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REDBRIDGE FAITH FORUM LOOKING FORWARD

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

This event is one of our quarterly public network meetings and everyone attending will receive a very warm welcome so please save the date and come along.

It aims to raise awareness of the support that is available in Redbridge in the community for cancer patients and their families. Cancer affects many people and it is often the case that people do not know how to offer support to an individual and their family following diagnosis. This event therefore will be a great opportunity for people with pastoral responsibilities in their communities to enable them to signpost appropriately to the help that is available but may not be common knowledge.

Speakers from different organisations (including two Redbridge GPs) will give short introductory talks about cancer screening services, symptoms to look out for and highlighting the help that is available in the community. Information will also be given about local support groups, complementary therapies, cancer rehabilitation exercise on referral scheme, telephone support lines, support for children and teenagers.

There will be a break in the programme for people to browse the information stalls and speak directly to professionals and voluntary organisations

The venue is fully accessible and close to bus routes and car parks - just a few minutes' walk from Central Library in Clements Road . From Clements Road just walk through the underpass next to the library which takes you into Mildmay Road, turn right at the end of Mildmay Road into Albert Road and the Community Centre is just a short walk along (after the Islamic Community Centre). There is a car park in Mildmay Road accessed via Albert Road.

Please do contact the office if you can help publicise this event - posters are available click [here](#)

Celebrating Interfaith Week Wednesday 13th November Lunch 12 - 2pm

Redbridge Faith Forum are organising an interfaith lunch on **Wednesday 13th November** at the Old Courthouse Karamsar Centre, Buckingham Rd, Ilford – tickets available and places must be booked in advance. A vegetarian Indian Buffet meal will be serviced including soft drinks, tea and coffee.

RFF Members - £10 a head Non Members £12 a head. Please book your place by emailing the office on faith.forum@redbridge.gov.uk or phone 0208 708 2478.

REDBRIDGE FAITH FORUM LOOKING BACK

Sunday, 15th September - 1.00-4.30pm RFF Multi-faith Walk "Caring for Creation"

Our ever popular well attended Multi-faith Walk of Peace took place in beautiful sunshine on Sunday 15th September 2019 commencing at 12.45pm in the Holocaust Memorial Garden in Valentines Park with a greeting from the Redbridge Mayor, Councillor Zulfiqar Hussain followed by a talk from Rabbi Lawrence Becker.

Walkers received wonderful hospitality enroute visiting the following venues

Buddhist Vihara 8 Balfour Road IG1 4HP

Hindu VHP Temple, 4 Cleveland Road IG1

Ilford Islamic Centre, 52 Albert Road IG1 1HW

St Albans Church, Albert Road IG1 1HW

Karamsar Gurdwara, 400 High Road IG1 1TW

It was so encouraging to hear similar messages from each faith community encouraging everyone to increase their efforts to care for creation in a world that is suffering so much from the effects of climate change.

Look on our website for photos from the event by clicking [here](#)

OCTOBER 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

DID YOU KNOW?

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*

Opportunity to "Double the Difference" to help mothers & children in Sierra Leone

Knowing what to feed your baby can be impossible if you have never been given the knowledge and support you need. It can be even harder if you don't have the money to buy varied and nutritious food.

That is why Health Poverty Action is raising money to train local Community Health Workers to support mums with nutritional knowledge, teach families how to raise livestock, set up nutritious community gardens and give cooking demonstrations to new parents in their villages. Our maternal health appeal will also ensure that rural health clinics have all the health knowledge and equipment they need to diagnose and treat malnourished families.

And what makes this appeal extra special and exciting is that **all donations between 1 October and 31 December will be doubled! Your support will make DOUBLE THE DIFFERENCE to families in Sierra Leone- WOW!**

What can you do?

1. Between October and December, encourage your faith group to take a collection. Whether you attend a church, mosque, synagogue or other faith group, you can support our work by collecting donations one week when you gather for communal worship.
2. Organise a March for Mothers- a sponsored walk to improve the health of your faith group whilst supporting the health of a community in Sierra Leone!



Will I get any help?

We can provide you with everything you need to make a difference. Please contact Georgia: g.staunton@healthpovertyaction.org to find out more!

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

HAVE YOUR SAY – CURRENT CONSULTATIONS

Consultation on Council Tax Reduction Scheme for working households

Redbridge Council are considering changes to the Council Tax Reduction Scheme for working age households for 2020/21. In April 2013, the government abolished Council Tax Benefit and asked local Councils to design their own Council Tax Reduction schemes for working age claimants. Since April 2013, Government funding for the Council Tax Reduction Scheme has reduced year on year. The Council do not pass this full cut on to residents and has chosen to subsidise the scheme to provide the current level of support. The council is now consulting on its plans to change to an income banded scheme – click the link below to give your views –

<https://engagement.redbridge.gov.uk/resources/council-tax-reduction-scheme-2020-21/>

Consultation closes 3 November 2019

EVENTS TO COME

Three Faiths Forum

Thursday 10th October 8pm at the big al-Madina Mosque, Victoria Road IG11 8PY

Speakers:

Allama Sadiq Qureshi, Revd. Tom Britt, Rabbi Lisa Barratt

Meeting to be followed by light refreshments.

Advance notice – next meeting Thursday 19th December at Valentines Mansion 7-9pm

Macmillan Cancer Support Mobile Information Bus

Friday, 11th October 9am to 2pm Ken Aston Square Barkingside High Street

Come and visit the bus to find out about how Macmillan can help Redbridge residents and their families following a diagnosis of cancer. The bus will be parked on the area inbetween Fullwell Cross Leisure Centre and the Library.

Mayor's Appeal Quiz Night

Friday, 11th October (7pm for 7.30 pm start) at Town Hall, 128-142 High Road IG1 1DD

Spaces going fast! - Come challenge the Mayor of Redbridge on Quiz Night at his charity event.

Bring a team of up to 10 members – or join one on the day.

Tickets are £15 (including refreshments)

To reserve a place

Email: redbridgemayorsappeal@hotmail.com

Tel: 020 8708 2297 Mob: 07985 161112

Proceeds go to the Mayor's two chosen local charities: **Healthy Living Projects** which is based at the Welcome Centre in Ilford and **Imagine Independence (Mental Health)**. Healthy Living Projects provides accommodation and support for rough sleepers in Redbridge who find themselves on the streets and Imagine Independence is dedicated to helping local people who are experiencing mental health issues, providing valuable support in developing skills, housing and employment.

Redbridge Institute Mental Health Festival 2019

Thursday 10th October 2019 – 12 noon to 3 pm Gaysham Avnue, Ilford IG 2 6TD

The Festival brings together partners from the voluntary and public sectors to promote support and services focused on mental health and wellbeing.

They will also be running taster sessions throughout the day for the following activities:

- **Meditation sessions** at 12.00pm and 12.30pm
- **Yoga sessions** at 11.30am, 12.15pm and 1pm
- **Beading workshops**

Further Information

For more details call 020 8550 2398 or visit www.redbridge-iae.ac.uk

Afternoon Tea with Barkingside 21

Thursday 10th October 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.

Newbridge School Autumn Fete

Saturday 12th October 2-5pm at Barley Lane Campus (opposite King George Hospital)

Entrance is free – many stalls in the main hall including games, toys, books, jewellery, bric a brac etc

Music Fest in Walled Garden, Valentines Mansion

Saturday, 13th October 2019 – 11am to 4.30 pm

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

Redbridge Music Lounge at The Cranbrook Centre, Valentines Park

Wednesdays 2, 16 & 30 October & Thursdays 10 & 24 October - 12.30-4.30 pm at Melbourne Gate, Melbourne Road IG1 4SB (for directions see 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 www.rmluk.org. Registered Charity 1151132

East London Interfaith Mini Festival

Saturday, 19th October 1.30-6.00 pm at Muslim Community Centre, 4 Eton Road Ilford IG1 2UE

This has been arranged as a part of the SuperSisters project to celebrate the the different and distinct faith communities in East London. The programme will include panel discussions with faith leaders and young women of faith, live artistic performances and children's activities.

Barkingside 21 Coffee Morning

Tuesday, 22nd October 2019 - 9.45 am for 10am-11am – Hainault Room Fullwell Cross Library

This event is free and open to anyone and everyone. Topic "Redbridge Wildlife with the Nature Conservation Rangers

For further details email Barkingside21@btinternet.com

Mayor 's Appeal – Celebrate Diwali

Monday 28th October 2019 6.30 pm - Sir James Hawkey Hall, Broadmead Road, Woodford Green

Tickets £30 including 3 course meal, live entertainment and bhangra lessons.

To reserve a place

Email: redbridgemayorsappeal@hotmail.com

Tel: 020 8708 2297 Mob: 07985 161112

Mothers Safeguarding Champions – 6 week course

Commencing Saturday 21st September at VHP Hindu Centre, 43 Cleveland Road Ilford

MOTHERS SAFEGUARDING CHAMPIONS

INTERNET AND SOCIAL MEDIA SAFETY
FREE TRAINING FOR MOTHERS

Specialist training for mothers delivered by a highly experienced female trainer. The sessions are set in a safe confidential space where topics to do with child safety are discussed. Mothers are encouraged to express their views and share experiences.

LEARN

- How to keep children safe when using the social media and internet
- What do children use social media for
- Apps
- Online grooming
- Extremism, Racism, Propaganda

DEVELOP

- Your skills for supporting your children
- Personal development
- Professional development
- Understanding of local resources and opportunities
- Confidence

Includes free day trip to visit the Houses of Parliament and you will receive a certificate.

The course starts in September 2019, runs for one hour, once a week in the morning and in a local venue for 6 weeks. The course is free, refreshments are provided throughout. No previous experience of the internet or social media required.

DON'T MISS OUT!

Please contact member of staff or Javeria Coleridge on 07943 936 125 or javeria@sky.com

AURETY



Make Friends
Social Media
Protecting Children
Coffee Morning
Internet
Lunch with Mothers
Learn Skills
Instagram
Twitter
Snap Chat

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