

RESIDENTS UNITED FORUM

England & Wales · Charity number 1205784

Details

Other names	RUF
Status	Registered
Legal form	CIO
Registered	2023-11-17
Register	View on the Charity Commission register

Contact

Address	c/o One Newham Community Links 105 Barking Road London
Phone	07904285020
Email	ruf23.info@gmail.com
Website	www.ruf.org.uk

Activities

Objects: TO RELIEVE THE NEEDS OF PEOPLE WITH DISABILITIES, INCLUDING THOSE WITH A PHYSICAL, SENSORY, COGNITIVE OR HIDDEN IMPAIRMENT, IN THE LONDON BOROUGH OF NEWHAM AND ENVIRONS WITH A VIEW TO HELPING THEM IDENTIFY AND MEET THEIR OWN NEEDS AND MAINTAIN CHOICE, CONTROL AND INDEPENDENCE IN THEIR LIVES BY: A) PROVIDING ADVICE, ADVOCACY AND INFORMATION TO DISABLED PEOPLE TO HELP THEM ACCESS SERVICES, ENTITLEMENTS AND OPPORTUNITIES, INCLUDING INFORMATION AND ADVICE; B) PROVIDING TRAINING AND SUPPORT FOR DISABLED PEOPLE; C) EFFECTIVELY REPRESENTING THE VIEWS, NEEDS AND INTERESTS OF DISABLED PEOPLE.

Activities: Providing public advocacy and support for disabled people mainly in the London Borough of Newham.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

Geography

- Newham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-11-30	£135	£1,270	-	-
2024-11-30	£0	£1,909	-	-

Trustees

Name	Role	Appointed
Sandra Amoah	Chair	2023-11-17
Christine Dolyak		2023-11-17
PRABHUDAS TANNA		2026-02-26
Sarifa Patel		2023-11-17
Yamoundow Njie		2026-02-26
Yvonne Clementine Josee		2026-03-18

Accounts



Residents United Forum - Report to 30 November 2025

About RUF

We are Residents United Forum. We call ourselves RUF for short. We are a Charitable Incorporated Organisation (also known as a CIO). We were registered with the Charity Commission on the 17th November 2023 and our Charity Registration Number is 1205784. 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

Yamou and Prabhudas will be invited to stand for re-election as trustees at the AGM on the 26th February 2026. RUF is currently recruiting additional trustees to join the Trustee Board.

RUF appointed Dr Remi Lasekan Osunsanya as a trustee on 21st February 2025 as a representative of the Senior Learning Disability Group but it is with extreme sadness that we report Remi died on the 25th July 2025.

Our inclusive approach to disability

When talking about 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.

What we have been doing

This report says what RUF has been doing in the year since our last report and covers the period 1st December 2024 to 30 November 2025.

We have been working to complete the Hidden Voices project which was funded by the Greater London Authority. To complete the project we have:

- Purchased 3 years subscription for the website address www.ruf.org.uk.
- Spent time updating our website so that it is more helpful for Disabled people in Newham. This includes:
 - Making our two published reports available. These reports raise the voice of Disabled people in Newham.
 - A page which signposts people to sources of help and support.
 - Information about how to contact the monthly meetings for specific areas of focus such as mental health and learning disabilities.
 - Information about upcoming events
 - Recruitment of new trustees.
- We printed 25 copies of the Hidden Voices report so that we could hand this in-person to key decision makers such as the Director of Adult Social Care at the Council.

RUF members have continued having monthly member meetings, addressing concerns in relation to specific needs and experiences. We have supported people with mental health concerns. Also supported parents with challenges in being able to secure care and support for young and adult Disabled children. We have supported people with a wide range of physical Disabilities to raise their voice.

To carry out our influencing activity we do this through participating in Newham Council Co-Production forum, reaching out to Council staff and Councillors. We were sad to hear about the passing of Councillor Neil Wilson, who as the lead for Adult Social Care for many years tried to work with us to support us in raising issues our members are concerned about.

What we achieved – our impact

We have worked to influence in a more impactful way through participating in important forums, drawing on the lived experience of our members to argue for change.

We were aiming for change where:

- 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.
1. In July 2025 we contributed to Newham Council's Independent Commission on Belonging and Inclusion for Multi-ethnic Newham. We shared copies of our two published reports into the experiences of disabled people in Newham.
 2. RUF representative attending Inclusion London's Co-Production network. This has allowed us to raise the voice of Disabled people in Newham as part of the wider discussion of the experience of Disabled people across London. It has also enabled us to learn from others and share our own expertise in co-production.
 3. RUF representatives participated in a conference held by the Greater London Authority in September 2025 about the experience of Disabled people in London. We were able to challenge some of the assumptions that the GLA were making about how Disabled need to access services. For example, the GLA were focusing on providing support via Family Centres but this was not taking sufficient account of how older Disabled people will access support. Also, we raised concerns about the lack of availability of taxi services on Fridays or taxis that will accept Guide Dogs. We were able to raise issues about the impact of road works on Disabled people and the lack of accessibility in new build homes.
 4. We contributed to discussions about the assistance that should be available to Disabled people in hospital and pursued this via social workers at Newham General Hospital.

Our AGM as a Charitable Incorporated Organisation

On the 21st February 2025 we held our Annual General Meeting (AGM) at the Swift Centre in Barking Road, Plaistow. At the AGM we celebrated our third birthday as an "official" organisation.

The AGM was very well attended by people experiencing a wide range of Disabilities. 21 members attended in-person as well as our trustees and the Director of Adult Social Care from Newham Council. It is an important opportunity for our members to be able to speak up for themselves.

We received positive feedback about the accessibility of the venue and how attendees were supported and encouraged to speak up and ask questions.

ANNUAL GENERAL MEETING! ANNUAL GENERAL MEETING! ANNUAL GENERAL MEETING!

RUF

Residents United Forum

For all disabled people and their carer's

Time:
Doors open at 11am  Event ends 1pm 

Light refreshments will be available 

Where:
Swift Centre
395 Barking Road
Plaistow
London
E13 8AL

Please join us to find out what we have done, where we currently are, and what we have planned next to help raise the voices of disabled people and their carers in Newham.

Everyone is welcome to attend. If you can, please book a place by message on 07904 285020 or Email: ruf23.info@gmail.com



Next Steps

Towards the end of 2025 we have been gathering evidence of Disabled people in Newham receiving very large invoices from Newham Council requesting financial contribution towards the cost of social care provided in the past. Some of these invoices are for tens of thousands of £s. RUF Trustees are seeking additional skilled expertise to support our members with the challenges they are facing.

We are exploring developing a project with REAL – a Deaf and Disabled People's Organisation in the neighbouring borough of Tower Hamlets. REAL have expertise in providing 1-2-1 advocacy support for Disabled people.

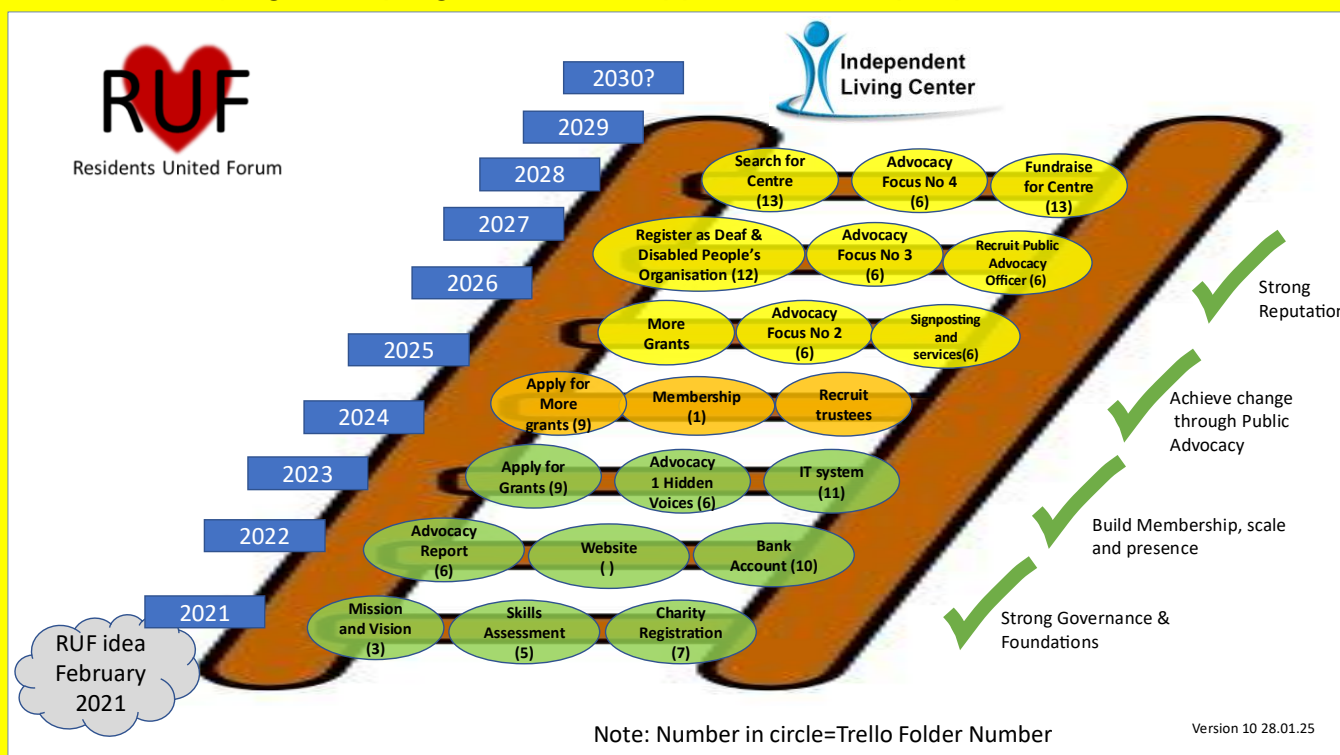
We are applying for grant funding to create a joint project with REAL to provide 1-2-1 Advocacy support to RUF members. This will improve the experience and outcomes for the individuals who receive the 1-2-1 Advocacy support and create a weighty evidence base of the charges being made by Newham Council. We will learn whether the charges

are reasonable, fair and accurate or whether they can be challenged. The learnings from this project have the potential to benefit all Disabled people in Newham.

We are also seeking to work with Newham charity Money A+E. They may be able to bring additional 1-2-1 support for RUF members with financial concerns. We are asking Money A+E if they can help us develop guidance or workshops to train Disabled people to be aware of financial fraud and scamming.

We continue to work on the steps on our ladder to build our organisation. When we complete a step on the ladder we colour it green. Our next steps are to focus on:

- Building our membership including more Disabled people in Newham
- Recruiting additional trustees skilled in finance and secretarial roles
- Developing more programmes to support Disabled people in Newham.



Money we have received and spent

We did not receive any new grants during the year to 30th November 2024 or the year to 30th November 2025.

During 2025 we applied to seven different organisations for grant funding.

- We know we were unsuccessful in four of these grant applications.
- We are still waiting to hear regarding three of our other grant applications, which have long wait times until a decision is made.

We received some clear feedback about one of our unsuccessful grant applications – the organisation was concerned that we did not achieve any new income during 2024. One organisation has invited us to re-apply, which we are doing now.

We have been able to fund our AGM, public liability insurance and other running costs from the funds on hand. We have sufficient funds to take the same approach for at least another year.

Income	Nov 2023	Nov 2024	Nov 2025
Roots Incubator Grant	£5,000	£0	£0
Westfield Community Fund – 2 Grants	£1,000	£0	£0
Building Stronger Communities Grant	£10,000	£0	£0
Donations	£130	£0	£135
Total Income	£16,130	£0	£135
Expenditure			
Roots Incubator Fund – cost of research report, meeting expenses, accessibility support and support from Inclusion London	£3,852.96	£0	£0
Fee for support with Charity Registration	£500	£0	£0
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	£1,909.15	£1,270.00
Total Expenditure	£10,139.28	£1,909.15	£1,270.00
Net	£5,990.72	-£1,909.15	-£1,135.00
Money carried forward from last year:	£0	£5,990.72	£3,081.57
Adjustment to GLA grant final instalment not being paid to RUF:	£0	-£1,000.00	£0
Money carried forward to next year:	£5,990.72	£3,081.57	£1,946.57

During 2024 we were able to open our own bank account with the Cooperative Bank. On the 12th March 2025, once our trustees were confident that they could access and operate the online banking, One Newham transferred to RUF the balance of funds they were holding for us of £2,763,63. We are grateful to One Newham for their help, supporting RUF through the first couple of years of our journey.

Contact us



Phone or WhatsApp: 07904 285020

Our website www.ruf.org.uk/

Our email address ruf123.info@gmail.com

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

These accounts and report were approved at our AGM on 26th February 2026.

Accounts



Residents United Forum - Report to 30 November 2024

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What RUF does

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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.

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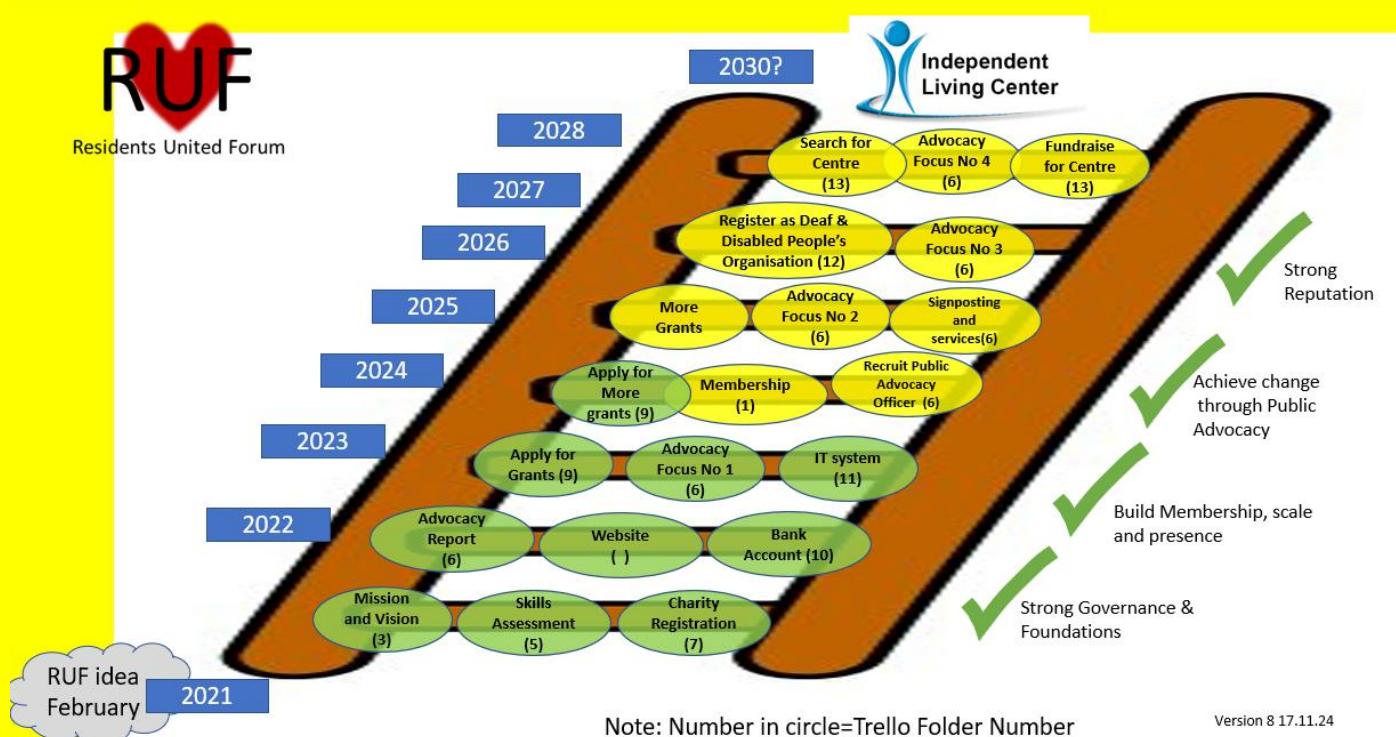
What we have been doing

This report says what RUF has been doing in the year since our last report and covers the period 18 November 2023 to 30 November 2024.

We did not receive any new grants or donations during this period. We have been working to deliver the projects that we received grant funding for during the previous year.

We continue to work on the steps on our ladder to build our organisation. When we complete a step on the ladder we colour it green. In the year covered by this report we succeeded in:

- Opening a bank account
- Applying for more grants – we are waiting to hear whether we have been awarded more funding
- Setting up digital storage of our documents and records on a system called Trello



What we achieved

We completed our project Hidden Voices which was funded by Greater London Authority Building Stronger Communities. The focus of this project was to create changes in the way disabled people are heard and listened to. We were aiming for change where:

- 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.

We held workshops on four topics which are really important to disabled people and carers in Newham: Adult Social Care Charging; SEND Educational Needs; Male Carers; and Housing Issues.



REACH OUT FOR SUPPORT

RUF

RESIDENTS UNITED FORUM

SUPPORT DISABLED PEOPLE IN NEWHAM TO RAISE THEIR VOICE

ADULT SOCIAL CARE CHARGING

THURSDAY 21 SEPTEMBER '23

IN PERSON - NO BOOKING REQUIRED

PLAISTOW FIRE STATION
142 PRINCE REGENTS LANE
LONDON E13 8RY

10:00 - 12:00 PM

CONTACT:
RUF23.info@gmail.com
07944978977



Supported by The Greater London Authority
MAYOR OF LONDON
Sadiq Khan

RUF

RESIDENTS UNITED FORUM

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



RUF

RESIDENTS UNITED FORUM

WHAT HOUSING ISSUES DO YOU HAVE?

HOUSING REPAIRS, HOMELESSNESS, OTHER?
RUF WOULD LIKE TO HEAR FROM DISABLED PEOPLE OR CARERS

TUESDAY 28 NOVEMBER 2023

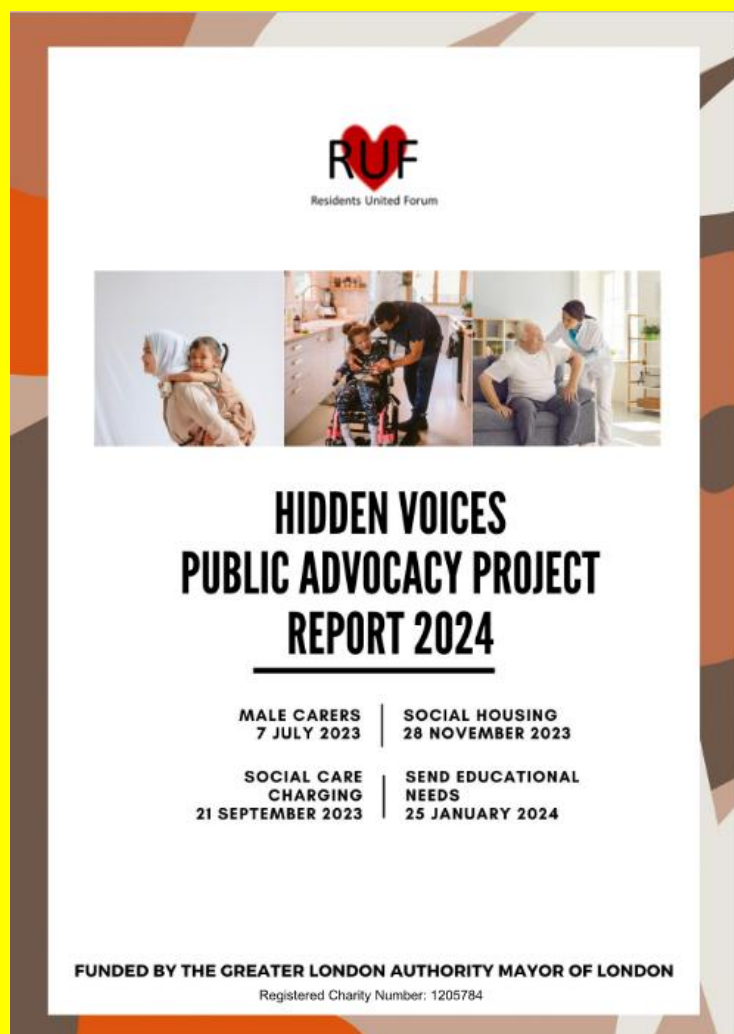
10:00 - 14:00

IN PERSON - BOOKING REQUIRED FOR CATERING

PLAISTOW FIRE STATION - 142 PRINCE REGENTS LANE - E13 8RY

RUF23.info@gmail.com - 07944978977

FUNDED BY THE GREATER LONDON AUTHORITY MAYOR OF LONDON



RUF
Residents United Forum

**HIDDEN VOICES
PUBLIC ADVOCACY PROJECT
REPORT 2024**

MALE CARERS 7 JULY 2023	SOCIAL HOUSING 28 NOVEMBER 2023
SOCIAL CARE CHARGING 21 SEPTEMBER 2023	SEND EDUCATIONAL NEEDS 25 JANUARY 2024

FUNDED BY THE GREATER LONDON AUTHORITY MAYOR OF LONDON

Registered Charity Number: 1205784

We invited disabled people and carers from across Newham to these events, to listen to their experiences and concerns. We captured their experience and the changes they want to see in our second published report.

This report is our second "Call to Action" which we are sharing with decision-makers and people who hold power across Newham.

As part of our next project "Hidden Voices" we have trained 21 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 their own needs and maintain choice, control and independence in their lives through advocacy.

Our inclusive approach to disability

When talking about 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.

Our first AGM as a Charitable Incorporated Organisation

On the 16th February 2024 we held our first Annual General Meeting (AGM) at Plaistow Fire Station who kindly allow us to use their community room free of charge. At the AGM we celebrated our first birthday as an “official” organisation.



The AGM was very well attended by people experiencing a wide range of disabilities and was also attended by the Director of Newham Council Adult Social Care.

Next Steps

We took a break for 6 months during the summer of 2024 due to personal circumstances of Trustees, but we have commenced activity in the winter of 2024. We are busy applying for grants and will be seeking help in early 2025 to recruit additional trustees.

We plan to carry on working on the steps on our ladder, continuing to build the capacity, reputation and profile of the organisation. We have funding to purchase our own website address and are looking at options to buy in accessibility support to increase our capacity to deliver our ambitions.

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. Now we have successfully opened our own bank account, we are arranging with One Newham to transfer the funds they are holding for us to our own bank account.

We did not receive any new income during the year. We have been spending the grants we received in the previous year. We are committed to spend £1,150.00 of the funds we are carrying forward to next year on specific items of expenditure to complete our grant commitments, such as printing our Hidden Voices report.

We did not spend all of the £10,000 grant awarded to us by the GLA for our Hidden Voices project. The GLA had already paid us (via One Newham) £9,000 of the grant but have confirmed they will not pay then remaining £1,000 instalment.

Income	Nov 2023	Nov 2024
Roots Incubator Grant	£5,000	£0
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We are very grateful to the Greater London Authority for their help, guidance and support through as we delivered the projects funded through our first grants.



Contact us: 07904 285020

Our website www.ruf.org.uk/

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Our email address ruf123.info@gmail.com

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