



## Residents United Forum - Report to 17 November 2023

### About RUF

We are Residents United Forum. We are a Charitable Incorporated Organisation (also known as a CIO). We were registered with the Charity Commission on the 17<sup>th</sup> November 2023 and our Charity Registration Number is 1205784. Our working name is RUF. RUF is governed by a set of rules called a “constitution”.

RUF is led by and for disabled people mainly in the London Borough of Newham. The RUF trustees are representatives of different local groups, all Newham residents with lived experiences as disabled people and carers.

### What RUF does

RUF helps disabled people and their carers in Newham to raise their voice and advocate for change. Disabled residents’ efforts to speak up has been met with resistance from decision makers and has resulted in little change.

Our mission is to make Newham an accessible and inclusive borough for all disabled residents. We aim to build lasting working relationships that support statutory bodies to embed true co-production within the decision-making processes, adopt an inclusive approach, and strengthen the voices for all disabled residents.

RUF provides information to disabled people to help them access services, entitlement and opportunities; training and support for disabled people; and represents the views, needs and interest of disabled people.

We want improved service provision that better supports disabled residents to fulfil their potential, to be treated with dignity and respect. We want to remove societal barriers and improve attitudes and working cultures that support and promote inclusion, where disabled resident’s rights are upheld, eliminating all forms of racism, inequality, and discrimination within Newham.

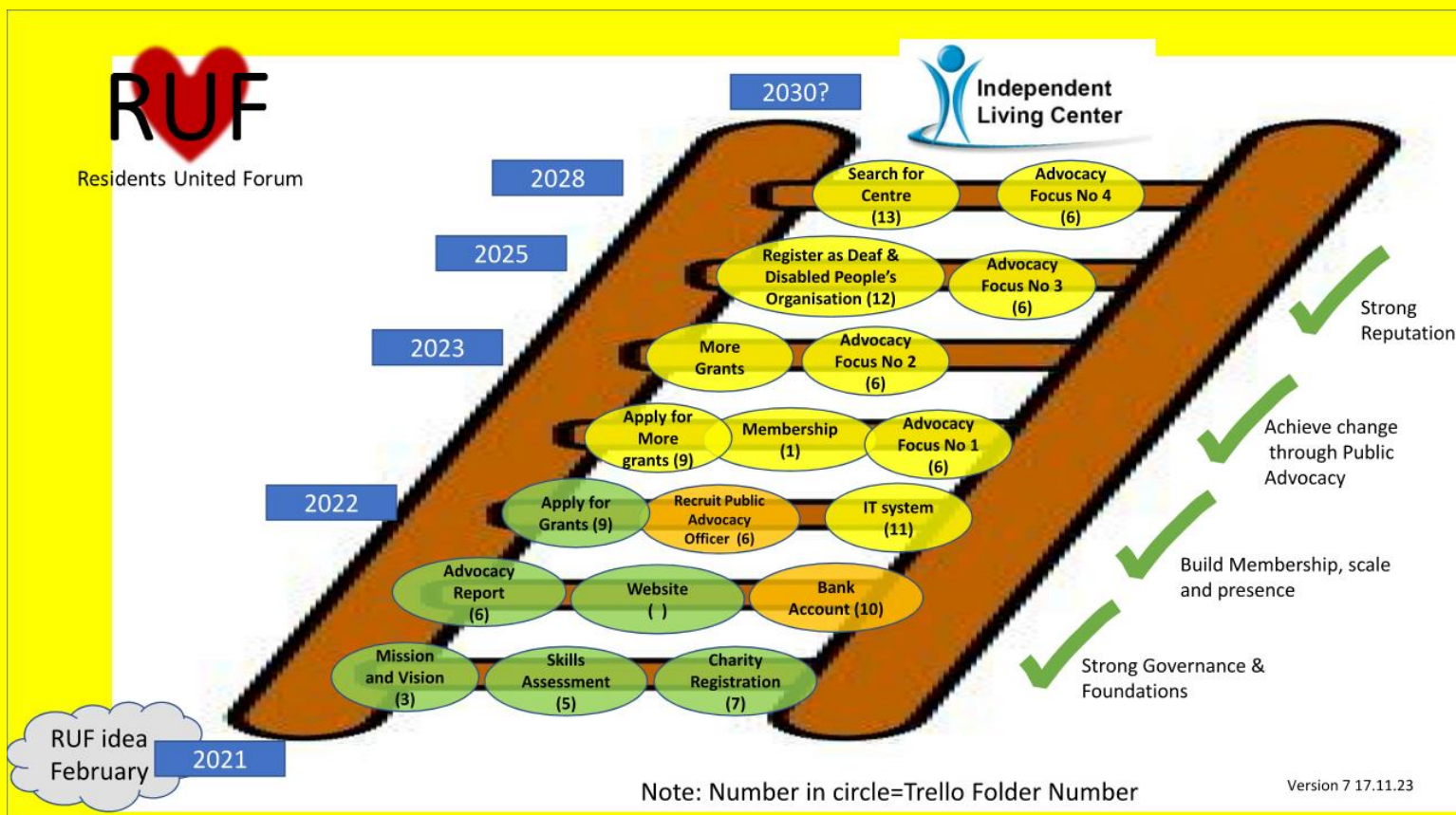
The first Trustees of Residents United Forum are:

| Name             | Organisation                     | Date to stand for re-election as a trustee. |
|------------------|----------------------------------|---|
| Sandra Amoah     | ASK User-led Mental Health Group | 17 November 2027                            |
| Sarifa Patel     | Disability Reps Forum            | 17 November 2027                            |
| Yamoundow Nije   | Newham Parent Carer Forum        | 17 November 2025                            |
| Christine Dolyak | Disability Reps Forum            | 17 November 2026                            |
| Prabhudas Tanna  | Senior Learning Disability Group | 17 November 2025                            |

## What we have been doing

This report says what RUF has been doing since we first started in February 2021 until the date we were registered as a CIO on the 17<sup>th</sup> November 2023.

We received our first grant of £5,000 from the Greater London Authority Civil Society Roots Incubator Fund in April 2021. This grant helped us take the steps necessary to set up RUF as a charity and a strong organisation. We decided on our Mission and set out a 10 year plan to reach our goal of setting up the first Centre for Independent Living in Newham. We set out the steps we need to take to reach our goal as steps on a ladder:



We reviewed the skills of our trustee group and talked to other groups of disabled people around London to learn best practice. We used the grant to produce our first research report. When we complete a step on the ladder we colour it green.

RUF received two grants from Westfield Community Fund via One Newham – these grants of £500 each paid for our new website and to help us set up as a Charity.

In October 2022 we were awarded a £10,000 Greater London Authority Building Stronger Communities grant to start our Hidden Voices Public Advocacy Project.

We have also taken our public liability insurance. Our next priorities are to set up a bank account, recruit more trustees to help us with our public advocacy work, and apply for more grants. We also plan to encourage people to join RUF as a member.

## What we achieved

RUF has run two projects aimed at ensuring:

- Disabled people are empowered and not discriminated against
- Disabled people's voices are heard, listened to and acted upon
- Disabled people are valued, and treated with respect and dignity
- Newham is an inclusive and accessible borough for all.



## Residents United Forum Research Report

Working towards improving the lives of disabled Newham residents

Funded by GLA Roots Incubator Grant

RUF produced our first research report as a resource for change and 'a call to action'. It contains case studies of the real experiences of disabled people in Newham and sets out recommendations for change. The report has been shared with hundreds of people and there was an article in the Newham Recorder about it.

As part of our next project "Hidden Voices" we have trained xx disabled people and their carers in Newham to be able to advocate for their rights and for support to meet their needs.

The training is aimed at empowering disabled people and their carers to identify and meet their own needs and maintain choice, control and independence in their lives.

Supported by The Greater London Authority  
MAYOR OF LONDON  
Sadiq Khan

**SEND - EDUCATIONAL NEEDS?**

PUBLIC ADVOCACY FOR CHILDREN, YOUNG PEOPLE AND ADULTS WITH SPECIAL NEEDS AND DISABILITIES

IN PERSON - BOOKING REQUIRED

PLAISTOW FIRE STATION  
142 PRINCE REGENTS LANE - E13 8RY

**THURSDAY 25 JANUARY '24**

**10:30 - 14:30**

TOPICS INCLUDE: CHALLENGES AROUND THE EDUCATION SYSTEM E.G. EXCLUSION, EHCP, TRANSITION AND NEW ADDITIONAL CHARGES FOR ADULTS WITH DISABILITIES

RUF23.info@gmail.com  
07944978977

SUPPORT DISABLED PEOPLE IN NEWHAM TO RAISE THEIR VOICE

## **Our inclusive approach to disability**

By Disabled People we include people with; physical impairments, sensory impairments, mental distress or mental health issues, people with learning difficulties or learning disabilities, people with long term health conditions and hidden impairments, people living with HIV or AIDs and people who use or have used drug or alcohol services.

We also include disabled people of all ages, including disabled children, disabled young people and disabled parents.

## **The money we have received and spent**

The money that RUF has received as grants and donations is being held by another charity on our behalf – One Newham – until we open our own bank account.

|   |                   |
|---|-------------------|
| <b>Income</b>   |                   |
| Roots Incubator Grant   | £5,000            |
| Westfield Community Fund – 2 Grants   | £1,000            |
| Building Stronger Communities Grant   | £10,000           |
| Donations from a Trustee  | £130              |
| <b>Total Income</b>   | <b>£16,130</b>    |
| <b>Expenditure</b>  |                   |
| Roots Incubator Fund – cost of research report, meeting expenses, accessibility support and support from Inclusion London                                     | £3,852.96         |
| Fee for support with Charity Registration   | £500              |
| Building Stronger Community Fund Hidden Voices Project – for help with public advocacy training for disabled people, events and meetings and promoting events | £5,786.32         |
| <b>Total Expenditure</b>  | <b>£10,139.28</b> |
| <b>Money carried forward to next year:</b>  | <b>£5,990.72</b>  |

The support to build our website to date has been provided for free by the charity Superhighways. Except for the £130 donation, the money carried forward to next year must be spent on the activities in the projects funded by the grants.

**Contact us:**

**Our website** [www.e-voice.org.uk/ruf/](http://www.e-voice.org.uk/ruf/)

**Our Address** c/o One Newham, Community Links  
105 BARKING ROAD, LONDON, E16 4HQ

**Our email address** asksandra@gmail.com