

Disability Festival in the Park

#ThisAbility



FREE
ENTRY



GAMES



WORKSHOPS



Wednesday 9th August 2023

12:00 to 19:00

FOOD AND DRINK



Christchurch Green
Woodbine Place,
London E11 2RH

LIVE MUSIC



INFORMATION
STANDS



FASHION SHOW FOR THE
CLIMATE EMERGENCY!



SPORTS



ARTS AND CRAFTS



Hello and welcome

Thank you for being part of this exciting event.

The festival is a special occasion that offers everyone the opportunity to take part in a wide range of accessible activities and be part of a large community event.

This event is about what people can do, whatever their abilities, having fun and making friends and connections.

We hope you enjoy this Festival!

Thank you to Stow Brothers for your help with this event

THE STOW
BROTHERS

On the site



Photo wall



SUPPORT FOR CARERS

DO YOU CARE FOR SOMEONE ?



LET US HELP

- Advice, information, guidance and signposting from our dedicated Community Support Officers - CSO

Providing specialist support for carers aged 16+ in areas such as:

- Emotional Support and Planning Ahead
- Monthly support groups
- Benefit Advice/Review
- Mental Health, Dementia
- Volunteer befriending services
- Training & Self Development Support
- Health and Wellbeing Activities
- Keeping you in touch—Website, Newsletter, Social Media

GET IN TOUCH

P: 020 8514 6251
 E: office@rcss.org.uk
 A: Redbridge Carers Support Service
 12 Clements Court, Clements Lane,
 Ilford, Essex IG1 2QY

Open Monday - Friday 9am-5pm
 Please call the office on 020 8514 6251
 before attending.

www.rcss.org.uk

@redbridgecarers



REGISTER



Scan to register

On stage...

12.00	—	Welcome to the festival
12.30	—	Sarah Peterson
1.45	—	African Drumming
2.15	—	Steel Pans
3.00	—	Fashion Show
3.30	—	Brazilian Dance
4.00	—	He's the One
5.00	—	Nicki Chahal
5.30	—	Monkeys Wedding
6.30	—	Dirty Stop Out Crew

ONE PLANET ONE CHANCE

One Planet, One Chance -The Climate Emergency Fashion show at 3pm.

Join us for this unique fashion show celebrating One Planet, One Chance.

You can join in the performance today as wild animals or design your own costume. We will be running a special workshop to make costumes and props for the show between 12.30pm-2.30pm in the workshop tent

The event, run by Uniting Friends, is sponsored by RIASS and Redbridge Forum.

The One Planet, One Chance Tate Modern art exhibition is also on view today in the Uniting Friends vintage tea marquee. Come and check it out.

DISABILITY FESTIVAL




IN THE PARK

WEDNESDAY 9 AUGUST 2023

One Place East
Where disability matters



As well as all of the other exciting activities taking place on the day, which you will find in the main programme at the event, here is a timetable of what we will be offering in our area.

Time:	Activity:
 12:30-13:30pm	Jewellery Making Workshop Come and make some fashionable jewellery with Mel.
 12:30-16:00pm	Tech Assistance Project Assistive equipment displays and workshop tutorials. Drop in for support with all your digital needs.
 13:00-14:15pm	Meditation Practice Introduction to a gentle chair based meditation to help you find peace and calm (at Woodbine Centre).

DISABILITY FESTIVAL

IN THE PARK

WEDNESDAY 9 AUGUST 2023



Time:	Activity:
14:30-15:45pm	Calming the Mind & Body Somatic practice wellbeing session to help reduce stress, calm your mind and nervous system (at Woodbine Centre).
13:30pm onwards	Variety of Holistic Therapies available Including Reiki, Healing and Indian Head Massage - drop in to book by 15 minute appointment.
16:00-16:30pm	Decorate your plant pot workshop Come and decorate a plant pot with help from Mel, so it's ready for Potting.
16:30-17:00pm	Pot your own plant workshop With your decorated pot at the ready, come and join Tony for help with planting a bulb.





REDBRIDGE OUTDOOR ARTS

Share the experience!

AUGUST

Look Mum, No Hands!

Saturday 19 August (Barkingside High Road)

11am and 2pm

Sunday 20 August (Ilford Town Centre)

12noon and 3pm



SEPTEMBER

Do What Ya Mama Told Ya!

Saturday 23 September (Barkingside High Road)

11am and 2pm

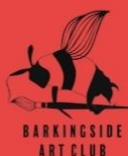
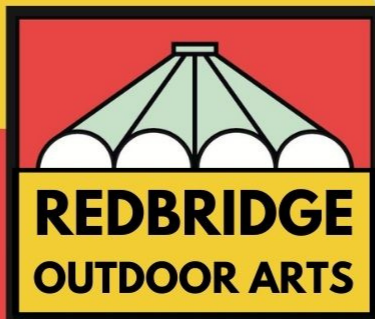
Sunday 24 September (Ilford Town Centre)

1pm and 3pm



Contact us on culture@visionrcl.org.uk for accessibility arrangements

 @redbridgearts 
visionrcl.org.uk/ROA



Thank you to our organisers

London Borough of
Redbridge




One Place East
Where disability matters


vision
Redbridge Culture & Leisure

**uniting
friends**
unitingfriends.org.uk

The logo for Redbridge Forum, featuring the word "redbridge" in a curved, lowercase font above a stylized leaf shape, with the word "FORUM" in uppercase letters below the leaf.

Alison McCabe, Bonita Cattle, Chris Merritt, Erica Miles, Emma Bell, Janice Booth, Janice Hunte, Jodie Roast, Isaac Harvey, Isiaq Agbaje, Margaret Summers, Michelle Wood, Olivia Morgan, Russell Lerner, Sandra Bentley, Sasha Martin, Suzanne Wright, Vincent McHale

Goodbye

Thank you
for coming

See you
next year