

WORLD MENTAL HEALTH DAY **WELLBEING WEEKEND**

One Place East is offering a Zoom spectacular over 3 days with a variety of Taster Workshops

FRIDAY 9TH OCTOBER

10:45am - 4pm

Mindful Art

From Fear to Gratitude

Creative Writing

Recovery in Changing Times

Moving into Stillness

SATURDAY 10TH OCTOBER

2:30pm - 3:30pm

Hope After Shielding

7pm

Live Podcast

All Things Mental Health

SUNDAY 11TH OCTOBER

7pm - 9pm

Quiz night!

To express your interest and to find out more please contact yvonne on:

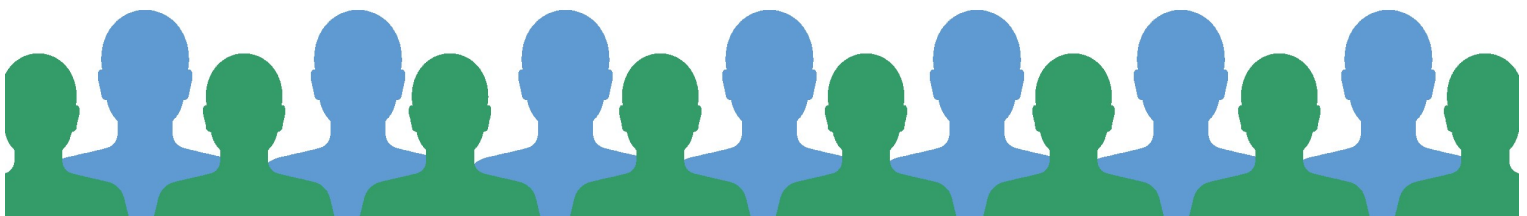
07944119899

yvonne.okoli@oneplaceeast.org

PRIZE DRAW!

£50 shopping voucher

Free entry for those who sign up and attend the workshops



WORLD MENTAL HEALTH DAY 2020

Friday 9th October 2020



11.00am: Welcome to One Place East Programme

Introduction and programme of events



11.30am - 12.30pm: From Fear to Gratitude

Mental preconceptions we create about people and situations trigger a host of fears, including fear of the unknown, fear of failure, fear of being ridiculed, fear of disapproval, fear of inadequacy, even fear of "positive" things like success, love, and attention. Most of our fears are based on ideas in our heads, not on reality.

By understanding "Fear" and stepping into "Gratitude" we can take control of our mind-set and our lives. Gratitude is the new attitude to have in everyday life. By simply acknowledging all the things we are grateful for, we become more aware of the gifts we have received, which brings even more gifts to us, which in turn brings more thankfulness into our lives. Gratitude creates a virtual cycle of ever-expanding benefits.



11.30am - 12.30pm: Mindful Art - Where you draw the line

Develop mindful art skills using simple continuous line drawing to create a unique design. Suitable for beginners, all you need is a pen and paper.



1.30pm - 2.30pm Creative Writing - Flow with words

A taster to explore free writing and poetry using different prompts, from which you can discover your own expression of words, thoughts and feelings. Just a chance to let go and let the words flow. Suitable for beginners, all you need is a pen and paper and an open mind and you can share or not as you wish.



1.30pm - 2.30pm: Recovery in Changing Times

Engage with others to take a look at the impact of these challenging times on our mental and physical health. Includes some helpful techniques for rest and relaxation.



2.40pm - 3.40pm: Moving into Stillness

Moving into Stillness will be a Yin Yoga based session. Unlike the yoga we most commonly see in the West, Yin Yoga is slow paced and works to stillness. The session will incorporate principles of Traditional Chinese Medicine, gentle movement and breath work, dropping us deeply into the body. It will allow us to explore what is happening within the internal landscape in a gentle way. Enhancing our capacity to be with ourselves on the mat will extend out into our wider lives developing self awareness, acceptance, resiliency and wellbeing.

To register to attend any of the above workshops or for more information please contact :



020 8925 2435 | 07944 119 899

Yvonne.okoli@oneplaceeast.org

PRIZE DRAW - £50 Shopping Voucher
Free entry for those who attend any of the weekend activities.

Saturday 10th October 2020

Hope After Shielding Taster Workshop

**Saturday 10th October 2020
14.30-15.30pm**

To celebrate #WMHD, our Hope After Shielding taster workshop will provide a discussion forum for people to reflect on their experiences of shielding and provide support and hope to one another.

To take part in this workshop please email yvonne.okoli@oneplaceeast.org




One Place East
Where disability matters

#WORLDMENTALHEALTHDAY2020

#WMHD2020

**SATURDAY 10TH OCTOBER 2020
START TIME: 19.00PM**



**LIVE PODCAST
ALL THINGS
MENTAL
HEALTH**



STREAMED LIVE VIA
[FACEBOOK.COM/ONEPLACEEAST](https://www.facebook.com/oneplaceeast)



HOSTED BY
MARK BURKWOOD


One Place East
Where disability matters

Sunday 11th October 2020

#worldmentalhealthday #WMHD2020

Mental Health
QUIZ NIGHT

Sunday 11th October 2020
19.00-21.00pm



To take part please email:
jodie.roast@oneplaceeast.org



We hope you will be able to pop along and join in on our Zoom spectacular weekend full of useful information, support and fun.

There are a variety of workshops to choose from, which we hope will cater for all!

For more information on anything to do with our World Mental Health Day Wellbeing Weekend, please contact Yvonne on:

07944 119 899 | yvonne.okoli@oneplaceeast.org

ONE TO ONE APPOINTMENTS FOR DIGITAL ACCESS

Due to government guidelines around the Coronavirus Pandemic, we will now be providing digital support by one to one appointments only.

This can be done via Zoom or face to face - depending on your individual needs.

An example of some of the things our Digital Support staff can help you to do:

- **Write letters/emails**
- **Set up online accounts (e.g. email addresses)**
- **Downloading apps**
- **Using Zoom**
- **Completing online applications**



REGISTERED CHARITY NO: 1065770
COMPANY LIMITED BY GUARANTEE NO: 3115971

**To make an appointment
please contact Carol or Jodie
on:**

020 8925 2435

or email:

**jodie.roast@oneplaceeast.org
carol.gardner@oneplaceeast.org**

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Feedback from RedbridgeCVS Network Meeting Wednesday 2nd September 2020



Report by Kate Harrison

The meeting was hosted by Colin Wilson via Zoom. Colin said RCVS are going back to the office in mid September. There will be no visitors to RCVS offices.

Olive from the Cancer Champions Project at RCVS gave a presentation and explained that there are buddies working to encourage people to get screenings, especially breast, prostate and bowel cancer. This project is running in the London Boroughs of Havering, Redbridge and Barking & Dagenham.

The recommended ages for screening are:

- Bowel cancer: at the age of 60 and then every 2 years.
- Breast Screening: at the age of 50 a mammogram is required and then every 3 years, unless any changes are noticed.
- Cervical screening: it is recommended that at the age of 25 you get your first screening and then every 3 ½ years. After the age of 50 there are then longer gaps.

Olive is available to talk to community groups, hold webinars and deliver talks in local languages.

For more information please contact: olive@redbridgecvs.net | 07984 972 487.

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RUN-UP Service User Network Meeting Wednesday 28 October 2020 | 5.30-7.00pm

The next SUN meeting will be taking place on Wednesday 28^h October from 5:30-7.00pm.

The guest speaker for this meeting will be:

Olive Hamilton-Andrews

Olive works for RedbridgeCVS on the Cancer Champions Project. Olive will be talking about the different types of cancers and cancer screenings.

For more information, or to attend please contact Yvonne Okoli on 07944 119 899 or yvonne.okoli@oneplaceeast.org

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Mental Health & Wellbeing Support:

It is more important than ever that we take as much care of our mental wellbeing as we do our physical health during this time. Many of us will have loved ones and family members we will find ourselves physically isolated from; maintaining connections will be vital for everyone in our community.

The London Borough of Redbridge and partners would like to assure you that support remains available to all members of the community. Here are some places you can contact:

Mental Health Direct

Mental Health Direct provide support and advice anytime of the day or night. The service can arrange for you to speak with a mental health professional and advise you about what service to contact to get the support you need. You can call 0300 555 1000; 24 hours a day, 365 days a year

Talking Therapies Redbridge

Redbridge Talking therapies accepts self-referral and can be contacted on: 0300 300 1554—option 1 (9am–5pm, Mon-Fri)

Samaritans

Samaritans is dedicated to reducing feelings of isolation and are currently available for telephone conversations and support. You can call Samaritans 24 hours a day, 365 days a year on 116 123.

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You can find our newsletter online:
www.oneplaceeast.org

It is not our intention to offend, upset or devalue any individual or any organisation by the articles published in this newsletter. We carry the responsibility to raise concerns brought to our attention by the Service User Community. Should you want to contact me please do so. You have a right to reply via writing an article that will be published under our heading "your news your views".

Our motto is "Working In Partnership With Others"

The views expressed in this newsletter are not necessarily those of the editor, or staff or trustees of RUN-UP or One Place East.

