



One Place East wishes you a Happy Everything this Festive Season and a peaceful and healthy New Year

What a year 2023 has been, we have done everything from cooking, dancing, jewellery making, singing, training, card designing...you name it - we've done it!

We would like to take this opportunity to thank all of the volunteers, staff, trustees, funders and most importantly those who use our services.

We wish you all a very happy, healthy and peaceful 2024 and we look forward to working with you all again.

See you on the other side!

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One Place East Celebrations for the International Day of Disabled People



The International Day of Disabled People (IDDP) is celebrated on 3 December each year. As always, One Place East put on a number of events to mark this important day, including Christmas Tree decorating, festive tea afternoon, a festive T-Shirt design workshop, bingo and rounded it all off with some karaoke.

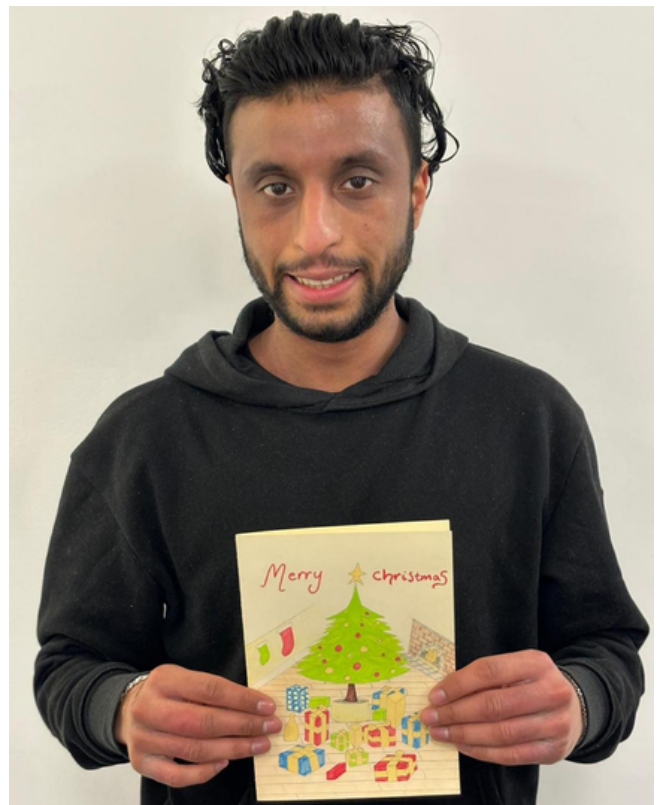
Thank you to all of you who came along, we hope you had as much fun as we did. We already can't wait to celebrate in 2024.

Suraj Attalia wins the annual One Place East Christmas Card Competition

We received some brilliant entries to our Christmas Card Competition this year, but we had to pick a winner and Suraj Attalia just edged it to become our winner for 2023., so a massive congratulations to Suraj for creating such a wonderful design.



These were our six finalists.



LIVING IN NEWHAM OR REDBRIDGE? LIVED EXPERIENCE OF SOCIAL CARE?

We want to hear from you to improve
access to local services



Register your interest:

<https://tinyurl.com/DECKstudy>

We need to hear from local people
who have lived experience or draw on
care support (themselves or through
caring for others) of adult social care
services in Redbridge or Newham



Further info: s.jasim@lse.ac.uk



Redbridge

Newham London

NIHR Applied Research
Collaboration
North Thames

Living in Newham or Redbridge? Have a lived experience of social care?

Do you want to help with research to understand how diverse
cultural backgrounds and ethnicity influence access to adult social
care services in Newham & Redbridge?

The London School of Economics and Political Science are putting
together a group of people with lived experiences (either through
their direct experience or through caring for others) of local adult
social care services in Redbridge & Newham – as part of a
research study funded by the National Institute of Health and Care
Research Applied Research Collaboration North Thames.

They need to hear from local people who have lived experience or
draw on care support (themselves or through caring for others) of
adult social care services in Redbridge and Newham.

To take part please visit tinyurl.com/DECKstudy or scan the QR
code on the flyer.

Tech Assistance Project: Tech Drop-In Saturday 27 January 2024 10.00am-2.30pm

Come along to our next Tech Drop-in on Saturday
27 January 2024 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 | owais.niaz@oneplaceeast.org
07814 205 741 | carol.gardner@oneplaceeast.org

In case you missed it in our last newsletter, you can
now find our Tech Assistance Project at Redbridge
Central Library every Tuesday from 11am-1pm. Pop
down to find out more about what support Tap, or
any other One Place East service could offer you.



One Place East
Where disability matters

Funded by



Tech Assistance Project Tech Drop-In



Saturday 27th of January 2024
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



One Place East
Where disability matters

AGM

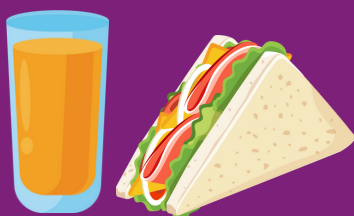
ANNUAL GENERAL MEETING



Thursday 11 January 2024
7.00pm - 9.00pm



Redbridge Central Library
Clements Road, Ilford
Essex, IG1 1EA



Light buffet will be provided

To book please contact:
info@oneplaceeast.org | 020 8925 2435

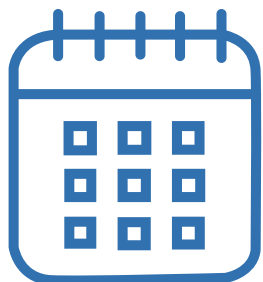




Dates for your Diary

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 you think our service users would enjoy let us know. We can feature details here and provide support for our service users to attend something new.



Festive Season Market **9am-6pm until 31 December 2023** **Ilford High Road, Ilford, Essex**

Step into a winter wonderland of enchanting sights, delectable aromas, and unique handcrafted treasures. From November 26th to December 31st, immerse yourself in the spirit of the season at our lively market in the heart of Ilford.



Southbank Centre Winter Festival - Heart N Soul **Friday 22nd December 2023** **Free**

Heart n Soul DJs will be getting the crowds in a festive mood as they play the best party tunes as part of the Southbank Centre's winter festival. A large group of us from One Place East will be going along, please let us know if you would like to join us by calling 020 8925 2435.



Careers Advice Session **Thursday 25th January 2024** **1.30pm – 4.30pm**

Working with our partners in the local employment sector, this session is devoted to starting 2024 with a stronger idea of careers available and their requirements.

At the end of this session, you will have a clear idea of potential careers or a plan to access further specialist careers advice locally.





Topic: Healthy Eating
Date: Tuesday 16 January 2024
Time: 2.00pm - 3.30pm



Topic: Healthy Relationships
Date: Tuesday 20 February 2024
Time: 2.00pm-3.30pm



Topic: Men's & Women's Health
Date: Tuesday 19 March 2024
Time: 2.00pm-3.30pm



To book a place please contact Redbridge LD Nurses on:



0208 708 2229



MaryJean.Hickey@nelft.nhs.uk



#LGBT+ History Month
This February in Redbridge

Laugh ABLE
ALWAYS ACCESSIBLE TO EVERYONE

MC ALICE INDIA
"HER ENERGY AND CONFIDENCE IS COMPELLING"
(STEVE BENNETT CHORTLE)

AWARD WINNING, INCLUSIVE, ACCESSIBLE AND HILARIOUS COMEDY NIGHT

"SUCH A FRIENDLY SHOW FULL OF LAUGHS, GIGGLES AND HEART WARMING MOMENTS"

WEDNESDAY 7TH FEBRUARY 2024
7:30PM-9:30PM
WANSTEAD LIBRARY, SPRATT HALL ROAD E11 2RQ

BRING YOUR OWN BOTTLE BYOB

FEATURING
SIMON HALL
VICTORIA HOWDEN
TED HILL
MARTIN DIXON

HEADLINER
LUKE POULTON
ESSEX COMEDIAN OF THE YEAR 2019

ONE MILLION VIEWS ON TIKTOK @VEGANLUKE

DISABLED is not a dirty word

SCAN THE QR CODE IN THE RIGHT CORNER OR PURCHASE ON EVENTBRITE BOOK IN ADVANCE
GENERAL ADMISSION £3.50
DISABILITY £1.50 OR £5 ON THE DOOR

Laugh-Able LGBT History Month Special

Wednesday 7 February 2024

Wanstead Library, Spratt Hall Road, E11 2RQ

Laugh-Able is Back with a Bang 7th February 2024 with it's LGBT HISTORY MONTH special. Featuring Essex Comedian of the Year 2019 Luke Poulton.

The Resident Host Mark Nicholas, "Impressively Skilled" (The Scotsman) will be leading the night and will be introducing some of the newest and most up and coming talent on the London Comedy Scene.

Award Winning Comedy, inclusive, accessible and BYOB - what more could you want!

Book your tickets here:

tinyurl.com/laughablelgbthistory

Mental Health Support over the festive period



Whether or not you celebrate Christmas, you may find that at this time of year your mental health might be affected by things such as: loneliness, financial worries, people or situations you may want to avoid, lack of access to support and services or bereavement. Over the festive period, whilst some services are closed, there are still a range of organisations you can contact to support with your mental health.

Numbers you can contact are:



SAMARITANS

Call us free 24/7 on
116 123
samaritans.org

shout
85258

MENTAL HEALTH DIRECT
0300 555 1000

Best care by the best people



Calming the Mind & Body

with Sue Morgan

3pm - 5pm Saturday 30 December 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.

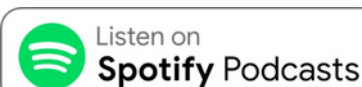
To book your FREE online place please click on the link : tinyurl.com/opecmb23

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



SCAN ME

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 Spotify, Amazon music or Apple Podcasts.

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



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



THE INMAN CHARITY



Funded through the Civil Society Roots programme

MAYOR OF LONDON



North East London



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