



One Place East
Where disability matters

NEWSLETTER
MARCH 2026



One Place East Celebrates International Women’s Day with Inspiring Podcast Special

On Sunday 8 March, One Place East marked International Women’s Day 2026 with a powerful new episode of the One Place In Conversations Podcast. Hosted by Cara Wilson, the episode featured guests Misbah Butt, Vimla Mahadoo, and Roopal Mehta, who shared insightful reflections on women’s empowerment, inclusion, and the ongoing work still needed to achieve equality.

The discussion highlighted the experiences of women within our communities, celebrating achievements while recognising the barriers that many continue to face - especially women living with disabilities. Their stories and perspectives created an uplifting and thought-provoking conversation that resonated strongly with listeners.

If you missed it on the day, the full episode is available to watch back:

YouTube tinyurl.com/iwdope2026

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One Place East
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**Quiz Night
Fundraiser
enclosed**



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STANDING UP FOR OUR LIBRARIES

Campaign activities at One Place East began with our group designing placards during a One Place Creative workshop, sparking discussions about the importance of libraries and public spaces. Some members later joined direct action events to help amplify our message.

Our first day of action took us to a demonstration outside East Ham Town Hall, where we stood together to show the council's finance group how strongly we oppose the proposed changes to local library services.

We felt upset and worried for some of the library workers when we heard the council was making it difficult for them to join the protests. This made us want to support the campaign even more.






On our second day of action there were lots of people there. It was a full house at the demonstration outside Stratford Town Hall. We worked together as a team to tell the councillors how important our libraries are to us.

The campaign has had a lot of success. Together we stopped the London Borough of Newham from closing any libraries. They also agreed not to cut library services, which could have meant fewer opening hours and fewer services for local people.

The council also said they will not cut any staff hours. But the campaign is not finished yet. There may be more work to do before the local elections. We want to make sure the councillors stop the efficiency savings that are still planned. We will also keep watching what the council does if another Labour council is elected again. We do not want the campaign success to be reversed.


For me, the campaign was a good chance to meet new people and work with others. I feel happy and proud that I helped do something good for my community.

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

Want to get involved in our One Place East Campaigns group?

Contact Erica Miles on:

 **020 8925 2435**

 erica.miles@oneplaceeast.org

Is Clutter Taking Over? BBC One's Sort Your Life Out Is Seeking New Households

We were recently contacted by Alex, a Casting Producer from the popular BBC One series Sort Your Life Out, hosted by Stacey Solomon. The team is currently preparing for the 2026 series and is looking for households across the UK who may benefit from support in decluttering and reorganising their home - and they're hoping to reach people within our community.

If you haven't seen the programme before, Stacey and her team of organising experts spend seven days helping families transform their homes. They work closely with each household to declutter, reorganise and create calm, functional spaces that feel completely renewed. Many previous participants have described the experience as genuinely life-changing. You can take a look at earlier episodes on BBC iPlayer to see the kinds of transformations they help families achieve.

The team is interested in hearing from a wide variety of households, including families and long-term shared homes, where clutter has built up or where keeping on top of everything has become challenging. This can happen for so many reasons - health issues, disability, caring responsibilities, bereavement, demanding work schedules, ongoing medical appointments or simply a period of life that has become overwhelming. The programme aims to offer supportive, hands-on help while also raising awareness of the pressures people face behind closed doors.

If you feel your home needs a reset, or if you know someone who may be struggling and could benefit from expert help, this could be a wonderful opportunity to make a positive change in a sensitive and encouraging environment.

You can apply here: www.optomen.com/Sort-Your-Life-Out

If you need support to apply, please contact Andy Murphy on 020 8925 2435.

Clearing Your Space: From Collecting to Hoarding and Everything In Between 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.

To book your place visit:

www.tinyurl.com/EVENTSOPE

For support with booking, please contact:

07939 975 763 | runup@oneplaceeast.org



DISABILITY Festival in the Park

SAVE THE DATE

WEDNESDAY
22 JULY 2026

We're thrilled to announce that Disability Festival will take place on Wednesday 22 July 2026, returning to the much-loved Christchurch Green, Wanstead from 12pm-7pm.

Full details will be released soon - including how you can get involved. Whether you'd like to join the steering group, become a sponsor, or book a space to be there on the day, there will be plenty of opportunities to take part and help shape another fantastic community celebration.

We couldn't be more excited about this year's festival and cannot wait to share our plans with you all. Stay tuned for updates!

Be part of a choir that celebrates community & creativity, and join the



CHOIR



Get ready to raise your voice and be part of something truly special! This year's Disability Festival will feature a brand-new Festival Choir, and we're inviting everyone to join us as we build a powerful community performance for the mainstage on the day.

In partnership with Clayhall Choir, we'll be holding weekly rehearsals leading up to the festival. No previous singing experience is needed - just bring your enthusiasm, your voice, and a willingness to have fun. This is an inclusive, welcoming space where every voice matters.

Our first rehearsal will take place on:

 Tuesday 14 April 2026

 11am - 1pm

 One Place East Office



Lunch will be provided



Whether you're a confident singer, someone who only sings in the shower, or you're trying something new for the first time - this is your chance to make friends, build confidence, and be part of a joyful community performance celebrating creativity and inclusion.

To book your place, please contact the One Place East office on:



020 8925 2435



info@disabilityfestival.co.uk

Get Tech Support with the TAP Project at One Place East

Our Tech Assistance Project (TAP) is here to help you with all your everyday digital needs. We know that technology can sometimes feel overwhelming, so TAP offers free one-to-one appointments to give you support at your pace, in a friendly and accessible way.

Whether you're trying to get online, complete an important application, or simply learn how to use your device with confidence, our team is here to help.

We can support you with:

- Applying for a Blue Badge
- Applying for a Freedom Pass
- Completing Mobility Scheme transport applications
- Using your smartphone, tablet, or laptop
- Setting up accounts, passwords, and email
- Getting help with online forms and essential services

These personalised sessions ensure you get the time and guidance you need to feel more confident with technology.

To book a one-to-one appointment or learn more about TAP, please contact Owais Niaz on:

☎ 07377 170 210 ✉ owais.niaz@oneplaceeast.org

Useful info corner:

Stay informed, stay connected, and build your digital confidence with these hand-picked resources from the Tech Assistance Project (TAP).

Finding Affordable Internet - Free Short Course

Looking for ways to reduce internet costs or support someone else to get online?

Digital Unite and the West London Alliance have created a free 10-minute course for this.

tinyurl.com/affordableinternetcourse

Safer Internet Day 2026 - Smart Tech, Safe Choices

This year's Safer Internet Day focused on "Smart tech, safe choices - Exploring the safe and responsible use of AI."

tinyurl.com/saferinternetguides

Technology Guides - Over 400 Free 'How-To' Articles

Digital Unite offers a huge library of 400+ easy-to-follow digital skills guides.

digitalunite.com/technology-guides

AI: A Helping Hand for Everyday Life

One Place East's Tech Assistance Project (TAP) is hosting a practical workshop on Artificial Intelligence to help people learn how AI can support everyday tasks. Join us on Tuesday 24th March 2026, from 3pm-5pm, at our office in Ilford Chambers.

The session will introduce AI in a simple, friendly way and explore useful tools that make daily life easier. Topics include: What AI is, Tools for easier reading and seeing, Simplifying confusing letters and information, Drafting emails with less stress and Staying safe online and spotting scams.

To book contact Owais Niaz on:

☎ **07377 170 210**

✉ [**owais.niaz@oneplaceeast.org**](mailto:owais.niaz@oneplaceeast.org)



One Place East
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AI: A Helping Hand for Everyday Life
Workshop on Artificial Intelligence
TUESDAY 24TH OF MARCH 2026
3PM - 5PM

WHAT WE'LL COVER:

- What is AI? (Simply explained)
- Tools for easier reading & seeing
- Simplifying confusing info & letters
- Drafting emails without stress
- Staying safe & spotting scams

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

Contact Owais Niaz to book
07377 170 210
owais.niaz@oneplaceeast.org

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**PLEASE
VOTE
FOR**

One Place East
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SCAN ME



One Place East Named Finalist for Charity of the Year for Redbridge Chamber of Commerce

We're excited to share that One Place East has been selected as a finalist for Charity of the Year at the Redbridge Chamber of Commerce Awards. This recognition reflects the dedication of our staff, volunteers, partners, and the people who use our services every day. It's a moment of pride for our whole community.

To take home the award, we need your support - and your vote will only count if you attend the event on the day. Voting is free, quick, and helps shine a light on the work we do across Redbridge.

How to Vote

You can cast your vote by following these steps:

1. Scanning the QR code or visiting: tinyurl.com/voteforope
2. Select "Get Tickets"
3. Scroll to the bottom and choose "RCC Award Vote"
4. Add it to your basket and check out
5. When prompted, enter our charity code: OPE2026
6. Attend the awards event so your vote is counted

Every vote truly makes a difference, and your presence on the day ensures your support is included. Thank you for standing with us - we appreciate it more than you know.

If you need support to book/vote please contact the office on:

☎ **020 8925 2435**

✉ info@oneplaceeast.org

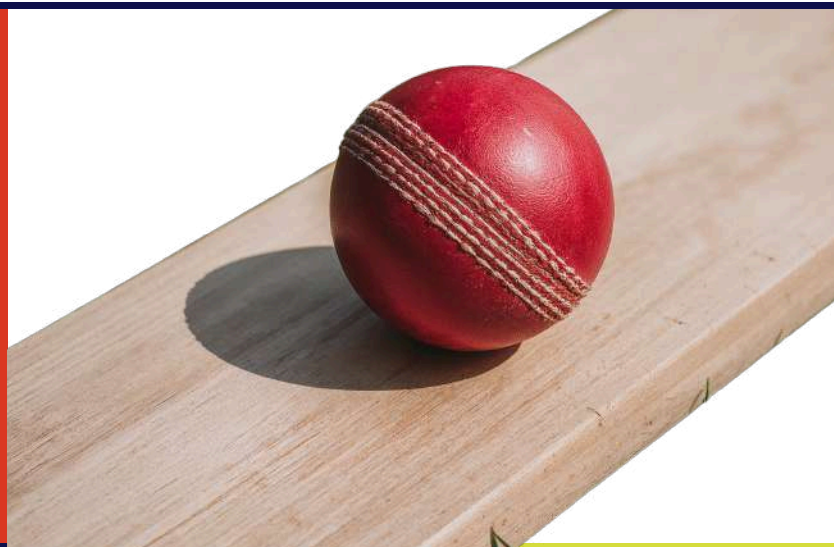
One Place East
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INDOOR CRICKET TRIAL SESSIONS

Monday 23 March & 30 March 2026

10am - 12pm

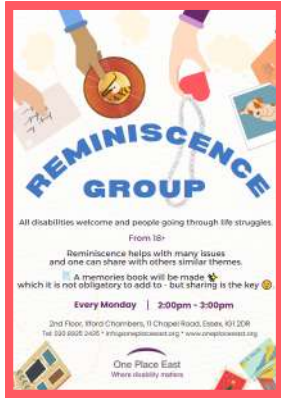
**Parkside Community Centre
176 Goodmayes Lane
Ilford, IG3 9PP**



**For more information, to discuss
access needs or to book please
contact Andy on:**

020 8925 2435

andy.murphy@oneplaceeast.org



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.

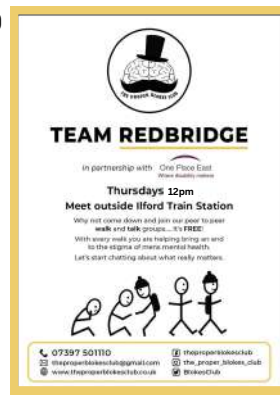


CREATE TO MARKET DESIGN WORKSHOP

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 28 MARCH FROM 3-5PM

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 7 APRIL FROM 11AM-1PM

REDBRIDGE CENTRAL LIBRARY

Monthly meeting for Visually Impaired People.

Guest speaker will be confirmed nearer the time.



ONE PLACE EAST LEARNING DISABILITY GROUP

TUESDAY 14 APRIL 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.

Spotlight on Lived Experience at One Place East

At One Place East, we are always proud to highlight the voices and stories of the people who make our community what it is.

This month, we're pleased to share a personal and thoughtful contribution from, Geethan. He recently created a video exploring what daily life is like for him as an autistic adult living in London. Through honest reflection, memories from his childhood in the Netherlands, and moments from his everyday routine, he offers a meaningful insight into how autism shapes his experiences.



You can watch Geethan's video by visiting the link or scanning the QR code below:

tinyurl.com/geethanbala

SCAN ME



TikTok

@geethanbala

"I created a video titled Living with Autism | A Day in My Life in London, UK | Autism Awareness | Tamil Vlog. The purpose of this video is to give viewers an honest and personal look into what daily life is like for me as an autistic adult. I created this video 'Living with Autism in London | A Day in My Life' to raise awareness, understanding, and acceptance of autism through my own lived experience.

Many people have heard of autism, but not everyone truly understands what it looks like in everyday life. Through this video, I show my daily routines, hobbies, and reflections while revisiting meaningful places in the UK. I also reflect on my childhood in the Netherlands, my school years, teenage experiences, and my time in college in London, UK, sharing how autism has shaped my journey.

Filming this video was important to me because I believe awareness begins with real stories. Speaking on camera is not always easy for me, but I chose to share my experiences in the hope of encouraging greater understanding and acceptance.

In addition to this video, I create content based on travel, vlogs, events, and photography. My aim is to document meaningful moments while building a space where people can connect, learn, and reflect.

This video means more to me than just a vlog - it is a personal step toward sharing my story and promoting greater awareness of living with autism."


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**For
Change**



Sight Support Group
for Visually Impaired People

One Place Voice
Adults with Learning Disabilities



Campaign Meetings:

Tuesday 17 March 2026
Tuesday 7 April 2026

Information Sharing Meeting:

Tuesday 31 March 2026

All meetings will take place at the One Place East office.

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

Wheelchair Forum

Join the conversation



What is it:

A friendly gathering for wheelchair users, their families, and caregivers.

When:

Monday 13 April 2026
2:00pm - 4:00pm

Where:

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

Join us for an engaging forum where you can:

- **Connect** with other wheelchair users and share experiences.
- **Learn** about new technologies and resources.
- **Discuss** accessibility issues and solutions.
- **Find** support and build community.

Topics include:

- Regular opportunities to meet with AJM local wheelchair provider
- Guest speakers
- Accessible travel tips
- Adaptive sports and recreation
- Advocacy for Disability rights

Complete our Annual Survey for a chance to win a £50 voucher

It is that time of year again where we want to find out what you think of our services. Whether you have used our befriending services, attended any of our workshops, come along to a meeting or even if you just receive our newsletter - we want to hear from you.

If you complete the survey and leave your details you will be entered into our prize draw to win a £50 voucher.



SCAN
ME

To complete the survey please scan the QR code, or visit:

tinyurl.com/opesurvey2026


If you need support to complete the survey, or would prefer to receive a paper version please contact Jodie on:

020 8925 2435 | jodie.roast@oneplaceeast.org

LIFESTYLE CHOICES & ADDICTIVE BEHAVIOURS

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, overwhelming, or emotionally distressing. Participants will gain insight into how addictive patterns develop, what underlying needs or pressures often drive them, and practical, supportive ways of moving towards healthier, happier, and more sustainable habits for the future.

To book your place visit: www.tinyurl.com/EVENTSOPE



Rail Travel Just Got Easier: Wider Access to the Disabled Persons Railcard

From 1 March 2026, thousands more people across Great Britain can now benefit from discounted rail travel, as eligibility for the Disabled Persons Railcard has officially expanded. This wider access means many individuals who were previously not eligible can now enjoy significant savings on their journeys across the National Rail network.

What Is a Disabled Persons Railcard?

A Disabled Persons Railcard entitles the holder and one adult companion to one-third off most train fares throughout Britain's National Rail network, covering England, Scotland and Wales. It costs £20 for one year or £54 for three years, with no planned price increases linked to the new eligibility expansion. Average annual savings are estimated at around £126 per year.

Who Now Qualifies?

Under newly expanded criteria, you now qualify for a Disabled Persons Railcard if you:

- Hold a Blue Badge
- Have a Disabled Persons Bus Pass (England, Scotland or Wales)
- Have a London Disabled Persons Freedom Pass [gov.uk]
- Are unable to drive on medical grounds, confirmed by DVLA or a health professional
- Receive Armed Forces Compensation Scheme (AFCS) benefits
- Receive Industrial Injuries Disablement Benefit at 20% or higher
- Are without speech [gov.uk]
- All previous qualifying criteria (including eligibility through PIP or ADP) continue to apply.

Benefits of the Railcard:

With the Disabled Persons Railcard, passengers can access:

- 1/3 off most train fares
- 1/3 off for one accompanying adult
- Average yearly savings of around £126
- Additional partner discounts for days out, hotels and restaurants

SCAN ME



How to Apply:

Scan the QR code, or visit:

www.disabledpersons-railcard.co.uk

Need help applying?

Our Tech Assistance Project can support you with completing the application. For more information, please contact Owais Niaz on:

07377 170 210 or owais.niaz@oneplaceeast.org

What's Coming Next?

A second phase of expansion will launch in September 2026, which aims to recognise a wider range of non-visible and complex disabilities, supporting even more people to travel affordably and with confidence.



Self-Regulation & Managing Emotions - Two part series

Wednesday 1 & 8 April 2026 | 11.00am - 2.00pm

Emotional wellbeing isn't something we master overnight. It's a skill we build gradually - through awareness, practice, and compassion for ourselves along the way. This month, we're excited to highlight a workshop designed exactly for that journey: the Self-Regulation & Managing Emotions Workshop, created by Nadia Abdul Therapy.

This two-part experience (1 April and 8 April, 11am-2pm) offers a structured yet gentle approach to understanding your emotions, strengthening coping strategies, and integrating healthier patterns into daily life. Whether you're navigating stress, seeking better balance, or simply wanting to deepen your emotional toolkit, this workshop provides a supportive space to grow.

Better Sleep Workshop - Two part series

Wednesday 25 March & 8 April 2026 | 11.00am - 2.00pm

One Place East is offering a gentle, practical Better Sleep Workshop designed to help you build healthier sleep habits at your own pace. The workshop takes place over two sessions.

Created by Nadia Abdul Therapy, this workshop encourages small, manageable steps that can lead to real improvements in sleep and wellbeing.

Please note: The second part of both workshops will now take place on the same day and will be combined into one session.



To book, or for more information contact: [020 8925 2435](tel:02089252435) | andy.murphy@oneplaceeast.org

Experience the Power of EFT

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](tel:02089252435) | andy.murphy@oneplaceeast.org



UPCOMING SESSIONS:

Wednesday 25 March 2026

Wednesday 29 April 2026

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

NEL Cancer Alliance invites you to

Patient Experience Movie Night!

Join us for a cozy evening watching short films some of which was produced by one of our patients on their inspiring cancer journey and other patient stories on the big screen!

It's a great chance to connect with others, share experiences, and reflect on resilience and compassion.

Following the screening, we will host a brief Q&A session, share reflections and insights.

5pm to 7.30pm, Thursday 19th March 2026

Everyman Stratford, 4 Redman Place, Stratford Cross, London E20 1JQ

Light refreshments will be provided.

It is highly important that you register using the below link to reserve your space by 6th March 2026.

<https://www.eventbrite.co.uk/e/1963071783086>

Grab your friends & we'll get the popcorn!

NEL Cancer Alliance Presents: Patient Experience Movie Night

Thursday 19 March 2026, 17:00 - 19:30

Everyman Stratford, Stratford, London, E20 1JQ

North East London Cancer Alliance is hosting a special Patient Experience Movie Night, inviting the community to an evening of powerful storytelling, reflection and connection.

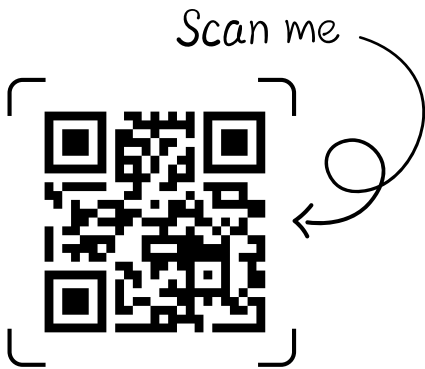
This inspiring event will showcase a series of short films, including one created by a patient who bravely shares their own cancer journey. The films highlight real experiences of compassion, resilience and the impact of cancer care across North East London.

The evening offers a meaningful opportunity to:

- Hear authentic patient stories on the big screen
- Connect with others affected by or involved in cancer care
- Reflect on lived experiences and the support available
- Following the screenings, there will be a short Q&A session where attendees can share thoughts and insights.

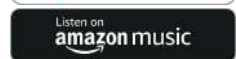
Want to attend? To reserve your seat and secure your place for this heartfelt and uplifting evening scan the QR code or visit: tinyurl.com/nelmovienight

Grab a friend, settle in, and enjoy an evening of powerful stories – and popcorn! 🍿🌟



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.



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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