

## Redbridge Faith Forum E-News Bulletin – September 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). **Please note our office will be closed Mon 5<sup>th</sup> -21<sup>st</sup> September 2022 due to staff leave.**

### LOOKING FORWARD TO

**RFF WOMEN'S INTERFAITH GROUP Monday 3rd October 2022**  
2.15pm to 4pm (walk starts promptly at 2.30pm)

**Meeting Place: Opposite Valentines Mansion, Valentines Park, Ilford**  
**Entrance: Emerson Rd (off Cranbrook Road, Gants Hill IG1 4TG)**

RFF Interfaith Women's Group will be joining Neelam Pun & Ramesh Verma's Sangham group for an afternoon of Walking, Talking and Laughter. Strolling gently together in the beautiful Valentines park setting we will have an opportunity to meet women of different faiths some whom you may not have met before and find out more about each other's faith.

- We will walk and talk in Valentines Park for half hour (2.30pm-3pm) and then have a laughter session with Neelam for a half hour (3pm-3.30pm)  
Those of you who are able to can join us for a relaxing cuppa and more chat at the Gardener's Cottage café next to the Mansion. (3-30-4pm).

\*You are welcome to bring a camping chair or a mat to sit on for the 3pm-3.30pm laughter session as there are no benches.

**Please email Saira at [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) to if you are attending, advance registration is appreciated but is not essential**

### **RFF ANNUAL WALK OF PEACE.NETWORK MEETING “Caring for our Elderly and Vulnerable” Sunday 16th October 2022:**

You are warmly invited to join us to walk together in a spirit of harmony being welcomed into a range of faith communities. We will be focussing on the topic of caring for our elderly and vulnerable including raising awareness of the support offered by Saint Francis Hospice. The hospice specialises in providing care for any person, from any faith or cultural background, who has been diagnosed with an advanced or progressive illness and offers end of life care both at home and in the hospice. Please bring your own refillable water bottle and come and go as it suits you.

**From 12.50 Assemble at the Holocaust Memorial Garden, Valentines Park, Ilford (Cranbrook Rd entrance, IG1 4TG) (<https://my.redbridge.gov.uk/Map/parks-and-open-spaces/holocaust-memorial-gardens>)**

**To 4.00pm Arrive at Karamsar Gurdwara, 400 High Road IG1 1TW (Shoes to be**

removed & men & women will be required to cover heads - head coverings supplied if necessary).

Please note that everyone is invited to attend the Langar at the Gurdwara to enjoy a vegetarian meal

## Network Meeting -Wednesday 2nd November 2022- 12 noon to 1.30 pm

### “Breaking the Stigma around Mental Health”

Venue Zoom: <https://us02web.zoom.us/j/84324783116>

This is an opportunity to hear from and consult Redbridge’s Mental Health Support Team about their campaign to raise awareness about mental health, increase access to services and reduce stigma. There will be a Q&A and opportunities to plan further joined up working.

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

---

## Transition Ilford (TTI) - Forest Garden Festival at Valentines Park on Sunday September 4th from 1pm to 5 pm

*TTI is a community group in Ilford which aims to build community and promote the well being of all living things.*



**Community Forest Garden Festival!! 😊**  
**Sunday 4th September 1-5pm and 7.15 -8.30pm**  
**Valentines Park, Ilford**  
**Brisbane Road entrance IG1 4SL**

FREE activities... workshops...garden tours...games...  
community news ... sharing... learning...  
music... nature...

Creatures of the Night Walk run by Redbridge Nature Conservation Meet at Brisbane Road Gate for 7.15pm Walk finish at 8.30pm Please book your place during the afternoon event

SUPPORTED BY MAYOR OF LONDON

Full timetable on website <https://www.transitionilford.org/forest-garden>

The poster features a background image of garden tools (a trowel and a fork) stuck in the soil. It includes a QR code, a bat icon, and logos for Vision and a green circular logo.

You can see how a group of volunteers are creating an edible community garden on the edge of the park. Come to the Brisbane Road entrance.

You can learn about permaculture. There will be lots of other activities. All for free.

Further information will be posted on the TTI website including the updated timetable. See below:

<https://www.transitionilford.org/forest-garden>

## Sunday 4<sup>th</sup> September Nature Conservation Night Walk 7.15-pm-8.30pm – meet at Brisbane Rd Gates

You may also be interested to learn about a new project launched by the Vision nature Conservation Team to get people living in Ilford to look out for bats and help join in a survey

[https://www.bats.org.uk/our-work/national-bat-monitoring-programme/nightwatch-survey?fbclid=IwAR0nu27vcPM4F9Xiw7HE-C5NiQDQfEjVOr2XAv\\_eQX0nr44y\\_1jP6XhNhhY](https://www.bats.org.uk/our-work/national-bat-monitoring-programme/nightwatch-survey?fbclid=IwAR0nu27vcPM4F9Xiw7HE-C5NiQDQfEjVOr2XAv_eQX0nr44y_1jP6XhNhhY)

**FREE TALK**  
**LOW MAINTENANCE**  
**FOOD GROWING**

Volunteers will be on site from 10am so please do come early and help out.

How can we work with nature to allow her to increase biodiversity while also growing our food and other resources with minimum effort. Be part of the solution with eco friendly food growing the permaculture way.

Friday 30th September 11am to 1pm Facilitated by Rakesh "Rootsman Rak"

@VALENTINES PARK  
COMMUNITY FOREST GARDEN  
ILFORD, ESSEX

Use QR To see map

ROOTS PERMACULTURE

---

## HWR Community Network member (Safe Connections) to take part in some online workshops

Here at Safe Connections, we've scheduled two online workshops as part of World Suicide Prevention Week in September.

### - Communal Suicide Prevention Workshop - Tues 6/9/2022 - 3pm

Exploring the current context of suicide, how suicidal thoughts and feelings can present and what they mean, how we can help and support, and what other help and support is available, as well as how we can try to prevent suicide as a community and as individuals.

Space and time for questions and discussions too.

[Click here to join the meeting](#)

### - Self-harm Awareness Workshop - Wed 7/9/2022 - 3pm

Exploring our own reactions to and perceptions of self-harm, what self-harm is and how it can present, why people self-harm and what it can mean, as well as how we can help and support in the immediacy and what other support exists.

Space and time for questions and discussions too.

[Click here to join the meeting](#)

David Halliday - Safe Connections Community Suicide Prevention Hub

[david.halliday@mithn.org.uk](mailto:david.halliday@mithn.org.uk)

---

## Transition Ilford – Free Energy Café – Saturday 10<sup>th</sup> September 2022

# FREE ENERGY CAFE

WE ARE A VOLUNTEER LED ADVICE DESK AND CAN HELP YOU SAVE ENERGY IN YOUR HOME AND MONEY ON ENERGY BILLS.

AS THE COST OF LIVING CONTINUES TO RISE, THERE HAS NEVER BEEN A BETTER TIME TO LOOK AT WAYS TO SAVE MONEY, REDUCING YOUR CARBON FOOTPRINT AT THE SAME TIME.

DROP IN  
BETWEEN 2PM - 3.45PM ON

SATURDAY 13TH AUGUST  
SATURDAY 10TH SEPTEMBER  
SATURDAY 24TH SEPTEMBER

REDBRIDGE CENTRAL LIBRARY,  
ILFORD, LAB CENTRAL

FREE CUP OF TEA & ENERGY EFFICIENT LED!

IF YOU WANT ADVICE ON ENERGY BILLS THEN PLEASE BRING RELEVANT PAPERWORK SO WE CAN ADVISE YOU APPROPRIATELY.

INFORMATION WILL BE CONFIDENTIAL AT ALL TIMES.

[WWW.TRANSITIONILFORD.ORG/ENERGY-CAFE](http://WWW.TRANSITIONILFORD.ORG/ENERGY-CAFE)

*Having trained 12 Energy Champions, we are just about to launch an Energy Cafe project. Ilford residents will be able to drop in to the cafe, have a hot drink and get advice on how to save energy in the home and reduce energy bills. Initially it will run every other Saturday from 2pm -3-45 in Ilford Library, but we are looking for other venues to hold one off cafes so if you could invite us to your faith building we would be happy to come.. We will also be running further training for new volunteers so if you would like to take part then get in touch with us.*

*We also run a number of food related projects, for example, a yearly Food Fest, a Forest Garden growing edible plants and a project called "Growing Food Growing Friends". All of them encourage people to both grow food and cook healthy and cheap meals.*

## **Transition Town Ilford Food coop** ***We buy organic dry goods in bulk***

Cheaper  
Saves on packaging  
Easy-to-use model shared on Google Sheets  
Fun, hands-on, measuring jobs  
Conversation, cooperation, learning about food & recipes



We can share our model and help others with it. And we can share about other models too  
[www.transitionilford.org/food](http://www.transitionilford.org/food)

Our Food Coop is a small group which buys organic dry foods in bulk at wholesale prices and members opt to buy the products and amounts they want. We order every 3-4 months. If you would like to set up a small Food Coop with your neighbours we could help you to do [it.contact us at ilfordtransition@gmail.com](mailto:ilfordtransition@gmail.com)

For more information on all our projects check out our website <https://www.transitionilford.org/>

---

## **MBSS (Muslim Bereavement Support Services) – Child Bereavement Support through Cricket \*free sessions**

Here at Safe Connections, we've scheduled two online workshops as part of World Suicide Prevention Week in September.

**CHILD BEREAVEMENT SUPPORT  
THROUGH CRICKET**

**Free cricket sessions**

All Stars cricket, 5-8yrs and/or Dynamos cricket 8-11yrs  
for children who are affected by close/recent bereavement.

This is a unique programme combining cricket games as well as group discussions to encourage and support children post loss. The child will get to know and play with other children affected by bereavement.  
**It is important for the parent /adult to stay\***

\*A female family member will be required to bring the child to each session and participate some weeks.

**Location: Leyton Cricket Hub (2 Crawley Road, London, E10 6RJ)**

**Dates: Sundays, 10 - 11:30am on  
11<sup>th</sup> & 25<sup>th</sup> September, 9<sup>th</sup> & 23<sup>rd</sup> October, 13<sup>th</sup> November**

To reserve a place for a child, email [info@mbss.org.uk](mailto:info@mbss.org.uk)

**\*RESERVATION REQUIRED BEFORE 04/09/22,  
LIMITED PLACES, FIRST COME FIRST SERVE\***

  

---

## **Talk for Health – Free Taster Day 13<sup>th</sup> September; 4-6pm**

Tasters give the chance to experience some of the four key learning areas of our full programme: open and truthful talking, empathic listening, basic counselling skills and how to set up an ongoing group to take care of your own wellbeing and enable others to take care of theirs.

After our participants attend a Taster, they can:

- Come to Talk For Health Cafés (our monthly peer support groups) and be part of a community.
- Do a range of online group activities like breathwork, art journaling and therapeutic writing.

- Do the Talk For Health Programme.
- And yes, it's all FREE. Just share this link with anyone you think could benefit: <https://www.eventbrite.com/e/291198481497>

## Join us for our first In-person Taster on Thursday 15th September (2-4pm) at Redbridge Central Library.

Register here: <https://www.eventbrite.co.uk/e/402380580147>

## Train The Chair (ONLINE Thursday, 15 September 10:00 – 16:00)

This one-day training is designed to give you the Talk for Health model and style of peer group facilitation to a) join the Talk for Health Cafe and Chair & Share Group Facilitation Team and/or b) start your own self-generated group with known contacts.

[Register here](#)

## FREE T4H Taster\*Wednesday, 28th September\* IN-PERSON

Register here: <https://www.eventbrite.co.uk/e/291200437347>

## FREE 4-day Programme IN-PERSON \*Starting September 16th\*

[Full programme](#) starting on Friday 16th September @ Cripplegate Foundation, 13 Elliott's Place, London N1 8HX.

Register here: <https://www.eventbrite.com/e/291201490497>

**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 3rd Friday, or 2nd 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).

---

## **Sikhs in the City (SITC) – 11 December 2022**

At this year's SITC Dawn To Dusk races on 11 December, we are introducing a team ultra race where UPTO 5 runners complete 25 laps of our course in any rotation of the team's choosing by passing the timing chop between them.

Team entry price will be in line with an individual entry for the 10km so it will be £95 as each member will still get a t-shirt and medal. Only the team captain needs to register online but team names and t-shirt sizes for team members will need to be emailed to SITC separately at [info@sikhsinthecity.org](mailto:info@sikhsinthecity.org) Online entries are now open for all races - 10km, 22km, marathon, individual and team ultra at [www.sikhsinthecity.org](http://www.sikhsinthecity.org)

### **ENTRIES CLOSE IN MID NOVEMBER**

Call us on 07958 94 6868 or email if you have any questions.

---

## **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**

### **Consultation on developing North East London Community Diagnostic Centres**

NHS North East London is seeking feedback from local people and stakeholders on our plans for new Community Diagnostic Centres.

Health and care partners have been working together to develop the proposals that would see freestanding, digitally connected, multi-diagnostic centres in north east London.

The aim is to increase capacity where it is most needed, for a range of key tests; improve patient access, experience and health outcomes; whilst reducing health inequalities and increasing efficiency – for example reducing pressure on hospitals.

Local people and their representatives will be able to share feedback on our proposals until 11.59pm on 13 September 2022. We are proposing to:

- expand our two most developed sites at Mile End Hospital and Barking Community Hospital
- look at the costs, benefits and possibilities of developing other NHS sites in the next few years. We are looking in particular at King George Hospital in Ilford and/or St George's Health and Wellbeing Hub in Havering, a suitable site in the west of the area and the Whipps Cross Hospital site
- consider the development of smaller centres in shopping centres – for example Canary Wharf, Westfield Stratford and Liberty Romford that would focus on a smaller range of tests either as temporary centres to clear the backlog or longer term, perhaps instead of some of the NHS sites detailed above
- change the patient pathway to access tests, enabling GPs greater ability to book patients directly into clinics at times to suit their conditions and lifestyle. This will put patients in more control of their care.

Paper copies of the document and questionnaire will be available at locations around north east London (including hospitals and libraries) and can be requested by emailing: [nelondon.nelcdcprogramme@nhs.net](mailto:nelondon.nelcdcprogramme@nhs.net) or phoning 020 3688 1216.

There will also be a number of online events. Details are on our website for the events on:

- **13 August at 10am**
- **25 August at 6pm**
- **7 September at 10am**

---

## LIFELINE PROJECTS

To find out more and share your views, you can read the proposals and respond to an online questionnaire [www.eastlondonhcp.nhs.uk/communitydiagnosticcentres](http://www.eastlondonhcp.nhs.uk/communitydiagnosticcentres)

Whilst working in partnership with LB Havering group Love the Hill on a Capacity Building Youth Violence project, we are hosting trainings that may be of interest to you/colleagues and residents. Please register for free at [EventBrite Trainings](#) .

These look at how to stop a bleed from a knife wound, how to become a mentor to a vulnerable young person, safeguarding skills, understanding trauma and the power of the bystander.

We will also hold monthly discussion with the wider community, professionals, and residents on how the community can respond to an incident. Your input would be greatly appreciated. Let me know if you have space for a meeting 1-2 hours per month and if this would suit better virtually or in person. Dates TBC.

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

Upcoming 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 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** [anistasiajames@lifelineprojects.co.uk](mailto:anistasiajames@lifelineprojects.co.uk)  
**Community Development Workers**

020 8597 2900  
078548382940

---

## **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

---

## **REDBRIDGE STOP SMOKING SERVICE –**

There is free stop smoking support available in Redbridge – just call 0333 005 0095 or text the word quit to 60777

### **Shisha**



One hour of shisha is equivalent to the toxins of 100 cigarettes.

Shisha has become very popular amongst many social groups recently with many attending shisha lounges to socialise.

Shisha tobacco is smoked in a hookah waterpipe and is usually flavoured, fruit flavours do not mean it's healthy and this also includes herbal Shisha.

Similar to smoking cigarettes shisha can contain:

Nicotine (Which is highly addictive), Tar , Carbon Monoxide, Heavy Metals e.g. Arsenic and Lead

Just because it travels through water doesn't make it any safer.

Even if shisha users are not using shisha regularly, they are at risks of:

Heart attack and stroke ,Cancer , Nicotine addiction, Lung conditions and breathing difficulties

Inhaling second hand smoke from shisha can be HARMFUL to your health and sharing mouthpieces can spread disease.

We can also help those who want help to quit shisha.

---

## 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.”*

## **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.



## 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**.

We are also holding a series of online meetings for the public to find out more and ask questions.

- Wednesday 3 August, 6-7.30pm

Details of how to sign-up to the events are on our [website](#).

### Why do we want to update our fertility policy?

We want to make it so that wherever you live in north east London you are able to have the same fertility treatment, such as IVF – this is not currently the case. We also want to make our policy fairer and closer to the latest national guidelines and best practice, while recognising the variety of fertility situations and needs today.

**The aim of the new policy is not to reduce the treatments that we fund or who is eligible to have them.** What we are proposing is likely to increase the amount of treatment you can have, depending on where you live, and improve access to some treatments. We need to make best use of NHS money given the increasing needs of our population and competing demands for resources. The proposals set out here will require increased investment, but we believe the policy addresses inequalities across north east London and is fairer.

We have used the latest national [clinical guidelines](#), treatment techniques, research and best practice to develop the proposed new policy. Clinicians, including GPs and fertility experts have also helped to shape it.

## Life-saving lung checks come to north east London

Residents who are aged between 55 and 74, who are current smokers or who have ever smoked, are being invited to take advantage of a new, free opportunity to have their lungs checked as part of a national NHS pilot called the Targeted Lung Health Check Programme.

Our Targeted Lung Health Check team has been working hard to get this service up and running and we have now gone live in Barking and Dagenham, where smoking prevalence is the highest. Over 14,000 residents in Barking and Dagenham should expect to receive an invitation over the next 12 months. We are planning to expand this service to other areas later this year and into next year.

This programme is being delivered by the North East London Cancer Alliance, working in partnership with Barts Health NHS Trust, Barking, Havering and Redbridge University Hospitals NHS Trust, Homerton Healthcare NHS Foundation Trust, our local GPs, and InHealth, who are providing the scanner trucks, as well as resources to support the whole process for patients.

Lung checks are by invite only and letters are currently being sent out to those who are eligible. It is really important for people to follow the instructions in the letter and keep their appointment.

Dr Rebecca Taylor, Clinical Director for the Targeted Lung Health Check Programme, explains: “A Lung Health Check is a free MOT of the lungs. It finds out how well your lungs are working and aims to rule out any serious conditions. Often, early problems with the lungs do not cause any symptoms. It is therefore important for people to attend even if they are fit and healthy.

“Most of the time nothing is found, but if there are any problems with how your lungs are working, such as cancer, finding out early can make treatment simpler and more successful. The outcome of treatment for lung cancer is much better when it is diagnosed at an early stage, so we will be helping to save lives.”

The lung health check takes place in two stages. The first is an initial phone assessment with a specially trained health care professional. If the assessment finds the person to be at high risk, they are offered a scan of the lungs for further investigation.

Scans are simple and safe, and are taking place for those who are invited in a dedicated scanning truck located at Barking Sporthouse and Gym at Mayesbrook Park.

The Targeted Lung Health Check programme also aims to promote healthier lifestyles with advice about stopping smoking and residents will be encouraged to get in touch with their local stop smoking services when they have their appointment.

Residents across London can also visit [www.stopsmokinglondon.com](http://www.stopsmokinglondon.com) or call the Smoking Helpline on 0300 123 1044 to get advice about how to stop smoking.

Femi Odewale, Managing Director of the North East London Cancer Alliance, says: “It is great news that we can start offering such a vital service to our local residents, which has the potential to save many lives. The team has put in a lot of effort to set up this new service, and I want to thank them for all their hard work. We look forward to seeing the results and to expanding this to other areas in north east London.”

If you have any questions about Targeted Lung Health Checks, please email the team at [nelondon.lungcheck@nhs.net](mailto:nelondon.lungcheck@nhs.net) or visit our [web pages](#).

---

## **Consultation on Proposals to expand the Ultra Low Emission Zone to all London Boroughs**

The Mayor of London is proposing to extend the Ultra Low Emission Zone on 29 August 2023 to all London Boroughs (including Redbridge). This would mean that drivers of non-compliant vehicles (diesel fuelled vehicles and some older petrol fuelled models) would have to pay a daily charge of £12.50 to drive within the zone thus not only affecting residents of the borough but also friends and family driving into Redbridge from outside outside London if they drive a non ULEZ compliant vehicle..

Proposals are also being made to change the penalty charge level for non-payment of the daily ULEZ and Congestion Charge from £160 to £180, remove the £10 per vehicle annual Auto Pay registration fee for the Congestion Charge, ULEZ and Low Emission Zone, and make changes to the Mayor’s Transport Strategy

This is a link to the report [click here https://ehq-production-europe.s3.eu-west-1.amazonaws.com/39bc28e1df271326c400b28ec7622683a9582672/original/1652957227/eea52618f](https://ehq-production-europe.s3.eu-west-1.amazonaws.com/39bc28e1df271326c400b28ec7622683a9582672/original/1652957227/eea52618f)

[8dad9eef453e6e5ea5d3be5 Our proposals to help improve air quality tackle the climate emergency and reduce congestion by expanding the ULEZ London-wide and other measures.pdf?X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Credential=AKIAIBJCUK4Z04WUUA%2F20220525%2Fus-east-1%2Fs3%2Faws4\\_request&X-Amz-Date=20220525T093221Z&X-Amz-Expires=300&X-Amz-SignedHeaders=host&X-Amz-Signature=3a7e768fa6e2017040e4a0ed8f44fa77add816c2e419b5c8174122422b62f083](https://www.london.gov.uk/press-releases/major/2022/05/our-proposals-to-help-improve-air-quality-tackle-the-climate-emergency-and-reduce-congestion-by-expanding-the-ulez-london-wide-and-other-measures.pdf?X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Credential=AKIAIBJCUK4Z04WUUA%2F20220525%2Fus-east-1%2Fs3%2Faws4_request&X-Amz-Date=20220525T093221Z&X-Amz-Expires=300&X-Amz-SignedHeaders=host&X-Amz-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/ynZJ4bHWJZF7xYW9>

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).

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