



One Place East  
Where disability matters

# NEWSLETTER

## APRIL 2026



### One Place East Wins Redbridge Chamber of Commerce Charity of the Year 2026

One Place East is proud to announce that we have been awarded the Redbridge Chamber of Commerce Charity of the Year Award 2026. We are incredibly honoured and grateful for this recognition, which reflects the dedication of our amazing team, volunteers, partners, and everyone involved in our work.

We also celebrate our fellow shortlisted organisations - Supporting Humanity Charity and Empowering Deaf Society - whose commitment continues to inspire the whole Redbridge community.

A special thank-you goes to all of you who voted for us - we are extremely grateful. Not forgetting Jemma Bicknell, Redbridge Giving Director, who facilitated the shortlisting panel and presented the award. This achievement marks an important milestone for One Place East and motivates us to continue championing inclusion, lived-experience leadership, and positive change across the borough.

We look forward to building on this success and continuing to make a meaningful difference in Redbridge throughout 2026.

### Inside:

Mental Health Crisis Support line  
- Page 2

One Place East Annual Survey - Page 3

OPE Faith Tour Series  
- Page 11

PIP Community Feedback  
- Page 12



Mental Health Awareness Week Programme Enclosed

## NELFT Mental Health Crisis Support Moves to NHS 111 Option 2 from 1 April 2026

North East London NHS Foundation Trust (NELFT) has announced that from 1 April 2026, urgent mental health support will move to NHS 111 Option 2, replacing the previous 0800 995 1000 and 0300 Mental Health Direct lines.

NELFT, which delivers community and mental health services across north east London and CAMHS services in London, Kent, and Essex, will now direct anyone in crisis - or anyone concerned about a loved one - to call 111 and press option 2 to speak with a trained mental health professional. The service is available 24/7, 365 days a year.

The change is part of an NHS England programme introducing 111 Option 2 as a single national access point for urgent mental health support. Local crisis lines, including NELFT's Mental Health Direct service, are being integrated to simplify access, improve consistency and ensure callers are directed quickly to the most appropriate local support. Service users already known to NELFT can continue contacting their usual teams during working hours, but are encouraged to use 111 Option 2 outside those times or if urgent help is required. [nelft.nhs.uk]

## From 1 April 2026, 111 option 2 will replace the 0800 Mental Direct Line at NELFT

People in crisis can call 111 and select the mental health option to speak to a mental health professional 24/7



## Quiz Night Fundraiser Rescheduled Due to Unforeseen Circumstances

Due to unforeseen circumstances our Quiz Night Fundraiser, originally scheduled for Friday 10 April 2026 at the Kenneth More Theatre Foyer in Ilford, will be rescheduled to Friday 22 May 2026.

All existing ticket holders will be contacted directly with details about rearranged plans and options for transferring or refunding tickets. We ask anyone with questions to get in contact with Jodie on:

**020 8925 24358 | 07944 119 899**  
[jodie.roast@oneplaceeast.org](mailto:jodie.roast@oneplaceeast.org)

We would like to thank our supporters for their patience and understanding, and look forward to hosting an enjoyable and successful quiz night in May.

For further updates, please check our website and social media channels @oneplaceeast

To book tickets for the new date, please visit:  
[tinyurl.com/opeqquiznight2026](https://tinyurl.com/opeqquiznight2026)



**QUIZ NIGHT**  
FUNDRAISER FOR  
**One Place East**  
Where disability matters

**FRIDAY 22 MAY 2026**  
Kenneth More Theatre Foyer,  
Oakfield Road, Ilford, IG1 1BT  
Time: 7pm to 10.30pm  
Tickets: £15

Book your tickets here:  
[tinyurl.com/opeqquiznight2026](https://tinyurl.com/opeqquiznight2026)

For more information or support with booking contact Jodie on:  
07944 119 899  
[jodie.roast@oneplaceeast.org](mailto:jodie.roast@oneplaceeast.org)

Free snacks provided • Bar Available • Raffle Prizes

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Registered Office: One Place East Ltd - Registered Charity No: 1065770 | Company Limited by Guarantee No: 315971



## UKHSA Issues Warning as Tuberculosis (TB) Cases Rise in Redbridge

The UK Health Security Agency (UKHSA) has raised concerns about an increase in tuberculosis (TB) cases in Redbridge, urging residents to stay alert to symptoms and seek early medical advice. TB is a fully curable infection, but early diagnosis is essential to prevent complications and reduce the risk of transmission.

Local health authorities are encouraging residents to ensure that they and their families are familiar with the symptoms of TB and to contact their GP promptly if they feel unwell or notice any persistent symptoms.

**Symptoms to Be Aware Of:** UKHSA highlights several key signs of TB, including:

- A cough lasting more than 3 weeks, sometimes producing mucus or mucus mixed with blood
- Extreme tiredness or exhaustion
- High temperature or night sweats
- Loss of appetite
- Unexplained weight loss
- Feeling generally unwell
- Children may also show difficulty gaining weight or growing.

While TB most commonly affects the lungs, it can impact other parts of the body, leading to symptoms such as swollen glands, abdominal pain, or shortness of breath.

**What to Do if You Are Concerned:** Residents who feel unwell, recognise TB symptoms, or believe they have been in contact with someone diagnosed with TB are advised to:

- See their GP or call 111 for medical guidance
- Call 999 if symptoms worsen or if it becomes an emergency

For those who are worried about TB but do not have symptoms, advice is available through Community Action Redbridge on 07458 07475.

Further information on TB, its symptoms, and treatment can be found on the NHS website:

[nhs.uk/conditions/tuberculosis-tb/](https://nhs.uk/conditions/tuberculosis-tb/)

## 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](https://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](mailto:jodie.roast@oneplaceeast.org)



## CELEBRATING OUR VOLUNTEERS WITH COFFEE & CONVERSATION

Our recent Volunteer Coffee Morning at Bobo & Wild in Wanstead was a truly heartwarming occasion and a small way to say a big “thank you” to the incredible people who give their time so generously to support our Community Befriending and Mental Health Befriending Services.

With sunshine streaming in and the room buzzing gently with conversation, the space was filled with warmth, laughter, and the comforting aroma of fresh coffee and cake. It was wonderful to see so many familiar faces gathered together, taking a well-earned pause to relax, chat, and reconnect. Volunteers and service users shared stories, caught up with one another, and reflected on the meaningful connections they help create every day.

The morning was a simple but powerful reminder of the strength of community. Our volunteers are at the heart of everything we do, and it was a joy to celebrate them in such a cheerful and relaxed setting.

Thank you to each and every one of you for your kindness, dedication, and the difference you make. We hope you enjoyed the morning as much as we did!

### Celebrating Neurodiversity: April is Autism Acceptance Month

As Autism Acceptance Month begins, organisations and community groups across the UK are highlighting the importance of understanding, inclusion, and celebrating neurodiversity. This year, local events are placing a strong emphasis on accessibility and autistic-led creativity.

One standout event is the upcoming Laugh-Able Comedy Night on Wednesday 15 April, 7:30-9:30pm, held at Wanstead Library, London E11 2RQ. Marketed as award-winning, affordable, and accessible, the monthly show is offering a special Autism Acceptance Month edition with pay-what-you-can options and the ability to reserve seats for free.

The evening will feature headliner Stephen Catling, MC Mark Nicholas, and performances from a diverse line-up of comedians. Book your tickets whilst you still can:

[tinyurl.com/laughable15april](https://tinyurl.com/laughable15april)

Wanstead's only monthly comedy show that's  
**AWARD WINNING, AFFORDABLE AND ACCESSIBLE**

- ★ Pay What You Can Afford or Reserve for Free
- ★ Pro and Award Winning Headliners
- ★ BYOB (Bring your own drinks and food)
- ★ Prizes for best audience members

**15th April 7:30-9:30pm**  
Autism Acceptance Month

**Headliner: Stephen Catling**  
Keep it fringe winner  
Malcolm Hardee nominee X 2 (23 & 25)  
LSNC finalist  
BBC New Comedy Shortlist

**MC: Mark Nicholas**  
King Gong Comedy Store Winner 2020  
West End Comedian Of The Year Semi Finalist 2022,  
ND Review Disability Champions Award 2023

**Featuring**  
Ben Gage, Paul Wady, William Milne,  
Sharifa Butterfly, Lily Webb

Line ups maybe subject to change

SCAN THE QR CODE TO THE RIGHT TO RESERVE YOUR SPACE

Doors: 7PM, Show: 7:30PM  
Age 18+ only  
Wanstead Library, Spratt Hall Rd,  
London E11 2RQ

One Place East  
Where disability matters

VISION  
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CULTURE & LEISURE

amateo  
award  
2022

# Standing Against Hate: One Place East launches new Hate Crime Awareness Project

One Place East believes that everyone deserves to feel safe, respected, and valued within their local community. Unfortunately, hate crimes and incidents continue to rise and affect community members.

We are excited to inform you about our new Hate Crime Awareness Project that has been funded by Protection Approaches. This project involves increasing awareness and understanding of hate crimes as we want to ensure that our community remains a safe place.

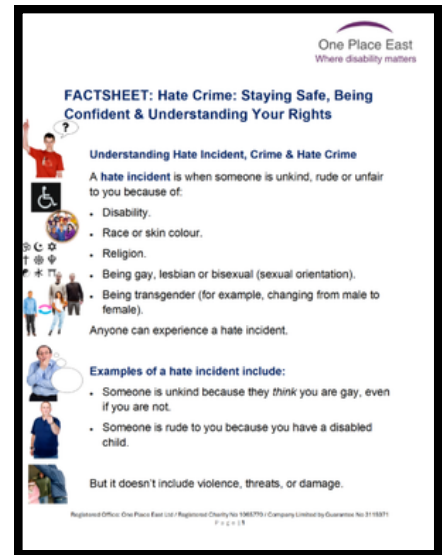
We have produced a Hate Crime Factsheet that identifies different types of hate crime, informs you of your rights, gives information on where you can get help, and gives helpful tips on how to stay safe.

To help us understand people's experiences of hate incidents and hate crimes in our community, please would you fill in our survey. Your feedback would help us tailor future hate crime awareness activities. This survey is running until 24th April 2025.

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

[tinyurl.com/opehca](https://tinyurl.com/opehca)

Alternatively, if you would like help to fill in this survey, please contact Carol Gardner on: **020 8925 2435 / 07814 205 741**



London Borough of  
**Redbridge**



## Local Elections Reminder - Redbridge

Local elections in London Borough of Redbridge are on **Thursday 7 May 2026**.

Polling stations are open 7am to 10pm. If you are voting by post, send your vote back as soon as you can. You can also take your postal vote to a polling station on the day.

### Important:

- The deadline to register to vote has now passed.
- You can only vote if you are already registered.
- If you cannot go in person, you may be able to ask for an emergency proxy vote.



**If you need help or support to vote, please contact Erica Miles at One Place East:**

**Call: 020 8925 2435**

**Email: [erica.miles@oneplaceeast.org](mailto:erica.miles@oneplaceeast.org)**

Your voice matters.

**Wellness Day**

VISION ISLEISURE

Join us for a day of  
**Health, relaxation, and expert advice**

Enjoy wellbeing talks, body composition assessments, seated yoga, Zumba Gold session and practical nutrition guidance.

Join us  
**Tuesday  
14 April  
10am-4pm**

**Come along and take part in:**

- InBody health assessments
- Expert talks on fitness, nutrition & wellbeing
- Seated Yoga / mindfulness movement
- Health Checks
- Breast Cancer Screening
- Wellness stalls & healthy eating inspiration

+ merchandise available to take home

Enjoy Exclusive Membership Options When You Sign Up This Day Only

Scan the QR code to secure your free place.

Redbridge Central Library  
Clements Rd, Ilford, IG1 1EA

Sponsored by  
**MATRIX**

London Borough of  
**Redbridge**

VISION  
REDBRIDGE  
CULTURE & LEISURE

## Wellness Day at Redbridge Central Library - Hosted by Vision Redbridge

Vision Redbridge is inviting residents to a refreshing Wellness Day on Tuesday 14 April, 10am - 4pm, at Redbridge Central Library. The day offers a mix of expert advice, gentle activities, and practical health support for anyone looking to boost their wellbeing.

A full programme of talks, movement sessions, and bookable 1:1 InBody consultations (£5) will run from morning to afternoon, and visitors can also take home free wellness-themed merchandise.

Location: Redbridge Central Library, Ilford

To book scan the QR code or visit:

[tinyurl.com/visionwellnessday](https://tinyurl.com/visionwellnessday)



## Calling All Adventurers: Latest camping updates

One Place East is arranging a meeting to talk about this year's annual camping trip. This will be our third year camping, and we want to make sure as many people as possible can be included - both in the planning and the time away.

At the meeting, we will share information about:

- Proposed dates: Early June to late September (exact dates to be confirmed with participants)
- Accommodation options: Tent camping, accessible pitches, and other on-site options for different needs
- Transport arrangements and support available
- Accessibility: Ensuring everyone's needs are considered so everyone can enjoy the trip

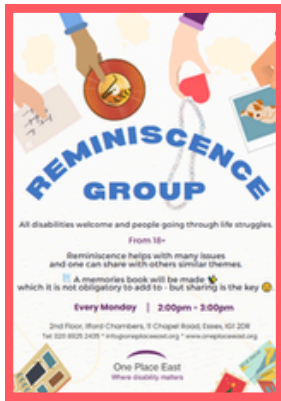
We will also update you on fundraising activities so far and details of any planned activities.

Please note:

- Participants will need to be prepared to cover their own holiday costs, and a deposit of £100 will be required by mid-May to secure a place.
- We cannot provide personal or high-level care support on the trip. If this level of support is needed, participants will need to make their own arrangements for carers to attend and provide support.
- Places on the camping trip will be limited. If demand is high, preference will be given to people who regularly attend One Place East activities and secure their place with a deposit.

Everyone is welcome to come to the meeting, whether you are interested in attending the camping trip or simply want to find out more. We look forward to seeing you and planning another great camping trip together!

**Meeting details: Tuesday 14 April 2026 at the One Place East Office from 2pm - 3pm**



## ONE PLACE REMINISCENCE GROUP

**EVERY MONDAY FROM 2-4 PM**

### ONE PLACE EAST OFFICE

Looking for a warm space to go 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.

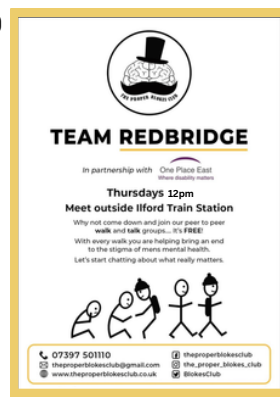


## CREATE TO MARKET DESIGN WORKSHOP

**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.

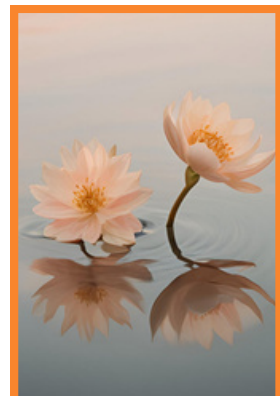


## ONE PLACE GAME INN

**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 25 APRIL 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 5 MAY 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 12 MAY 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.



## ROUTES TO ACTIVITY PROJECT - WALKING GROUPS

Our new Routes to Activity project is officially up and running, and we're excited to invite local residents to get involved.

The project has been shaped with community input and is designed to encourage people to get more active through friendly, supported group walks.

**Wednesday 6th May – 3:00pm  
Meeting at Valentines Mansion  
Emerson Road, Ilford, IG1 4XA**

**Monday 11th May – 1:00pm  
Meeting at Seven Kings Station  
High Road, Seven Kings, IG3 8RE**

**Monday 18th May – 1:00pm  
Meeting at Loxford Polyclinic  
417 Ilford Lane, Ilford, IG1 2PF**

**Wednesday 27th May – 3:00pm  
Meeting at Manor Park Train Station  
Station Road, Manor Park, E12 5EP**

As part of the programme, participants can take part in walking challenges, set personal goals, and earn prizes for goals achieved. To support this, OPE has provided free pedometers and advice on free walking apps that can be used to monitor and record walking activity.

Whether you're looking to increase your activity levels, meet new people, or help support others as a peer walk leader, Routes to Activity is a great way to get involved. Come along, take a step towards better wellbeing, and walk with us!

*For more info or to book please contact Andy on:*



**020 8925 2435**



**[andy.murphy@oneplaceeast.org](mailto:andy.murphy@oneplaceeast.org)**



## SAVE NEWHAM LIBRARIES CAMPAIGN UPDATE

by Cynthia Bowling



This will hopefully be my final blog as the Save Newham Libraries campaign as all of our demands have been met. The campaign team organised a celebration party for everyone on Sunday 22nd March. We all came together again at the Old Spotted Dog Ground, which is where the campaign got started. Teja and I attended from One Place East.

We had a meeting before the party. It felt good to stop and recognise what we had done together. We thought about how we would go forward. This involved thinking about how we managed the campaign. We said we should try and plan actions a month in advance so we can be more organised and keep things strong if we need to take further action.

After the May election, we will continue to hold elected officials accountable. This is important to us and we want to make sure our voices are heard.

There was lots of food and homemade cake, strawberries and cookies, curry, rice, salad and gravy - and a cup of tea. It was a lovely party, and everyone enjoyed it.

Thanks to everyone from One Place East who has helped. Teja did a good job on the drums and everyone loved him playing for us at the party. It was a good day, and we are proud of what we have done.

# Wheelchair Forum

Join the conversation



On the 10<sup>th</sup> of March One Place East launched our very latest service user network, the wheelchair forum'. The event was well attended and people welcomed having a new space for wheelchair users where they would be able to discuss the challenges faced by the community. Popular concerns included: transport, accessibility, access to health services and ongoing challenges with wheelchair services. The group also discussed where and how they would like the meetings to take place.

Finally, we are really pleased to announce that 2 members of the community have come forward to take on the role of wheelchair forum lead.

Lisa Cain is a seasoned campaigner when it comes to speaking up for herself and other wheelchair users. Lisa was a regular at demonstrations during the 1980s and 1990s. The combined effort of Disabled people at this time led to lasting change, The introduction of Dial- a- Ride, accessible buses and the Disability Discrimination Act were all success stories achieved through collective action, whose benefits are still enjoyed today. Lisa has continued to speak up in more recent years. Agreeing to show MP Wes Streeting exactly what its like getting around Redbridge on public transport as a wheelchair user, in 2017, campaigning for an end to charges for social care support. Alongside fellow campaigner Wasif Bhatti, Lisa has been crucial in the setting up of the new network and determined to make it a success bringing about real change.

Roopal Mehta is our second co-chair. Roopal describes herself as a Disability advocate, and the work she does is firmly rooted in making a change for her community at a local level. Roopal has set up a social group for wheelchair users locally within Redbridge and surrounding boroughs enabling people to connect with others and get out and about. She supports the work of numerous other local charities including Citizens Advice, Loxford Poly Clinic and the Colours of Redbridge. Roopal is not shy about speaking up both for herself and others and uses social media to draw attention to when organisations and individuals are getting it wrong.

We are delighted that the forum is starting up with such fierce and outspoken chairs, who have a track record of bringing about change.

**Next Meeting: Monday 13 April 2026 - 2- 4pm - Studio 2 of Redbridge Central Library**



**For  
Change**



**Sight Support Group  
for Visually Impaired People**

**One Place Voice  
Adults with Learning Disabilities**



**Campaign Meeting:**

**Tuesday 5 May 2026 from 2-4pm**

**Information Sharing Meeting:**

**Tuesday 28 April 2026 from 2-4pm**

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

**For more information please contact: 020 8925 2435 or [erica.miles@oneplaceeast.org](mailto:erica.miles@oneplaceeast.org)**

## Honouring Our Cancer Champions: A Celebration of Achievement and Impact



On Thursday 26th March 2026, we held a special event to celebrate the successful completion of the Cancer Awareness Project 2025/26. The evening at One Place East brought together volunteers, families and friends to recognise everyone's hard work and achievements. Over six months, we recruited and trained a new team of Volunteer Cancer Champions, with eight volunteers gaining at least one Royal Society of Public Health (RSPH) qualification (95% achieved two).

**Our awardees were: Cynthia Bowling, Lisa Cain, Rik Cray, Claudette Francis-Burke, James Hughes, Vimla Mahadoo, Teja Seehra and Nathan Wallbank.**

### The project made a strong impact in a short time, including:

- 165 Disabled People reached through outreach
- 43 people attending health awareness workshops
- 3,248 people engaged overall (including newsletters and digital reach)

### Our impact data showed:

- 93% increased their cancer awareness
- 98% increased their wider health awareness
- 56% felt much more able to look after their health
- 37% felt a little more able
- 93% rated the project 5 stars; 7% rated it 4 stars

Despite the impact we have made in the last six months there are still barriers to screening and healthcare experienced by Disabled People. Digital exclusion presents more challenges that OPE is working hard to help overcome. The project identified that people have very low levels of cancer awareness, especially their family history. We heard many stories of loss (loved ones and friends), with people struggling to process and make sense of what had happened.

Alongside moments of reflection and thanks, the celebration event provided time to connect, share experiences and celebrate together in a relaxed setting. The event served as a reminder that progress in cancer awareness is built through partnership and shared purpose, and that taking time to recognise success is an important part of sustaining momentum.



## National Housing Demonstration - Saturday 18 April 2026

On Saturday 18 April, 1pm in Central London, Disabled people's organisations (DDPOs) across London, including Inclusion London, are joining thousands of people to demand rent controls and more accessible council homes.

Sky-high rents and a lack of accessible housing are forcing many into hardship. Come along and stand together for change.

For info or support to attend, email:  
[laura.vicinanza@inclusionlondon.org.uk](mailto:laura.vicinanza@inclusionlondon.org.uk) or  
[erica.miles@oneplaceeast.org](mailto:erica.miles@oneplaceeast.org)

**ONE PLACE EAST FAITH TOUR**

Tour 1 - Islamic tour at Regents Park Mosque  
21 May 2026

Join us as we start a new adventure this year.

Throughout the year, we will visit places of worship of different faiths, ranging from Christianity, Islam, Hinduism, Judaism, Sikhism and Buddhism.

To join us on this or any of our tours, please contact: 020 8925 2435 or email [info@oneplaceeast.org](mailto:info@oneplaceeast.org)

Meeting point: 11am at One Place East office.

Only 20 places available

## One Place East Launches New Faith Tour Series

One Place East is excited to announce the start of our 2026 Faith Tour programme, offering service users the chance to explore and learn about different places of worship across a range of faiths.

Tour 1 will take place on 21 May 2026 and will be an Islamic tour at Regents Park Mosque, one of the most well-known mosques in the UK.

Throughout the year, we will continue our journey by visiting places of worship from a variety of faiths, including Christianity, Hinduism, Judaism, Sikhism and Buddhism.

Each tour aims to promote understanding, respect and connection between communities. Only 20 places are available for this first tour, so early booking is encouraged.

To join any of our Faith Tours, please contact us on **020 8925 2435** or email [info@oneplaceeast.org](mailto:info@oneplaceeast.org). Meeting point: 11am at the One Place East office. We look forward to exploring this new adventure with you!



## AI Made Simple: Highlights from Our Interactive Workshop

On Tuesday 24th March, One Place East hosted an engaging and interactive AI Workshop open to all service users, with 15 participants attending. The session introduced what AI is, how it already appears in everyday life (such as predictive text and streaming recommendations), and gave everyone the chance to explore a range of tools and ask questions.

The facilitator demonstrated popular AI apps including Gemini, ChatGPT and Copilot, showing how they can help with practical tasks such as searching the web, translating or reading official letters, and simplifying complex information into plain English.

Practical examples highlighted how AI can help reduce everyday stress - from suggesting recipes, drafting polite emails and spotting potential scams, to offering self-care tips and simple household life-hacks. Participants also enjoyed trying creative features such as image editing and style suggestions.

Safety and responsible use were strongly emphasised, including advice not to share personal information and not to rely on AI for medical or legal decisions. Accessibility tools like Seeing AI and Be My Eyes were also showcased. Overall, the workshop encouraged service users to see AI as a supportive tool that can help with daily challenges while still valuing critical thinking and personal judgement.

# One Place East to Host Sir Stephen Timms for PIP Community Feedback

We're pleased to share that One Place East will be hosting a visit from Sir Stephen Timms, providing a valuable opportunity for our community to be heard at an important moment for disability benefits and support.

The purpose of this visit is to create a safe and supportive space for people to share their lived experiences of Personal Independence Payment (PIP) and to offer direct feedback on proposed or anticipated changes. This session is about ensuring that real voices, real experiences, and real concerns are part of the wider review and discussion process.

For many people, PIP plays a crucial role in supporting independence, wellbeing, and daily life. Changes to the system can have significant impacts, and this visit gives individuals the chance to talk openly about what is working, what isn't, and what support feels essential. Whether people have positive experiences, ongoing challenges, or concerns about the future, all perspectives are valid and welcome.

We encourage anyone who is affected by PIP, or who supports someone who is, to consider attending and taking part in this important conversation.

**Date:** Friday 15 May 2026  
**Time:** 10am - 12pm  
**Venue:** Kenneth More Theatre  
Oakfield Road, Ilford, IG1 1BT

**Spaces are limited, and we expect a high level of interest. To avoid disappointment, booking is essential.**

**Please secure your place by contacting Erica Miles on: 020 8925 2435 / [erica.miles@oneplaceeast.org](mailto:erica.miles@oneplaceeast.org)**



## 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](http://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](mailto:jodie.roast@oneplaceeast.org)**

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



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