



One Place East
Where disability matters

NEWSLETTER

FEBRUARY 2026



One Place East Celebrates the Launch of Its Brand-New Online Shop!

Our brand-new One Place East Online Shop launched on 2 February, and we're thrilled to share it with you!

The shop showcases a vibrant collection of handcrafted creations made through our One Place Creative Project - from unique artwork to beautifully designed gifts. Each item reflects new skills, growing confidence and the incredible talent of our participants.

We will be adding new products regularly, so keep a look out. By shopping with us, you're supporting disabled people in Redbridge and East London to build opportunities and independence.



Shop online now: oneplaceeast.org/shop

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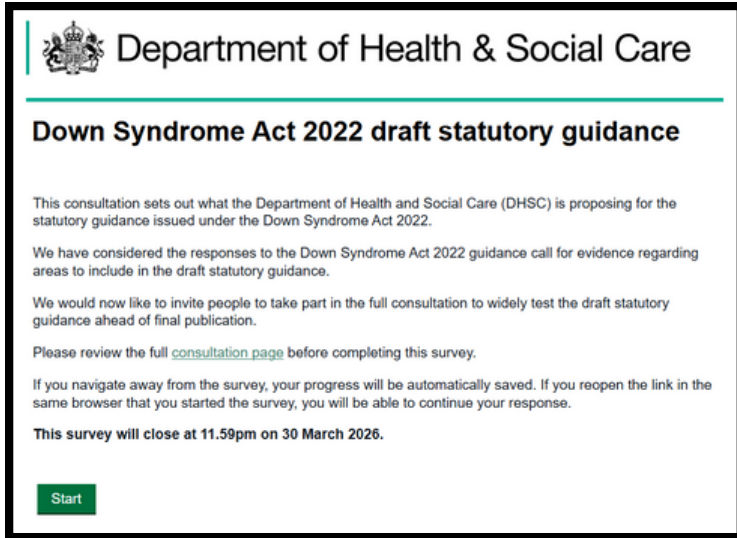
Your Voice Matters: Take Part in the Down Syndrome Act Consultation

The Department of Health and Social Care (DHSC) has launched a public consultation on the draft statutory guidance for the Down Syndrome Act 2022, including Easy Read and BSL versions.

The draft guidance brings essential information together in a single place to help services better meet the needs of people with Down syndrome, as well as others with similar learning disabilities. Through this consultation, DHSC aims to understand whether the guidance is clear, useful and informative for the authorities responsible for delivering support.

The consultation remains open until 30 March 2026, and DHSC is encouraging anyone with an interest in the Act to take the opportunity to share their views and help shape the final guidance.

Readers can access the full consultation here: tinyurl.com/dsa2022consult



To take part in the online consultation please scan the QR code below, or visit:

tinyurl.com/dsa2022onlineconsult



Volunteers Coffee & Chat

Join us for our friendly Volunteer Coffee & Chat, open to anyone interested in learning more about our volunteering opportunities, as well as all our current volunteers who'd like to catch up, share experiences and meet new faces. It's a relaxed space to enjoy a cuppa, ask questions, connect with others and discover how you can make a positive difference within our community. Everyone is welcome – come along and say hello!



Upcoming Dates:

Thursday 26 March 2026
Thursday 28 May 2026

Time: 12.30pm - 2.30pm

Where? One Place East Office

For more info contact: 020 8925 2435

Save Newham Libraries: An Update

by Cynthia Bowling

I recently attended a meeting as part of the Save the Newham Libraries campaign, and it was a positive experience. Lots of people came along and added their names to the petition. Everyone was really friendly, helpful and welcoming. It felt like a good start and something that feels important to support.

At the meeting I met Roseanne, who is part of the campaign group. I shared information about the work we do at One Place East and talked about our intention to invite people from Newham's disability groups to get involved. Our hope is to campaign together and support one another and make new friends along the way.

Libraries are places where many of us feel safe, included and welcome, and that's why this campaign matters. We have two days of action planned for 17th and 26th February.

If you'd like to get involved or join the WhatsApp group to find out more, please contact Erica Miles on:

020 8925 2435 / erica.miles@oneplaceeast.org.



One Place East
Where disability matters

Workforce Development Programme

TUESDAY 10 MARCH 2026
9.30AM - 12.30PM

FREE

LEARNING DISABILITY AWARENESS WORKSHOP

WEDNESDAY 11 MARCH 2026
1.00PM - 4.00PM

FREE

SOCIAL MODEL OF DISABILITY & STRENGTH BASED APPROACHES TO SERVICES

MHFA England
INSTRUCTOR
MEMBER



MENTAL HEALTH FIRST AID (MHFA) 2 DAY COURSE

TUESDAY 17 & WEDNESDAY 18 MARCH 2026

9.00AM - 5.00PM

£275
per place
(RRP £325)

HOW DO I BOOK?

For more information about the programme please contact:

020 8925 2435
info@oneplaceeast.org

To book onto the 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



Celebrating Diversity for LGBT+ History Month

February is LGBT+ History Month, which is an opportunity to celebrate the enormous contributions and achievements of LGBT+ communities across the UK and recognise there is still much more work to do to create a truly inclusive society.

This month Vision Redbridge Culture & Leisure - in partnership with Redbridge Rainbow Community, are providing an interesting, enthusing and diverse programme of events. They hope you'll join them to celebrate LGBT+ History Month in Redbridge.



For more information visit:

visionrcl.org.uk/culture/lgbt-history-month/

Introducing Body Babble: A Blog Where Disabled, Queer & Misfit Bodies Speak Back

Body Babble is a unique and thought-provoking blog that gives space for voices often overlooked in mainstream culture. Written by Celestine, the blog explores the ways disability, health and queerness intersect with politics, society and everyday life.

Why Follow Body Babble?

Subscribing is the easiest way to stay connected. Every new post is delivered straight to your inbox, making it simple to keep up with Celestine's writing and reflections.

Body Babble is completely free to read, and subscribing is a great way to support the work and help the blog continue to grow. If you enjoy thoughtful writing on disability, culture, queerness and identity, Body Babble offers a refreshing, honest and engaging space to explore these topics.

Check it out here: bodybabble.com



ROUTES TO ACTIVITY PROJECT

*Would you like to become more active and healthy?
We are here to help you meet your goals in a fun and social way.*

We are looking for people to help shape and plan our new Routes to Activity project and become peer support walk leaders. Setting walking challenges and awarding prizes for Goals achieved.

OPE will provide Free Pedometers and/or advice on which free walking Apps to use to monitor and record walking activity.

Funded by



For more info or to get involved, please contact Andy Murphy on:



020 8925 2435



andy.murphy@oneplaceeast.org



Let's Talk Cancer: Ask Your Questions for Our Upcoming Podcast

One Place East's Cancer Champions have now completed their training and are out in the community delivering cancer awareness sessions. Since October, 41 people have already taken part in the Cancer Awareness Project, and numbers continue to grow as more sessions roll out.



Most recently, the Cancer Champions delivered a session to the One Place Sight Support Group, reaching an audience of over 40 people, and receiving great engagement and questions from the group. *(pictured in photo above)*

The 4th February was World Cancer Day, if you haven't yet seen it you can watch our short podcast on our YouTube channel here: tinyurl.com/OPEWCD2026

We Want Your Questions

In early March, our Cancer Champions will be recording a new podcast with a local doctor who specialises in cancer. They want this episode to reflect the real questions and concerns of our community.

If you have a question about cancer that you'd like the Champions to put to the doctor, you can: Email: info@oneplaceeast.org, tell us in person next time you visit or phone us to share your question verbally on **020 8925 2435**. We'll try to include as many questions as possible. If you prefer, your question can be included anonymously.

Factsheets Available: OPE's website hosts three helpful cancer factsheets, available to read, download, or listen to as audio files:



tinyurl.com/menscancerfactsheet



tinyurl.com/womenscancerfactsheet



tinyurl.com/reduceriskfactsheet

These resources offer practical guidance on early signs, risk reduction, and ways to support your health.

Wheelchair Users Wanted:

Help Lead a New Forum



We're launching a Wheelchair Forum at One Place East and are looking for a Chair / Lead. This role can be paid or voluntary, depending on what works best for you.

The forum is about wheelchair users coming together, sharing what life is really like, and making sure those experiences are heard. If you're already someone who speaks up, brings people together, or is seen as a trusted voice among other wheelchair users - whether formally or informally - we'd love to hear from you.

We welcome all kinds of wheelchair users: manual and powered, part-time or full-time, temporary or permanent users, people of different ages, impairments and backgrounds. What matters is an openness to different experiences and a commitment to making space for everyone.

The first Wheelchair Forum meeting will take place on **Tuesday 10 March 2026 from 12.30pm - 2.30pm at Redbridge Central Library**. This is a chance to be involved from the start and help create a forum that feels supportive, inclusive and useful.

We hope this forum will grow and have reach across North East London, connecting wheelchair users and strengthening voices beyond one borough.

If you care about access, inclusion, and disabled people having a stronger voice locally, this could be a great opportunity to get involved. To find out more or express interest, please contact the One Place East office on: **020 8925 2435 | info@oneplaceeast.org**

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

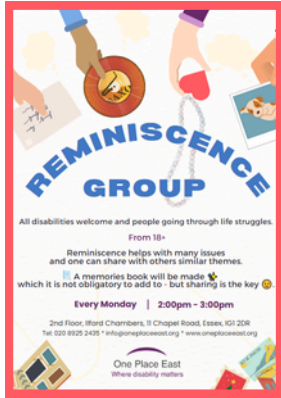


UPCOMING SESSIONS:

Wednesday 25 February 2026

Wednesday 25 March 2026

**All dates from 3pm-4pm
at the One Place East office**



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.



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.

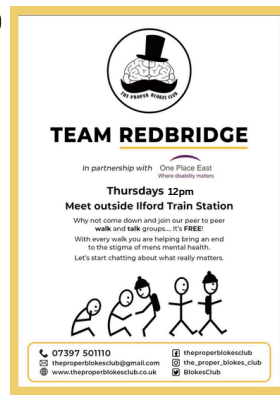


CREATE TO MARKET DESIGN WORKSHOP

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.



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.

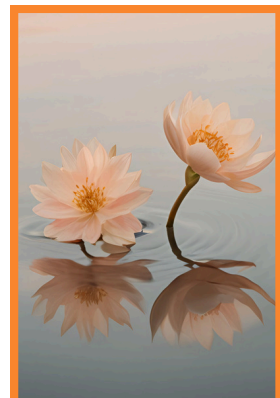


ONE PLACE GAME INN

EVERY WEDNESDAY FROM 5PM-7PM

ONE PLACE EAST OFFICE

Come along and join us at our social gaming group for adults with a learning disability, Autism, physical disability or lived experience of mental health.

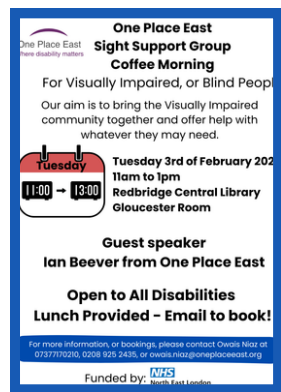


CALMING THE MIND & BODY

SATURDAY 14 FEBRUARY FROM 3-5 PM

ONLINE VIA ZOOM

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.



ONE PLACE SIGHT SUPPORT GROUP

TUESDAY 3 MARCH FROM 11AM-1PM

REDBRIDGE CENTRAL LIBRARY

Monthly meeting for Visually Impaired People.

This meetings guest speaker will be Sarah Jones from Vision Redbridge .



ONE PLACE EAST LEARNING DISABILITY GROUP

TUESDAY 10 MARCH FROM 4-6 PM

ONE PLACE EAST

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.

Campaign Meetings:

Tuesday 17 February 2026

Save Newham Libraries - DAY OF ACTION

this will replace our usual campaigns meeting – people will need to meet at the office at 8.30am or meet outside East Ham Town Hall at 10.00am - join the WhatsApp group for latest updates

Tuesday 26 February 2026

Save Newham Libraries - DAY OF ACTION

Can either meet at the office at 4.30pm or outside Stratford Town Hall at 6pm

Tuesday 3 March 2026

Campaigns Meeting @ One Place East Office

Please note: The time for this meeting has changed to 2pm - 4pm.

Information Sharing Meeting:

Tuesday 24 February 2026

Information Sharing Meeting @ One Place East Office

This meeting will take place from 2pm - 4pm. Join the WhatsApp group for the latest updates.

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

Improving Breast Cancer Screening for Disabled Women

Women aged 50 to 71 who are registered with their GP are routinely invited for breast screening every three years. However, despite breast cancer affecting people from all backgrounds, mammography equipment remains inaccessible for many women with physical disabilities or mobility impairments.

This lack of access means some disabled women are not receiving equal opportunities for early diagnosis - something that urgently needs to change. **Breast Cancer Now** is funding important research aimed at addressing this gap. The project is exploring the use of robotic assistive technology to support women with disabilities during mammography, helping make the screening process both more accessible and more comfortable.

The charity is also keen to hear directly from disabled women about their experiences of accessing breast screening. These insights will help strengthen the case for improved accessibility across the national screening programme. Women with disabilities who would like to share their experiences or learn more about the campaign can visit the Breast Cancer Now news page: tinyurl.com/bcnnewspage

One Place East will also be sharing findings from its Cancer Awareness Project, which has highlighted significant accessibility issues surrounding breast cancer screening for both women and men.

JOIN US FOR THE SPRING STEAM TRAIN GALA OUTING

NAME OF PASSENGER:
ONE PLACE EAST

SEAT:
C 20

DATE **18/04/2026**

FROM:
EPPING ONGAR RAILWAY



NAME **OPE**
TRAIN **STEAM**

DATE:
SATURDAY 18 APRIL 2026

PLATFORM **1**
CARRIAGE **11**
SEAT **87**

One Place East are planning an exciting group outing to the Spring Steam Train Gala at Epping Ongar Railway (EOR) on Saturday 18th April 2026.

A huge thank you to Ian Beever for his generous donation, which will allow us to subsidise ticket costs for everyone attending. The original price is £27 per person, but we are able to offer a subsidised cost of £10, which will need to be paid upfront when booking. This contribution is non-refundable unless you cancel at least 7 days in advance, as OPE must purchase tickets in advance.

Getting There

EOR is easy to reach. The quickest route is via the London Underground Central Line to Epping, where you can then hop on the inclusive vintage London bus service to the railway.

What to Expect

During the Gala, EOR's home fleet of steam locomotives - along with visiting engines-will be working hard over some of the most challenging gradients in railway preservation. It's a three-day celebration of heritage steam, with plenty to see and do. Your ticket includes a ride behind a real steam locomotive, plus access to all the event activities throughout the day.



Interested in Joining Us?

If you'd like to take part, please email, pop into the office, or phone us to register your interest.

We hope you can join us for this unique and memorable day out!

Event details: tinyurl.com/steamtraingala


One Place East
Where disability matters

CANCER AWARENESS PROJECT

Online webinar - via Zoom

Food & Mood Saturday 28th February 2026 11am - 1pm

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?

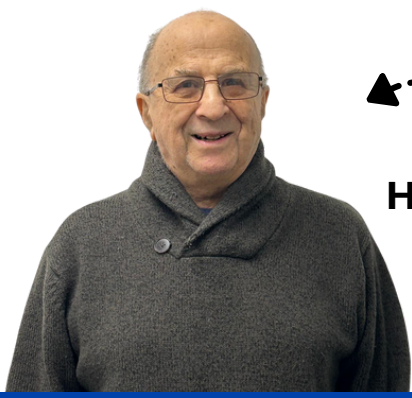
To book please scan the QR code or visit:

tinyurl.com/opehandw2026

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

Scan Me





HOW I CAME TO ONE PLACE EAST

BY **MICHAEL FELDMAN**



I first discovered One Place East (OPE) when it was based on Ilford Lane, before the organisation later moved to Ilford Chambers near Chapel Road. It was there that I met Margaret Summers for the first time and joined a writing group focused on improving grammar and writing skills. When an upstairs room became available, it became our regular space - and before long, I found myself volunteering to help run the sessions and suggest topics.

During the 18 months I spent with the writing group, I found the confidence and structure I needed to put the finishing touches on my own publication, My Life with Autism. A brief summary of my experiences growing up with autism appeared in the November 2025 newsletter - on Page 2. At the same time, I was also taking part in an art class creating different pieces even though I didn't know many people yet. By late November 2023, I decided to join One Place East properly at their Chapel Road offices - and I can honestly say I've never looked back.

Since joining, I've become far more involved with the organisation. I continue to enjoy the activities, meet new people and take part in opportunities that I haven't found anywhere else. OPE offers so much, and being part of it has made a real difference to my confidence, morale and mental health.

Some of the Activities I've Enjoyed:

- Reminiscence Group (Mondays 2-4pm), where we talk about different topics each week and check in on how everyone is doing.
- OPE Meetings & Events - including the Annual General Meeting before Christmas.
- Drop-in One-to-One Advice sessions - covering benefits, anti-poverty support and more.
- Weekly One Place Game Inn sessions - Always relaxed and enjoyable.
- Training & Courses - such as comedy workshops, First Aid and assertiveness training
- Outings - mostly around London, but sometimes further afield too. I thoroughly enjoyed visits to the Natural History Museum and the Barbican last year, where a graduation ceremony was being held. Even the bad weather couldn't dampen the experience. I was also keen to join the Pinewood Studios outing, but unfortunately it clashed with my holiday in Scotland.

Being part of OPE has been good for me in so many ways. I even encouraged one of my closest friends to join, and he now regularly contributes to the reminiscence group and enjoys taking part just as much as I do.

Thinking of Joining? If you have a disability of any kind and are considering joining One Place East, I would strongly encourage you to get in touch. It's made a real difference to my life, and it might do the same for you. Contact: **0208 925 2435 | info@oneplaceeast.org**

You'll just need to complete a simple form - and after that, you can enjoy all the activities, support and community OPE has to offer.



The Talent Network Upcoming Workshops

We're excited to share that the Talent Network will soon be offering a series of new wellbeing workshops designed to support your health, confidence, and everyday resilience. Dates will be confirmed shortly, but here's a preview of what's coming up:

Self-Regulation & Managing Emotions

Wednesday 25th February 2026 | 10.00am - 1.00pm

Learn strategies to help you understand and manage your emotions more effectively. This session will cover grounding techniques, emotional awareness, and simple tools you can use in daily life to stay calm, centred, and in control.

Better Sleep

Wednesday 4th March 2026 | 10.00am - 1.00pm

Struggling with rest or finding it hard to wind down? This workshop will explore practical techniques to improve your sleep routine, create healthy habits, and understand the science behind quality rest. Perfect for anyone looking to feel more refreshed and energised.

Managing Chronic Pain

Wednesday 25th March 2026 | 10.00am - 1.00pm

Living with long-term pain can be exhausting, both physically and emotionally. This workshop will introduce approaches to help you cope more effectively, reduce stress, build resilience, and find ways to improve your overall wellbeing.

To book, or for more information please contact Andy Murphy on:

020 8925 2435 / andy.murphy@oneplaceeast.org



Get Yourself Active

Disability Rights UK Drives the Get Yourself Active Campaign

Disability Rights UK (DRUK) is continuing to champion its national Get Yourself Active campaign, highlighting a vital message: physical activity is a human right, not a luxury. The campaign shines a light on the systemic barriers that prevent many Disabled people in the UK from accessing enjoyable and inclusive physical activity.

DRUK emphasises that inactivity among Disabled people is not a matter of personal choice, but a reflection of broader social exclusion and inaccessible systems. Through Get Yourself Active, the organisation works across the sports sector, social care, and with Disabled people's organisations (DPOs) to challenge and remove those barriers.

The campaign provides a wide range of practical resources for Disabled individuals, DPOs, sports providers, and social care professionals, helping them promote physical activity in ways that are inclusive, enjoyable, and led by Disabled people's own experiences.

Readers can explore more on the Get Yourself Active website, including their newly published co-production narrative, designed to support professionals working in the physical activity sector to embed genuine collaboration with Disabled people.

The campaign also offers an email template for those who wish to oppose benefit cuts that risk further limiting access to physical activity and independence.

For more information scan the QR code or visit:

getyourselfactive.org

SCAN ME



RUN-UP - Upcoming Workshops in March 2026:

Clearing Your Space: From Collecting to Hoarding Wednesday 23 March 2026 | 11am - 3.30pm One Place East Office

This compassionate and supportive workshop explores: What lies behind hoarding tendencies, how mental health influences our relationship with possessions, why decluttering can feel so difficult and how individuals and families can better understand this condition.



Clearing your Space
From Collecting to Hoarding and Everything in Between

11am - 3.30pm Wednesday 23 March
2nd Floor Ilford Chambers, 11 Chapel Road, Ilford IG1 2DR

Finding it hard to throw things away?

Connect with others on this informative workshop to look at what lies behind hoarding tendencies, the impact on mental health and why it's so difficult for some of us to declutter.

Whether for yourself or loved ones, we invite you to come along to explore this debilitating condition in a kind and compassionate way.

Light refreshments will be provided, but please bring packed lunch

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



LIFESTYLE CHOICES & ADDICTIVE BEHAVIOURS

One Place East
Where disability matters

11am - 3.30pm Monday 30 March 2026
2nd Floor, Ilford Chambers, 11 Chapel Road, Ilford IG1 2DR

An interactive workshop on addiction & modern day lifestyle choices

The world has changed and we have to adapt, but things can feel like they are moving too fast, causing all kinds of distressing coping behaviours.

Doom scrolling, online shopping, compulsive eating, drinking, you name it, anxiety, addictive and compulsive behaviour seem to be everywhere. Explore the nature of addiction and what we really need, to be healthy and happy individuals.

★ Join us for a day of insight into addictive behaviour

To book visit: www.tinyurl.com/EVENTSOPE
Phone: 07939 975763 or Email: runup@oneplaceeast.org



Lifestyle Choices & Addictive Behaviours Monday 30 March 2026 | 11am - 3.30pm One Place East Office

Modern life has changed rapidly, and with it, many everyday behaviours can become compulsive or distressing. This interactive workshop takes a closer look at addiction and the lifestyle habits that many people struggle with today. Participants will gain insight into how addictive patterns form, what needs lie underneath them, and practical ways of moving towards healthier, happier habits.

To book your place on either workshop please scan the QR codes, or visit:

www.tinyurl.com/EVENTSOPE

For support with booking, please contact: 07939 975 763 | runup@oneplaceeast.org



One Place East
Where disability matters

TALKING NEWSLETTER

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

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[@oneplaceeast](https://www.instagram.com/oneplaceeast)



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