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## REDBRIDGE FAITH FORUM LOOKING FORWARD

**Wednesday, July 18th – 7 pm RFF Fundraiser Quiz at The Drive Methodist Church Hall** – tickets £5 a head – please ask your friends to join you and book a table (teams of 8) or you can book an individual place as we will match people to teams. Please get in touch to reserve your ticket! Via email [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) or telephone 0208 708 2478 and leave a message with your contact details on the answerphone.







**Tuesday, 24th July – RFF Network Meeting 12noon – 1.30pm (registration from 11.45)**  
**Gloucester Room of Central Library, Clements Road Ilford**

**Topic – Your Health Matters** - This is your opportunity to be consulted about proposed changes to urgent community care services in Redbridge, ask questions and feedback your views. Our second speaker will be Dr Pamela Nkyi, Public Health Principal who will be informing us about a new London Wide initiative to improve mental health and well being “Thrive LDN”. Please email [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) to reserve your place so we can cater refreshments appropriately.



**Sunday, 23<sup>rd</sup> September – Annual Multifaith Walk of Peace**

- |                |  |   |
|----------------|--|---|
| <b>1.00pm</b>  | <b>Meet at the Holocaust Memorial Garden, Valentines Park, Ilford (Cranbrook Rd entrance) &amp; listen to a talk from a member of the Jewish community</b>   |  |
| <b>1.45pm</b>  | <b>Arrive at the Buddhist Vihara at 9 Balfour Road IG1 4HP– refreshments available. (Shoes to be removed if entering the prayer room). Talk at 1.30pm</b>  |  |
| <b>2.15 pm</b> | <b>Depart Vihara to continue Walk</b>  |   |
| <b>2.30 pm</b> | <b>Arrive at the Hindu Temple, 43 Cleveland Road IG1 1EE (Shoes to be removed when entering temple). Talk at 2.35 pm</b>   |  |
| <b>2.45 pm</b> | <b>Depart Temple to continue Walk</b>  |   |
| <b>2.50 pm</b> | <b>Arrive at Ilford Islamic Community Centre 52 - 56 Albert Road IG1 1HW – Refreshments available. Talk at 2.45 pm (There will be an opportunity to visit the Mosque (where shoes need to be removed &amp; women are required to cover heads.)</b> |  |
| <b>3.20 pm</b> | <b>Depart Community Centre to continue Walk</b>  |   |

**3.30 pm**      **Arrive at Vine Church**, Riches Road, IG1 1JH Talk at 3.35pm



**4.00 pm**      **Depart Church to continue Walk.**

**4.20 pm**      **Arrive at Karamsar Gurdwara, 400 High Road IG1 1TW** (*Shoes to be removed & men & women will be required to cover heads - head coverings supplied if necessary*).



**Please note that everyone is invited to attend the Langar at the Gurdwara to enjoy a vegetarian meal**

### **Tuesday 30th October – RFF Network Meeting**

Our October meeting will be held in the Gloucester Room, Central Library, Clements Road 12noon-1.30pm. Topic to be confirmed.

## **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:** ☆

- Rabbi Lawrence Becker
- Angela Banner

#### **Muslim:** ☪

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

#### **Sikh:** ੴ

- Harbans Singh Seehra
- Harmander Singh

#### **Baha'i:** ۞

- Carol Khorsandyon

#### **Buddhist:** ☸

- Rev P Hemaratana
- Dr Suhasini

#### **Jain:** ॐ

- vacancy

#### **Zoroastrian:** 𐬰𐬀𐬎𐬌

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 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](mailto:faith.forum@redbridge.gov.uk)

## HAVE YOUR SAY – COMMUNITY URGENT CARE SERVICES

Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups have launched a consultation to look at how we can improve the way community urgent care services are accessed locally.

Community urgent care services provide same day care and advice for people with urgent, but not life threatening, physical and mental health issues. These include our GP out of hours service, our seven GP access hubs and four local walk-in services.

We've spoken extensively to local people and stakeholders over the last three years and their feedback has informed our proposals. Local people tell us they find services confusing and this often means they go to A&E when they could be seen elsewhere. They've asked for it to be easier to get advice and get an urgent appointment when they need to be seen.

To help make it easier for people to choose the right service when they have an urgent health need, we are seeking feedback on our proposals to make more urgent appointments bookable in advance by calling NHS 111, as well as the below two options:

- **Option 1:** Patients can walk in or book urgent appointments at four Urgent Treatment Centres, at King George Hospital, Queen's Hospital, Harold Wood Polyclinic and Barking Community Hospital. Bookable appointments available at eight community urgent care service locations, and no walk-in service at Loxford Polyclinic or South Hornchurch Health Centre.
- **Option 2:** Patients can walk in or book urgent appointments at two Urgent Treatment Centres, - King George Hospital and Queen's Hospital. Bookable appointments available at ten community urgent care service locations, and no walk-in service at Harold Wood Polyclinic, Barking Community Hospital, Loxford Polyclinic or South Hornchurch Health Centre.

The consultation is not proposing any changes to emergency care services or changes to the A&E services at any of our local hospitals.

To find out more, please read the consultation document and respond to our questionnaire. These are available on our websites:

- <http://www.redbridgeccg.nhs.uk/urgent-care>

The twelve-week consultation will run until **5pm, 21 August 2018** and we will actively seek feedback from

members of the public and stakeholders via an online questionnaire and a series of presentations and public drop-in sessions, details of which will be on our websites.

We are keen to speak to as many people as possible about our proposals. If you'd like us to come and talk to your group or organisation, please get in touch by emailing: [haveyoursay.bhr@nhs.net](mailto:haveyoursay.bhr@nhs.net)

Please share this widely across your networks – we want to hear from as many people as possible.

**Dr Arnold Fertig**

Independent GP

BHR CCGs

**Khalil Ali**

Lay member for Public Participation

Redbridge CCG

## CAN YOU HELP?

- Why not volunteer to become a Co-opted Member of a Scrutiny body?
- Do you live or work in Redbridge?
- Are you able to investigate issues in an unbiased way?
- Can you spare some time to attend a few meetings a year?

If you can answer yes to the above, then volunteering as a Co-opted Member could be for you and the Council is currently looking for interested people to fill the following vacancies

2 Non statutory Voluntary Co-opted Member vacancies on the Health Scrutiny Committee  
2 Non-statutory voluntary Co-opted Member vacancies on the External Scrutiny Panel

If you are interested email the scrutiny team at Redbridge Council on [scrutiny@redbridge.gov.uk](mailto:scrutiny@redbridge.gov.uk) or telephone 0208 708 2739 or 0208708 2465 for further information. Closing date is Friday 14 September 2018.

## EVENTS TO COME IN REDBRIDGE

### Redbridge Music Fest

*Sunday 8th July 11am-3.30pm Walled Garden, Valentines Mansion Gardens Emerson Road, Ilford IG1 4XA*

Redbridge Music Lounge and Redbridge Green Fair Music Club will once again be running their popular live music sessions amid the beautiful Valentines Mansion Gardens, in the welcoming surroundings of the Gardener's Cottage Cafe.

A feast of musical pleasure will be provided by many high quality musicians and singers from in and around Redbridge, mixing folk and jazz, soft rock and classical, pop and country, and everything around and in between!

A limited amount of seating will be available so you may prefer to bring your own chairs or picnic blankets. Free admission.

### A Walk in the Forest

*Tuesday 10 July Meet at 11 am at the Cafe in Hainault Forest Country Park opposite the first car park)*

This involves a non-strenuous very gentle stroll around the lake and a chance to relax and socialise at the café afterwards

**Come Dine at Papillon Restaurant, Brook Parade, Chigwell \*New \***

Tuesday 10<sup>th</sup> July 7.00 for 7.30 pm

Councillor Debbie Kaur-Thiara is the new Mayor of Redbridge for 2018/19 and has chosen to support local charity ELHAP during her Mayoral year. This fundraising event is a meal at an Italian restaurant. Tickets are £25 which includes a welcome drink and a two course meal.

To book a place contact Mary O'Shea on 07748 155 680 or Joan Murphy on 07712 516424, or e-mail [redbridgemayorsappeal@hotmail.com](mailto:redbridgemayorsappeal@hotmail.com)

**Redbridge Music Lounge at The Cranbrook Centre, Valentines Park**

12.30-4.30 pm –Wednesdays 4 & 18 July & Thursdays 12 & 26 May Melbourne Gate, Melbourne Road IG1 4SB (for directions see [www.cranbrookcentre.london](http://www.cranbrookcentre.london))

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](mailto:criswyatt@aol.com) [www.rmluk.org](http://www.rmluk.org). Registered Charity 1151132

**Ilford Green Pop Up market**

Saturday 14<sup>th</sup> July 10am-2pm Salvation Army, 15 Clements Road, IG1 1BH

Stalls including upcycled goods, vintage stalls, recycled bikes café.

**Summer Medley Supper Concert at The Drive Methodist Church IG1 3PP \*New \***

Saturday 14<sup>th</sup> July 7.30 pm

Tickets £12 (including buffet supper) from 0208 550 5303.

**Festival In The Park – Disability Awareness Day**

Wednesday 18<sup>th</sup> July noon – 6pm at Christchurch Green, Woodbine Place Wanstead E11 2RH

This free festival aims to celebrate what people with a disability or mental ill-health can do in an inclusive and accessible way, with an exhibition of art created by people with a disability or mental ill-health, live acts, inclusive and accessible sports, information, arts and crafts, family activities and much more.

Frank Lampard Senior will be opening this exciting event and there will be music performed by local community groups as well as tribute bands. There are activities for people of all ages and abilities.

**Redbridge Community Day**

Thursday 30<sup>th</sup> August 10am-3pm High Road Central Ilford

All welcome to this community event with stalls and displays from public services and local voluntary groups..

## SOME CELEBRATIONS TO COME

### **1<sup>st</sup> July Sunday is Tirgan AKA Jashn-e Tirgan**

Tradition: **Zoroastrian.**

Jashn-e Tirgan is an ancient quarter year summer festival, celebrated about three months after the spring NoRuz. Tirgan is devoted to the divinity Tir and is associated with the dog-star Sirius and the coming of the rains in Iran and the fertility they bring. On this day it is customary to visit the Fire Temple to give thanks to Ahura Mazda, to participate in a jashan or thanksgiving ceremony, listen to stories of how the boundaries of Iran were established in antiquity with its Central Asian neighbour Turan (now Turkmenistan) by an archer shooting an arrow, share a community meal, play with 'rainbow' bracelets made of seven coloured silks, splash each other with water, and dance and make merry. This traditional Zoroastrian festival also celebrates the rainfall which is meant to bring assurance of bountiful harvest leading to prosperity. This is celebrated near water bodies where people play water sports, swim, splash water on one another, etc. It is also a custom to wear a rainbow coloured thread on the wrist on this day which is then set afloat in a stream after ten days. Source <http://www.123newyear.com/2015/zoroastrian-holidays-calendar.html>

### **10<sup>th</sup> July Tuesday is the Martyrdom of the Bab, (begins sundown on the 8th)**

Tradition: **Baha'i**

It marks the anniversary of the martyrdom of the Bab, the forerunner of Baha'u'llah, in 1850. Work is suspended on this day. For our- Baha'i friends, this major holy day is celebrated on the 9th July at noon and commemorates the events surrounding the death of the Báb in 1850. The Báb (a title meaning 'the Gate') had many followers but his beliefs did not meet with approval from the leaders of the state religion in Persia, and they decided he should be taken from prison and put to death. One of his young followers begged to be allowed to share his fate, and this wish was granted. An Armenian firing squad lined up and shot at the Báb and his follower, but when the smoke cleared, the young follower remained there unharmed and the Báb had gone. The Báb was found back in his cell, and the soldiers were so shaken by the 'miracle' that they refused to try to kill him again so a new regiment had to be called for. This time, when the squad opened fire the Báb and the follower died, and their bodies were thrown into a moat outside the town. The Báb's followers rescued the bodies, and years later, the remains were buried on Mount Carmel in Israel, in a shrine that is now a place of pilgrimage for Bahá'ís worldwide. To commemorate this day, Bahá'ís read special prayers at noon, which is the time the execution was scheduled for. This is also a day of rest, when Bahá'ís should not work. More <http://www.planetbahai.org/cgi-bin/articles.pl?article=30>

### **14<sup>th</sup> July (Saturday) Ratha Yatra**

Tradition: **Hindu**

'Chariot Journey'. This is observed most notably at Puri in the Indian state of Orissa, where processions of thousands of devotees pull huge waggons (*rathas*) supporting images of Krishna. He is known under the name of 'Jagannath', (Lord of the Universe), from which the English term 'juggernaut' comes. Krishna is attended on his journey by his brother and sister. The festival and others like it are celebrated in Britain with processions through various parts of London on appropriate Sundays. Source: <https://www.interfaith.org.uk/resources/religious-festivalshttps://www.interfaith.org.uk/resources/religious-festivals>

### **15<sup>th</sup>/16<sup>th</sup> July (Sunday/Monday), Chokor (also CHO KOR DU CHEN)**



Tradition: **Buddhist**

This Tibetan/Nepalese festival commemorates the first teaching (the turning of the wheel of law) given by the historical Buddha. It is a colourful and relaxed mid-summer festival in which statues of the Buddha and copies of the scriptures, engraved on narrow, rectangular wooden blocks, are carried round the district with music and jollity, symbolising the promulgation of the Buddha's teaching. The whole community, clerical and lay, male and female, joins in the processions and the picnics that follow. Source <https://www.interfaith.org.uk/resources/religious-festivals>

## **22<sup>nd</sup> July (Sunday) Tisha B'av**

Tradition: **Jewish**

This is the saddest day of the Jewish calendar. A full day fast is held at the conclusion of three weeks of mourning, while reflecting on the destruction of the first and second Temples in Jerusalem. Other tragedies in Jewish history are also recalled, many of which have coincidentally happened on this day. The Book of Lamentations is read at this time. Source:

<http://www.interfaith.org.uk/resources/2016-religious-festivals/august>

## **27<sup>th</sup> July Friday, Dharma Day AKA Asalha Puja day**

Tradition: **Buddhist**

It marks the beginning of the Buddha's teaching. The word Dharma can be translated as truth and is the term used for the path to enlightenment, or the Buddhist teaching. Soon after his Enlightenment, the Buddha went to find his former disciples and share his experience with them. This event could be seen as the start of the Buddhist religion, and is what Dharma day celebrates. Dharma Day is usually celebrated with readings from the Buddhist scriptures, and is an opportunity to reflect deeply on their content. If an individual practices Buddhism within a monastic tradition, Dharma Day is, wherever possible, celebrated in a temple, Buddhist centre or monastery in the presence of monks or nuns. The first teaching to the Buddha's original five disciples is known as "The First Turning of the Wheel of the Dharma (Dharmachakra)." For more:

<http://www.buddhapadipa.org/event-write-up/asalha-puja-day/> and the story <http://www.dmc.tv/pages/en/scoop/Asalha-Puja-Day.html>

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