

## *Table of Contents*

<b>REDBRIDGE FAITH FORUM LOOKING FORWARD</b>	<b>2</b>
Celebrating Interfaith Week Wednesday 13 <sup>th</sup> November Lunch 12 – 2pm	2
<b>REDBRIDGE FAITH FORUM LOOKING BACK</b>	<b>2</b>
Tuesday, 29 October 11.45-1.30 pm Network Meeting “Cancer Support in Redbridge”	2
<b>NOVEMBER FAITH FESTIVALS</b>	<b>3</b>
<b>REDBRIDGE FAITH FORUM</b>	<b>3</b>
What is it and what does it do?	3
Current Trustees	3
<b>DID YOU KNOW?</b>	<b>4</b>
Our blood testing departments will be closed next week	4
Opportunity for Carers to test an App designed to educate about pressure sore prevention	5
Opportunities to Get Active in Redbridge	5
Free Counter Terrorism Awareness Briefing for Faith Communities.	6
PASTORAL CARE TEAM CO-ORDINATOR VACANCY, ST FRANCIS HOSPICE	6
<b>EVENTS TO COME</b>	<b>6</b>
Moving Together Towards Peace – A labyrinth walk by candle light	6
Remembrance Services in Redbridge	7
Afternoon Tea with Barkingside 21	8
St Peters Christmas Market	8
Barkingside 21 Coffee Morning	8

## REDBRIDGE FAITH FORUM LOOKING FORWARD

***Celebrating Interfaith Week Wednesday 13<sup>th</sup> November Lunch 12 – 2pm***

Redbridge Faith Forum is organising an interfaith lunch on **Wednesday 13<sup>th</sup> November** at the Old Courthouse Karamsar Centre, Buckingham Rd, Ilford – places must be booked in advance. A vegetarian Indian Buffet meal will be served including soft drinks, and tea. RFF Members - £10 a head, Non Members £12 a head. Please book your place by emailing the office at



[faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) or phone 0208 708 2478.

## REDBRIDGE FAITH FORUM LOOKING BACK

***Tuesday, 29 October 11.45-1.30 pm Network Meeting "Cancer Support in Redbridge"***  
**Hindu community Centre, Albert Road IG1**

This network meeting aimed to raise awareness of the support that is available in Redbridge in the community for cancer patients and their families and proved to be a very informative and well attended event.

Everyone received a very warm welcome to the VHP Community Centre from VHP Chair, Alok Upadaya and then heard from two Redbridge GPs Dr Vaibhav Mathukia and Dr Hema Giridhar about the NHS screening services for bowel, cervical and breast cancer. Unfortunately the take up of screening services is very low in Redbridge but early diagnosis is vital to prolong life expectancy so it will be so helpful to encourage others to participate in both the cancer screening programme and the NHS immunisations programme.

Rajiv Bhattacharjee and Zeba Rashid of Macmillan Cancer Relief then spoke about the information and support the charity offers to people living with cancer and their families. This includes physical, emotional and financial support delivered via Macmillan centres in hospitals, mobile information units, and the telephone support line which includes access to clinical advice and online chat forums.

Jan Scott and Karen Freeman from St Francis Hospice explained about the services and support available both at the hospice and in the community with the "Tea & Talk at Toby" monthly support group and the "Hospice at Home Service". Patient support includes outpatient support groups and activities at the hospice, in patient respite care to assist pain management, and bereavement support. Jan encouraged everyone to think carefully about preparing an "End of Life" Care Plan very much as

mothers are encouraged to do these days and prepare a “Birthing Plan” in readiness for the delivery. To think about the “where”, “what” and “who” in advance can bring peace of mind and avoid people ending their lives in A&E, or in ambulances which can be distressing. Charlotte Wender spoke about the opportunities to get involved in fundraising for the hospice and reminded us that hospices only receive limited NHS funding and have to make up the difference by raising funds.

Steve Smith of Redbridge Vision spoke about the extensive exercise on referral schemes that Redbridge Vision offers following a referral from a health professional – these include cancer rehabilitation and programmes for other chronic health conditions and obesity. The schemes only cost £12 for a 12 week programme and then participants are offered the opportunity to take out discounted membership of the leisure centre which includes access to many different classes.

Mike Palfreman, CEO of Haven House explained that this hospice cares for children and young people up to the age of 18 who have life limiting conditions. Currently 20% of their users are cancer patients (75 children) – support offered to children and their families includes respite inpatient care, therapeutic play, music therapy, working with families to build memories, and bereavement support. Haven House is now working in partnership with St Francis Hospice to provide a transition service and a young adults group. The hospice also works closely with the Whipps Cross Oncology Unit and Great Ormond Street Children’s Hospital. There are many fundraising and volunteering opportunities available to help support the hospice.

Redbridge Faith Forum is very grateful to PowHr Advocacy Services, Healthwatch Redbridge, Macmillan Cancer Care, Redbridge Vision, St Francis Hospice and Haven House who all manned information stands and were happy to speak to participants on a one to one basis at the end of the event. A more in-depth report of the event will be available on our website later.

## **NOVEMBER FAITH FESTIVALS**

Our multi-faith calendar detailing this month’s festivals can be found on our website under resources just follow this link [here](#)

## **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 Rev Bernardino Mandlate  
**Hindu:** ॐ Vinaya Sharma, Appathurai Ramkumar, Pratibha Datta  
**Jewish:** ☆ Rabbi Larry Becker, Angela Banner  
**Muslim:** ☪ Mo Dedat (Treasurer), Mohamed Omer (Chair), Imam Khurram Rafiq  
**Sikh:** ੴ Harbans Singh Seehra, Harmander Singh  
**Buddhist:** ☸ Rev P Hemaratana, Dr Suhasini  
**Bahai** Carol Khorsandyon

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, invitations to all events, able to vote at AGM – suggested donation £10 per year.

**Voluntary organisations** - £20 per annum.

**Place of Worship** - £30 per annum

If you would like to become a RFF member please email [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk)

## DID YOU KNOW?

## *Our blood testing departments will be closed next week*

**Posted** Wednesday, 30 October 2019 by Communications and Engagement

Our drop-in blood testing clinics at Queen's and King George hospitals will be closed from Monday 4 until Sunday 10 November.

We have taken the difficult decision to close these outpatient services so we can focus on running a safe service for our inpatients and those brought into our emergency departments during strike action by some of our biomedical scientists.

Clinics in the community where your blood can be taken are open as usual – you can find out where [these are located on our website](#). Your support in postponing non-urgent blood tests until after the strike would be greatly appreciated and would help us to ensure we can provide a safe service for patients who absolutely do need blood to be taken and analysed during this period.

However, if you do think you need an urgent blood test, please speak to your GP who will be able to advise you.

Our blood testing departments will reopen at 9am on Monday 11 November.

Please be aware our oncology and ante-natal and paediatric blood testing services at Queen's Hospital will be open as usual, as well as our ante-natal and paediatric service at King George Hospital.

The industrial action is due to a dispute between our Trust and the union Unite over our plans to introduce a 24/7 shift system in our Pathology department, which would help us to provide

safer care to our patients, as well as bring us into line with other trusts who already operate this system.

Currently we run a voluntary overtime system to cover out of hours; however, this represents a risk to our patients as it is dependent on the availability of staff. A rota system, on which we consulted with our staff in 2017, would help us to ensure a robust, safe and high quality service.

Chris Bown, our interim Chief Executive, said: "Our number one priority is providing our patients with a safe, high quality service, 24 hours a day, seven days a week.

"The changes we're introducing will ensure we have the right staffing cover and reduce the risk of not being able to get the right staff, particularly out of hours.

"We know that most of our staff acknowledge this is the best way to care for our patients, therefore we are disappointed that the union has implemented strike action, despite our continued efforts to engage with them."

### ***Opportunity for Carers to test an App designed to educate about pressure sore prevention***

*Care City is looking for family carers in North East London to test iCare, an app locally developed by professionals and carers, that focuses on education about pressure ulcer prevention. The app is currently available in English and includes a mix of 2-3 minute videos and animations. The aim of this pilot is to understand if the app is useful and how it impacts carers confidence in their caring role.*

*We also recognise pressure ulcer education is not relevant to every carer however, once we have collected feedback about the current module, the aim is to develop this app further, including information about other topics relevant to carers.*

*To participate in the pilot you will need access to a smart phone and you must be willing to use the app for a 6 week period. Gift vouchers will be sent as a thank you to participants. For more information, please call 03003001548 or visit [www.carecity.london](http://www.carecity.london).*

### ***Opportunities to Get Active in Redbridge***

Redbridge Vision's sport and health team aim to encourage people across Redbridge to get active so they can live a healthy lifestyle. Classes include "Walking Football", "Pregnancy Yoga", "Classes for Mums and under 5s", "Falls prevention programme with Age UK" and school based activities plus exercise on referral schemes. Everything can be found on VisionRCL website (<https://visionrcl.org.uk/sport-health-physical-fitness/community/>).

Other activities provided in the borough are:

- *Supporting local sports clubs*
- *Supporting and developing coaches and volunteers*
- *Weight Management*
- *Health Initiatives*
- *Youth Competitions and Tournaments*
- *Inclusion & Disability*
- *Women Only Sessions*
- *Range of Physical Activity Sessions*

- *Walk to Health Programme*
- *Family, Fit and Fun*

### **Free Counter Terrorism Awareness Briefing for Faith Communities.**

As the current threat level from terrorism is at SEVERE which means an attack is highly likely, the Counter Terrorism team at Ilford police station are happy to come and deliver a briefing to your community members at your chosen date/time. The ACT project is a Home office led initiative to promote and encourage members of the community to work in partnership with the police to report, deter and detect terrorist activity and crime.

The briefing session provides essential knowledge in counter terrorism awareness to both help prevent an attack and to know what to do if caught up in one and usually takes two hours to deliver. For further queries and to book a session please PC TICKNER or PC HUSSAIN on 0208 345 2601 or e-mail [PSOMailbox-.CTPEA@met.police.uk](mailto:PSOMailbox-.CTPEA@met.police.uk)

### **PASTORAL CARE TEAM CO-ORDINATOR VACANCY, ST FRANCIS HOSPICE**

Variable hours - up to 37.5 hours per week - starting at: £28,945

Are you passionate about good end of life care and leading the development of Spiritual and Religious Care of all Patients, Individuals, Staff & Volunteers both within the hospice and in the community? If so we would like to hear from you

This is an excellent opportunity for an individual with relevant experience within this area of work i.e. be an Ordained Minister or equivalent with excellent skills, abilities and knowledge to lead our Pastoral Care Team and supporting others in their search for meaning, faith and hope. Also to provide an informed ethical, theological, spiritual and pastoral resource for patients and individuals and as part of the hospices education and training programme.

If you would like to discuss this job opportunity or arrange an informal visit please contact Tracie Brennan, Head of Therapy & Well Being Services on 01708 753319 Ext 2264.

If you would like to apply for the Pastoral Care Team Co-Ordinator position, please complete your application online via NHS Jobs, [www.jobs.nhs.uk](http://www.jobs.nhs.uk). The job reference number is [J283-220](#).

CLOSING DATE 10.11.19 - INTERVIEW DATE: 28.11.19

### **EVENTS TO COME**

**Moving Together Towards Peace – A labyrinth walk by candle light**  
**Saturday 2<sup>nd</sup> November 6.30pm-8.15pm at Wanstead Quaker Meeting House**



During this time of national disquiet, Wanstead Quakers warmly invite you to join us and share a free, peaceful community experience on the evening of Saturday 2 November: *Moving Together Towards Peace: A labyrinth walk by candle light*.

Labyrinths have been used for centuries as a walking meditation, and are found all over the world in many different cultures, from India to Iceland. They are accessible for people of all faiths and none. A labyrinth is not a maze: the experience is not about getting lost, but about a single path - perhaps the path of life that we are all on, together. On 2 November we will use an indoor labyrinth, laid out on the floor like a carpet to walk on. We will use electric tea lights for safety.

Venue: Wanstead Quaker Meeting House, Bush Road. Doors open at 6pm for children and young people (with an accompanying adult) and at 6.30pm for all visitors. Last entry is at 8.15pm.

The event is free for all, with a collection for Quaker Peace Work. No need to book, just come along. Light refreshments will be available during the evening. Enquiries welcome: contact our Clerk, Jan Sellers, at [quakerclerkwanstead@gmail.com](mailto:quakerclerkwanstead@gmail.com)

Transport: Bicycle parking to rear of building on right; main entrance at front (now with improved lighting) and car parking at the front.

- The W19 and 145 bus from Ilford, and W19 from Walthamstow, stop in Bush Road very close by
- Other buses (to Green Man Roundabout): 66, 145, 257, W13, W14, W19
- Leytonstone Underground Station (Central Line: Church Lane exit) 15 minutes walk away
- Leytonstone High Road Station (Overground) 20 minutes walk away.

**Moving Together Towards Peace**  
**- A Labyrinth Walk by Candle Light**

During a time of national disquiet, Wanstead Quakers invite you to share a peaceful labyrinth experience together



Labyrinths have been used for centuries as a walking meditation ... the path leads you to the centre of the labyrinth and back out again ... all you need do is enter and follow the path ...

**Saturday Nov 2nd, 2019**  
**Wanstead Quaker Meeting House, Bush Rd, E11 3AU**

Doors open 6.00pm for children, young people (& accompanying adults)  
Doors open 6.30 pm for all visitors; last entry 8.15pm

Light refreshments | Free to all, with a collection for Quaker Peace Work

**ALL ENQUIRIES : [quakerclerkwanstead@gmail.com](mailto:quakerclerkwanstead@gmail.com)**

## ***EU Settlement Drop In Sessions***

**Monday 4<sup>th</sup> & Tuesday 5<sup>th</sup> November 10am-1pm at Redbridge Central**

These sessions are to help individuals apply for the settlement scheme and are open to council staff and Redbridge residents.

## **Remembrance Services in Redbridge**

### **Saturday, 9th November @ Woodford War Memorial**

Dedication of the Field of Remembrance, High Road, South Woodford. Arranged by Revd Canon Ian Tarrant. Please assemble at St Mary's Church Hall, High Road, South Woodford at 8:40am. The Service will commence at 9:00am.

### **Sunday, 10<sup>th</sup> November @ Ilford War Memorial**

Civic Service of Remembrance, Memorial Gardens, Eastern Avenue, Newbury Park, arranged by the Council in liaison with the Royal British Legion.

Please arrive by 10:40am for the Service, which begins at 10:50am. Past Mayors, Councillors, Officers and their guests are requested to proceed to the area reserved for them. Please note that the gates will be closed at 10:40am and access after this time will be to the public area only.

**Sunday, 10<sup>th</sup> November @ Hainault War Memorial**

Service to be arranged by Councillor Roy Emmett at the Hainault War Memorial, Manford Way and will commence at 10.45am.

**Sunday, 10<sup>th</sup> November @ Wanstead War Memorial**

Service arranged by Cllr Daniel Morgan-Thomas at the Wanstead War Memorial, High Street, Wanstead and will commence at 12.30pm.

**Monday, 11<sup>th</sup> November @ Fairlop Waters Country Park**

Service arranged by Fairlop Heritage Group at Fairlop Waters Country Park, Forest Road, Barkingside at 10.45am.

**Monday 11<sup>th</sup> November @ Snaresbrook Garden of Remembrance**

Service to be arranged by Colin Cronin, former Councillor. Please arrive by 10:45am

**Afternoon Tea with Barkingside 21**

Thursday 14<sup>th</sup> November 2-4pm at Sweet, Barkingside High Street

This is an informal social event – everyone welcome. Cup of tea or coffee and a patisserie for £3 per head.

**St Peters Christmas Market**

Saturday 16<sup>th</sup> November 10am-4pm Aldborough Road North

Entrance is free – many stalls in the church hall including Christmas goods and cards, games, toys, books, home- made cakes and preserves, toiletries

**Barkingside 21 Coffee Morning**

Tuesday, 26<sup>th</sup> November 2019 - 9.45 am for 10am-11am – Hainault Room Fullwell Cross Library

This event is free and open to anyone and everyone. Topic “The Future of Leisure and Culture in Redbridge” with speaker: Linda Perham, (Trustee Vision Redbridge Culture & Leisure)

For further details email [Barkingside21@btinternet.com](mailto:Barkingside21@btinternet.com)

Redbridge Faith Forum does not accept any liability or losses of any kind caused as a result of information relating to the use of this email or attendance at events advertised. All links in the Redbridge Faith Forum e-Newsletter have been selected using a standard links protocol. Links are provided for information and convenience only. Redbridge Faith Forum cannot accept responsibility for the content of sites linked to and none of the links represent any endorsement by Redbridge Faith Forum. We cannot guarantee that these links will work all of the time neither have we any control over the availability of linked pages.