



Next edition of E-news due November 2017

Redbridge Faith Forum office hours are

10am to 4pm Monday, Tuesday 10am-1pm Wednesday, Thursday

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REDBRIDGE FAITH FORUM LOOKING FORWARD

Come to Dinner with Redbridge Faith Forum - Tuesday, 14th November
6.30-8.30pm in the community hall of Ilford Islamic Centre, Albert Road Ilford

Please contact the faith forum office on 0208 708 2478 or email faith.forum@redbridge.gov.uk as soon as possible to reserve your ticket for this popular and most enjoyable event.

Tickets priced £12 for RFF Members, £12 for Non Members and £6 for children aged under 12 years – to include 3 course vegetarian meal plus soft drinks.

Tickets will be available to purchase at our next Network Meeting on 31st October.

Women's Interfaith Workshop Wednesday, 22nd November 2017 1.30-3.30 pm
"Weddings, Ceremony, Customs & Tradition," - S.W. Essex & Settlement, Reform Synagogue, Oaks Lane, Newbury Park IG2 7PL

We are continuing this interesting theme so having heard about Baha'i, Buddhist and Hindu wedding customs recently, we will now be concentrating on Jewish and Sikh wedding ceremonies, customs and traditions on 22nd November. All women are welcome to come along to Oaks Lane synagogue and hear from our Jewish and Sikh members. The following workshop will focus on Muslim and Christian weddings.

Our women's workshops are free to attend and are informal with the opportunity for discussion, questions and answers in a relaxed, friendly atmosphere. Refreshments are provided.

For more information, and to reserve your place contact Saira/Karen on 020 8708 2478 or email faith.forum@redbridge.gov.uk.

REDBRIDGE FAITH FORUM LOOKING BACK

RFF Network Meeting 31.10.2017 *new*

The October network meeting took the form of a facilitated workshop continuing the theme of peace and reconciliation on from the July network and the September Multi-faith Walk of Peace as it is acknowledged that recent tragic terrorist incidents can have the effect of increasing fear between communities. The July network meeting focused on what the different faith communities in the borough are already doing to lessen fear and build trust. The Multi-faith Walk of Peace was a practical way of building trust and the purpose of the October network was to focus on what we as individuals can do in our own local neighbourhoods to increase trust by building bridges across our differences.

We heard three different encouraging accounts from three Redbridge residents who had reached out to their neighbours and successfully built bridges and brought communities



together – one example was setting up a women’s walking group of neighbours who would go for a walk together in the evening after work, another was a food festival where neighbours donated fruit from their garden to be juiced, and the third was how an initial tentative suggestion of neighbours meeting together to share refreshments outside their homes as turned into an annual street party.

actions that would really make a difference followed by the opportunity to report back one idea from each group. All ideas were displayed on flipcharts and proved interesting reading.

The evaluation forms were all very positive with 100% of those attending agreeing that they had the opportunity to share their ideas for building bridges in the community and many people commented that hearing and sharing ideas with others had been most interesting and informative.



Redbridge Faith Forum would like to thank Ruth Musgrave for leading and facilitating the workshop and Dr Suhasini, Ros Southern and Ghazala Navaid for sharing their stories of bridge building.

REDBRIDGE FAITH FORUM

What is it and what does it do?

RFF hold regular public meetings to discuss social issues affecting faith communities such as education, health, and give people the opportunity to meet and share with other faiths. RFF was set up in 2003 following a faith conference set up by Redbridge Council, which brought faith leaders together to talk about their communities’ needs.

- RFF bring together local members of different faith communities.
- RFF promote social harmony.
- RFF foster a community spirit within Redbridge and the local area.
- RFF recognise the important contribution that religion and spirituality makes to the lives of Redbridge residents.
- RFF lobby relevant organisations that affect faith communities.

Current Trustees

RFF is an independent organisation with a charitable status (1118675). RFF has a board of trustees composed of representatives of different faiths :

Christian: †

- Phil Butcher (Co Chair)
- Rev Bernardino Mandlate

Hindu: ॐ

- Vinaya Sharma
- Appathurai Ramkumar

Jewish: ☆

- Lawrence Becker
- Angela Banner

Muslim: ☪

- Ali Qureshi
- Imam Rafiq
- Mo Dedat (Co Chair & Treasurer)

Sikh: ॴ

- Harbans Singh Seehra
- Harmander Singh

Baha'i: ☼

- Carol Khorsandyon

Buddhist: ☸

- Rev P Hemaratana
- Dr Suhasini

Jain: ॥

- vacancy

Zoroastrian: 𐬀𐬎𐬌𐬎

Redbridge Faith Forum Membership

Redbridge Faith Forum extends sympathy to the family of Joy Sadler who was a long standing, active and much valued member of RFF who died on 8th October.

We hope that you will understand that in order to continue our work to the benefit of all living in Redbridge, the Faith Forum needs to raise funds to cover the various activities we organise. Membership is open to all and there are a range of options available.

Associate member: (open to everyone) receives all e-mail updates, a membership certificate, invitations to all events, able to attend training sessions organised by RFF, able to vote at AGM – suggested donation £10 per year.

We are proposing two other membership scales for large groups and businesses as follows:

- **Place of Worship:** full membership (open to recognised faith groups and their designated representative) all rights as above; additionally such representative may be nominated for election to the Management Committee and - £30 per year.
- **Business member:** receives all e-mail updates, invited to all events, able to attend training sessions organised by RFF, able to vote at the AGM and provided with a copy of the RFF charter for display at the business premises. Business Member rates: small business £25 (less than 10 employees); medium business £50 (less than 200 employees); large £75 (more than 200 employees).

If you would like to become a RFF member please email faith.forum@redbridge.gov.uk

DID YOU KNOW?

Redbridge Home Library Service *NEW*

Redbridge Libraries runs a special service for people or carers who are housebound and unable to access libraries in the borough.

The Home Library Service is Volunteer led. This means that a Volunteer visits individuals in their homes and delivers books and listening books to either the housebound or their carers who are unable to get into a local library.

We set housebound readers up with their own volunteer who comes with a few books every month, as agreed with the reader, drops books off and then collects items that have been read and chooses more items for the reader from the libraries all over the borough.

We also have a service as part of the Housebound Reader offer where we can arrange a volunteer to visit you and (so long as you have your own Ipad and WiFi) we can show you how to access Library e-books.

It may be that you know someone who could do with having this service or you would like to find out more for yourself. Then do please contact me and we can discuss your needs further.

There are also opportunities for people who would like to become volunteers themselves. Either for this service or for many other volunteering opportunities we have in Libraries. Please see our website for details or drop into any Redbridge Library near you.

Alternatively please don't hesitate to phone or email me if you would like to discuss this further or if you would like more information or posters.

Rose Meredith, Development Librarian
Books on Wheels – Home Library Service
Vision Redbridge Libraries, Redbridge Central Library
Rose.meredith@visionrcl.org.uk
www.redbridge.gov.uk/libraries
Phone 020 8708 2031



Redbridge is bidding to become London Borough of Culture and needs your help. *NEW*



The Borough of Culture contest was launched by Mayor Sadiq Khan, offering a million pounds to stage a programme of world-class events and put arts, heritage and culture at the heart of our borough's future.

This is a fantastic opportunity for Redbridge to tell our stories and celebrate our special places – an opportunity to show that the sum of our diverse communities is so much greater than its parts. It is essential that our bid reflects our diverse communities and their culture and creativity.

To support the bid you can

- Send your logo to ThisIs@redbridge.gov.uk for us to add to the thisisredbridge.org website
- Upload picture(s) of you and your communities to thisisredbridge.org/photomosaic to appear on the This Is Redbridge photomosaic
- Tweet your support using **#ThisIsRedbridge** AND **#mylocalculture**

Join in

- Send your ideas for our borough of culture bid to thisisredbridge.org/get-in-touch
- Tweet or post your events, celebrations or special places. Not forgetting to use **#ThisIsRedbridge** AND **#mylocalculture**

Keep up to date with the campaign, go to thisisredbridge.org and follow us on @ThisIsRedbridge on Twitter, Facebook and Instagram

If you have any queries please contact: ThisIs@Redbridge.gov.uk

Please encourage your communities and contacts to show their support, join in and spread the word.

This is Redbridge: This is where we create together; Play, sing, laugh together; These are our stories; These are our special places; This is our time; To show London; To show the world - This is Redbridge.

EVENTS TO COME IN REDBRIDGE

London International Arts Festival – Dhruv Arts *New*
Saturday 4th November 2pm-10.pm Redbridge Town Hall

Tickets available from www.eventbrite.co.uk

Redbridge Volunteer Fair *New*
Wednesday, 8th November 11am-2 pm Redbridge Town Hall

The Redbridge CVS annual volunteer fair always attracts hundreds of people interested in volunteering with local community groups. Free stalls are still available to "not for profit" organisations working in Redbridge.

For more information or to book a stall, contact Alice Browne on 020 3874 4139 or at aliceb@redbridgecvs.net.

The East London Three Faiths Forum “Rights & Duties in Society” *New*
Thursday 9th November 2017 - Time: 8 pm

This will be in the atrium of All Saints Church, Inmans Row, Woodford Wells with speakers Revd Hilary Musker, Marc Michaels, Imam Dr Mohammed Fahim

The December meeting will be held at Valentines Mansion at 7.30pm on Tuesday 19th December celebrating Christmas, Chanukah and the Prophet's birthday.

Remembrance Ceremonies *New *

Saturday 11th November at Fairlop Waters Country Park – assemble at Boat house 10.30 am
A ceremony will be held to remember all those who served.

Sunday 12th November at Ilford War Memorial Garden, Eastern Avenue IG2 7JR at 11 am

A Service of Remembrance & Laying of Wreaths ceremony will take place at 11:00am at the Ilford War Memorial Garden on Sunday, 12th November to commemorate the 1,159 Ilford men who were killed in World War One, as well as all those who have given their lives in that, and subsequent, wars to preserve our freedom.

This will be the London Borough of Redbridge's official Civic Service of Remembrance.

The Memorial Hall & Garden will be open from 10.30 am until 12.30pm for those wishing to join in the Service and remember the names of those killed, which are inscribed in the Hall walls.

Redbridge CVS Annual General Meeting *NEW*

Monday 13th November 12.30-2pm Function Room 1, City Gates Church, IG1 1BH

The AGM will be held 12.30-1.15 pm followed by a buffet sandwich lunch and the opportunity to network 1.15-2pm. City Gates church is at 25-29 Clements Road IG1 1BH.

Winter Tree Walk – Claybury Park Annual Peace Conference & Art Exhibition *New *

Saturday 18th November 11am – 1.00pm meet at gate on Roding Lane North opposite Claybury Road, Woodford Green IG8 8JE

As the temperature falls, so do the leaves from our broadleaf trees. Join the Redbridge Nature Conservation Rangers for a nice winter walk in the woods and learn how to ID trees without their leaves.

St Peters Christmas Market *New *

Saturday 18th November 10am-4 pm in St Peters Church Halls, Aldborough Road North IG2 7QH

Stalls selling Christmas goods, Homemade cakes and preserves, Craft, Christmas Card and notelets, Refreshments and an exhibition of nativity scenes.

Barkingside Agenda 21 Coffee Morning – “Air Quality & Pollution” *New *

Tuesday 28th November 2017 10 am-11.450pm – Hainault Room Fullwell Cross Library

Come and hear a talk from guest speaker Andrea Lee, Healthy Air Campaigner from Client Earth.

Local Forum ***New***

Tuesday 28 November 2017 6.30pm to 8.30pm Marjorie Collins Centre, Grove Road, RM6 4XF

Come to a Local Forum and talk to us about ideas and issues in your local area. Raise questions and concerns about Council services that affect you.

You can put questions to Councillors and senior Council officers. Questions can be submitted in advance using the form at www.redbridge.gov.uk/localforums or asked on the night.

Redbridge Music Lounge

12.30-4.30 pm –Wednesdays 8 & 22* November & Thursdays 2, 16 & 30 November at The Cranbrook Centre in Valentines Park – Melbourne Gate, Melbourne Road IG1 4SB (for directions see www.cranbrookcentre.london)

*22 November is a Songwriter Special

The venue is for musicians and anyone interested in playing music, who are retired, in part-time work, unemployed or semi-professional, even if committed to bands/group already but have time and expertise to offer and share mainly, for daytime projects, events and local festivals. Feel free to bring along your instruments and perform – rehearsal equipment and performing facilities are also available. For further information contact Chris Wyatt mob 07929 071155 email criswyatt@aol.com www.rmluk.org. Registered Charity 1151132

EVENTS ELSEWHERE

World Congress of Faiths: Annual Lecture on 16 November *New*****

The World Congress of Faiths is holding its annual Younghusband Lecture from 6.30pm to 8.30pm on Thursday 16 November at the Montagu Centre, 21 Maple Street, London W1T 4BE.

The theme is 'Rehumanising Public Space?'. Professor Chris Baker of Goldsmiths University of London, Director of Research at the William Temple Foundation will raise very topical questions about the contribution of a renewed interest in religion and spirituality to political and civic regeneration. A formal response will be given by Rabbi Tony Bayfield, Professor of Jewish Theology and Thought at Leo Baeck College, followed by buzz groups for sharing ideas.

The event is free, with a retiring collection for the work of the Congress. To register, go to www.wcf-yhl2017.eventbrite.co.uk Enquiries: Jenny Kartupelis, jenny@worldfaiths.org or 01223 781781

CAN YOU HELP

Can you provide accommodation for a Syrian refugee family?

As part of the government's Community Sponsorship scheme a partnership of faith groups in Redbridge is applying to welcome a Syrian refugee family to the borough. We are urgently looking for someone who has a 2 or 3 bedroom house or flat in Redbridge which they are willing to let to the family for a period of 2 years.

A monthly rent of £1050 is available with a month's rent paid in advance. The sponsorship group

will act as guarantors for regular payment of rent. Our volunteers can also decorate and furnish the house if needed.

If you have a house or could share this with others who do we would be really grateful.

You can email us at email us at redbridge_cs@hotmail.com

or click this link and fill in the google form below and we will get in touch.

<https://docs.google.com/forms/d/e/1FAIpQLSeOokupLQ5i-SDGGnrNjmsG-5Q8ot0xgSwcWlsvsCyiQaA-ow/viewform?vc=0&c=0&w=1>

HAVE YOUR SAY

Adult Care., Public health & wellbeing consultation & charging policy

***New ***

Redbridge Council would like to bring to your attention a number of consultations that are now available on their website: <https://www.redbridge.gov.uk/have-your-say/consultations/>

Adult Care, Public Health and Wellbeing are keen to hear the views of people in the borough on the reshaping of our day opportunity services in Redbridge. The consultation proposes three potential models of service and we would like to know what people think of each one.

<https://consultations.redbridge.gov.uk/s/72JM7> . We will be holding a number of events in November where people can come and discuss the proposals with us face to face. Details are on the website. Hard copies of the survey are also available in our day opportunity services.

They are also consulting on proposals to changes to the Adult Charging Policy.

<https://consultations.redbridge.gov.uk/s/6MQH0/> . This consultation outlines each of the proposals for change and we would like you to tell us whether you agree or disagree with the proposal and what your thoughts are on each one. Details of face to face events will be available on the website soon and we will also let you know when they have been arranged.

Both consultations close on 10 January 2018.

Please do let the people you support know about these consultations as we are keen for as many people as possible to let us know their views. If you require any of the information in a different format, please email myview@redbridge.gov.uk.

Spending NHS money wisely 2 in Barking and Dagenham, Havering and Redbridge

***New ***

Earlier this year Barking and Dagenham, Havering and Redbridge (BHR) CCGs ran a consultation on 'Spending NHS money wisely', looking at how we can reduce spending locally.

That first set of changes – to NHS prescribing, gluten-free products, cosmetic procedures and IVF – should amount to around £3 million of savings this year.

However, to get the local NHS into a secure financial position we have to make savings of £55 million and to do that we must look at further reducing spending now. That's why we are asking for your help. In 'Spending NHS money wisely 2' we are looking at:

No longer funding:

Ear wax removal

Some injections for lower back pain - disc, facet joint and epidural

Osteopathy

Restricting who is eligible for:

Cataract surgery

Podiatry

No longer prescribing some over the counter medicines, including:

Anti-malarial medicine

Probiotic supplements

Sunscreens, etc.

Please read the document on the website www.redbridgeccg.nhs.uk/spending-wisely that sets out our thinking and respond to our questionnaire by 5pm, 15 November 2017.

Urgent & emergency health care services in Redbridge *New*

Apply now to be a member of the focus group meeting 13th November

Healthwatch Redbridge is currently working in partnership with the Redbridge Health Scrutiny Committee to review Urgent and Emergency health care services being provided in Redbridge.

We would like to invite a range of people to attend a focus group to discuss the issues of accessing primary care, emergency care, urgent care and community support in the borough. The meeting is planned to take place in Redbridge on Monday 13 November from 2.00pm to 4.00pm

To ensure we are representative of the diversity of Redbridge, we will be inviting applications to attend the focus group and will confirm whether you have been offered a place nearer the time.

For more information [click here](#)

Thomas Thorn

Media and Volunteer Support Officer

Tel : 020 3874 4124

Healthwatch Redbridge

3rd Floor, 103 Cranbrook Road Ilford IG1 4PU

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SOME CELEBRATIONS TO COME

Faith Festivals November 2017

1st November: All Saints' Day - Tradition: Christian

(In Western Churches; however the Catholic Church in England and Wales moves this festival to the nearest Sunday if it falls on a Saturday or a Monday.) Also known as All Hallows', originally All Martyrs', this day provides a chance to offer thanks for the work and witness of all Christian saints, recognising that not all are known or specially celebrated. Many churches stress this day rather than Hallowe'en, which falls the day before, by holding events especially designed for children. More Information: <http://www.churchyear.net/allsaints.html> or <http://www.catholic.org/saints/allsaints/>

2nd November: All Souls' Day - Tradition: Christian

On this day in particular, the departed are remembered and prayers on their behalf are offered. This was originally a pagan festival which, since from earliest times Christians have prayed for the souls of the dead was merged into Christian liturgy as European population converted to Christianity. In the year 998 All Souls, 'the faithful departed', began to be remembered in the Church calendar on this day "The theological basis for the feast is the doctrine that the souls which, on departing from the body, are not perfectly cleansed from venial sins, or have not fully atoned for past transgressions, are debarred from the Beatific Vision, and that the faithful on earth can help them by prayers, alms deeds and especially by the sacrifice of the Mass". Thus souls must stay in purgatory until sufficiently cleansed to enter paradise. Source <http://www.newadvent.org/cathen/01315b.htm>. More Information: <http://www.diocesealex.org/articles/2014/10/why-do-we-pray-dead-all-souls-day-nov-2> . For a historical perspective in Britain, see also <http://catholictradition.blogspot.co.uk/2009/11/all-hallows-eve-october-31.html>

4th November: Guru Nanak Dev Sahib's birthday - Tradition: Sikh

Born in 1469 CE, Nanak was the first Sikh Guru. To celebrate significant birthdays such as his, an Akhand path, a complete uninterrupted reading of the Guru Granth Sahib, is begun about two days earlier, so that it will be finished on the morning of the festival. Sikhs gather at the gurdwara to hear sermons and lectures (katha) and sing hymns (kirtan) about the life of the first Guru. The congregation will share a meal (langar) donated, prepared by volunteers and shared among all the community present. The Gurdwaras are usually illuminated and there are firework displays. More Information: It is believed that Sikhism is originated in Punjab, which is now in India and Pakistan during 16th century. Now more than 20 million people follow Sikhism worldwide, mostly staying in India. Sikhism is recognized as one of the youngest religions in the world. Sikhism was founded by Guru Nanak and his nine successors (considered as ten Gurus of Sikhism). Guru Nanak was born in the year of 1469. He spreads a simple message "Ek Onkar" means "We are all one, with the One Creator of all Creation". Guru Nanak's students were known as Sikhs, the word "Sikh" means "seeker of truth". The scripture of the Sikhs is known as "Sri Guru Granth Sahib" considered as their living Guru, the hymns of the Gurus they refer are known as Gurbani, and their place of worship is known as "Gurdwara". The Ten Gurus of Sikhism are Guru Nanak, Guru Angad, Guru Amar Das, Guru Ram Das, Guru Arjan, Guru Har Gobind, Guru Har Rai, Guru Har Krishan, Guru Tegh Bahadur, and Guru Gobind Singh.

The Noble teachings of Sikhism are: 1) there is only one God and the name of the God is Truth, 2) recognize inner truth through meditation and chanting, 3) live a simple and honest life, 4) treat everyone equally, 5) serve others. Source <http://www.calendarlabs.com/calendars/religious/sikh-calendar.php> . For a short illustrated biography of Guru Nanak see <http://www.sikh-history.com/sikhhist/gurus/nanak1.html>

4th November: Loy Kratong -Tradition: Buddhist

Loy Kratong is celebrated in most of the village and town temples in Thailand and often coincides with a temple's Kathina Day. Degradable baskets are made and filled with carefully folded banana leaves, incense sticks, a candle and sometimes a coin. These are then launched on rivers, canals ponds or the sea, while a wish for good fortune is offered to the spirits of the water. Eels and turtles are sometimes liberated into the water at this time. Thai forest temples in the UK will not observe Loy Kratong. For more <http://festivalasia.net/festivals/Loi-Krathong-2015.html>

12th November: Remembrance Sunday --Tradition: All faith and none

This commemorated on the Sunday nearest to Armistice Day (11th November), it is devoted to the solemn remembrance of the dead of the two World Wars and subsequent wars. Prayer services occur at the Cenotaph in London and war memorials all over the country. A moment of silence at 11 a.m. is generally observed. This year's Remembrance Sunday is all the more important that it falls during the remembrance marking the centenary anniversary of the First World War. More at: <http://www.britishlegion.org.uk/remembrance/how-we-remember/remembrance-sunday/> and <http://www.timeanddate.com/holidays/uk/remembrance-sunday>

14th November: Anapasati Day --Tradition: Buddhist

The last day on which the Kathina may be held. On the final day of the three months long Rains Retreat, observed by monks in the Theravada tradition, or at some time during the month that follows it, cloth is presented to the Sangha by members of the lay Buddhist community. This is then transformed into a Kathina robe, made up by sewing patches of cloth together, and is presented by the monks present to one particular monk, often an especially deserving or virtuous one, in a special ceremony conducted by four of his colleagues. The laity are able to gain merit for themselves by watching the ceremony. Source: <https://www.interfaith.org.uk/resources/2016-religious-festivals>

24th November: Martyrdom of Guru Tegh Bahadur - Tradition: Sikh (Nanakshahi calendar)

Born in Amritsar, Guru Tegh Bahadur was the ninth of the ten Gurus who founded Sikhism. He is honoured and remembered as the man who championed the rights for all religious freedom. He taught liberation from attachment, fear and dependence. Strength should be gained through truth, worship, sacrifice and knowledge. During the reign of Mughal Emperor Aurangzeb, Islam was imposed on the people. Hindu temples were demolished and turned into mosques, higher taxes were charged to non-Muslims and the Emperor persecuted those who would not conform to Islamic law. Guru Tegh Bahadur spoke out amid this persecution, upholding the right of Kashmiri Hindus to worship in the manner of his or her choice. He refused to convert to Islam and in 1675, he was publicly beheaded opposite the Red Fort in Delhi. In so doing he sacrificed his head rather than his faith, on behalf of individual Indians who had turned to him for help. The site of his execution was later turned into an important Gurdwara. He's also remembered for his poetry, much of which is included in the Guru Granth Sahib. For more <http://www.sikhs.org/guru9.htm> and <http://www.sikhnet.com/news/martyrdom-guru-tegh-bahadur-sikh-thanksgiving>

30th November: Saint Andrew's Day – Tradition: Christian

Saint Andrew is the patron saint of Scotland, Greece and Russia and was Christ's first disciple. He was crucified at Patras in Greece and has been patron saint of Scotland since the 8th century. In the Anglican Communion he is associated with missionary activity. Saint Andrew's Day is Scotland National Holiday. For more <http://www.saintandrew.us/> or <http://www.educationscotland.gov.uk/resources/s/standrewsday.asp>

Disclaimer:

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