

## Redbridge Faith Forum E-News Bulletin October 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.

This is the link to the current advice regarding social distancing to stay safe [Coronavirus \(COVID-19\): Meeting with others safely \(social distancing\)](#) In view of the current ongoing risk of covid19 transmission our events will continue to be held virtually for the time being.

Our AGM was held virtually on 8<sup>th</sup> September, at which Rabbi Larry Becker retired from trusteeship and Mr Oren Rosenman was appointed to take his place,, We extend our thanks to Rabbi Becker for his long and dedicated service as a trustee of RFF and are delighted to welcome Mr Rosenmann.

We are very much looking forward to our October Network Meeting which falls into half-term and therefore gives us the opportunity to hear from some Redbridge Young People. Please do save the date to join us then.

11<sup>th</sup>-18<sup>th</sup> October is the Week of Prayer for World Peace – the International prayer for peace is as follows:

*Lead me from death to life, from falsehood to truth*

*Lead me from despair to hope, from fear to trust*

*Lead me from hate to love, from war to peace*

*Let peace fill our hearts, our world, our universe.*

There are many resources including daily prayers on the website

[www.weekofprayerforworldpeace.com](http://www.weekofprayerforworldpeace.com)

**TUESDAY 27<sup>TH</sup> OCTOBER 12 noon – Redbridge a Child Friendly Borough?**

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### **RFF Network Meeting on Zoom**

<https://us02web.zoom.us/j/85397035338?pwd=YTdaNHZBay9YYXlQbWtBM09rMmllZz09>

**Meeting ID: 853 9703 5338**

**Passcode: RFF 234**

**Redbridge Faith Forum (Charity 1118675) warmly invites you to join us for our October Quarterly Network Meeting – all are welcome to this free event.**

**This will be your opportunity to:**

- 1. Hear about Redbridge's bid to become a Unicef accredited child friendly borough – find out what is involved and progress to date.**
- 2. Learn how the new Out of Schools Setting Service can benefit children's and youth organisations in the borough through its membership scheme**

3. Hear from Redbridge Young People about their experience of living in Redbridge and being involved in Redbridge Youth Council, Ambassador Panel and Children In Care Council.
4. And ask your questions.



## LOOKING FORWARD

### Working for Carers – Employability Workshops October 2020

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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

7 <sup>th</sup> October 11am – 1 pm	Confidence Building and Transferable Skills
14 <sup>th</sup> October 11am – 1 pm	CV Writing & Effective Job Search
21 <sup>st</sup> October 11am-1 pm	Interview Skills

Please click on this link to apply to join

<https://us19.list-manage.com/survey?u=f3e7d87efdff502f0c6057e19&id=6fbb380db1>

### Free Mental Wellbeing Workshops to mark World Mental Health Day

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#### Managing anxiety related to coronavirus

Online workshop on Thursday, 8<sup>th</sup> October 2020, 12.00 – 13.00

Many of us will have experienced worry, sadness, trouble concentrating or sleeping, or even physical symptoms of anxiety during the last 7 or so months. This talk led by Redbridge Talking Therapies provides opportunities to hear about how to manage anxieties during this period of time. To register for this event click: <https://www.eventbrite.co.uk/e/world-mental-health-day-workshops-tickets-123726580533>

#### Grief, loss and bereavement related to coronavirus online workshop

Online workshop on Tuesday, 27<sup>th</sup> October 2020, 11:30am - 12:30pm

We have all been through some enormous changes during this coronavirus pandemic. Some of us have experienced loss of different types, including the profound loss experienced when someone close to us dies. Even if you have not been bereaved recently, this session led by Redbridge Talking Therapies may help you understand past feelings, or those of your friends and colleagues. To register

for this event click: <https://www.eventbrite.co.uk/e/world-mental-health-day-workshops-tickets-123726580533>

## Free Unicef Webinar – 5<sup>th</sup> November 2020

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On Thursday 5th November from 11am-1pm the Out of Schools Settings team are running a free webinar. 'How UNICEF Rights respecting awards can help develop your Out of School Setting' 'You have probably heard of children's rights but did you know that understanding them and using them can improve your work with and for children? This webinar, delivered by UNICEF, will introduce you to the UN Convention on the Rights of the Child and help you to see its importance in today's world. This knowledge will support every aspect of your work with children and young people especially around their safety, wellbeing and engagement with your setting. This award is usually only given to mainstream schools but is now being offered specifically to Out of School Settings in our borough. Financial assistance towards the award is being offered via the Out of Schools Settings Membership scheme. Places are limited. Please sign up and register [here](#)

## GOOD TO KNOW:- FREE ONLINE PARENTING PROGRAMME

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### Online parenting programme for Redbridge residents

Redbridge public health are delighted to announce that staff and can now access an innovative ONLINE course about children, worth £39, completely **free of charge**. Understanding Your Child is put together by the Solihull Approach, an accredited, evidence based approach established 20 years ago by psychologists, health visitors and other health professionals.

Using the Access Code: **BRIDGE** at [www.ourplace.co.uk](http://www.ourplace.co.uk) you can register for your own account and revisit the course indefinitely without paying a penny.

Understanding Your Child is for parents, grandparents, carers, and professionals caring for children aged 0-18 years. It looks at brain development, play, styles of parenting, sleep, temper tantrums, and more.



parents

## STOPTOBER – Free service to support smokers to stop smoking

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**Stoptober is an annual national campaign throughout the month of October to encourage smokers to quit for good. Evidence shows that if a smoker can quit for 28 days, they are five times more likely to quit for good. The campaign is even more important this year, as smokers are 14x more likely to suffer severe consequences from COVID-19.**

The Redbridge Stop Smoking service is FREE for individuals living, working, studying or registered with a GP in Redbridge. It delivers a 6 week programme which includes weekly 1:1 behavioural support + pharmacotherapy. The combination of both of these elements increases chances of quitting by around 3x

compared to no support at all. Amidst the COVID-19 pandemic, the team of Stop Smoking Practitioners have continued to deliver high quality patient-centred support virtually and it seems the virtual offer has been popular. For more information about the service and to refer, please visit our website:

<https://redbridge.everyonehealth.co.uk/>

## Flu Survey Results

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Thank you to everyone who completed our survey about why people choose to either have, or not have, the flu vaccine. Your feedback is essential to help us make sure our flu vaccination programme works for local people. The insight gained from this survey will help to support how we communicate and engage north east London residents on the importance of getting the flu vaccine this year.

Our key takeaways from the survey were:

- Around four in five people that we spoke to intend to get their flu vaccine this year – however 24% said they have chosen not to have it, or have yet to make a decision.
- Nearly two in five people said that the pandemic has made them more likely to get their flu vaccine this winter.
- Perceived negative side effects, a sense of not needing the vaccine despite being in at-risk groups, and not believing in the vaccine are the key barriers for not getting their flu vaccine.
- Of those we spoke to, nearly four in five people were confident in their perception of the flu vaccine's effectiveness.

To take action on these insights, we will look to:

- Be clear on who is at-risk of the flu virus and their eligibility for getting the flu vaccine.
- Promote the importance of getting the free flu vaccine in this unprecedented year.
- Explore the perceived barriers stopping at-risk people from getting vaccinated and work directly with community groups and trusted voices within our communities to address concerns at a grassroots level.

We really appreciate your time and look forward to your feedback in future surveys.

## The NHS is open

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Barking, Havering and Redbridge University Hospitals NHS Trust (BHRUT) has created an animated video to support patients going for treatment. It acknowledges that many people are worried about attending hospital and provides reassurance that it is safe to do so. You can watch the video online by clicking here <https://explainmyprocedure.com/bhr-covidsafe-english>