

One Place East  
Where disability matters

# NEWSLETTER

## MAY 2026



### Supporting Disability, One Question at a Time

Join us for a fun and friendly Quiz Night Fundraiser in support of One Place East - where disability matters.

Taking place on Friday 22 May 2026, 7.00 - 10.30pm, at the Kenneth More Theatre Foyer, Ilford, the evening promises laughter, friendly competition and a great atmosphere. Tickets are £15 and include a lively quiz, free snacks, a bar, and the chance to win raffle prizes.

Bring friends or colleagues along for a brilliant night out in support of One Place East. It's set to be a relaxed, social evening with plenty of laughs and friendly competition. Whether you come as a team or join one on the night, everyone is welcome.

Book now by scanning the QR code or visit:  
[tinyurl.com/opeqquiznight2026](https://tinyurl.com/opeqquiznight2026)

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



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Quiz Night Fundraiser Flyer Enclosed



## Thank you for making a difference: Volunteers Week 2026

As we mark Volunteers' Week 2026, from 1-7 June, we want to take a moment to say a heartfelt thank you to every volunteer who gives their time, energy and care so generously.

Your commitment makes a real difference every single day - whether you're supporting individuals, helping behind the scenes, sharing your skills, or simply being there when it matters most.

Volunteers are at the heart of everything we do. You help create welcoming spaces, strengthen our community, and change lives in ways both big and small. We know that volunteering is often balanced alongside work, family and other responsibilities, and that makes your dedication even more meaningful.

To show our appreciation, we'll be holding a special thank-you event for our volunteers, and we're really looking forward to celebrating together. Further details and invitations will be shared soon.

This week is all about celebrating you - your passion, your kindness, and the impact you have. Thank you for everything you do, not just during Volunteers' Week, but all year round. ❤️

## Standing Against Hate: Survey Deadline Extended to 31 May for New Hate Crime Awareness Project

As shared in our April newsletter, One Place East has launched a new Hate Crime Awareness Project, funded by Protection Approaches, aimed at increasing understanding of hate crime and helping to keep our community safe and inclusive.

We'd like to share a quick update. To give more people the chance to take part, the survey deadline has been extended to 31 May. We now also have an online SurveyMonkey version of the survey available, alongside the paper form.

We'd still really value hearing from you. Your responses will help us better understand local experiences and shape future hate crime awareness activities.

To complete the survey online, download the factsheet, or access further information, please scan the QR code or visit:

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

For support to complete the survey please contact Carol Gardner on: 020 8925 2435 / 07814 205 741 / [carol.gardner@oneplaceeast.org](mailto:carol.gardner@oneplaceeast.org)





## Inclusive activities to enjoy this summer with Vision Redbridge

We're pleased to promote the latest Inclusion Hub activities timetable from Vision Redbridge, running from April to August 2026. The Inclusion Hub offers a welcoming programme of free and low-cost inclusive activities for individuals living with physical and learning disabilities, learning difficulties, or mental health challenges.

Organised by Vision Redbridge, the Inclusion Hub provides opportunities to try new activities, build confidence, meet others and connect with local support services. The new timetable includes a range of exciting sessions delivered by experienced partner organisations.

Sessions include tennis, adapted sports days, exercise to music, outdoor arts, and creative activities running through to August.

Booking is required for all sessions. Staff and carers attend free of charge. To view the full timetable and book your place, visit: [vrcl.uk/inclusionhub](https://vrcl.uk/inclusionhub)

Alternatively, places can be booked by emailing [Active.Redbridge@visionrcl.org.uk](mailto:Active.Redbridge@visionrcl.org.uk), with details of the session and the number of participant and carer tickets required.

We hope many of you will be able to take part and enjoy what promises to be a fantastic programme from Vision Redbridge over the coming months.



## Steam, Sunshine and Smiles at the Epping Ongar Railway - made possible by generous donation from Ian Beever

What a beautiful day it was for our recent One Place East outing to the Steam Gala Weekend at the Epping Ongar Railway! With sunshine in abundance and the unmistakable charm of steam engines filling the air, it was the perfect setting for a fantastic day out.

Members enjoyed taking in the sights and sounds of the historic railway, experiencing the joy of travelling on classic trains while spending time together. The relaxed atmosphere, combined with great company, made for a truly uplifting and memorable trip.

We were delighted that so many people were able to join us thanks to the generosity of Ian Beever. His kind donation, given in memory of his late mother, helped us to subsidise ticket costs and make the outing accessible to more people. We are incredibly grateful for his support and the difference it made. It was a day full of laughter, connection and shared experience - a reminder of just how important these moments are.



# National Walking Month: **A PERSONAL PERSPECTIVE** by Erica Miles

I don't often talk about my health, but I've felt compelled to this May - because I want to encourage more of you to get outdoors, and to understand why it matters so much to me.

For years, I didn't know what was happening in my body. I lived with Hashimoto's disease for around a decade before being diagnosed, often given other explanations for my symptoms. At my worst, I struggled to stay awake and felt like I was constantly fighting to function.

Hashimoto's is an autoimmune condition affecting the thyroid. It's often misunderstood as something simple, but in reality it can bring profound fatigue, brain fog, muscle weakness, and a sense that everyday life takes far more effort than it should.

Over time, my health affected almost every part of my life - my work, my income, my opportunities. About a year ago, even lifting a saucepan felt difficult. And yet, the thing that kept me going was being outdoors. Whilst the spaces I accessed became smaller with more time in the garden or short stroll, being in nature still helped me feel more grounded. Over the last year I have come across the idea of Biophilia - a fancy word for a really simple idea, that humans feel better when connected to nature.

That's certainly been true for me and there is lots of evidence that supports the positive impact for people's physical and mental health. So, this year, I'm encouraging others to spend more time outside too - through our annual camping trip, more outdoor activities planned for the Autumn, and by supporting National Walking Month with a women's walk and talk session. If you can't make the walk, or it feels difficult, start small. A short walk, a nearby park, a moment to sit and breathe - it all counts.

## Join us on:

Tuesday 26 May 2026  
Meeting at the OPE office at 4:30pm  
for a walk to Wanstead

For more information please  
contact Erica Miles on:



020 8925 2435



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



## You are all invited to the exciting launch of the Redbridge Outdoor Arts summer season!

Vision Redbridge are proud to present TRUTH! By Ramshacklicious and Hijinx.

Full of hope, fiercely comic and on a mission to disrupt the public norm. The audience join in with the unfurling games, exploring power and control.

A curious sense of excitement bubbles, uniting THE PEOPLE in a joyful riot of love!

TRUTH! is a highly inclusive and accessible show - suitable for all audiences and all ages. Performances are FREE and you don't have to book - just turn up!

Truth! has access and inclusion at its core, with a cast of both neurodivergent and neurotypical performers. This show has very little spoken language - It has a gestural language which supports the show instead.

# Redbridge Outdoor Arts



**Saturday 20 June 2026, Ken Aston Square, Barkingside  
(11am and 2pm)**

**Sunday 21 June 2026, Ilford Town Centre  
(1pm and 3pm)**

**\*Each show is 30 mins long.**

***Audio Described show  
information coming soon!***

### Save Redbridge Outdoor Arts summer show dates!

Saturday 25 and Sunday 26 July:

Nandita Shankardass presents Roots to Rise

Saturday 22 and Sunday 23 August:

Stopgap Dance Company presents RO-TES-tes:

Saturday 26 and Sunday 27 September:

Company DHW presents GO GRANDAD, GO!

Redbridge Outdoor Arts has accessibility at the heart of everything they do. For an Easy Read, general access guide, or to let them know about any access needs at the performance, contact Sarah on: [culture@visionrcl.org.uk](mailto:culture@visionrcl.org.uk). They also have an Access Point at every show, where they can support you on the day!



**Follow Redbridge Arts on Facebook and Instagram  
[@redbridgearts](https://www.instagram.com/redbridgearts)**

**For more information scan the  
QR code below or visit:**

**[tinyurl.com/redbridgeoutdoorarts2026](https://tinyurl.com/redbridgeoutdoorarts2026)**



**SCAN ME**



How can you be a part of the most accessible Festival in London?

## Perform on Stage

### Are you a group or act who would like to perform?

Complete our performers booking form below, or contact [info@disabilityfestival.org](mailto:info@disabilityfestival.org).

[tinyurl.com/stageappform](http://tinyurl.com/stageappform)

## The Information Village provides a platform to promote your services directly to attendees.

Share what you do and connect with people who want to hear from you.

£75

## Be in our Information Village

## Be a Market Stall Holder

£90

### Businesses, especially disability-led, are invited to sell at the festival.

We are looking for businesses or groups, particularly if they are disability led, who are interested in selling their handcrafted goods to festival go-ers.

Provider and market stall bookings can be made here:

[disabilityfestival.co.uk/booking-form](http://disabilityfestival.co.uk/booking-form)

## Festival sponsorship offers valuable exposure to a wide and engaged audience.

It's an opportunity to demonstrate your commitment to the community and increase brand awareness.

View our sponsorship pack here: [tinyurl.com/sponsorthefestival2026](http://tinyurl.com/sponsorthefestival2026)

## Sponsor the Festival

## Donate to our JustGiving Page

### Keeping the Festival Free and Inclusive

The Redbridge Disability Festival in the Park is a free, fully accessible community festival. Support is vital to help keep it free and inclusive for everyone.

Donate here: [justgiving.com/page/disabilityfestival2026](http://justgiving.com/page/disabilityfestival2026)

## For more information:

**Visit:** [www.disabilityfestival.co.uk](http://www.disabilityfestival.co.uk)

**Call:** 07944 119 899

**Email:** [info@disabilityfestival.co.uk](mailto:info@disabilityfestival.co.uk)

SCAN  
ME



# DISABILITY

## Festival in the Park



### Stage & Music Performers



WEDNESDAY  
22 JULY 2026  
12PM - 7PM  
Christchurch Green  
Wanstead, E11 2RH

## FREE ENTRY



### DJ SOUNDS from DIRTY STOP OUTS



### WEL ACADEMY



### & SO MUCH MORE!

For more information:

[www.disabilityfestival.co.uk](http://www.disabilityfestival.co.uk)

07944 119 899 or [info@disabilityfestival.co.uk](mailto:info@disabilityfestival.co.uk)





# Join the **DISABILITY** Festival in the Park **CHOIR**

Rehearsals for the upcoming Disability Festival choir have officially begun, and excitement is already building as participants come together each week to prepare for the big event. 🎵🎶

These sessions are a chance for people to enjoy music in a welcoming, inclusive environment, where everyone is encouraged to take part, have fun, and build confidence. With the support of the talented Glade Community Singers leading the group, and live rhythm from Teja on the drums, rehearsals are full of energy, creativity, and a real sense of community spirit.

As the weeks go on, it's fantastic to see participants growing in confidence, finding their voices, and supporting one another. The choir is about much more than singing - it's about connection, self-expression, and celebrating everyone's contributions.

No previous experience is needed to join, and everyone is welcome, making it a great opportunity to try something new, meet others, and be part of something special.

**Want to join us?** Rehearsals take place every Tuesday at the One Place East office, from 11:00am to 12:30pm. Come along and get involved - we'd love to see you there!



**The Redbridge Music Lounge**  
Reg. Charity No. 1151132  
**RML BEREAVEMENT PROJECT**

SUPPORTING BEREAVED ADULTS THROUGH MUSIC  
COFFEE MORNING, SINGALONG AND POETRY CORNER  
SATURDAY 30<sup>th</sup> MAY 2026 11.30AM TO 1.30PM  
AT THE CRANBROOK CENTRE MELBOURNE GATE MELBOURNE ROAD  
VALENTINES PARK ILFORD IG1 4SB

ACTIVITIES INCLUDE LIVE MUSIC FROM 2 RML ACTS 🎵  
SINGALONG WITH ANDY 🎤  
(SONG SHEETS PROVIDED - NO NEED TO BE A SINGER JUST JOIN IN !!)  
POETRY CORNER WITH ANDY  
RML INFORMATION TABLE  
A DONATION BUCKET TO RAISE FUNDS FOR THE RML BEREAVEMENT PROJECT  
EVERYONE WELCOME - FREE - NO NEED TO BOOK  
TEA AND COFFEE PROVIDED  
FOR MORE INFORMATION CONTACT JACKIE FLYNN ON 07901671206



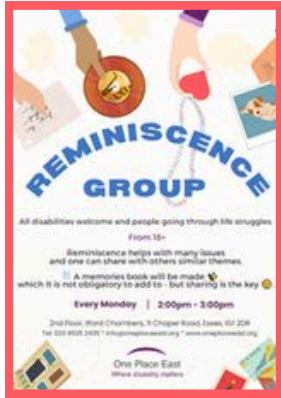
## Redbridge Music Lounge Bereavement Project: Coffee Morning & Singalong 🎵

The Redbridge Music Lounge Bereavement Project is hosting a warm and welcoming community event, offering support to bereaved adults through the power of music.

Taking place on Saturday 30<sup>th</sup> May 2026, from 11:30am to 1:30pm at the Cranbrook Centre, Valentines Park (IG1 4SB), the session will include a relaxed coffee morning, singalong, and poetry corner. There will also be live music performances, a chance to join a friendly singalong (with song sheets provided), and an opportunity to share or listen to poetry.

This free event is open to everyone, with no need to book in advance. Tea and coffee will be provided, and donations are welcome to support the Bereavement Project.

For more information contact Jackie Flynn on **07901 671 206**.



## 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.

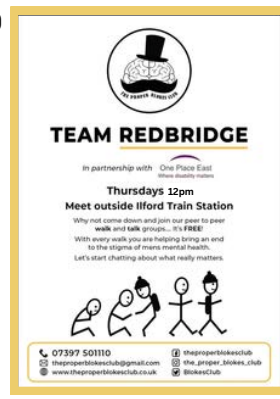


## CREATE TO MARKET DESIGN WORKSHOP

**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.

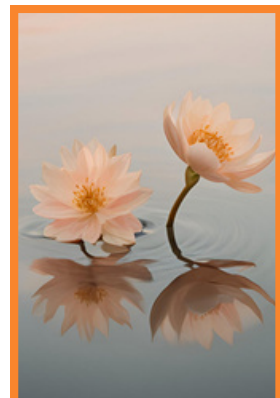


## ONE PLACE GAME INN

**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.

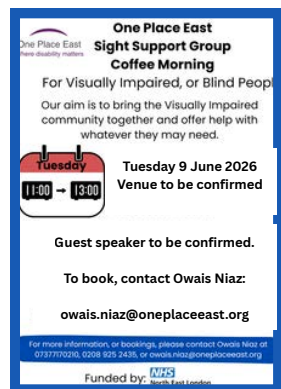


## CALMING THE MIND & BODY

**SATURDAY 30 MAY 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 9 JUNE FROM 11AM-1PM**

### VENUE TO BE CONFIRMED ON BOOKING

Monthly meeting for Visually Impaired People.

Please ensure you book to attend this event.



## ONE PLACE EAST LEARNING DISABILITY GROUP

**TUESDAY 9 JUNE 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.



# UPCOMING WALKS

## ROUTES TO ACTIVITY PROJECT

Our new Routes to Activity project is officially up and running, and we're excited to invite local residents to get involved and be part of something positive in the community.

This project has been shaped by valuable input from local people and is designed to encourage individuals to become more active in a relaxed, friendly, and supportive way. Through regular group walks, participants can build confidence, improve their wellbeing, and enjoy spending time outdoors with others.

As part of the programme, participants can take part in fun walking challenges, set personal goals, and even earn prizes for achieving their milestones. To help everyone get started and stay motivated, One Place East has provided free pedometers, along with guidance on easy-to-use walking apps that can be used to track and record progress.

Whether you're looking to gently increase your activity levels, meet new people, boost your mental wellbeing, or take on a more active role as a peer walk leader, Routes to Activity offers something for everyone. It's a great opportunity to connect with others, build healthy habits, and enjoy the benefits of being active together. Come along, take that first step towards better wellbeing, and walk with us - we'd love to have you involved!

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



**020 8925 2435**   [andy.murphy@oneplaceeast.org](mailto:andy.murphy@oneplaceeast.org)



# For Change



**Sight Support Group**  
for Visually Impaired People

**One Place Voice**  
Adults with Learning Disabilities



### Campaign Meeting:

Tuesday 12 May & 2 June 2026 from 2-4pm

### Information Sharing Meeting:

Tuesday 26 May 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)

# ONE PLACE EAST FAITH TOUR

Tour 2: Karamsar Gurdwara, Ilford  
Thursday 25 June 2026, 2 - 4pm

Join us as we continue our Faith Tour adventure, at the Karamsar Gurdwara as we start a new adventure this year.

The Karamsar Gurdwara is a modern Sikh temple with a facade carved from pink sandstone in Rajasthan.

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

If you would like to join us on this or any of our tours, contact: 020 8925 2435 or email [info@oneplaceeast.org](mailto:info@oneplaceeast.org)

Only 20 places available



## Calling Redbridge Residents 50+: Share Your Health and Social Care Experiences

Age UK Redbridge, Barking and Havering is inviting residents aged 50 and over to take part in a new survey exploring experiences of Adult Social Care, hospital discharge, and managing long-term health conditions.

As more people live longer with ongoing health needs, it's vital that local services continue to develop in ways that truly support people to stay healthy, independent and well. This survey aims to better understand what works well, where challenges remain, and what support would make the biggest difference to local residents.

Your responses will help build a clearer picture of lived experiences and will be used to influence the NHS and Redbridge Council, supporting better planning, improved services, and care that reflects the real priorities of the community.



Take part in the survey by scanning the QR code or visiting: [surveymonkey.com/r/RY9GKNW](https://surveymonkey.com/r/RY9GKNW)

We'd encourage anyone who meets the criteria to share their views and to help spread the word by sharing the survey with friends, family and networks.

Your voice matters - and together we can help shape better health and care services locally.



## Our 'Amplify' Film Premiere was a Big Success 🎬

What an incredible afternoon at the recent Amplify film premiere! The event was a fantastic celebration of creativity, talent, and powerful storytelling. Amplify brings together two original films that were written, performed, directed, and edited by disabled people, showcasing honest and inspiring stories brought to life on screen. The quality and creativity on display were truly outstanding, and everyone involved should be incredibly proud.

A huge thank you goes to Farah, Amir, and the team at You Press for leading the project, as well as Isaac Harvey MBE and James Dingle for their brilliant editing work. We're also grateful to The Source Stratford for providing such a wonderful venue, and to our funders, The National Lottery Community Fund and CABWI, for making the project possible.

Most importantly, thank you to all the talented individuals who took part and to everyone who came along to support - it was a truly special event.



## 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**



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