

## **Redbridge Faith Forum E-News Bulletin – January 2022**

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](mailto:faith.forum@redbridge.gov.uk).

### **LOOKING FORWARD**

#### **NETWORK MEETING – TUESDAY 25<sup>th</sup> JANUARY AT NOON**

#### **Update on Homelessness & Provision for Rough Sleepers**

Redbridge Faith forum is inviting you to a scheduled Zoom meeting.

Time: Jan 25, 2022 12:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/84210665074>

Meeting ID: 842 1066 5074

(please note there is no passcode attendees will be admitted from the waiting room)

Please save the date and join us online for an update on these important topics from those working in this sector including Project Malachi (featured in this video - [Stephen's Story | Malachi Place | The Salvation Army - YouTube](#)) and the Wellcome Centre.

### **LOOKING BACK**

#### **CELEBRATING REDBRIDGE – WEDNESDAY 15 DECEMBER 12-1 pm**

This meeting was an opportunity to share views on:-

1. One thing you like about living in Redbridge
2. One thing you would like to change or improve
3. your experience with Redbridge council
4. What you would like the council to do more or less of in the community
5. What the council can do to improve its relationship with residents.

Attendees joined breakout rooms to facilitate discussion of this important topic prior to coming back together to feedback views. A common thread was the importance of clear communication from the council to residents together with a clarity around expectations of response times to enquiries. Some residents do not have wi-fi and are therefore unable to use digital means of communication and would prefer face to face contact which has been very much reduced during this pandemic. Many attendees remarked on the good community cohesion that exists within neighbourhoods in the borough and the vital role played by the voluntary sector. More interaction with ward councillors would be welcomed and more information on who to contact within the council over specific issues. The powerpoint presentation can be accessed by clicking [here](#)

## LOOKING FORWARD TO OTHER EVENTS

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### **Public Health Online Briefing - 11<sup>th</sup> January from 5pm**

This briefing for community, voluntary and faith groups will be discussing the topic: **Omicron and the booster vaccine**. The January briefing will be part of the [London Informed: Big Conversation community events](#), it will be in a webinar format for this month only and attendees are required to register in advance.

If you are interested in joining the webinar, **please register in advance via this link:** [https://us06web.zoom.us/webinar/register/WN\\_neXuomKnTyma2YXsmTpP\\_w](https://us06web.zoom.us/webinar/register/WN_neXuomKnTyma2YXsmTpP_w)

### **The Bereavement Journey - 13<sup>th</sup> January – 17<sup>th</sup> February**

All Saints Church, Inmans Row, Woodford Green IG8 0NH is hosting a six session course “The Bereavement Journey” for those are grieving the death of a loved one or struggling with the long term effects of loss. The sessions will run on Thursday afternoons commencing 13<sup>th</sup> January

Topics include: Attachment, Separation and Loss, Difficult Feelings, Rites of passage, The impact and pain of bereavement, Coping with others, Coping with change, Moving forward and an optional session at the end of the course on Questions of Faith.

If you would like to join this course there is also a brief registration [form](#). Please could you complete that and return to Helen Morris at the church [helen@asww.org.uk](mailto:helen@asww.org.uk) either electronically or via the office. Please note that there is no charge for this course. Thank you.

### **Living the Change – 1<sup>st</sup>-31<sup>st</sup> January 2022 - Climate Friendly Lives for People of Faith**

Greenfaith is an international inter faith group of people from around the world who are concerned for the well being of our planet. They have a new initiative for January – “living the change” a month long initiative for people to choose to adopt a low carbon lifestyle for the month and join a multi-faith community around the world journeying together. [www.timeforlivingthechange.net](http://www.timeforlivingthechange.net).

A flyer is available [https://livingthechange.net/site/2pagars/2\\_Pager-Eng.pdf](https://livingthechange.net/site/2pagars/2_Pager-Eng.pdf)

[https://www.livingthechange.net/time-for-living-the-change?link\\_id=1&can\\_id=11ee5c982568315760cfa6f0a2bad45b&source=email-were-so-glad-youre-here&email\\_referrer=email\\_1398972&email\\_subject=were-so-glad-youre-here](https://www.livingthechange.net/time-for-living-the-change?link_id=1&can_id=11ee5c982568315760cfa6f0a2bad45b&source=email-were-so-glad-youre-here&email_referrer=email_1398972&email_subject=were-so-glad-youre-here)

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## **HOLOCAUST MEMORIAL DAY – online Thursday, 27th January 11.00am**

A film is being made to commemorate Holocaust Memorial Day – the joining link will be posted on the council and Redbridge Vision website nearer the time. It will feature a number of speakers including the Mayor of Redbridge, Redbridge councillors, faith leaders and more.

The theme for Holocaust Memorial Day this year is One Day and resources are available from [www.hmd.org.uk](http://www.hmd.org.uk)

## **Wanting to work on yourself this year? Free courses!**

Redbridge Talking Therapies are offering a range of FREE group courses at the start of 2022. Whether you want to reduce your stress, cope better with worry, improve your mood or your confidence there's a group for everyone. These courses are facilitated by our qualified clinicians who will teach you about mental health, why you may feel the way you do, and give you techniques and skills to help you look after your wellbeing.

There's lots of information on our website about all the groups that we're running (including some videos from our clinicians) so you can browse through them and see which ones are relevant to you.

Whilst joining a group might feel intimidating, it's a great way to see that you're not alone in how you're feeling and meet others that have similar experiences. Many previous group attendees tell us that hearing from others is really helpful and reassuring. Our groups also tend not to have waiting lists so you may be able to access our service quicker than accessing individual treatments.

For more information visit [www.talkingtherapies.nelft.nhs.uk/Redbridge-Groups](http://www.talkingtherapies.nelft.nhs.uk/Redbridge-Groups). Or call 0300 1554—option 1 (open 9am–5pm, Monday–Friday)

### **List of groups – January/February 2022**

Depression and me – Thursdays 11am-1pm - Starts 6th January

Applied Relaxation - Tuesdays 3pm - Starts 11th January

Me and my baby - Tuesdays 1.30-3pm - Starts 11th January

Coping with worry – Wednesdays 12.30-1.30pm – Starts 12th January

Stress Management – Thursdays 2.30-3.30pm – Starts 13th January

Anxiety and Worry – Monday 2-4pm – Starts 17th January

Post -Traumatic Stress Disorder - Tuesdays 1.30-3pm – Starts 18th January

Mood Management – Fridays 11-12pm – Starts 21st January

Overcoming your inner critic – Mondays 12-1.30pm – Starts 24th January

Long Term Conditions – Tuesdays 10am-12pm – Starts 1st February

# VACCINATION CENTRES

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## Get your first, second or booster jab at our clinics



### Sir James Hawkey Hall

Broomhill Road, Woodford Green IG8 0BG  
open for walk-ins and appointments

Date	Clinic times
Thursday 6 January	8am-5pm
Saturday 8 January	8am-5pm
Thursday 13 January	8am-5pm
Saturday 15 January	8am-5pm
Thursday 20 January	8am-5pm
Saturday 22 January	8am-5pm
Thursday 27 January	8am-5pm
Saturday 29 January	8am-5pm

### Iford Town Hall

High Road, Ilford IG1 1DD  
open for walk-ins and appointments

Date	Clinic times
Saturday 8 January	10am-6pm
Saturday 15 January	8.15am-7.45pm
Sunday 16 January	8.15am-7.45pm
Saturday 22 January	8.15am-7.45pm
Sunday 23 January	8.15am-7.45pm
Saturday 29 January	8.15am-7.45pm
Sunday 30 January	8.15am-7.45pm

for more info visit [www.redbridge.gov.uk/vaccinations](http://www.redbridge.gov.uk/vaccinations)



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## HAVE YOUR SAY

### Police and Community Safety

Click on this link to give your views on the Mayor's priorities for policing and community safety in London Assembly's draft plan

<https://www.london.gov.uk/talk-london/have-your-say-draft-police-and-crime-plan>

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## DID YOU KNOW

## **Urgent Help for Young People with Mental Health**

Young people and their families in need of urgent help with their mental health can get free 24/7 support from trained NHS professionals by telephone.

The last 18 months have been particularly hard for young people's mental health and wellbeing. The NHS's survey of children and young people's mental health early this year found that one in six had a probable mental disorder – up from one in nine in 2017. Four in ten 6-16 year olds said their mental health had got worse since 2017, with only a fifth (21.8%) saying it had improved.

As a result, there has been an increase in people needing urgent support. Every mental health trust in London has put in place a dedicated phone line, supported by trained mental health advisors and clinicians, and open day and night, 365 days a year. The lines are free to call, and trained advisors can provide immediate help or signpost callers to other sources of support if necessary.

Find your local crisis line number [here](#).

## **TRY BEFORE YOU BIKE SCHEME**

Do you want to get into cycling for 2022 but are unsure if it's for you? Why not take advantage of the flexible Try Before You Bike scheme from Peddle My Wheels?

The Try Before You Bike scheme allows you to trial a bike before buying it for a monthly fee. You also get a free helmet, lights and lock and free maintenance calls while trialling your bike.

Children's, adults, folding and electric bikes are all available in the scheme.

If you decide cycling is not for you during the trial, your bike will be collected for free with nothing further to pay.

If you love the bike, you can buy it at a discounted price in full, with monthly payment plans or through a cycle to work scheme. <https://www.redbridge.gov.uk/roads-and-pavements/cycling/try-before-you-bike/>

## **DEADLINE FOR APPLICATION FOR PRIMARY SCHOOL ADMISSIONS**

If your child is due to start primary school in September 2022, you must apply online by **Saturday, 15 January 2022**.

You can choose up to six schools and put them in order of preference on your application. If you live in Redbridge, you must apply for a primary school place through Redbridge council even if the school you wish to send your child to is not in Redbridge.