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## REDBRIDGE FAITH FORUM LOOKING FORWARD

**Network Meeting – Tuesday, 28<sup>th</sup> January at Redbridge Central Library (Gloucester Room)**

Please save the date for our first 2020 network meeting which will be on a topic of interest to those of all faiths and none. Network 12 noon to 1.30pm – Registration from 11.45 am.

## REDBRIDGE FAITH FORUM LOOKING BACK

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

Members and friends of Redbridge Faith Forum celebrated National Interfaith Week by sharing a delicious 3 course buffet lunch at the Karamsar Centre in Buckingham Road, Ilford.

This gave everyone the opportunity to chat socially, thus forming bridges across different faiths as well as enjoying a fun interfaith quiz, a prize draw and seeing a powerpoint presentation depicting many Redbridge Faith Forum Events.



## Celebrating Mitzvah Day & Interfaith Week



This year Redbridge Faith Forum partnered with Jewish Care and many of our member faith communities to collect non-food items for Redbridge Food Bank. A total of 24 boxes were collected from faith venues including the Buddhist Vihara, VHP Hindu Temple, Muslim Gardens of Peace Cemetery, Ilford Islamic Centre, St John the Baptist Church and the Karamsar Gurdwara.

Pictured are Naomi Shaanan-Eisen of Jewish Care with Jacquie Grieve of St John the Baptist Church.

## DECEMBER 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 Sehra, 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?

*Opportunity to participate in story telling workshop about “You, Me, the World and Redbridge”*

For the past six years [take stock exchange](http://www.takestockexchange.co.uk) have been delivering projects in boroughs throughout East London. We begin 2020 in Redbridge with a borough wide project, taking place throughout January and February. We're trying to engage as broad and diverse a collection of groups of people to work with as possible, and we're sure it's something everyone would benefit from.

### What We Do & Why

The idea behind TSX's work is pretty simple. Each project, we try to work with as wide a range of groups as possible - so, schools, community groups, faith groups, businesses, local government and many, many others! We visit these groups and find ways to empower people to talk to each other, and listen to each other, to tell and listen to stories about their experiences living and working in the local area. We then share those stories with the other people and groups we're working with, and vice versa - a bit like a story exchange. The project gives people a chance to be creative and express themselves, but also to hear from other people, understand their experiences a little better, and have reason to feel a greater sense of belonging to the place they live or work.

### We'd love you to be involved!

How it works: We would visit you twice. The first time to run a storytelling workshop, where participants would learn storytelling skills, share stories of their own, and listen to others. The second time, we would tell some of the stories we've collected from the other groups we've worked with - and tell participants how other people responded to the stories they shared with us in the previous workshop. At the project's culmination, we will invite all of the groups we've worked with, as well as other members of the public, to come together to eat a meal and listen to a retelling of a collection of stories. Groups we work with can take part in one, two or all parts of the project and we can work with groups of up to 30 participants.

**The project is fully funded by Arts Council England and Vision Redbridge and delivered entirely free.**

To find out more about taking part please contact Anna at [hello@takestockexchange.co.uk](mailto:hello@takestockexchange.co.uk) or on the phone – 07854423991.

[www.takestockexchange.co.uk](http://www.takestockexchange.co.uk)

## English for Every Day Project

Redbridge Institute has successfully won a bid to deliver the Integrated Communities English Language Programme (English for Every Day) in London with five other partners. This is a project funded by the Ministry of Housing Communities and Local Government (MHCLG). We are one of six organisations in the UK to have achieved this. The project aims to improve social integration within boroughs and offer ESOL classes to those that are hard to reach.

We are offering free English classes to people who do not have English as their first language. We have successfully built partnerships with various organisations across London boroughs and are keen to continue to reach out to many more. Our existing cohorts have benefitted hugely from the project. This project has helped learners communicate better and they have enjoyed the classes and enrichment activities that they have attended

The project is due to end in March 2020 and we are keen to reach out to as many people as possible.

If you believe that your organisation could benefit from the project, then please do not hesitate to get in touch with our project leader.

Nasreen Akhtar

Project Manager: English for Every Day

[Nasreen.akhtar@redbridge-iae.ac.uk](mailto:Nasreen.akhtar@redbridge-iae.ac.uk)

020 8498 8767

## 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*

## EVENTS TO COME



## Ilford Historical Society Meeting

Monday 9<sup>th</sup> December 7.30pm Gloucester Room, Redbridge Central Library IG1

Where was this hut, and what were all these people doing there?

And what did Walter Stevens have to do with Santa Claus?

**Speaker Dr Colin Runeckles**

**Visitors welcome £3, free refreshments.**

[Jef.Page100@talktalk.net](mailto:Jef.Page100@talktalk.net)



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

Wednesdays 11 December & Thursdays 5 & 9 December - 12.30-4.30 pm at 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

## Afternoon Tea with Barkingside 21

Thursday 12<sup>th</sup> December 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.

## Three Faiths Forum End of Year Party

Thursday, 19<sup>th</sup> December from 7.30 pm St Mary's Memorial Hall, 209 High Road E18 2PA

Party to celebrate Chanukah, the Prophet's Birthday and Christmas. Everybody is welcome to bring along their musical instruments to play, songs to sing or poems to read. Please bring along lots of food and drink to share.

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