



**One Place East**  
Where disability matters

# **One Place East Cancer Awareness Project 2025/26**

**Impact Report  
(September 2025 – March  
2026)**

**Funded by NHS North East  
London Cancer Alliance  
(NELCA)**



# About One Place East (OPE)

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- OPE is a friendly, caring charity run for and by Disabled People - we all look out for each other
- For us, the term Disabled People means people living with impairments. This includes physical, visual, or hearing impairments, learning difficulties, neurodiversity, mental ill-health and long-term health conditions
- OPE is 30 years old - based in Redbridge but support people across North East London
- OPE exists to make sure Disabled People have choices and better lives
- OPE does loads of things – all with peer support at its core
- Lived experience is important as we learn from each other
- 962 people have been directly supported since 2024
- If you count our online followers, we reach 3,016
- We focus on ability and personal growth – 83% of users report improved wellbeing

# Why this project

- The impact of inequality is stark for Disabled People and people with lived experience of mental ill-health
- Disabled People have lives 19 years shorter
- People with lived experience of mental ill-health live 16 years shorter
- Health inequalities play a huge role in these outcomes
  - Access to understandable information (NHS AIS)
  - Culturally appropriate services
  - Physical access to timely health services (primary, prevention, community and acute)
  - Digital exclusion from health services
  - Ability to make informed decisions about care (voice and advocacy)

# Project Objectives

- Raise awareness of how to prevent cancer
- Raise awareness of how to spot cancer sooner
- Reduce barriers to screening and accessing services at the right time
- Make best use of the resources created from last year's project

# Cancer Focus Areas

**Bowel**

**Lung**

**Prostate**

**Stomach**

**Breast**

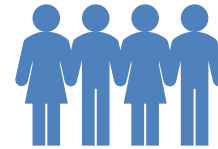
**Cervical**

**Associated  
screening  
programmes**

# Project Overview

All in 6 months!

- Developed a new volunteer role at OPE as Cancer Champion
- Recruited and trained a group of Disabled People to be Cancer Champions
- Coproduced a cancer awareness workshop for Disabled People
- Developed a cancer podcast
- Adapted and used some of the cancer resources we created last year
- Delivered health and wellbeing workshops that included cancer information
- Delivered cancer awareness outreach sessions in places where people normally meet
- Did all the number crunching and reporting to show the NHS we are value for money



# About cancer champions



# Why outreach is important

**We are more likely to listen when the message comes from people like us**

**Raises awareness of cancer**

**Support early detection to saves lives**

**Screening can help you identify cancer before it's too late**

**People are scared to attend events if they are only about cancer**

**Making sure people get the right information and treatment**

**Providing peer support and help where needed**



# Outputs: building community capacity

## Cancer Champions

- Created a new volunteer role at OPE of Cancer Champion
- 9 people recruited onto the Cancer Champion training programme (one short of target)
- Seven-week Cancer Champions Training programme delivered
- 9 people achieved a qualification
- RSPH Level 2 qualifications achieved
  - 8 passed: Understanding Health Improvement
  - 8 passed: Nutrition for Health



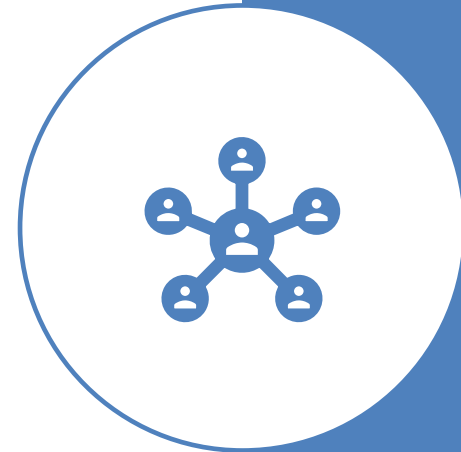
# Outputs: co-production, accessible resources and communications

- 1 project awareness and co-production event delivered
- 5 co-production sessions delivered to create outreach cancer awareness sessions
- Converted 3 OPE Cancer Factsheets into audio files (for accessibility)
- Podcast produced for World Cancer Day (4/2/26): myths and facts hosted by Cancer Champions
- 4 newsletter articles about cancer and screening services published



# Outputs: workshops

- 4 in-person health and wellbeing workshops (all with elements of cancer awareness)
- 4 online health and wellbeing workshops (all with elements of cancer awareness)
- 4 outreach cancer awareness sessions to disability groups across North East London



# Performance Against Targets

Target	Achieved
• 10 Disabled People recruited and trained through new Cancer Champion Training Programme	9 volunteers recruited and trained
• 10 people achieve at least one RSPH level 2 qualification	9 people achieved one RSPH qualification and 8 people achieved 2 qualifications
• 1 cancer awareness workshop coproduced	5 coproduction workshops delivered to create the session
• 4 cancer awareness sessions delivered through partner community organisations	4 sessions delivered with partners engaging people across 5 North East London boroughs
• 8 online and in-person health workshops	8 workshops delivered
• 1 cancer podcast coproduced	1 podcast produced and launched

# Reach: headline figures

**3,248**

Total people engaged

**1,482**

Reached via OPE newsletter  
(hard copy + digital)

**1,534**

Reached via social media  
content

**232**

People directly engaged with  
the project

**165**

Disabled People engaged via  
outreach sessions

**33**

Attended physical  
workshops

**10**

Attended online workshops

**15**

Attended project celebration

**684**

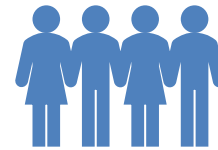
Direct learner hours of  
training

**44% of Disabled People directly engaged were new to One Place East**

# Informal Engagement Impact

In addition to recorded engagement and awareness measures, Cancer Champions and OPE staff observed further outcomes that could not be formally evidenced.

1. Cancer Champions held informal conversations with friends and family about cancer and screening, estimated to have reached over 85 people. Capturing this activity without adding volunteer burden remains a challenge.
2. Cancer Champions supported three individuals with potential cancer symptoms to access their GP. One was diagnosed with another serious illness, one was found to be cancer free, and one is still undergoing tests for bowel cancer.
3. Following diet and cancer prevention sessions, OPE observed peer support among service users to adopt healthier diets, though the scale of this impact is difficult to measure.



# Outreach sessions

## (Disabled People engaged)

<b>Session</b>	<b>Attendance</b>
Sight Support Group	33
Learning Disability Health event	85
Dagenham Ssession (ILA)	29
Reminiscence Group	18

# Evaluation: outcomes

**93%**

Increased cancer awareness

**66%**

Increased health awareness a lot

**56%**

Felt more able to look after their own health a lot

**37%**

Felt more able to look after their own health a little

**53%**

Now more able to support/care for peers

**32%**

Increased health awareness moderately

# Quality of Ddelivery

**93%**

Rated 5 stars

**7%**

Rated 4 stars

**100%**

Welcoming and supportive

**96%**

Learning needs met

# Engagement Profile

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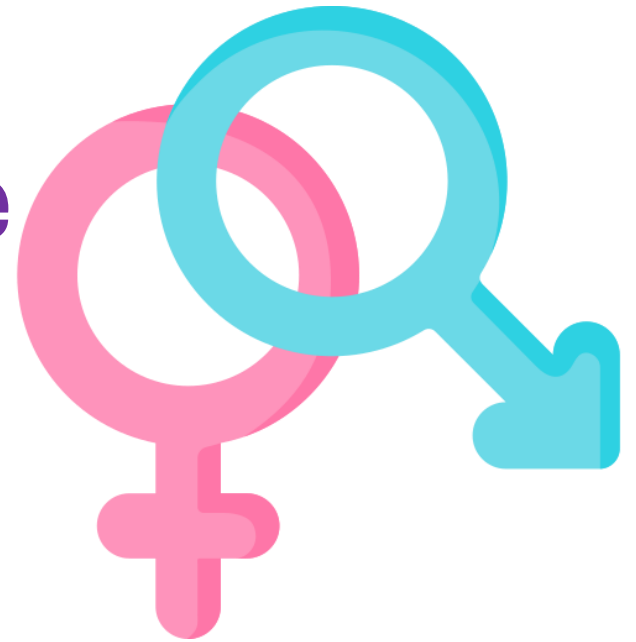
**56% Female**

**40% Male**

**4% Prefer not to say**

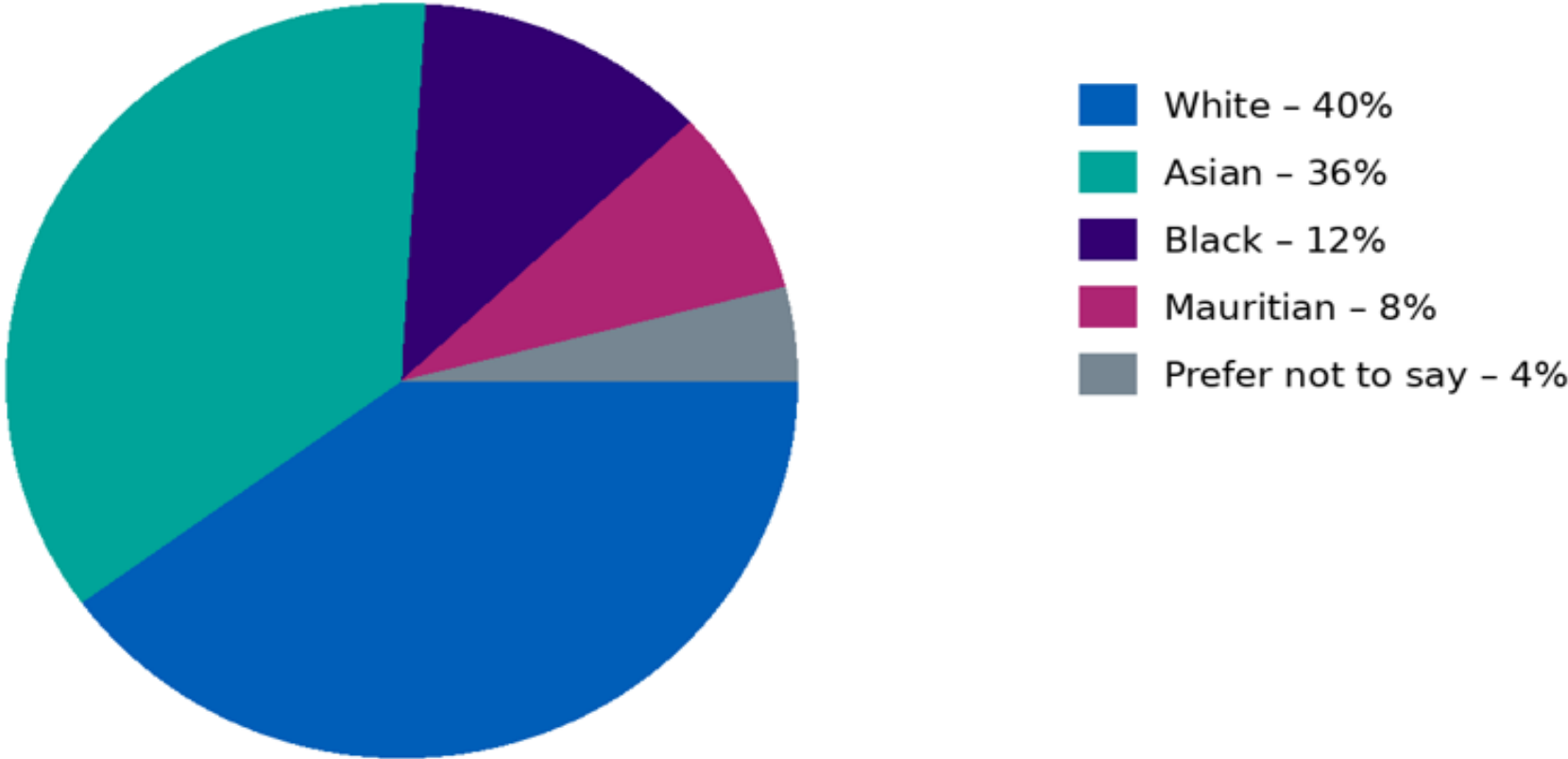
**80% Heterosexual**

**20% Prefer not to say**



# Beneficiary Ethnicity Profile

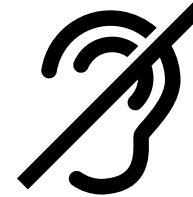
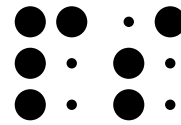
## One Place East Cancer Awareness Project



This ethnicity profile shows strong engagement with ethnically diverse communities, demonstrating alignment with NHS priorities to reduce health inequalities and improve cancer awareness among under-represented groups across North East London.

## Engagement Profile

**80% of beneficiaries had day-to-day activities limited by an impairment**



Sensory impairment	4%
Neurodiversity	8%
Physical impairment	12%
Learning disability or difficulty	15%
Multiple impairments	16%
Mental ill health	19%
Preferred not to say	23%

# Participant comments (sample)

- Informative, timely, supportive
- Knowledge, information, awareness
- It was a great experience
- Loved Sharon's style of training
- More workshops like this
- Thank the Cancer Champions Group for an amazing evening which was so informative. The presentation was at a level they were able to relate to and in a light style that kept them engaged



# Celebrate our Cancer Champions and their Achievements



# Learning and Findings

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- This has been a joyous project that created strong bonds amongst the group of Cancer Champions
- The project raised health awareness but also developed the employability skills of the Cancer Champions
- Still barriers exist to screening and healthcare for Disabled People
- Digital exclusion presents more challenges
- People have very low levels of cancer awareness and their family history
- Many Disabled People need help to access and process information or instructions about cancer and screening
- We need to establish methods to capture and record the informal contacts of the Cancer Champions to truly evidence their impact

# Learning and Findings

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- We heard many stories of people's loss (loved ones and friends). People were struggling to process and make sense of bereavement
- We identified and supported several people struggling to access screening or cope with cancer testing on their own
- The project online workshops failed to secure participation levels that make them cost effective in the future
- We have now been approached by 4 other Disabled People's organisations across North East London to deliver the awareness session for them
- We now have a list of Disabled People wanting to train to be Cancer Champions when resources allow
- We need to pilot using the project WhatsApp group to log informal engagements of Cancer Champions

# Sustainability and Next Steps

- Funding application submitted to Macmillan to sustain the programme for a further 2 years - outcome expected in early April
- There is demand and requests have come in for the group to come and do the awareness session for them
- Volunteering isn't free for charities! There are the costs of training, supporting, DBS checks, travel, food and drink, so OPE need to secure some funding to sustain this valuable and impactful work



  
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