

Redbridge Faith Forum E-News Bulletin September 2020

We do hope that this bulletin finds you safe and well. Although our office is closed we are continuing to work remotely to update you with helpful information both via e-news bulletins and website posts so please do keep in touch and send us any details of any information or events you would like us to promote. In view of the current ongoing risk of covid19 transmission we have decided to postpone our Walk of Peace which was originally planned to take place on 15th September but are hoping to arrange a virtual event during Interfaith Week in November.

Our first two mental wellbeing workshops in partnership with NHS Talking Therapies were very popular and well received and we will be planning further workshops in the autumn/winter. Reports of these are available on our website.

You are warmly welcomed to join us for our forthcoming AGM :-

TUESDAY 8TH September 2020 7pm-7.40pm
ANNUAL GENERAL MEETING

Booking details:

Email faith.forum@redbridge.gov.uk to reserve your place - we will email the 'zoom link' to join the meeting nearer to the time.

LOOKING FORWARD

Working for Carers – Employability Workshops September 2020

Eligibility criteria for carers to attend the workshops are:

- Unpaid carer not in any form of paid employment (including zero hour contract and self-employment)
- 25 years and over
- Right to live and work in UK

If you fit the above criteria you are eligible to access free workshops on zoom as follows

2 nd September 11am – 1 pm	Confidence Building and Transferable Skills
9 th September 11am – 1 pm	CV Writing & Effective Job Search
16 th September 11am-1 pm	Interview Skills

Please click on this link to apply to join

<https://us19.list-manage.com/survey?u=f3e7d87efdff502f0c6057e19&id=6d7a8cffa4>

Free Workshops – are you a Bystander or an Upstander? – early September 2020

Since the onset of COVID-19, far-right factions have used the virus to sow racial and religious division within society by blaming ethnic minorities for its spread

Are you someone concerned about the threat of the far-right? Keen to challenge hate and bigotry? Want to learn from other cross-sector community practitioners?

If so you may like to sign up to our two free “Faiths Forum for London” training sessions which will take you through the key trends, tactics and players of the far-right, and other issues related to Islamophobia, anti-Semitism, hate speech, and community activism.

The sessions start this week and will take place online over Zoom.

Sign up here: https://protect-eu.mimecast.com/s/Er_CXrj4sXVkBixKD2x?domain=forms.gle

For more info please visit: <http://faithsforum.com/beyond-dialogue-programme/>

GOOD TO KNOW:- Redbridge Big Bulb Giveaway

Redbridge Council Big Bulb Giveaway as part of their work to improve local neighbourhoods, they will be giving away spring bulbs to the community again this October, and encouraging everyone to plant them as part of the **Redbridge Big Bulb Planting Weekend between Friday 16 and Sunday 18 October**. This is part of a borough wide movement to bring everybody together to beautify our streets and bring a smile to people’s faces.

The bulbs can be planted in spaces that benefits the community such as public shrub beds and raised planters within the grounds of schools, community or faith centres (planting areas do not include private gardens or land, Vision RCL parks and sites, grass verges, grassed areas and tree pits, as this can damage the tree roots).

To request bulbs please complete the [online form](#). The deadline for applications is Sunday 20th September 2020. The plants are available in limited amounts and will be given out on a first come first serve basis. Bulb types include: daffodils, tulips, crocuses, snowdrops and grape hyacinths.

The bulbs will be delivered to successful applicants in time for the Planting Weekend, whilst ensuring social distancing measures are implemented.

The social media hashtag is #RedbridgeBulbs – please share your photos of how you get on. Please find more information about the giveaway and campaign at <https://www.redbridge.gov.uk/our-streets/spruce-up-your-neighbourhood/>

Opportunity to run a socially distanced marathon – 4th October

Sikhs In The City (SITC) are a well-established running group based in East London. The group have decided to hold their own socially distanced marathon for runners who can no longer participate in the London Marathon after the event was cancelled and made for elite runners only due to health and safety concerns .

They are inviting 100 London Marathon charity participants to complete a specially marked route in Redbridge that consist of 26.2 miles with them on Sunday 4th October at 10am. The race will start at the junction of Woodford Bridge Road and Roding Lane South where throughout the race runners will keep to the socially distancing guidelines set out by Parkrun.

SITC are asking runners to donate £10 to go toward their project to build a multi-use eco-friendly Clubhouse, which will be used by the local community to encourage health and wellbeing. If you would like to take part and sign up for the event please go to the group's [Go Fund Me page](#) to make a donation with your full name written.

Flu Vaccination Survey

Influenza (flu) can be a serious disease. Many people die from flu every year and many more need to go to hospital and yet flu is preventable by vaccination.

Help the NHS in north east London this winter by sharing your views about flu vaccination.

Whether or not you had the flu vaccine last year, and whether or not you intend to have it this year, we would like to know what you think.

Your views will help us to understand why people choose to either have, or not have, the vaccine. The information you provide will also help us to communicate clearly about the flu vaccine.

The survey should take about 5 to 10 minutes. All your responses will remain confidential and anonymous. Your information will be processed and protected in accordance with the Data Protection Act, and not retained any longer than is necessary.

A link to the survey is here: <https://www.surveymonkey.co.uk/r/RF2FRS7>

The closing date for responses is **Sunday 13 September (5pm)**.

If you need this survey in a different format or language, contact stuart.hosker1@nhs.net.

Shape how Customer Service is delivered by the council.

Are you able to spare some time to talk to the Head of Customer Service, Sue Austin about what works well, not so well and what you would like to see change or improved for our residents?

The London Borough of Redbridge will be running a number of online workshops the week commencing Monday 7 September using Microsoft Teams to hear what your thoughts are on their Customer Service. They are looking for examples of good and bad service, any suggested changes and your thoughts around going digital.

If you would like to participate [sign-up using Eventbrite](#) and a meeting invite will be sent out the day before.

The workshops will be held on;

- Tuesday 8 September 10:30-12:30
- Wednesday 9 September 14:30-16:30
- Thursday 10 September 10:30-12:30
- Thursday 10 September 10:30-12:30

An Opportunity to view an inspiring and compelling documentary “Besa – The Promise”

Redbridge Faith Forum arranged viewings of this film several years ago and it is now available to watch from the website ukjewishfilm.org.

It is a compelling documentary that reveals the little known history of Albanians, mostly Muslims, who risked their lives sheltering Jews during WWII, following the ancient moral code of besa (a promise).

The film tells a remarkable story of the gentle, thoughtful Albanian toyshop owner Rexhep Hoxha in his quest to find the Jewish family his father sheltered and to return the sacred books left in his care sixty years ago.

Click on this link: <https://ukjewishfilm.org/film/besa-the-promise/> - cost is £2.99 to view online

Featuring original music by Philip Glass and striking portraits by American photographer Norman H. Gershman, this is a truly inspiring tale of simple humanity, bravery and the possibility of co-existence.

Winner: Best Documentary, Washington Jewish Film Festival 2013