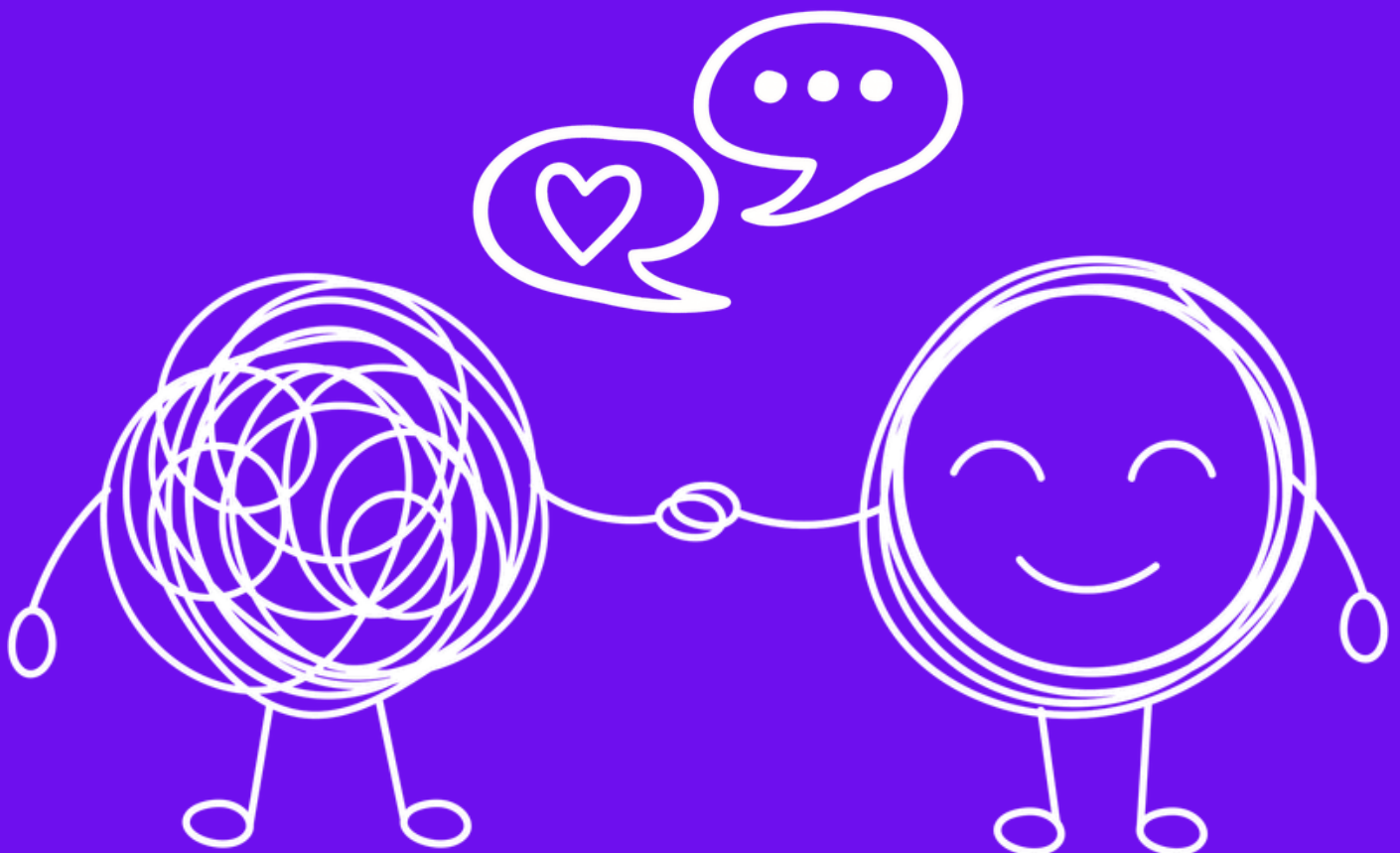




One Place East
Where disability matters



**MENTAL
HEALTH
AWARENESS
WEEK**
11-17 MAY 2026



**CELEBRATING WELLBEING IN OUR COMMUNITY:
MENTAL HEALTH AWARENESS WEEK PROGRAMME**



Journal for Wellness

A FORTNIGHTLY WRITING GROUP FOR REFLECTION AND RENEWAL

When: Mondays 6pm - 7.30pm Next dates: April 13th & 27th, May 11th & 26th Where: Online


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

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

With Cara Wilson & Sue Morgan

Join any session, 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



Journal for Wellness

Monday 11 & 26 May 2026

6.00pm - 7.30pm

Online via Zoom

This May, carve out time to slow down, pause, and reconnect with yourself through our Journal for Wellness sessions. These gentle, welcoming online workshops offer a supportive space to explore your thoughts and feelings through writing - no experience needed.

Led by Cara Wilson and Sue Morgan, each session includes thoughtful journal prompts and time to write freely and creatively, without pressure. Every other session also weaves in a calming somatic practice, helping you feel grounded, present, and embodied.

You can join one session or both - whatever works for you. All that's needed is curiosity and an open mind. Give yourself the gift of reflection and renewal this May.



Tuesday 12th May 11:00am - 2:30pm OPE Office, Ilford 11 Chapel Road IG1 2DR **Free session**

Workshops include:

- GOALS** Pathways to flourishing
- Self-regulation & Managing Emotions**
- Better sleep**

Have you attended any of these workshops?

- ✓ Reflect on what's changed
- ✓ Share what worked

New to this programme?

- ✓ Learn simple ideas
- ✓ Welcome – come join in

RSVP to book your seat:

Email: info@oneplaceeast.org 020 8925 2435

Facilitated by **Nadia Q Therapy**

Pathways to Wellbeing

Tuesday 12 May 2026

11.00am - 2.30pm

One Place East Office

As part of Mental Health Awareness Week, we're inviting you to join a free, supportive workshop designed to help you strengthen your mental wellbeing and build practical skills you can use every day.

Pathways to Wellbeing is a welcoming, interactive session focusing on self-regulation, emotional management, and better sleep - all key foundations for long-term wellbeing.

Whether you're new to the programme or have attended previous workshops, you'll find space to reflect, learn, and connect.

If you've joined us before, there will be time to reflect on what's changed and share what's worked. If you're new, you'll be guided through easy, accessible ideas in a friendly and inclusive environment - everyone is welcome. The session is facilitated by Nadia Q Therapy, bringing a compassionate and practical approach to mental health support.

Mental Health Aware

Mental Health Awareness Week

Wednesday 13 May 2026 | 10am – 2.00pm

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

Become Mental Health Aware

This course raises awareness of mental health. It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Book your place online here: tinyurl.com/sunetwork

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

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Mental Health Aware
Wednesday 13 May 2026
10.00am - 2.00pm
One Place East Office

As part of Mental Health Awareness Week, One Place East is hosting a free Mental Health Awareness workshop designed to build understanding, confidence, and practical skills around mental health.

This accessible and informative session aims to raise awareness of mental health and reduce stigma. It is ideal for anyone who wants to better understand mental health - whether for themselves, their family, or their community.

What the course covers: What mental health is and how to challenge stigma, A basic understanding of common mental health issues, Ways to look after your own mental health and maintain wellbeing and How to support someone in distress or experiencing a mental health concern

The workshop offers a safe and supportive space to learn, ask questions, and build confidence when talking about mental health.

Tea & Talk

11am - 1pm Thursday 14th May

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

One Place East aims to create supportive communities where friends, family and colleagues come together and have conversations about all things mental health.

Come along and join us to meet new friends, chat and relax with a tea or coffee.

Everyone is welcome.



Book here or just drop in:

www.tinyurl.com/SUNETWORK

020 8925 2435 | cara.wilson@oneplaceeast.org

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Tea & Talk
Thursday 14 May 2026
11am - 1pm
One Place East Office

Join us for Tea & Talk, a relaxed and friendly drop-in session taking place during Mental Health Awareness Week. This is a chance to slow down, connect with others, and have open conversations about mental health in a supportive and welcoming space.

At One Place East, we believe in creating supportive communities where friends, family, colleagues, and neighbours can come together. Tea & Talk is all about connection - whether that means chatting, listening, meeting new people, or simply taking a moment to relax with a cup of tea or coffee.

There's no pressure, no agenda, and no need to book - just come along as you are. Everyone is welcome, and you can stay for as little or as long as you like.



One Place in Conversations Podcast Friday 15 May 2026 Streaming at 7pm

This Mental Health Awareness Week, One Place East is bringing important conversations to the forefront with a special edition of the One Place in Conversations podcast.

Hosted by Cara Wilson, the podcast will explore key themes around mental health, wellbeing, and lived experience, creating space for open, honest, and stigma-free dialogue. Across the week, Cara will be joined by guest speakers, with details to be confirmed closer to the time.

The series is part of One Place East's ongoing commitment to raising awareness, encouraging understanding, and amplifying voices within our community. Listeners can expect thoughtful discussions, personal insights, and reflections that highlight why talking about mental health matters - not just during awareness week, but all year round.

Listen and follow us on: Spotify | Facebook | Instagram | Apple Podcasts
@oneplaceeast

Keep an eye on our channels for guest announcements and episode releases, and join us in being part of the conversation this Mental Health Awareness Week.

HOW DO I BOOK?

To book onto any of the above events please scan the QR Code or visit:

tinyurl.com/sunetwork

For support with booking please contact:

020 8925 2435

runup@oneplaceeast.org

