

Redbridge Faith Forum E-News Bulletin – May 2021

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 to faith.forum@redbridge.gov.uk.

LOOKING BACK

RFF NETWORK MEETING “WE SAY NO TO DOMESTIC ABUSE” – 27.4.21

A very informative and well attended network was held on 27th April - a full report will be uploaded to the website in due course. Trustees spoke about the topic from their respective faith perspectives and Miranda Black, Jane Hogge and Paree Banu gave a comprehensive presentation explaining the different forms abuse can take, the warning signs, what “not to say” and signposting information.

Things to Avoid Saying or Thinking

People sometimes say “*all couples argue*” but abuse and disagreement are not the same thing.

“*She provoked him*” saying this places blame on the victim.

“*It is a private matter*” – this condones the abuse.

“*If it’s that bad, you’d leave*” – this minimises the reasons why victims stay – victims need understanding not judgement.

“*I think you should*” – this is disempowering – victims have managed up to this point – they are experts in their own lives – any decision needs to be their choice.

How to Respond

It is important to Listen (without judgement) / Believe/ Signpost – if someone is in danger always ring 999.

Local Organisations

In Redbridge contact Reach Out on 0800 1456410 – lines open Monday-Friday 9 am to 5 pm or email Reachout@redbridge.gov.uk. This service will listen and believe a victim and can implement a quick response with safety planning and connect to Refuge and other services. High risk referrals will be referred to MARAC (Multi-Agency Response” and other services such as Free Your Mind for children who have suffered domestic abuse. Refuge is a local service for Redbridge residents who are victims of gender-based violence
Phone: 0800 169 7759 (Mon-Fri, 9am-5pm) - Email: redbridgevawg@refuge.org.uk

National Organisations

National Domestic Abuse Helpline – 0800 2000 247 - 24 hour advice and support regarding domestic abuse

Rape Crisis Helpline – 0808 802 9999 -For women who have experienced sexual violence

Galop – 0800 999 5428 - Support for LGBTQ+ people experiencing violence, including domestic abuse

Men’s Advice Line - 0808 8010327 - For male domestic abuse survivors

Karma Nirvana - 0800 5999 247 - Helpline for ‘Honour’-based abuse and Forced Marriage

Bright Sky - A free mobile app providing support and information

LOOKING FORWARD TO OTHER EVENTS

Public Health Briefing – 4 May 2021 17.00- 18.00

May Public Health Briefing, with Professor Kevin Fenton (London Regional Director of Public Health England) and Martin Machray (Joint Chief Nurse for London).

Here are the details:

Zoom: Meeting ID: 936 4011 7170

Passcode: 522119

<https://zoom.us/j/93640117170?pwd=UHNPC3pYd1JJb01yNUJlRVlXV2Zz09>

WHERE NATURE MEETS FAITH WEBINARS - TUESDAY EVENING IN MAY

This summer, Faiths Forum for London in partnership with Faith for the Climate, Faiths United Youth Network, The Royal Parks London, Hindu Climate Action, Bahu Trust, EcoSikh, EcoSynagogue, Women's Interfaith Network & Eco Dharma Network will be exploring issues of faith, sustainability, nature and our environment in the run up to the COP26 in Glasgow, through a webinar series titled "[Where Nature Meets Faith](#)". Each webinar will delve into different teachings of faith to help us in our understanding of climate justice.

The first one hour webinar is in less than two weeks on **Tuesday 4th May at 7pm!** This webinar will explore the important intersection of **Christianity and Islam** and our religious duty to experience and protect nature. This promises to be a fascinating and informative talk - click [HERE](#) to register.

The schedule for future webinars is outlined below:

- Webinar 2: **Where Nature Meets Faith: from a Zoroastrian & Baha'i Perspective.** Tuesday 11th May, 7pm - click [HERE](#) to register.
- Webinar 3: **Where Nature Meets Faith: from a Buddhist & Jain Perspective.** Tuesday 18th May, 7pm - click [HERE](#) to register.
- Webinar 4: **Where Nature Meets Faith: from a Hindu & Sikh Perspective.** Tuesday 25th May, 7pm - click [HERE](#) to register.
- Webinar 5: **Where Nature Meets Faith: from a Jewish Perspective & Guided Walks Info.** Tuesday 1st June, 7pm - click [HERE](#) to register.

Participants will also be invited to exclusive guided walks led by The Royal Parks London through Regents Park in June where there will be a photography competition with prizes including the chance to have your photo featured in a nature magazine!

[Click here for more information and to register](#)

Redbridge Carers Support Service. – Working for Carers Project FREE Zoom workshops for unpaid carers in May and June.

A series of Employability Workshops AND a series of Financial Wellbeing Workshops will be delivered by The Money Charity for carers who 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

Employability workshops- <https://us19.list-manage.com/survey?u=f3e7d87efdff502f0c6057e19&id=82c5e2c813>

Zoom Confidence Building and Transferable Skills 5th of May 2021 11am – 1pm

This interactive session is targeted at helping carers develop techniques to overcome low self-esteem and build confidence.

Writing, Effective Job Search and Interview Skills 13th of May 2021 11am – 1pm

This workshop will cover developing and revamping CV's, focused online job searching and practicing interview skills using the STAR technique.

Financial wellbeing workshop- <https://us19.list-manage.com/survey?u=f3e7d87efdff502f0c6057e19&id=1c79472258>

Zoom - Your Money in Challenging Times 19th May 2021 11am – 12.30 pm

Zoom - Financial Well-being 26th May 2021 11am – 1.00 pm

Zoom - Mind Your Money 9th June 2021 11am – 12.30 pm

Spaces are limited so please register as soon as possible. For queries please contact :

Phone: 020 8514 6251 **Email:** wfc@rcss.org.uk

Young Adult Carers Awareness Training

This training is intended for all staff who work with carers, and those providing frontline support to vulnerable young adults aged 14–30. There are at least 376,000 young adult carers in the UK and they are likely to be in every school, college, university and workplace. If you work with someone who has physical or mental health difficulties, a learning disability, alcohol/substance misuse, is ill, frail or elderly, then they could have a carer.

This free webinar will give participants the awareness and skills:

- to identify young adult carers
- to support them in their caring role
- to encourage them to have a life outside of caring
- to signpost young adult carers to appropriate sources of support.

Our next training session will be held over Zoom on **27 May 2021 from 10:00 to 11:30.**

If you would like to attend, please register using the following link:

<https://us02web.zoom.us/meeting/register/tZctce2gpz0jHNyuUq23KL-AV9dKqXADUWOO>

HAVE YOUR SAY

CONSULTATION – closes 31.5.021

There is the opportunity to participate in this consultation questionnaire linked to the [priority for 2020/21 on Child Sexual Abuse \(CSA\)](#).

The link to the on-line questionnaire is below:

<https://engagement.redbridge.gov.uk/childrens/0a132dc0>

It should only take around 10 minutes to complete. Responses will be collated and presented as part of a broader report to the RSCP later this year which will include self-assessments by statutory sector agencies.

If you have any queries contact Lesley Perry on 020 8708 5282 or via

Lesley.Perry@redbridge.gov.uk .

OTHER NEWS

Healthy Start Vouchers

From April 2021, the value of Healthy Start vouchers will increase from £3.10 to £4.25. This will provide additional support for pregnant women and families on lower incomes, to purchase healthy foods.

Healthy Start vouchers may be used to purchase fresh, frozen or tinned fruit and vegetables, fresh, dried or tinned pulses, plain cow's milk and infant formula. The scheme also allows claimants to receive Healthy Start vitamins.

To qualify for Healthy Start support, claimants need be at least 10 weeks pregnant or have a child under four years old and receive:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit with a family income of £16,190 or less per year
- Pension Credit
- Universal Credit with no earned income or total earned income of £408 or less per month for the family.

For more information on the Healthy Start scheme and how to apply visit:

www.healthystart.nhs.uk

#WhyWeCare. Foster for Redbridge.

Redbridge Foster Carers share why they care for the Borough's most vulnerable children as part of the Foster Care Fortnight #WhyWeCare campaign by recording their own poem.

Please take a look <https://www.youtube.com/watch?v=py0NMmSmtDM>

If you have a place in your heart and home to foster, please call us on 020 8708 6068 or email

fostering@redbridge.gov.uk or join us on our next virtual information session. Visit

www.redbridge.gov.uk/fostering to book a place.

BHR TRUST Camera capsule pilot

Catching cancer early is crucial and it is exciting news that BHR Trust is part of a national trial which will see [patients swallow a capsule containing a camera](#) to test for colorectal cancer.

The 20-month trial is being rolled out across 42 sites in the UK and HR is one of only two trusts in north east London offering this incredible technology

Public Health Information – useful links

Latest guidance for places of worship	https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic-from-4-july#history
Regular Rapid Testing	https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/
Booking Vaccination	https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/
Guidance on Covid – 19 vaccination and blood clotting	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/977653/PHE_COVID-19_AZ_vaccination_guide.pdf
Vaccination Guide	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/977653/PHE_COVID-19_AZ_vaccination_guide.pdf
Current restrictions	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/977566/COVID-19_Roadmap_Posters_STEP_2_2021_-_digital_.pdf https://booksbeyondwords.co.uk/coping-with-coronavirus
Vaccine Info Sheet	https://www.rcog.org.uk/globalassets/documents/guidelines/2021-01-12-covid-19-vaccine-info-sheet.pdf
Easy Read Vaccination Guide	https://www.ncic.nhs.uk/application/files/5116/1340/4803/PHE_11843_Covid-19_vaccination_Easy_Read_guide.pdf
Current Restrictions	https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do
Guidance for places of Worship	https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic-from-4-july/covid-19-guidance-for-the-safe-use-of-places-of-worship-from-2-december#how-can-places-of-worship-communicate-this-guidance-to-visitors
Vaccine Support for those with needle phobia	https://www.anxietyuk.org.uk/covid-19-vaccine-support/
JVCI Statement on AstraZeneca Vaccine	https://www.gov.uk/government/publications/use-of-the-astrazeneca-covid-19-vaccine-jcvi-statement/jcvi-statement-on-use-of-the-astrazeneca-covid-19-vaccine-7-april-2021
Translated coronavirus vaccine guidance for migrant and other excluded communities	https://www.doctorsoftheworld.org.uk/coronavirus-vaccine-information/
Link to register to our monthly briefing	https://www.london.gov.uk/coronavirus/volunteer-and-donate/public-health-briefings-community-voluntary-and-faith-groups

Blood clotting

[COVID-19 vaccination and blood clotting guide for adults](#)

This leaflet explains about the COVID-19 vaccination, providing further information on the AstraZeneca (AZ) and blood clots with guidance on benefits and risks, which should be given to anyone being offered their first or second AZ vaccination. It should be given to eligible people before they have the vaccine. There are large print, Braille and BSL versions available to order. Translated versions are to follow soon. Full stock available, please don't print large volumes as there is plenty of stock of paper copies. The web version is suitable for downloading and printing locally. The print version is suitable for professional printing.

Pregnancy/childbearing

[Vaccinations guide- childbearing/pregnant](#)

This COVID-19 vaccination guide which can be used to inform any eligible women who are of childbearing age, pregnant or breastfeeding about the vaccines. There are 19 other versions in Arabic, Albanian, Chinese, English French, Farsi, Kurdish, Hindi, Panjabi, Nepali, Polish, Romanian, Tagalog, Turkish, Spanish, Somali, Ukrainian and Urdu.

Myth Busting

Resources in ten languages to help debunk those common myths.

[British Islamic Medical Association](#)

General

[COVID-19 vaccination guide for Adults - Somali](#)

This is a Somali version of the COVID-19 vaccination guide which should be given to eligible adults. There are 19 other versions in Arabic, Albanian, Chinese, Bengali, English French, Farsi, Kurdish, Hindi, Panjabi, Polish, Panjabi, Nepalese, Romanian, Tagalog, Turkish, Spanish, Somali, Ukrainian and Urdu.

[What to expect after your COVID-19 vaccination - Somali](#)

This is a Somali version of the What to expect after your COVID-19 vaccination guide which should be give to everyone who has a COVID-19 vaccination with their record card. There are 19 other versions in Arabic, Albanian , Chinese, English, French, Farsi, Kurdish, Gujarati, Polish, Panjabi, Polish, Nepalese, Romanian, Tagalog, Turkish, Somali, Ukrainian and Urdu. There is also a Braille version and BSL videos to download or order.

[Easy Read video guide to getting the COVID-19 vaccine](#)

This is one of a set of 5 COVID-19 short videos for people with a learning disability and their carers to watch.

Everyone Health Ltd. - Know somebody who wants to quit smoking?

We offer a FREE 6 week programme for anyone over the age of 12 who lives, works, studies or is registered with a GP in Redbridge. We accept both professional and self-referrals. What are you waiting for?! Get in touch with us today - let's #QuitForCovid!

Phone number: 0333 005 0095

Text number: text QUIT to 60777

Email: eh.redbridge@nhs.net

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

GUIDED TOUR TO JERUSALEM AND THE HOLY LAND

Sunday 5th December – Sunday 12th December 2021

Led by: Rabbi David Hulbert, Revd. Richard Wyber & Imam Dr. Mohammed Fahim

The East London Three Faiths Forum are organising this trip visiting places in the Holy Land (both Israel and the Palestinian territories) sacred to our three faiths:

Jerusalem	<i>Al-Aqsa Mosque and Dome of the Rock Church of the Holy Sepulchre (Jesus' tomb) Western Wall Yad Vashem (Memorial to Holocaust victims)</i>
Bethlehem	<i>Jesus' birthplace</i>
Hebron	<i>Tombs of the Patriarchs</i>
Nazareth	<i>Jesus' home-town; site of the angel Gabriel's announcement to Mary</i>
Caesarea	<i>Capital of Judaea and major port in Roman times Boat-trip across the Sea of Galilee</i>

And many more!

COST **£1,500** per person, sharing twin room.

Includes:

Return coach from Woodford to Luton & Gatwick Airports

Return flights

Half-board in top-quality, modern hotels

Travel in comfortable air-conditioned tour coach

Qualified tour guide, with us for the whole week

All entrance fees

The **cost** is made up of a **deposit** of **£300**, payable immediately, that will buy your EasyJet ticket. The flight tickets will go up in price as the plane fills up, so it is important to commit yourself and secure this price as soon as you can.

The **balance** of **£1,200**, covering the hotels and the tour, will be payable at the beginning of November. This price is unlikely to change, unless there is a major change in the value of the £ against the \$.

If you would like to come, please send your name and full postal address to:

david.hulbert@whsmithnet.co.uk and you will be sent all the details and the booking form, with full terms and conditions.