

## Redbridge Faith Forum E-News Bulletin – July 2022

We do hope that this bulletin finds you safe and well. 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 TO OUR NEXT RFF EVENT:**

**Tuesday 26<sup>th</sup> July at 12 noon – “The Cost of Living Crisis”  
Network Meeting to be held at Vine United Reform Church, Riches Road;  
Ilford IG1 1JH**

Please join us for this event :-

- ❖ This is an opportunity to hear from LBR Welfare Benefits Manager about the financial support available, how to check eligibility and ask questions.
- ❖ Members of the Transition Ilford's Energy cafe project will share information about what they are doing to give energy saving advice in Ilford and also will talk about the food project.
- ❖ Plus there will be opportunity to discuss and share tips and suggestions for reducing costs.

Please email Saira at [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) to book your free place for this event; advance registration is appreciated but is not essential

### **LOOKING FORWARD TO OTHER EVENTS**

---

This month marks a very special time for the Muslims, it's the time of year when many Muslims will be going for Hajj (one of the five pillars of Islam) and also celebrating Eid al Adha. Our Chair of Trustees Mohamed Omer has written this informative article which has been published in the Ilford Recorder.



Every year, Muslims young and old, rich and poor, kings and peasants from all over the world take part in the largest gathering on Earth; the Hajj, or pilgrimage to Mecca. The Hajj is a religious obligation that every Muslim must fulfil, if financially and physically able at least once in his or her lifetime.

This great annual convention of faith demonstrates the concept of equality of mankind, the most profound message of Islam, which allows no superiority on the basis of race, gender or social status.

The only preference in the eyes of God is piety as stated in the Quran: "The best amongst you in the eyes of God is most righteous."

During the days of the Hajj, Muslims dress in the same simple way, observe the same regulations and say the same prayers at the same time in the same manner, with the same objective. There is no royalty and aristocracy, but humility and devotion. Such instances confirm the commitment of Muslims - all Muslims - to God. It affirms their readiness to leave the material interest for His sake.

This year the Hajj period is during the second week of July when pilgrims will have made their way to Mecca in order to fulfil their fifth pillar of Islam – Hajj – a pillar that has countless objectives which we cannot do justice to in this brief article. Suffice to say these days represent the zenith of every Muslim's lifetime.

During the Hajj period Muslims will celebrate Eid Al Adha, which translates to “Feast of Sacrifice” on Saturday the 9<sup>th</sup> July 2022 (subject to moon sighting)

The Hajj resembles the re-enactment of the experiences of the Prophet Abraham, whose selfless sacrifice has no parallel in the history of humankind.

The various conflicts in the world and the post-covid recovery period means that ordinary families around the world are at their most vulnerable. With soaring prices of energy and essential commodities, families will be struggling to make ends meet and it is our duty as society and followers of faith to assist those that are in need. It is a sad reflection that in 2022, in one of the richest nations in the world, that families are facing such hardships. We pray that there is effective leadership in this country to ensure we have a just and caring society.

## **Women’s safety walks with the Police along Cranbrook Road 1<sup>st</sup>-8<sup>th</sup> July 2022**

Friday 1st July 8pm-9pm  
Saturday 2nd July 8pm-9pm  
Thursday 7th July 8pm-9pm  
Friday 8th July 8pm-9pm

The meeting point for all of the walks will be outside the Best Grade Education Centre on Beehive Lane. The walk will be along Cranbrook Road and the Police will be in attendance to give safety advice, listen to concerns and give out panic alarms.

Further information available from [Jade.O'Rourke@redbridge.gov.uk](mailto:Jade.O'Rourke@redbridge.gov.uk)

## **VIGIL FOR ZARA ALEENA – Saturday 2<sup>nd</sup> July at 1.30pm**

### **Message & Invitation from Zara’s family**

The tragic, brutal, inhuman death of Zara has no place in this society. She was attacked at 2.17 am on Sunday 26<sup>th</sup> June as she walked home. She was ten minutes away from home. We want to bring her back where she belonged safely. Her journey home will start opposite Cranbrook Rise on Cranbrook Road IG1 4UR on Saturday 2<sup>nd</sup> July surrounded by people who knew, loved, cherished and supported her. Help us to walk her home. Meet at 1.30pm leave to walk at 2.17 pm. Please join us and wear white. The family have requested that as we walk Zara home in our hearts the mood remains silent and sombre.

## **Voluntary Sector Network Meeting; Redbridge Central Library, York Room, Clements Road, Ilford IG1 1EA. - Wednesday 6<sup>th</sup> July 10.00-12 noon**

**The theme for this meeting is 'Community Space'.**

**There will be a presentation from Ilford South Neighbourhood Forum. There will also be a consultation on the new Community Hubs, how groups might use them and what they would like to see in the spaces. This is your chance to have your say before building starts.**

**This will be followed by a light lunch.**

Click [here](#) to book your place.

Please contact [Kay](#) for more details.

## Talk for Health – Free Final Taster Day 6<sup>th</sup> July; 6-8pm

Sign up: <https://www.eventbrite.co.uk/e/255940584177>

**TALK  
FOR  
HEALTH**

### FREE PEER-TO-PEER COUNSELLING, AS EFFECTIVE AS 1-2-1 THERAPY.

#### WHAT'S THE IDEA?

It's important to take care of our emotional wellbeing, just as it is to take care of our bodies. One way of doing this is to connect in a truthful and empathic way with others.

#### HOW TO GET INVOLVED?

Sign up to one of the following:

- 2 hour – Introductory Taster.
- An ongoing Talk For Health Group.

Then you can:

- Do our in-depth 4-day Talk for Health Programme.

It's all **FREE** and is commissioned by the NHS. Participants learn and have space for:

- Honest talking – being the real you
- Empathic listening
- Basic counselling skills
- How to set up and be part of an ongoing group to talk for wellbeing

#### WHO IS IT FOR?

Anyone in Barking and Dagenham, Havering, Redbridge or Waltham Forest who wants better mental health and well-being. This includes members of the public and mental health workers alike.

#### TASTER

Date	Time
06/07/22	18:00 – 20:00

#### ONGOING GROUPS

Date	Time
2 <sup>nd</sup> Friday of each month (online)	14:00 – 16:00
2 <sup>nd</sup> Sunday of each month (online)	18:00 – 20:00

\*Each group runs once per month. More groups are launching in the next few weeks.



"I absolutely loved T4H and credit it for a lot of the happiness I experience now."

"Offers the tools and ongoing groups to feel better in life."

"T4H changed my life. It made me realise I could be a useful member of society."

"I've always wanted to belong to a community, but never felt so welcomed as I did at T4H."

**PLEASE REGISTER BY COMPLETING THE REGISTRATION FORM ON  
EVENTBRITE FOR A TASTER OR ONGONG GROUP.**

[www.talkforhealth.co.uk](http://www.talkforhealth.co.uk) | [info@talkforhealth.co.uk](mailto:info@talkforhealth.co.uk)  
call 0203 409 3201 or text 'call me' to 07444 050 942

**Talk for Health are funded by North East London Foundation Trust (NELFT).** Talk for Health Cafés are open to anyone who lives or works in Barking & Dagenham, Havering, Waltham Forest or Redbridge. Cafés are monthly peer-support groups where everyone will have equal amount of time to share and respond in a safe, confidential space, using the Talk for Health feedback techniques. Sign up is easy, and the groups run on the same day of the week each month (e.g. the 3<sup>rd</sup> Friday, or 2<sup>nd</sup> Monday). You will learn to take care of your emotional health and lift your own and others' wellbeing through truthful talking and empathic listening. At a Talk for Health Café led by a trained Talk for Health facilitator, you will learn the skills to be able to:

- Talk honestly
- Be listened to without judgement

- Share stories
- Form new connections

Once you've attended at least 6 Cafés for 6 months, or completed the full Talk for Health Programme, you'll be a Talk for Health graduate! This means that you'll be eligible to attend further leadership training

#### Groups

2<sup>nd</sup> Friday of the month, sign up here (<https://www.eventbrite.co.uk/e/336539688267>)

2<sup>nd</sup> Sunday of the month, sign up here (<https://www.eventbrite.co.uk/e/349512881437>)

If you have any questions, or are unable to sign-up using Eventbrite, please call or text 'call me' on 02034 093201 or email [info@talkforhealth.co.uk](mailto:info@talkforhealth.co.uk).

### **Iford and District Diabetes UK Group Meeting- 7<sup>th</sup> July @ 7.30 pm**

#### **Fullwell Cross Library, Hainault Room IG6 2EA**

A chance to catchup with all health services and to offer your opinion of your experiences of the services for diabetics in Redbridge.

**Speaker:** Miranda Peers, Healthwatch Redbridge **Cost:** £2 per person inclusive of refreshments

### **Whipps Cross open day – 16th July 11am - 3pm**

Next month Whipps Cross will hold its first open day in three years. Everyone is welcome and there will be music, entertainment, and refreshments.

Look out for more details on the [Whipps Cross Hospital Twitter page](#) for the latest updates.

If you would like to find out more or have any questions, please [email Alastair Wilson](#)

## **FUNDING OPPORTUNITY**

### **London Hearts Funding Towards Defibrillators**

Recent tragic Cardiac Arrest events has highlighted the fact that Cardiac Arrest can happen to ANYONE of any age, ANYTIME, ANYWHERE!

If an adult or a child goes into cardiac arrest, without a defibrillator, there is only a 7% chance of survival. If a defibrillator is on the patient within the first 3-5 minutes, the chances of survival is over 70%.

London Hearts has launched an initiative to assist you in obtaining this life-saving equipment. We are currently offering a £300 grant towards the cost of every Defibrillator we supply to across the UK.

With every Defibrillator we supply we provide free online training.

In order to proceed in obtaining a Defibrillator simply complete our short online application to receive a quote via the following link: <https://londonhearts.org/apply-for-a-defib>

If you have any queries or wish to discuss obtaining a Defibrillator please contact Tia, Development Officer on 02070432493 or by email reply to: [tia@londonhearts.org](mailto:tia@londonhearts.org)

## OTHER INFORMATION

### Supporting Humanity- a Local Mental health and Bereavement Charity

An interesting article on workshops done locally for women in Ilford to honour and wash the deceased as part of the sacred Islamic ritual of Ghusl Mayyit (showering of the deceased with soap and water, while covering their body and protecting their dignity at all times). Up to 90 people attend these a week and it is run by Supported Humanity, a local mental health and bereavement charity. Link to the article is here: [https://www.huffingtonpost.co.uk/entry/young-muslim-women-learning-to-wash-the-dead\\_uk\\_6294c669e4b0b1d98458eaf4](https://www.huffingtonpost.co.uk/entry/young-muslim-women-learning-to-wash-the-dead_uk_6294c669e4b0b1d98458eaf4)

### Be the role model they need. Foster for Redbridge.

Children need role models in their life to help to shape their morals, beliefs and behaviour. Over 200 children in Redbridge are unable to stay at home for a variety of different reasons and need foster care. Be the positive role model that they need and help to change their life.

If you have space in your heart and home to foster for Redbridge Council, helping them to understand and , listen to them please call us on 020 8708 6068 or email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)

#### Strengthening collaboration in healthcare research

The Research & Development department of the North East London NHS Foundation Trust (NELFT) recognise how essential it is that research reflects the variety of life experiences in our communities.

As a Trust, we carry out research into many different kinds of mental and physical health conditions, which we promote both through our services and to the wider community. To make sure that the research we do and the services the research informs is reflective of the diversity of our communities, we as a team are seeking groups and organisations who would like to work with us.

If you and/or your organisation would be open to talking with us about what our Research & Development team does, what we can offer, and how we could possibly work together, then please get in touch. We are also available to attend any meetings if you would like us to.

Email: [Jonathan.Simpson@nelft.nhs.uk](mailto:Jonathan.Simpson@nelft.nhs.uk)

Number: 07857 716585

### The NHS App

The NHS App will see a number of updates over the coming years, as the government continues with its plans to improve access to health care services.

By March 2023, more users will be receiving messages from their GP through the App and will be able to see their medical records and manage elective-care appointments.

The government are hoping that video consultations will be offered through the App by March 2024.

The government also wants to see 95% of NHS trusts with electronic patient records in place, or be processing them, by December 2023 and for all social care providers to adopt a digital social care record.

The move is part of the government's attempts to drive a digital revolution within healthcare, so as to meet the challenges of the future and provide powerful tools to achieve patient-centred, accessible system.

## Introducing 'NHS North East London'

On 1 July our name is changing from North East London CCG to **NHS North East London**. Our organisation will become an [Integrated Care Board \(ICB\)](#) for north east London. The name of our [integrated care system](#) is not changing – this will continue to be **North East London Health and Care Partnership** (NEL HCP). Follow the links for more information.

## PLEASE SHARE HOW YOUR FAITH COMMUNITY CONTRIBUTED TO THE COVID EFFORT:-

### Spurgeon's College launches campaign to record faith groups' contributions to the COVID effort for future generations

Spurgeon's College, a leading theological institution, has launched its #FaithInCommunity campaign to reflect on and record the contributions of the faith community during the COVID-19 crisis. The campaign seeks to collate these contributions which will be submitted to the British Library as an official record - creating a piece of history for future generations.

From food bank support to community leadership and volunteering, faith organisations and groups across the country have provided much needed support to their local areas throughout the crisis. This campaign calls on faith organisations to share these efforts using an [online form](#) hosted by Spurgeon's College.

The campaign forms an exciting opportunity for the faith community to come together to document the valuable contributions made during the crisis for future generations to remember and reflect on.

The campaign is supported by partners from across the country and different faiths – including the Faith and Society APPG, the Baptist Union, Leo Baeck College and the Islamic Medical Association – and comes as the country continues the work of recovery from the pandemic and seeks to recover from the societal and economic impacts of COVID-19. Other organisations looking to get involved with the campaign and record their stories can submit an entry [here](#).

Speaking about the campaign, Principal of Spurgeon's College, Philip McCormack said:

*"As we work to recover from the pandemic, now is the time to take a moment and reflect on the essential contributions made by faith communities over the past two years. By recording these efforts, we will be creating history for future generations to learn about. We want to encourage faith organisations and groups from all denominations and religions to take part in this campaign and share their stories."*

Welcoming the campaign, Chair of the Faith and Society APPG, Rt Hon Stephen Timms MP said:



*“The All-Party Group for Faith and Society welcomes Spurgeon College’s #FaithInCommunity campaign. It aims to highlight the outstanding contributions to our communities made by faith organisations and groups during the pandemic. This support has included, among other things, providing food banks, clothes, shelter, hot meals, workshops and medical advice to those most in need.*

*“The campaign builds on the APPG’s work to develop the Faith Covenant and strengthen the relationships between faith organisations and their local authorities. It is vital that the work of these organisations during the pandemic is recognised.”*

## Life Line Projects

Life Line currently have a number of youth mentors in schools in Redbridge and are running a number of positive activities across the borough. I have attached the flyer of activities in case you know any young people that are interested in coming. More details can be found via the Instagram Lifeline youth team . We will be sharing future summer activities which may be of interest.

### Mentoring training

Ucoming training:- . The training is for those that are interested in becoming a local mentor and will take part In Life Lines unique VIP mentoring model. The training will also include first aid training to incidents of knife crime. There is some potential training dates on a Saturday in July/August.

If you are interested in becoming a mentor , know someone else that does or just finding out more please get in touch- 07874 058 824. We can update you to our coffee mornings where you can meet other mentors.

Kerry Ann Kitts [kerryannkitts@lifelineprojects.co.uk](mailto:kerryannkitts@lifelineprojects.co.uk) &  
Anastasia James Anistasia James [anistasiajames@lifelineprojects.co.uk](mailto:anistasiajames@lifelineprojects.co.uk)  
Community Development Workers

## OPPORTUNITIES FOR ENGAGEMENT & CONSULTATIONS FROM OTHER ORGANISATIONS

---

### Elizabeth Line Parking Consultation

<https://pclengagement-hub.co.uk/en-GB/projects/elizabethlinecpz>

This is a consultation for people living near Elizabeth Line Stations suggesting the introduction of residential parking permits which will not be free. Other commuter areas have an alternative scheme of just banning parking for a particular hour in the day thus preventing commuters leaving their cars all day in residential streets without expecting residents to pay to park outside their own home. If you live in these proposed areas please do participate in the consultation and “have your say” – if implemented this will affect both places of worship and residents who have family and friends visit from out of area.



FAQ's - Elizabeth  
Line Parking Consul

## GP Appointments online survey – closes 20 July 2022

Across the country the NHS has asked local GP practices to review the times, locations and services they're able to provide in the evenings, at weekends and on bank holidays.

We are seeking patient views on the types of GP and nurse appointments that should be available and how they are delivered locally to ensure proposed plans meet the needs of residents across north east London. By sharing your views, you can help provide vital feedback to shape these new plans and make sure local practices are providing the right services at the right times and locations for local people.

Please complete [our online survey](#) by 20 July 2022

## Managing high blood pressure – tell us your views in this important survey closes 29 July 2022

In 2020/21 more than 107,000 people were diagnosed with high blood pressure (hypertension) in Barking and Dagenham, Havering and Redbridge, with many more people at risk of developing the condition in the future.

NHS North East London wants to hear your views on how it can help stop people living in these communities from getting high blood pressure and improving treatment for those who already have it.

This [online survey](#) is for both those who have been diagnosed with high blood pressure and those who haven't.

Please complete the survey by midnight on Friday 29 July 2022. The survey should take no more than 10 minutes to complete.

If you have any questions please email [bhr.communications@nhs.net](mailto:bhr.communications@nhs.net).

## NHS help available for people who are trying to get pregnant – share your thoughts

North East London Clinical Commissioning Group is seeking feedback on a proposed new fertility policy that outlines the NHS help available for people who are trying to get pregnant.

### How you can help us

We want to hear what you think about our proposed changes and for you to share this information among your networks. You can do this by directing people to our website – [www.northeastlondonccg.nhs.uk/fertility](http://www.northeastlondonccg.nhs.uk/fertility) – to read our [engagement document](#), [proposed new policy](#) and supporting documents, and to fill in our [online survey](#) by **11.59pm on 22 August 2022**.





[Signature=3a7e768fa6e2017040e4a0ed8f44fa77add816c2e419b5c8174122422b62f083](#) which also mentions the possibility of introducing road user charging as early as 2030 in London as next steps.

If you prefer not to complete the survey, TFL requests you to submit your response to us in writing to [cleanairyourview@tfl.gov.uk](mailto:cleanairyourview@tfl.gov.uk) ([External link](#)) or FREEPOST TFL HAVE YOUR SAY (no stamp required). You can also phone this number 0343 222 1155 to leave your feedback or ask a question about our proposals.

## An invitation from the Greater London Authority's Engagement Team

We would like to invite you to help shape and be part of a new network, the **London Engagement Collaborative (LEC)**.

### What is the London Engagement Collaborative (LEC)?

The LEC is a pan-London, cross-sector group for anyone interested in working together to involve communities in the work to make London a safer, greener, and more prosperous city for all Londoners.

It will be run through a partnership between the GLA's Community Engagement Team, [International Futures Forum](#), [Koreo](#), and [Migrants in Culture](#). We recognise that to better embed community voices in decision making, we need to have open and honest conversations about how we engage with communities across the city.

We're inviting local authorities, community and faith groups, funders, academics, and policymakers, to work with us to explore how engagement practice has changed and evolved in response to the pandemic and how it can shape London's recovery.

### What's involved?

The LEC will offer creative and participatory opportunities to share learning and to test new ways of working. We're committed to creating inclusive and diverse spaces which centre the voices of those who face structural barriers to participation in decision making.

We want to ensure that we respond to the needs and priorities of participants, and we are holding a series of informal online conversations between May and June 2022 to help shape the priorities of the LEC. We're inviting you to join us to talk about:

- What are the engagement priorities for London?
- How can we work with other networks and spaces that are having similar conversations?

### How to join

If you would like to find out more and/or would like to be involved, please

Complete this short form <https://forms.gle/ynZJ4bHWJZFx7xYW9>

and/or contact [Aklima.Begum@London.gov.uk](mailto:Aklima.Begum@London.gov.uk) or [Deirdre.McGrath@London.gov.uk](mailto:Deirdre.McGrath@London.gov.uk)?

68 or email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)