

International Day of People with Disabilities



3 December




One Place East
Where disability matters



CHRISTMAS CARD COMPETITION

Runs from 13 - 27 November 2023

Enter your design into our Christmas Card Competition for the chance to win a £50 shopping voucher.

The competition closes on Monday 27 November. All entries should be sent to info@oneplaceeast.org by this date
Alternatively you can post your entry to:

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

The winner of the competition will be announced on 3 December 2023, via our social media channels @oneplaceeast.



CHRISTMAS TREE DECORATING

Thursday 30 November 2023 | 2pm - 6pm



Join us on Thursday 30 November and get into the festive spirit by helping to decorate the One Place East Christmas Tree.

This will be followed by a social festive tea and cake to reward you for all of your hard work.

ONE PLACE CHORDLESS CHOIR

Sunday 3 December 2023 | 7pm | Via Youtube & Facebook Live

Join us via our interactive live stream on Sunday 3 December, via our YouTube & Facebook channels @oneplaceeast, to hear the latest tunes from our Chordless Choir.





FESTIVE T-SHIRT DESIGN WORKSHOP

Thursday 7 December 2023 | 2pm - 4pm



Bring your own T-Shirt, or jumper and join our very own workshop leader, Cynthia Bowling on Thursday 7th December for a Design your own T-Shirt workshop, that you can wear throughout the festive season.

We will be judging the best T-Shirt/Jumper at our evening celebrations below.

ONE PLACE KARAOGO NIGHT

Thursday 7 December 2023 | 5pm - 9pm



On the evening of Thursday 7th December, we will be rounding off our celebrations for International Day of People with Disabilities with Kara-ogo Night. You guessed right, that's Karaoke and Bingo (separate of course).

With Bingo prizes up for grabs and the chance to sing your heart out, how else would you want to spend your Thursday night?

HOW DO I BOOK?

To book onto any of the above events please contact the One Place East office on:

020 8925 2435

Alternatively you can email jodie.roast@oneplaceeast.org, visit our online booking form at: www.tinyurl.com/OPEIDDP or scan the QR code above.





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**Ilford Chambers
11 Chapel Road
Ilford
Essex
IG1 2DR**

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