



One Place East
Where disability matters

NEWSLETTER

NOVEMBER 2025



Three Decades of the Disability Discrimination Act: Honouring the Past, Empowering the Future

2025 is a special year, as OPE celebrates its landmark anniversary. November also marks 30 years since The Disability Discrimination Act (DDA) became law. The UK was the first to make it illegal to discriminate against disabled people in areas like employment, services, and housing. The DDA was a result of lots of campaigning and created legal rights for disabled people in the UK. The Equality Act 2010 replaced most of the DDA, but it still remains an important part of our history.

Since January, OPE has been reflecting on progress since the DDA. We collected and summarised data on inequalities in access and Inclusion, Hate crime, education and transition, health and wellbeing, isolation and loneliness, mental health, poverty and work. This has helped identify where further work is needed. Current news coverage continues to highlight the challenges faced by disabled people in their everyday lives. We know there is more work to do!

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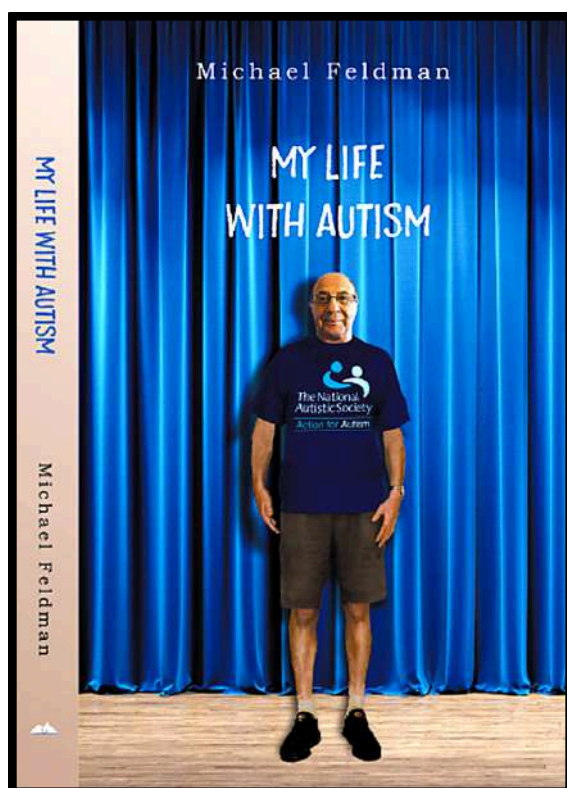


294 people engaged in the research, workshops and events helping us explore how we tackle the causes of inequality and shape the future of OPE. We are now supporting 49% more disabled people than in 2022, so we are looking to strengthen our work in the long term. We are an ambitious bunch at OPE, with peer support at the heart of what we do. We want to ensure our user-led charity makes a lasting change.

OPE will continue supporting disabled people for as long as needed. From our conversations, it was clear, our community wants to inspire and support people to overcome inequality in the form of poverty, disadvantage and discrimination.



Coproduction workshops helped us explore ways in which OPE can empower and work alongside our community and partners to address the causes of inequality. We are now focused on securing the funding to make the proposals a reality. Our goal is to enable change so society is a better place for disabled people by the time we come to celebrate our 60th anniversary.



My Life With Autism - A Personal Reflection by Michael Feldman

With so many books written by authors on the autism spectrum, I felt inspired to share my own story - a concise account of my life with High Functioning Autism (HFA).

Growing up with HFA, I faced a difficult childhood. I struggled to connect with my peers and felt out of place both at home and in the wider community. School was no easier. In fact, during a visit to County Hall, my parents were told I would never learn to read or write. Thankfully, they were wrong.

Due to behavioural and eating disorders, I was admitted to Maudsley Hospital, where mornings were often spent in the sick room, unable to eat breakfast quickly enough. This routine lasted nearly a year until my health began to improve. Eventually, I was allowed to join other patients in the dining area. In June 1961, I left the hospital and began attending boarding school.

Boarding school marked a turning point. Although it took time to catch up academically, one teacher's encouragement made a lasting impact. In the summer term of 1965, he told the class I had made the greatest improvement - a moment I'll never forget.

Despite these strides, my teenage years were still marked by difficulty. I struggled to relate to girls and suffered mentally due to society's ignorance about autism. Many people didn't understand the condition and, sadly, some made fun of it.

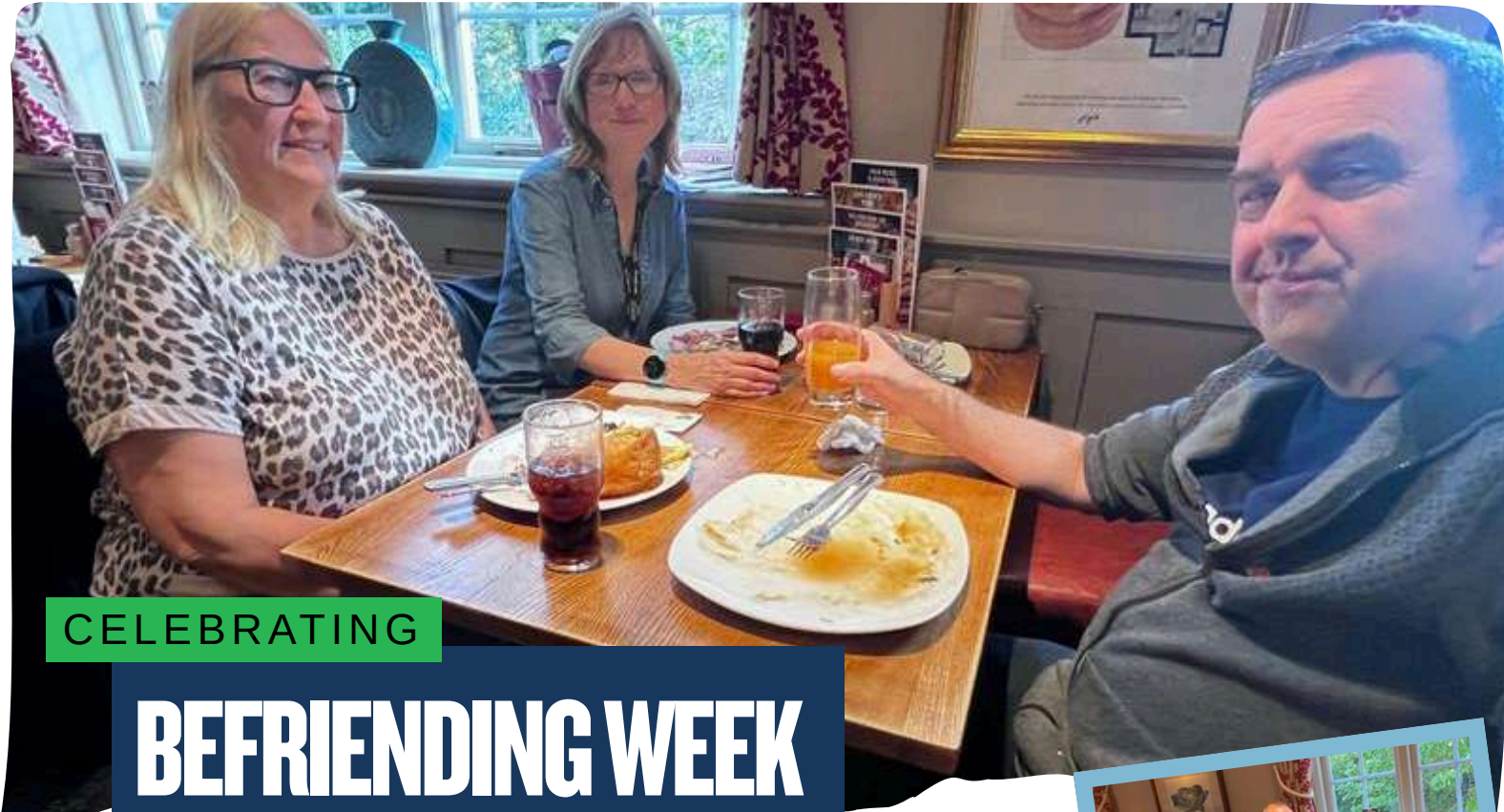
This is just a brief glimpse into my journey. A fuller account of my experiences growing up with autism can be found in my book, *My Life with Autism*, available at all major bookstores including WH Smith, Waterstones, and through New Generation Publishers.

- Paperback: £14.99
- Hardback: £20.99
- Publisher Contact: 01234 711956

Thank you for taking the time to read my story. I hope it offers insight, encouragement, and a reminder that with understanding and support, people with autism can thrive.

SCAN ME





CELEBRATING

BEFRIENDING WEEK

1-7 NOVEMBER 2025

Every year from 1st to 7th November, organisations and individuals across the UK come together to celebrate Befriending Week - a week dedicated to recognising the incredible value and impact that befriending brings. It's a time that raises awareness of social isolation and promotes the power of connection in our communities.

Why Befriending Week Matters

Loneliness is a growing issue in the UK for millions of people, particularly older adults, people living with disabilities and those facing difficult life circumstances. Many people can go days or even weeks without meaningful social interaction. Befriending services offer regular companionship, emotional support and help to combat loneliness and improve mental wellbeing. This might include regular chats over the phone or in person or help with everyday tasks like running errands, picking up prescriptions or accompanying someone to medical appointments.

The Power of a Conversation

Befriending can be as simple as a weekly phone call or a regular visit for a chat and a cup of tea. But the impact can be life-changing. For a person feeling isolated, knowing that someone cares and is willing to listen can make all the difference. For many people, this kind of support helps build confidence, reduce anxiety and feel more connected to their community. Let's use this week to celebrate kindness, build stronger communities and remind each other that no one should feel alone.

How You Can Get Involved

- Volunteer with One Place East's Befriending services
- Spread the word on social media using #BefriendingWeek
- Reach out to someone in your neighbourhood who might need support

This Befriending Week, let's celebrate the power of small acts of kindness - and the incredible impact they can have on someone's life.



At One Place East, our Befriending Services are more than just a friendly chat - they're about creating genuine, lasting connections that transform lives. Volunteers tell us how rewarding it feels to brighten someone's day, and clients share the joy and comfort that regular companionship brings.

To mark Befriending Week, One Place East brought together our amazing volunteers and service users for a special meal at Toby Carvery. This celebration was more than just good food - it was about recognising the incredible friendships and connections that our Befriending Services creates every day.



The afternoon was filled with conversation, laughter, and shared stories. Volunteers and clients enjoyed spending quality time together outside of their usual routines, strengthening bonds that make such a difference in people's lives. For many, this was a chance to relax, feel valued, and celebrate the joy that befriending brings.

Some incredible relationships have been formed through our befriending services. We're thrilled to feature heartfelt quotes from both our volunteer befrienders and the clients they support. Their words offer a touching glimpse into the impact of companionship, empathy, and shared moments. These stories remind us why volunteering matters.

“

“I'm just very happy that people can help me go shopping on a Wednesday. Without volunteers I would be totally housebound. Please do consider volunteering if you have any time, it is truly invaluable and means more than you know! (JP)

”

“MY REGULAR WALKING HELPS IN KEEPING MY BLOOD SUGAR LEVELS IN CHECK. MY INTERACTION (WITH TL) HELPS COUNTER MY SENSE OF LONELINESS BY ENGAGING IN CONVERSATION ABOUT GARDENING SKILLS AND ISSUES LIKE CURRENT AFFAIRS. I FEEL PRIVILEGED TO BE ABLE TO CALL TL A FRIEND WHO WATCHES OUT FOR MY WELLBEING AND IS ATTENTIVE TO MY VISION IMPAIRMENT AND DIETARY NEEDS.” (MG)

“

“Being a befriender really makes me feel happy because I feel so privileged that my clients let me into their lives and we enjoy each other's stories and company. Not only is it a pleasure, but I always look forward to the day I do my befriending. I am especially looking forward to accompanying one of my clients for lunch at the local Toby Carvery to celebrate Befriending Week, it will make his day!” (KH)

”

“I had felt for a long time the importance to give back and befriending seemed ideal. It gives me a sense of purpose and is very rewarding. The elderly ladies I volunteer for have lots of stories to share and we have lots of fun talking, playing games and popping out for coffees. There are a lot of lonely people and having someone visit or call can brighten their day and make a massive difference to their lives in feeling connected and improve their wellbeing. It's so worthwhile and I get so much from it.” (JV)

“

CELEBRATING KINDNESS: A HEARTFELT THANK YOU

We want to say a huge thank you to all our volunteers for their dedication and kindness. Your commitment helps reduce loneliness, improve wellbeing, and bring smiles to so many faces. And to our service users - thank you for letting us be part of your journey.

Want to be part of something truly meaningful? Join our team of befrienders and help tackle loneliness, bring smiles, and make every visit count. By joining our team of volunteers, you're not only helping others - you're enriching your own life. Whether you're offering a listening ear, sharing a cup of tea, or simply being present, your time can make a lasting difference.



"I have been a volunteer with the Dementia Befriending Scheme at One Place East since July 2023. It is really a wonderful and satisfying experience being a volunteer at One Place East because of the way the befriending scheme is structured. The staff are very supportive in helping to source funding or outside help for the many trips and activities that I have planned together with my clients. I have found the experience of being a volunteer at One Place East very satisfying and rewarding. It enables me to keep up with an active lifestyle in retirement. Furthermore, the satisfaction is indescribable when the clients acknowledged their appreciation of the visits and activities that were carried out by the clients and me." (TL)



"The Befriending Service has proved to be a service that brings joy and friendship at a time when situations are overwhelming. Dementia hits hard, the situation, the people, not just the person diagnosed but their family and friends. You witness the person they were previously become a shadow of themselves. Mum went from initially sharing polite conversation with someone she didn't know, to sharing time, memories and fun with a person who started as a stranger but became more, a friend. You see the change that spending time socially with someone who's invested in her brings - the smiles, the laughter, happiness. Dementia is hard on everyone but the befrienders bring some of the joy back, a glimpse of the person they once were, if only for a while." (EB)



INTERESTED IN GETTING INVOLVED?

Come along to our next Coffee Morning, where you can meet current volunteers, learn more about what we do, and see how you can be part of something truly meaningful. It's a relaxed and friendly space and yes, there will be biscuits! Let's keep building connections that matter.

For more information please contact the OPE office on: **020 8925 2435** | info@oneplaceeast.org



VOLUNTEERS COFFEE MORNING

When?

Thursday 27 November 2025

Time:

12.30pm - 2.30pm

Where?

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

No need to book, just turn up!

One Place East
Where disability matters

You are invited to our ANNUAL GENERAL MEETING

Date & Time:

02

December
2025

Starting At:

07:00 PM



**Buffet will be provided -
booking is required**

Location:

**Studio 2, Redbridge Central Library
Clements Road, Ilford
Essex, IG1 1EA**

We are looking for new Trustees for our Board.

If you are interested and want to know more please

contact Margaret Summers on:

020 8925 2435 | margaret.summers@oneplaceeast.org

RSVP

Call: 020 8925 2435 or email: info@oneplaceeast.org

Independent report - Keep Britain Working: Final report Published 5 November 2025

Sir Charlie Mayfield was asked to Lead a review of the issues surrounding ill-health and disability in the workplace by the Department for Work and Pensions and Department for Business and Trade.

Over nine months, he and his team have looked deeply into the issues that underpin economic inactivity in the UK. Over 1 in 5 working-age people are now out of work and not looking for work, higher than many comparator countries. He believes the figures are in large part caused by ill-health and by barriers to work faced by disabled people.

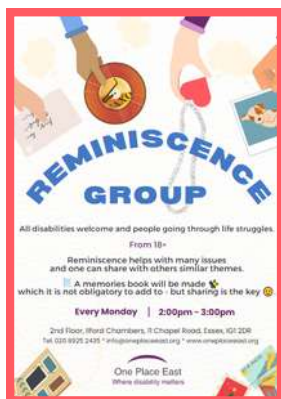
What the review found in relation to health and disability within the workplace was:

- A culture of fear, that is felt by employees and, differently, by employers.
- A lack of an effective or consistent support system for employers and their employees in managing health and tackling barriers faced by disabled people.
- Structural challenges for disabled people, creating barriers to starting and staying in work.

What he found was something One Place East has been saying for years. Compared to other countries, the UK lacks the systems to support Disabled People in work, leaving them disproportionately excluded and talent wasted.

As a result, Disabled People face life-changing financial and social costs. A 22-year-old who falls out of work for health reasons could be more than £1 million worse off over the course of their lifetime than if they had been sustained in employment. The impact on wellbeing of being out of work is immense – greater than the loss of a partner.

Read the full report here: tinyurl.com/keepbritainworking



ONE PLACE REMINISCENCE GROUP

EVERY MONDAY FROM 2-4 PM

ONE PLACE EAST OFFICE

Looking for a warm space to share memories and connect with others? Join us to relive special moments, exchange stories, and build friendships through shared experiences.



CREATE TO MARKET DESIGN WORKSHOP

EVERY THURSDAY FROM 10.30 AM-3.30 PM

ONE PLACE EAST OFFICE

Come along to our weekly Create to Market sessions to design and create various items, that we will put up for sale on our online shop or our pop up markets throughout the year.



ONE PLACE SIGHT SUPPORT GROUP

TUESDAY 2 DECEMBER FROM 11AM-1PM

REDBRIDGE CENTRAL LIBRARY

Monthly meeting for Visually Impaired People. These meetings give people the chance to socialise and strengthen the bonds of our Community.

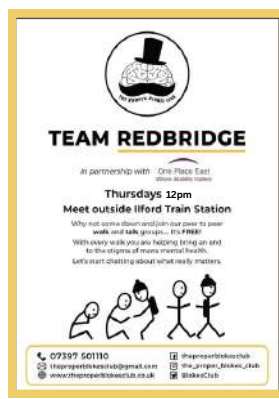


ONE PLACE POP UP

EVERY TUESDAY FROM 11AM-1 PM

REDBRIDGE CENTRAL LIBRARY

Want to know more about the services we offer, pop into Redbridge Central Library anytime between 11am - 1pm every Tuesday, to speak to a friendly member of our team.



THE PROPER BLOKES CLUB

EVERY THURSDAY FROM 12 PM

MEET AT ILFORD STATION

Join The Proper Blokes Club peer to peer weekly walk and talk group. Meet up at Ilford Station at 12pm every Thursday and start talking about what really matters.



ONE PLACE VOICE FOR ADULTS WITH A LEARNING DISABILITY

TUESDAY 9 DECEMBER FROM 7-9 PM

ONE PLACE EAST OFFICE

Do you have a learning disability? Do you live in the London Borough of Redbridge? If the answer is yes, then why not come along to our monthly service user get together.

Experience the Power of EFT - Join Us!

Emotional Freedom Technique (EFT) is a simple yet powerful approach that has transformed lives around the world. By gently tapping on specific energy meridian points while focusing on stress or difficult memories, EFT helps release negative emotions and restore balance.

This technique is easy to learn, deeply calming, and can support emotional healing and resilience. Whether you're looking to reduce stress, overcome challenges, or simply feel more at peace, EFT offers a practical tool you can use anytime. Come along and discover how EFT can make a positive difference in your life!

To book please contact Andy on:

020 8925 2435 | andy.murphy@oneplaceeast.org

UPCOMING SESSIONS:

Wednesday 26 November 2025

Wednesday 28 January 2026

Wednesday 25 February 2026

Wednesday 25 March 2026

All dates from 3pm-4pm

at the One Place East office

Tuesday 2nd December 2025, 4pm - 6pm
Guest Speaker: Simone Aspis, Inclusion London

Free Our People Now is a campaign led by people with Learning Difficulties and Autistic people, supported by Inclusion London. The campaign is about stopping people being locked up in mental health / psychiatric hospitals. Come along and find out what the campaign has achieved so far and how you can get involved and lend your support.



Tuesday 9th December 2025, 4pm - 6pm
Guest Speaker: Christine. A. Anderson and P.C. Liz Turner

Personal Safety: our annual survey results told us that many people in our community don't feel safe particularly on public transport and after dark.

Come along to find out what you can do if you don't feel safe in your community and have your say about the responses of local police in your area.



Tuesday 16th December 2025, 4pm - 6pm
Guest Speaker: Abbie Vaughn, Redbridge Council

Come and have your say: Our Council colleagues are seeking your input to help review the quality of adult social care services in Redbridge.

Your feedback is vital in identifying what matters most for Disabled people, ensuring that the right standards and support are in place. By sharing your views, you'll help shape services that truly meet the needs of the community.



There will be no information sharing meeting on December 30th.

All Campaign meetings will take place at:

2nd Floor, Ilford Chambers, 11 Chapel Road, Ilford, IG1 2DR

For more information please contact: **020 8925 2435** or **erica.miles@oneplaceeast.org**



Redbridge Transport & Parking Consultation: Disabled Voices Lead the Conversation

We were pleased to be joined on Tuesday 4 November by Cllr Jo Blackman, Cllr Joe Hehir, and Kevin Hagan, responsible for parking and traffic enforcement within Redbridge. The meeting formed part of an ongoing consultation on the future of parking and enforcement options in the borough and the impact, particularly for Disabled people.

The meeting provided an important platform for community members to share their experiences and concerns. Issues raised included a call for more residents' Disabled bays to become statutory bays, and for stricter enforcement against vehicles blocking driveways - a problem that often affects Disabled residents' ability to leave their homes.

A key outcome of the discussion was the decision to revise an earlier proposal that would have limited high street parking to a two-hour window. The strength of feedback in the room made it clear that this timescale would be unrealistic for many Disabled people, and the council has since agreed to review the proposal.

Unusually, the meeting brought together both Disabled residents and carers, ensuring a wider range of lived experiences were represented.

We'll keep you updated on any developments from this consultation and continue to advocate for inclusive, accessible solutions that reflect the voices of our community.

SOUTH ASIAN WOMEN'S WELLBEING GROUP*

WHAT?
A RELAXED GROUP IN A SAFE SPACE TO HELP IMPROVE WOMEN'S WELLBEING

WHEN?
THE GROUP WILL RUN DURING TERM TIME ONLY
TIME: 10AM - 12PM

DATES FOR THIS TERM:
22ND OCT, 5TH NOV
12TH NOV, 19TH NOV,
26TH NOV, 3RD DEC,
10TH DEC & 17TH DEC

WHERE?
CRANBROOK BAPTIST CHURCH,
WELLESLEY ROAD, ILFORD, IG1 4JT

JUST WALK IN - NO REFERRAL NEEDED!

CHAI & CAKE PROVIDED

*ALL WELCOME, IF YOU WOULD LIKE MORE INFORMATION PLEASE CONTACT
MILONI PATEL - EMAIL: MILONI.PATEL@NELFT.NHS.UK & PHONE: 07713709580

Chai, Cake & Connection: South Asian Women's Wellbeing Group

Looking for a friendly, welcoming space to relax, connect, and focus on your wellbeing? This group offers a safe and supportive environment where women can come together, share experiences, and enjoy time dedicated to improving mental and emotional wellbeing. There's no need for referrals - just walk in.

When: Term time only, every Wednesday

Time: 10:00 AM – 12:00 PM

Where: Cranbrook Baptist Church, Wellesley Road, Ilford, IG1 4JT

Enjoy chai and cake while meeting new people and taking part in activities designed to help you feel more positive and connected.

For more information, contact Miloni Patel:

✉ Email: miloni.patel@nelft.nhs.uk

☎ Phone: **07713 709580**

All are welcome - come along and make time for yourself!

Talk to Redbridge Council Drop-In & One-to-One Advice Sessions

One Place East are delighted to be hosting Redbridge Council who will be holding another one of their popular community drop-in events, giving residents the opportunity to speak directly with council teams and get support on a range of local issues.

Representatives from **Work Redbridge**, the **Welfare Benefits Team**, and the **Anti-Poverty Team** will be on hand for a 2-hour session designed to make it easy for residents to access advice and guidance:

UPCOMING SESSIONS:

- Tuesday 25 November 2025
- Tuesday 16 December 2025

Both sessions will be held from
11 AM - 1PM at the One Place
East Office.

HOW DO I BOOK?

Please scan the QR code or visit:
www.oneplaceeast.org/lbrdropin

For support with booking please
contact the One Place East Office
on:

020 8925 2435

07944 119 899

info@oneplaceeast.org



One Place East
Where disability matters
Presents
THE GUIDES YOU NEVER KNEW YOU NEEDED
LAUNCH EVENT
*By Disability Advocate and
Honorary Freeman of Redbridge*
Isaac Harvey MBE

Friday 28 November 2025
6.30pm - 9.30pm
Kenneth More Theatre Foyer & Bar
Oakfield Road, Ilford, Essex, IG1 1BT

Don't miss this inspiring evening! Join us for the launch of
The Guides You Never Knew You Needed, presented by
Isaac Harvey MBE.

Discover powerful new releases that challenge
perceptions and celebrate inclusion. Isaac will also share
the stories behind these guides, giving you a unique
insight into their creation. Plus, take part in an engaging
Q&A session where you can ask questions and join the
conversation. It's more than a launch - it's a chance to
connect, learn, and be part of a movement where
disability truly matters.

To book please scan the QR code or visit:
tinyurl.com/IHLLaunch

Company Limited by Guarantee No: 3115971 | Registered Charity No: 1065770



Featuring new releases:
"The Stories you didn't
know you had"
"Fame doesn't always
equal fortune"
& "The Image you can't
see"



SCAN ME!



The Guides You Never Knew You Needed – Launch Event at Kenneth More Theatre

One Place East is proud to present an inspiring evening
celebrating the launch of The Guides You Never Knew You
Needed by disability advocate and Honorary Freeman of
Redbridge, Isaac Harvey MBE.

Date: Friday, 28 November 2025

Time: 6:30 PM – 9:30 PM

Venue: Kenneth More Theatre Foyer & Bar, Oakfield Road
Ilford, Essex, IG1 1BT

This event is more than a book launch - it's a chance to
explore powerful stories that challenge perceptions and
spark meaningful conversations.

Whether you're passionate about disability advocacy or
simply curious to learn, this evening promises inspiration,
connection, and community.

Don't miss out! To book scan the QR code or visit:

tinyurl.com/IHLLaunch



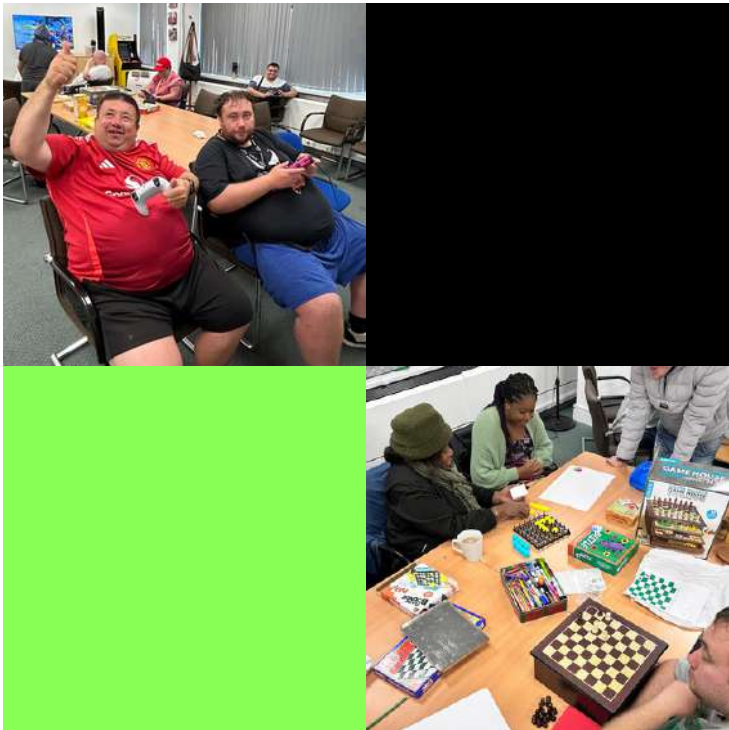
More Than Games: How One Place Game Inn Is Changing Lives

Game Inn is One Place East’s inclusive social gaming group designed for adults with learning disabilities, autism, physical disabilities, or lived experience of mental ill-health. It’s a safe, welcoming space where people can enjoy video and board games, share laughter, and build friendships. More than just gaming, Game Inn promotes wellbeing, confidence, and a sense of belonging. Sessions run most Wednesdays from 5 PM to 7 PM at Ilford Chambers, complete with free snacks and even some wellbeing activities.

Since its launch, Game Inn has become a vibrant hub for connection and creativity, engaging over 100 people of all ages, backgrounds, genders, and lived experiences in its first year. Our recent evaluation highlights just how much this group has achieved.

From the start, people were drawn to Game Inn for its mix of activities - computer and board games, group sessions, and the chance to socialise in a supportive space. For many, it wasn’t just about gaming; it was about improving mental health and finding a sense of belonging. In fact, every participant said the group helped them meet new people, and most described the experience in three words: fun, friendly, enjoyable.

How would you rate how we run the group?



The impact goes far beyond play. Members reported significant improvements in confidence and skills. Nearly 93% said their ability to meet and socialise with others had grown, while 86% felt their creativity, communication, and problem-solving skills had improved. Many have gained knowledge in gaming and even learned how to organise and lead activities - skills that can open doors to new opportunities.

Game Inn has also made a difference in wellbeing. Over 85% of participants said the group helped them relax, feel happier, and improve their mental health. In fact, 71% say the group benefits their mental health, and 64% have accessed other One Place East mental health services through it. This shows how Game Inn effectively breaks down barriers to support, build resilience, and foster new friendships. For some, it even led to employment and expanded peer support networks.

To make the space even more inclusive, a quieter room has now been provided for those who prefer it, encouraging intergenerational connections and ensuring everyone feels comfortable. Feedback has been overwhelmingly positive, with members praising the friendly atmosphere and asking for even more sessions in the future.

As one participant summed it up: “Playing games with friends, having a laugh, and meeting new people - that’s what makes Game Inn special.” Game Inn isn’t just a gaming group; it’s a community where people come together, share experiences, and grow. Thank you to everyone who has helped make this space such a success.



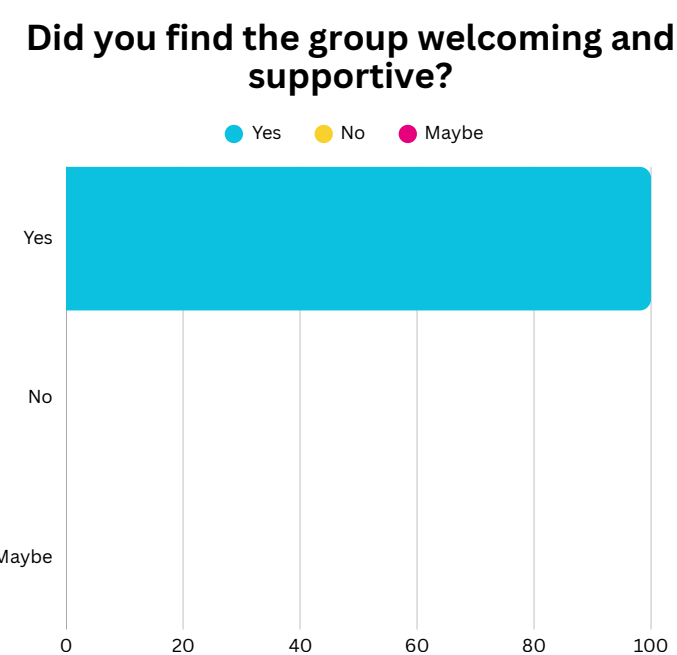


One Place East
Where disability matters

Upcoming sessions for GAME INN

November 2025
Every Wednesday from 5.00 PM - 7.00 PM

December 2025
Wednesday 10 December, 5.00 PM - 7.00 PM
Wednesday 17 December 5.00 PM - 7.00PM
Wednesday 31 December, 11.00 AM - 2.00PM



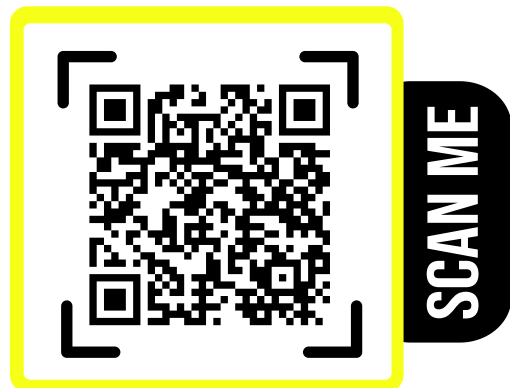
Come and Join Us!
If you love gaming or simply want to meet new people in a friendly, supportive environment, Game Inn is the perfect place for you.

Sessions are relaxed, inclusive, and designed to help you feel connected. So why not give it a try? Bring your enthusiasm and maybe a favorite game and discover what makes Game Inn such a special part of our community.

How do I find out more?
For more information about the group, or to get involved please contact Andy Murphy on:

 **020 8925 2435**  **07472 813 966**

 **andy.murphy@oneplaceeast.org**



New Release: “Better Person” - A Song of Growth and Reflection by Barking and Dagenham’s Talented Youth

The talented young people of the Barking and Dagenham Progress Project have released their powerful new track “Better Person” - now streaming on YouTube, this original song is a heartfelt reflection on personal growth, resilience, and the journey to becoming a better version of ourselves.

With moving lyrics and a soulful sound, “Better Person” captures the voices and experiences of local youth who poured their creativity and emotion into every note. It’s more than just a song - it’s a message of hope and transformation.

👉 Watch now: Better Person on YouTube - by scanning the QR code or visiting:

tinyurl.com/BDPPbetterperson

Let’s celebrate the power of youth, music, and community. Share it with someone who needs to hear it today.

Celebration of Souls: Honouring Lives, Sharing Grief, and Finding Healing Together

On Monday 3rd November 2025, One Place East hosted Celebration of Souls, a powerful and compassionate workshop. The event was designed to support people experiencing grief - especially those with disabilities or mental health challenges - by offering a safe, inclusive space to share, reflect, and heal.

Facilitated by Nadia Abdul and Sue Morgan, the workshop drew inspiration from the South American Day of the Dead, encouraging participants to honour loved ones who have passed while celebrating their lasting presence in our hearts. The day blended cultural tradition, therapeutic insight, and creative expression to help transform grief into connection and comfort.

Attendees explored the emotional and behavioural aspects of grief, shared personal stories, and learned that grief is not a linear journey. Through gentle psychoeducation and open conversation, many found reassurance and relief in knowing their feelings were valid and shared. The creative segment included writing, music, and a clay-making activity where participants crafted memorial items like plaques and candle holders. Soft music played throughout, creating a warm and reflective atmosphere that supported quiet remembrance and emotional release.

All attendees rated the event 10/10, describing it as deeply moving, comforting, and transformative. Many expressed gratitude for the space to grieve openly and feel supported by others.

The Celebration of Souls reminded everyone that loss can be honoured, love celebrated, and healing experienced together. One Place East plans to host Celebration of Souls regularly. If you'd like to join the waiting list for the next event, please contact:

 020 8925 2435  sue.morgan@oneplaceeast.org





UPCOMING EVENTS

A December to Remember

CHRISTMAS CAROLS

TUESDAY 16 DECEMBER 2-4PM

Enjoy a delicious hot chocolate, sing along to classic Christmas carols, and take a moment to relax and connect with others in a warm and welcoming atmosphere.

WINTER WONDERLAND WALK

TUESDAY 30 DECEMBER 10AM-1PM

Embrace the crisp winter air and the beauty of our local outdoor spaces with a refreshing seasonal walk. Wrap up warm, lace up your walking shoes, and join us for a gentle stroll.

After the walk, we'll return to the office to warm up and enjoy a comforting bowl of soup with fresh bread.

REMINISCENCE GROUP

MONDAY 29 DECEMBER 2-4PM

Looking for a cosy space to share memories and connect with others this festive season? Join us as we gather around the warmth of shared stories, reliving cherished Christmas moments from years gone by.

Come along for a cup of tea and a mince pie and the comfort of community.

GAME INN @ XMAS

WEDNESDAY 31 DECEMBER 12-2PM

Celebrate the festive season with us at the Game Inn Christmas Social. Relax with a hot drink and a mince pie while engaging in friendly competition and collaborative play.



One Place East
Where disability matters

Please let us know if you'll be joining us
Contact the One Place East office on:



020 8925 2435



info@oneplaceeast.org



Exploring Art Through Touch: One Place Sight Support Group (SSG) Visits the Victoria & Albert (V&A) Museum

On 14th October, members of our SSG group embarked on a cultural outing to the Victoria and Albert Museum in London. The day began with a friendly meet-and-greet at both Kensington and Ilford stations, where participants and support staff gathered before travelling together to the museum.

Although we had hoped for a guided or audio-described tour, no guide was available on the day. The museum did offer an audio description option via a mobile app, but due to technical difficulties and accessibility challenges, we decided not to use it.

Thankfully, our dedicated support workers and volunteers stepped in, providing thoughtful and engaging descriptions of the exhibits throughout the visit.

Despite the initial setbacks, the group had a thoroughly enjoyable and enriching experience. Participants were especially pleased to engage with some of the museum's tactile exhibits, which allowed for a more hands-on exploration of the art and artefacts on display.

The outing offered not only an opportunity to learn and discover but also a chance to connect with one another in a shared cultural experience. It was a memorable day filled with curiosity, conversation, and community spirit.

Calming the Mind & Body

with Sue & Maria

Saturday 15 November

Saturday 20 December

3pm - 5pm

Online via Zoom



One Place East
Where disability matters



Somatic Practice Well-being Session

These sessions will take you through the basics of the biological and emotional impact stress and trauma has on the mind and body, to help you to recognise, track and relieve your body's stress response.

You will be guided through a gentle somatic co-regulation practice which can help reduce pain and tension, calm your mind and soothe your nervous system. These popular sessions will also provide you with some practical take away techniques to support your health and well-being.

Suitable for anyone suffering from overwhelm, anxiety, depression, PTSD, chronic health conditions, or just wanting to fully relax, unwind and connect with yourself and others.

Come along to see for yourself how our pioneering body awareness approach to healing stress and trauma can support your nervous system health and well-being.

To book your FREE online place please visit : www.tinyurl.com/OPECMB2025
Phone: 020 8925 2435 Mobile: 07939 975763 Email: runup@oneplaceeast.org



Empowering Independence: Reflections from the Homes For Us Summit

On Saturday 25th October 2025, representatives from One Place East - Kweku Wilson, Benjamin Gague, and Andrew Longhurst attended the Home Summit, a powerful gathering focused on housing rights and independence for people with disabilities.

The summit sparked vital conversations around the need for greater autonomy and choice in housing. Attendees highlighted how individuals with learning disabilities are often placed in supported living for decades - sometimes 10, 15, or even 28 years - without the opportunity to move into independent accommodation. This was described as unfair and disempowering.

Discussions centered on the importance of:



- Having a real choice in where to live, free from cultural or bureaucratic control.
- Receiving support when bidding for a property, especially from local councils.
- Ensuring tenancy security, particularly when a parent passes away. It was recommended that individuals ensure their name is on the tenancy agreement and that they have access to a copy of the will to help councils support them effectively.
- Encouraging councils to help people with learning disabilities rent or own flats, rather than defaulting to supported living arrangements.

In the afternoon, participants explored creative ways to amplify their message to abolish outdated policies and push for reform. The group agreed to reconvene in March 2026 for a larger meeting with MPs and stakeholders to continue advocating for change.

The feedback received was overwhelmingly positive, with organisers acknowledging the strength of the ideas shared. The next steps will be communicated in the new year, and the momentum for change continues to build. One Place East remains committed to supporting people with disabilities in their journey toward independence, dignity, and choice.

One Place East celebrate International Day of People with Disabilities (IDDP) 2025

Date: 3 December 2025

Theme: Fostering Disability Inclusive Societies for Advancing Social Progress

The International Day of People with Disabilities is a special day to celebrate the achievements of disabled people, talk about the challenges disabled people face and continue to work together to make the world fairer and more inclusive.

The theme for this year is: “Fostering disability inclusive societies for advancing social progress.” This means making sure disabled people are included in all parts of life - like school, work, transport, and community activities, listening to disabled people and respecting their rights, removing barriers that stop disabled people from taking part and helping everyone feel valued and supported.

When we include disabled people, everyone benefits. It helps build stronger, kinder, and more equal communities. Let’s work together to ensure everyone belongs and has the chance to live a full and happy life.

One Place East will be marking this important day with a number of events, see overleaf.



One Place East
Where disability matters

CELEBRATE

INTERNATIONAL DAY OF DISABLED PEOPLE

(IDDP)

**27
NOV**

CHRISTMAS TREE DECORATING

THURSDAY 27 NOVEMBER 2025
3PM - 5PM @ ONE PLACE EAST

Join us for a relaxed and welcoming
afternoon of festive decorating and seasonal
cheer.

We'll be serving warm mince pies and
refreshments - perfect for getting into the
festive spirit.

**03
DEC**

BINGO NIGHT

WEDNESDAY 3 DECEMBER 2025
6PM - 9PM @ ONE PLACE EAST

Come along for an evening of laughter and
friendly competition. It's completely free to
play, and while there are no cash prizes,
you'll have the chance to win some lovely gift
prizes! Whether you're a bingo pro or just
curious to try it out, everyone is welcome.

**03
DEC**

ONE PLACE IN CONVERSATIONS PODCAST

WEDNESDAY 3 DECEMBER 2025
STREAMED AT 5PM

Tune in via our Facebook & YouTube Channels
to watch &/or listen to our interactive
podcast.

Cohosted by Saifur Valli & Kate Harrison and
with special guests Owais Niaz & Israt Ahmed

HOW DO I BOOK?

To book, or for more
information please contact
the One Place East Office on:



020 8925 2435

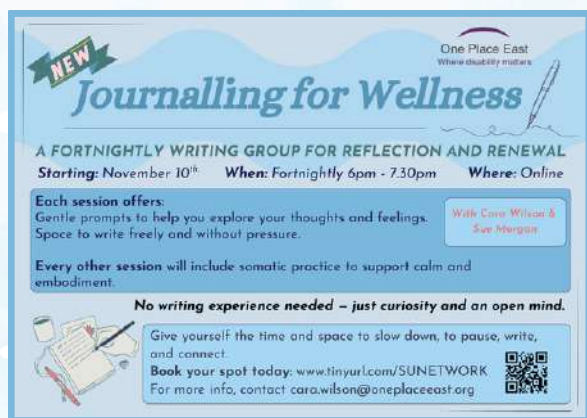


07944 119 899



info@oneplaceeast.org

Winter Wellness PROGRAMME



NEW
Journalling for Wellness

A FORTNIGHTLY WRITING GROUP FOR REFLECTION AND RENEWAL
Starting: November 10th When: Fortnightly 6pm - 7.30pm Where: Online

Each session offers:
Gentle prompts to help you explore your thoughts and feelings.
Space to write freely and without pressure.

With Cara Wilson & Sue Morgan

Every other session will include somatic practice to support calm and embodiment.

No writing experience needed – just curiosity and an open mind.

Give yourself the time and space to slow down, to pause, write, and connect.
Book your spot today: www.tinyurl.com/SUNETWORK
For more info, contact cara.wilson@oneplaceeast.org

Journalling for Wellness: Reflect, Renew, and Connect
Fortnightly, starting 10 November 2025 | 6.00PM - 7.30PM | Online

Take time to slow down and nurture your wellbeing with our new fortnightly writing group. Starting November 10th, these online sessions offer gentle prompts to help you explore your thoughts and feelings in a supportive, pressure-free space.

No writing experience is needed - just curiosity and an open mind. Every other session will also include somatic practices to encourage calm and embodiment. Give yourself the gift of time to pause, write, and connect.

Book your spot today: tinyurl.com/SUNETWORK

For more information contact: 020 8925 2435 | cara.wilson@oneplaceeast.org

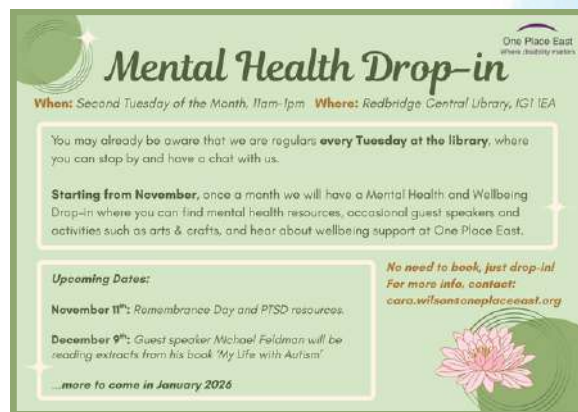
Mental Health Drop-in: Support and Connection at Redbridge Central Library Second Tuesday of each month, 11:00AM – 1:00PM

Starting this November, One Place East will host a monthly Mental Health and Wellbeing Drop-in at Redbridge Central Library. These sessions provide a welcoming space to access mental health resources, meet guest speakers, and take part in activities such as arts and crafts—all designed to support wellbeing.

Upcoming highlights:

- 11 November: Remembrance Day and PTSD resources
- 9 December: Guest speaker Michael Feldman reading 'My Life with Autism'

No need to book - just drop in!



Mental Health Drop-in

When: Second Tuesday of the Month, 11am-1pm Where: Redbridge Central Library, IG1 1EA

You may already be aware that we are regulars **every Tuesday at the library**, where you can stop by and have a chat with us.

Starting from November, once a month we will have a Mental Health and Wellbeing Drop-in where you can find mental health resources, occasional guest speakers and activities such as arts & crafts, and hear about wellbeing support at One Place East.

Upcoming Dates:
November 11th: Remembrance Day and PTSD resources.
December 9th: Guest speaker Michael Feldman will be reading extracts from his book 'My Life with Autism'.
...more to come in January 2026

No need to book, just drop-in!
For more info, contact: cara.wilson@oneplaceeast.org



WINTER WELLNESS MEDITATION: A THREE STEP JOURNEY WITH SAHAJA YOGA
with Raj Ibhrampurkar

3 PART WORKSHOP

Create space for yourself this winter and connect with your inner light.

When: December 1st, 8th, and 15th, 11am - 1.30pm
Where: One Place East, Ilford Chambers, 11 Chapel Road, IG1 2DR

- Week One - Grounding and Calm
- Week Two - Joy and Presence
- Week Three - Connection and Light

Strengthen your resilience and wellbeing in a supportive space. Through reflection and meditation, we'll explore mindfulness and calm amidst life's challenges – including low mood, overwhelm, stress, anxiety, isolation and festive pressures.

Limited Spaces! Book here: www.tinyurl.com/SUNETWORK
For more info contact: 020 8925 2435 | cara.wilson@oneplaceeast.org

Winter Wellness Meditation: Find Your Calm This Season
Monday 1, 8 & 15 December 2025 | 11AM - 1.30PM
At One Place East, Ilford Chambers, 11 Chapel Road, Ilford, IG1 2DR

Take time for yourself this winter with our three-part meditation workshop led by Raj Ibhrampurkar. Using Sahaja Yoga techniques, these sessions will help you build resilience, reduce stress, and reconnect with your inner light.

Each week explores a unique theme: Grounding and Calm, Joy and Presence and Connection and Light

Book your spot today: tinyurl.com/SUNETWORK

For more information contact: 020 8925 2435 | cara.wilson@oneplaceeast.org

Staying well & connecting at Christmas Workshop: Your Guide to Staying Well and Connected Wednesday 10 December 2025 | 11AM - 3PM

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

The festive season can be joyful, but it can also bring challenges for many of us. That's why One Place East is hosting a special Christmas Workshop designed to help you stay well and feel connected during this time of year.

Join us for an uplifting and supportive gathering where we'll explore practical ways to maintain wellbeing, nurture self-care, and strengthen connections with others. This is a chance to pause, reflect, and share in a warm, welcoming environment.

Book your spot today: tinyurl.com/SUNETWORK

Call: 020 8925 2435 or 07939 975763

Email: runup@oneplaceeast.org

Let's come together to celebrate the season, share ideas, and support each other. Spaces are limited, so book early!



STAYING WELL & CONNECTING at Christmas WORKSHOP

Join us for our festive gathering, looking at how we can stay well, connect with ourselves and others at this challenging time of year.

Wednesday
10 December 2025
11am - 3pm

2nd Floor Ilford Chambers,
11 Chapel Road, Ilford IG1 2DR

Book on line: www.tinyurl.com/SUNETWORK
Phone: 020 8925 2435 / 07939 975763
or Email: runup@oneplaceeast.org

RUN-UP Service User Network Meeting

One Place East
Where disability matters



Guest Speaker: Rosemary Jackson

Monday 17 November 2025 | 6pm - 7.30pm

Expert Patient Programme

Living a Healthy Life with Long-Term Conditions

Rosemary delivers the Expert Patient Programme as a NELFT Volunteer Tutor and will share her valuable firsthand experience of navigating medical care in our online Zoom session.

Having lived with long-term health conditions for much of her adult life she is aware of the frustrations both patients and medical staff face when trying to manage chronic illness.

Join us for her valuable insight into the challenges patients face.

To book visit: www.tinyurl.com/SUNETWORK

Phone: 07939 975763 | 020 8925 2435

Email: runup@oneplaceeast.org



SCAN ME



Are you passionate about helping others and have a knack for technology? One Place East is currently recruiting Digital Champion Volunteers

Become a Digital Champion with us and you'll support individuals and small groups to build confidence in using technology. You don't need to be a tech expert - just to have patience, enthusiasm, and empathy. Whether it's teaching someone how to send an email, browse the web safely, or use apps, you'll be making a real difference in someone's life.



Why volunteer as a Digital Champion?

- Help bridge the digital divide in your community
- Gain new skills and training, including mental health awareness and safeguarding
- Meet like-minded people and grow your confidence
- Flexible time commitment — just choose a regular slot that works for you
- Expenses reimbursed and ongoing support provided

For more information contact:

020 8925 2435

info@oneplaceeast.org

Join us in making technology accessible to all - become a Digital Champion today!

CANCER AWARENESS PROJECT

Health & Wellbeing Workshops

A range of sessions designed to be relaxed, accessible and supportive. Join and explore how to stay well and reduce your risk of cancer.



All sessions will be led by Sharon Adkins is a Registered Nutritionist, accredited RSPH Trainer and Behaviour Change Specialist with more than 20 years' experience supporting individuals, families and communities.

Sharon is passionate about making nutrition, health and wellbeing education accessible, practical and engaging.

“

I love helping people to feel more confident talking about their health. Whether I'm supporting someone or training future health champions, my goal is always to empower others to make positive lifestyle changes.”
Sharon Adkins,
SA Nutrition

”

In person workshops - all at One Place East

Date	Time	Workshop
Monday 19th January 2026	10am – 12noon	Food & Mood – how diet affects our mental health This inclusive workshop helps us to explore how what we eat and drink affects all aspects of our mood and brain function. 
Thursday 22nd January 2026	1.30pm – 3.30pm	Women's Health This session is designed for everybody to understand more about women's health including menopause, cancer awareness, signs & symptoms, screenings and help to build confidence to discuss issues and access relevant services. 
Monday 26th January 2026	10am – 12noon	Healthy Eating on a Budget Find out how we can get as much cost-effective quality as possible, avoiding food waste, making the most of seasonable foods and avoiding the pitfalls of misleading food labelling. 
Thursday 29th January 2026	1.30pm – 3.30pm	Men's Health Join our Men's Health session to enhance your Knowledge on the importance of fitness, diet, mental wellbeing and preventative screenings. Take charge of your health! 

CANCER AWARENESS PROJECT

One Place East
Where disability matters

Health & Wellbeing Workshops

In addition to the workshops delivered at OPE, we are piloting some online webinars. We have scheduled them at different times throughout the week, including an evening and a Saturday. We will then evaluate how popular and accessible this model of delivery is.

Online webinars - via Zoom

Date	Time	Workshop
Tuesday 27 th January 2026	6pm - 8pm	Menopause  This session is designed for everybody to understand more about changes as we age - explaining the menopause (male & female) myths around plant oestrogens and cancer links and how to build confidence to discuss issues and access relevant services.
Thursday 5 th February 2026	10.30am-12.30pm	Healthy Eating on a Budget  Find out how we can get as much cost-effective quality as possible, avoiding food waste, making the most of seasonal foods and avoiding the pitfalls of misleading food labelling.
Friday 6 th February 2026	2pm - 4pm	The Power of Sleep  Learn about our sleep cycle, how this impacts our hormones, health and eating patterns and how important it is for our bodies to rest, restore and recover from illness.
Saturday 28 th February 2026	11am - 1pm	Food & Mood  How diet affects our mental health. This inclusive webinar helps us to explore how what we eat and drink affects all aspects of our mood and brain function and includes tips on resilience during treatment and recovery.

How do I book?

To book please scan the QR code or visit:
tinyurl.com/opehandw2026

For more information please contact:
020 8925 2435 | info@oneplaceeast.org

Scan
Me



Workforce Development Programme



At One Place East, we're passionate about tackling inequality and improving health outcomes for Disabled People. Every day, we work alongside our community to build skills, share knowledge, and strengthen resilience - opening doors to new opportunities and breaking down barriers.

We're excited to offer a coproduced training programme designed for both paid and voluntary staff working in local health and social care. This programme empowers organisations to deliver truly inclusive services that reflect and respond to the diverse needs of our community.

MONDAY 19 JANUARY 2026
12.30PM - 4.30PM



TRAUMA INFORMED PRACTICE

This interactive session will equip you with a practical, trauma-informed approach to supporting the well-being of the people you work with.

You will learn how to recognise the symptoms and impact of trauma on behaviour and create safe, empowering environments that build trust and reduce re-traumatisation. The session also highlights the critical importance of self-care for those in helping roles.

THURSDAY 29 JANUARY 2026
9.30AM - 12.30PM



COPRODUCTION TRAINING

An interactive workshop for leaders, frontline staff and volunteers from all sectors. This session aims to promote the benefits of this approach and how it can unify your work by: Defining coproduction and practical ways to do it, developing an understanding of its impact on services and inclusion, exploring how to support it in your organisation, hearing lived experiences of good coproduction and sharing practical examples and case studies.

TUESDAY 10 MARCH 2026
1.00PM - 4.00PM



LEARNING DISABILITY AWARENESS WORKSHOP

This engaging and eye-opening session is led by individuals with learning disabilities, offering authentic insights into their everyday experiences, challenges, and strengths. It's more than just training - it's a chance to listen, learn, and grow together.

Through interactive activities, personal stories, and open discussion, participants will explore what learning disabilities are, how attitudes and environments can create barriers, and practical ways to be more inclusive and supportive in everyday life.

WEDNESDAY 11 MARCH 2026

1.00PM - 4.00PM



**SOCIAL MODEL OF DISABILITY & STRENGTH BASED
APPROACHES TO SERVICES**

An interactive workshop essential for those leading and delivering services and fundraisers whether in a paid or voluntary capacity. The session aims to introduce the concept of the Social Model and how it can help tackle inequality by: Introducing what it is and the key principles, exploring the positive impact this approach can deliver, hearing lived experience stories and promoting inclusion and empowerment for everyone.

HOW DO I BOOK?

For more information about the programme please contact:

020 8925 2435 | info@oneplaceeast.org

To book onto the FREE workshops above please scan the QR code, or visit:

tinyurl.com/OPEWDP



SCAN ME!

All of the workshops above will be held in person at:

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

MHFA England
INSTRUCTOR
MEMBER



MENTAL HEALTH FIRST AID (MHFA) 2 DAY COURSE

TUESDAY 17 & WEDNESDAY 18 MARCH 2026

9.00AM - 5.00PM

Become a Mental Health First Aider® and help create mentally healthy spaces where people, communities, and business thrive. This course is ideal for anyone who'd like to gain the knowledge and skills to spot the signs of someone experiencing poor mental health, be confident to start a conversation, and signpost them to appropriate support. People with lived experience share their stories, helping learners gain insight and understanding.

MHFAiders® receive three years of certification and are invited to join the Association of Mental Health First Aiders® – England's first and only membership body for MHFAiders. As well as access to ongoing learning and expert support, members gain the benefits of being part of a national movement for better mental health.

**£275
per place
(RRP £325)**

- Redbridge based organisations (with a turnover over £100k) - **£175** (46% discount on RRP)
- Small VCS groups (with a turnover under £100k) and faith groups - **£60** (82% discount on RRP)
- Total volunteer-led community groups free place bursaries available - **Free**

To book, scan the QR code or visit:

tinyurl.com/mhfamarch2026

For more information, or for any assistance with booking please contact the One Place East office on:

020 8925 2435 | info@oneplaceeast.org



Scan Me



Christmas Market

Come along, explore the stalls, and treat yourself or a loved one to something special – while supporting local Disabled creatives.

FIND US AT:

**Cranbrook Walk,
Ilford Exchange
Saturday 22
November 2025**

10am–6pm

Cut out the attached coupon and bring it with you for a 10% discount.

Scan the QR code or visit:
tinyurl.com/c2mchristmas



SCAN ME



One Place East Talking Newsletter

You can access our newsletter in audio format, with our One Place East Talking Newsletter. This can be found on our website: www.oneplaceeast.org or on YouTube, Spotify, Amazon Music or Apple Podcasts.

For support with accessing this please contact the office on: 020 8925 2435 | 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:

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

Follow us

@oneplaceeast



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