge Central Library,
Clements Road, Ilford, IG1 1EA



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**

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



One Place Sight Support Group launches it's first coffee morning.

The Sight Support Group launched its first coffee morning this month. We want to thank Owais for the great work he did with Vision Ability to get the group off the ground.

During this first meeting Owais managed to secure a speaker from RNIB who shared details of some equipment and adaptive technologies that are available to help support people. With over 20 members of the community in attendance people gave very positive feedback about how much they welcome having a new space to meet and share their stories. For many isolation has been a real problem. Owais is committed to ensuring that the best possible information and support is available for the community and that people feel welcome and have access to all the other support and information that One Place East can offer.

We are currently looking for volunteers to support the group. Please see our volunteer recruitment advertisement enclosed.



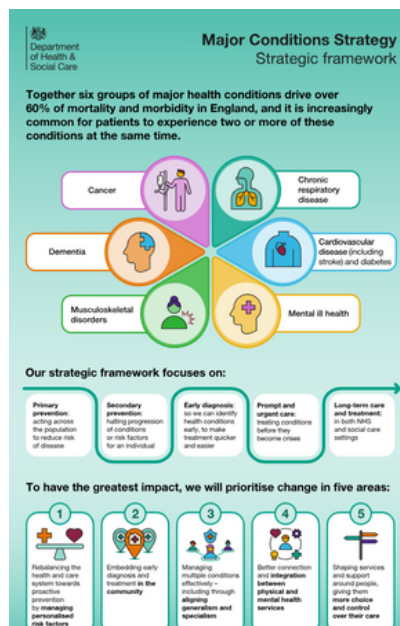
Redbridge Council's Anti-Poverty Team visit OPE for Cost of Living Event

Recently colleagues from the council came to visit One Place East as part of their commitment to help tackle Cost of Living crisis and offer practical help to Redbridge residents.

Council colleagues responded to questions on housing and rent issues, employment support and suggestions about making sure that residents are getting all the income benefits, grants, and other support they may be entitled to.

Attendees gave positive feedback about the help they received and were pleased to know that the council would be making further contact. Everyone was confident further support would be offered to help try and improve their ongoing situation.





Major conditions strategy: case for change and our strategic framework.

The Government has published a new interim report in advance of its Major Conditions Strategy, setting out the case for change and a strategic framework. The report highlights the role that social prescribing plays in person-centred care, and indicates that it can play a greater role in future.

This major conditions strategy begins with one question: how should the approach to health and care delivery evolve to improve outcomes and better meet the needs of the population, which is becoming older and living with multimorbidity?

They have chosen 6 groups of conditions to focus on: cancers, cardiovascular disease (CVD) (including stroke and diabetes), musculoskeletal disorders (MSK), mental ill health, dementia, and chronic respiratory disease (CRD).

[Visit here to read more.](#)

The Guardian Newspaper believes digital divide is not taken seriously.

A recent article in the newsletter highlights the challenges of modern society. From GP appointments to railway tickets to cashless parking, many services are today being delivered digitally. Everything from housing and healthcare to banking and benefit systems are moving online at unprecedented speed. All parts of our lives require now digital skills and accessibility, even down to sports and physical activity. Many disabled, older and poorer people are being left behind and it seems to be getting worse.

Digital inclusion should be a right for everyone and many of us take it for granted. Many Disabled People find it difficult to carry out basic day-to-day functions in a digital world that assumes everyone is comfortable online. Exclusion is potentially blocking people from accessing many things that are good for your wellbeing. Making people poorer and more vulnerable.

For companies, charities and public service providers there are many sources of support to improve digital access for users with disabilities. OPE is one example of support through our Tech Assistance Project funded by The Access Foundation and our user forums.

TAP helps Deaf and Disabled People by:

- Offering a digital and assistive technology assessment
- Providing individual and group support to improve skills and accessibility
- Supporting people to get the tech equipment they need and access to data to use it
- Providing information and insights of how better use of tech could increase independence and quality of life

If you need support from TAP, or would like to refer someone contact Owais Niaz or Carol Gardner.

020 8925 2435 | 07377 170 210 | 07814 205 741
owais.niaz@oneplaceeast.org | carol.gardner@oneplaceeast.org



RUN-UP – Mental Health Service

Keeping you updated with everything related to Mental Health



Pain & Fatigue Warriors

Taking care of your physical and mental health

11am - 1.30pm Wednesday

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: tinyurl.com/oepandf23

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



One Place East
Where disability matters

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



SCAN ME

Open consultation: Disability Action Plan 2023 – 2024

The Government are seeking views on the proposed Disability Action Plan and the new areas for action it includes. They want to hear from as many people as possible. This consultation closes at on 6 October 2023.

Disability Action Plan: Consultation



Chapter 3 set out the policy commitments by departments across government to improve the lives of disabled people. Chapter 4 sets out proposals for new actions led or co-ordinated by the Disability Unit (DU), part of the Cabinet Office. DU was established to work across government to break down the barriers faced by disabled people in the UK. Chapter 5 will then ask for views about the areas of action across government and proposals in this chapter when considered as a whole package for 2023 to 2024. Responses to questions in Chapters 4 and 5 will inform the final Action Plan.



The capital 'D' in 'Deaf' refers to people who have been deaf from birth or early childhood – all their lives – and sign language will be their first language. They view themselves as culturally deaf and may identify as being part of the Deaf community. In the UK, the term 'deaf' is used to refer to all levels of deafness.

Have your say on matters that really affect you by visiting: rb.gy/i3v0d or by scanning the QR code.

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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