

Redbridge Faith Forum E-News Bulletin – October 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.

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 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.

click [here](#) to view poster with further details

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 to book your free place for this event; advance registration is appreciated but is not essential

Transition Ilford (TTI) – Friday 30th September 11am-1pm

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



Transition Ilford – Free Energy Café – Saturday 22nd October drop in Between 2pm-3.45pm

Having trained 12 Energy Champions, we are just about to launch an Energy Cafe project. Ilford residents will be able to drop into 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

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](mailto:it.contact@ilfordtransition@gmail.com) us at ilfordtransition@gmail.com

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

Community Engagement Team – Public Health Briefing – Tuesday 4th October 2022 5pm-6pm

City Hall, the Office for Health Improvement and Disparities (OHID) and NHS England (London) are inviting you to our quarterly online Public Health briefing for Community, Voluntary and Faith sector partners

This session we will delve into how the rising cost of bills is impacting people's mental and physical health and wellbeing, and what services are in place to support Londoners through these challenging times.

Since starting these briefings back in November 2020, we've gained valuable insight from local leaders like you on how COVID-19 and health inequalities affect our city's diverse communities. This latest briefing is an opportunity to share your community's experiences, learnings, concerns and needs once more on an issue at the forefront of all Londoners' minds.

During the event, you'll also have a chance to hear directly from public health leaders about:

- 👂 How the cost-of-living crisis could impact Londoners' mental health, and where to get support
- 👂 The importance of being prepared this winter: keeping warm & illness prevention
- 👂 NHS exemptions and support for Londoners with specific health conditions
- 👂 Staying healthy on a budget

This briefing will be hosted by Dr Debbie Weekes-Bernard, London's Deputy Mayor for Communities and Social Justice. She will be joined by Professor Kevin Fenton, CBE, Regional Director for London in OHID and Martin Machray, RN and Executive Director of Performance at NHS England (London).

To attend, please register for the event using this [link](#). You can also email us with any questions at community.engagement@london.gov.uk

Your presence is extremely important to us, and we're also keen to hear from community leaders in your own networks that would find this session valuable. Please do share registration details with them if you can and help us mobilise participation at this important briefing.

Empower a child. Foster for Redbridge. - 5th October 6pm to 7pm



You could be the one to guide, listen to, teach, and enrich a child's life, empowering them to become confident and independent young people.

If you have a place in your home and heart to foster a child, please call us on 020 8708 6068 or email fostering@redbridge.gov.uk or join us on our next virtual information session on 5 October 6pm to 7pm. Visit <https://www.eventbrite.co.uk/e/foster-for-redbridge-virtual-information-session-051022-6-7pm-tickets-395778202257> to book a place.

Space Ilford - Tuesday 11th October 2022; Time: 4-7.30pm

Location: SPACE Ilford, 10 Oakfield Road, Ilford IG1 1ZJ

This is an open event and family/child friendly so please feel free to share the invite. If you can attend, please email

Daniel Picone daniel@spacestudios.org.uk and cc premlata@spacestudios.org.uk

Supporting Humanity Sunday - 16th October 2022; 10am-11am

Location: Belgrave Community Centre

285-291 Wanstead Park Road, Ilford IG1 3TR

Family & Friends of SEND Children

Join us for an informal conversation about all things others fail to understand.

Family & friends of SEND children

EMOTIONAL SUPPORT CIRCLE

Are you a parent/carer, family member or friend to a child or young person with special needs?

Join us for an informal conversation about all things others fail to understand.

Our Emotional Support volunteers in this workshop are teachers and parents of children with Special needs and disabilities.

Date: Sunday 18th September 2022
and the **third Sunday** of every month.

Time: 10am - 11am

Location: Belgrave Community Centre
285-291 Wanstead Park Road
Ilford IG1 3TR

Let's face these stigmas around SEND together.

You are not alone, we are here! We will understand!

FREE EMOTIONAL SUPPORT LINE EVERY DAY 8AM TO 10PM 0204 551 1584
SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241
FOR MORE INFORMATION CONTACT US AT [INFO@SUPPORTINGHUMANITY.ORG](mailto:info@supportinghumanity.org)

Talk for Health – Free Taster Day Tuesday 18th October; 3-5pm

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 you own wellbeing and enable others to take care of theirs.

Online 18th Oct: <https://www.eventbrite.co.uk/e/401301693167>

After our participants attend a Taster, they can:

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

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

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

2nd 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.

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
Online entries are now open for all races - 10km, 22km, marathon, individual and team ultra at www.sikhsinthecity.org

ENTRIES CLOSE IN MID NOVEMBER

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

OTHER INFORMATION

URGENT REMINDER TO ALL PARENTS/CARERS



The NHS is inviting children aged 1 to 9 in your borough to receive a vaccine against polio.

Traces of polio virus have been found in sewage in some London boroughs - the vaccine will boost your child's protection.

For some children this will be an additional booster dose if they are already up to date with their routine vaccinations, in others who are not up to date it will be a catch-up dose.

SYMPTOMS AND RISK

Polio mainly affects children under 5 years of age. However, anyone of any age who is unvaccinated can contract the disease. There is no cure for polio, it can only be prevented. Polio vaccine, given multiple times, can protect a child for life.

Polio is a highly infectious disease caused by a virus. It invades the nervous system and can cause total paralysis in a matter of hours. One in 200 infections leads to irreversible paralysis (usually in the legs).

Among those paralysed, 5–10% die when their breathing muscles become immobilised.

WHAT YOU SHOULD DO NOW

Parents are being contacted by GP practices to book an appointment.

You can also get a polio vaccine for your child now at the following places:

<https://northeastlondon.icb.nhs.uk/your-health/polio-booster-vaccination/>.

Please encourage people in your community to protect their children.

MORE INFORMATION

For more information, please visit <https://northeastlondon.icb.nhs.uk/your-health/polio-booster-vaccination/>.

MBSS (Muslim Bereavement Support Services) – Child Bereavement Support

Registered charity no. 115600

MUSLIM BEREAVEMENT Support Service

"Surely we belong to Allah and to Him shall we return."
(Qur'an: Surah Al-Baqarah, 2:156)

A free and confidential support service for women who have lost loved ones

Call us so we can arrange support

PO Box 2241
Ilford IG1 9UX

info@mbss.org.uk

www.mbss.org.uk

020 3468 7333

NHS

جَنَّاتُ الْبَقَاءِ
GARDENS OF PEACE

Redbridge Children Services

Are you looking after a child who is not your own?



- Is the child under 16 (or 18 if they have a disability)?
- Are you NOT the child's step parent, sibling, aunt, uncle or grandparent? This also includes host families to overseas students
- Do you plan to have the child with you for more than 28 days?
- This is called "private fostering" and we must be LEGALLY notified to ensure the child is safe.

Please contact Redbridge Children's Services:

020 8708 3885

CPAT.Referrals@redbridge.gov.uk

or visit www.redbridge.gov.uk/private-fostering for more information

Are you caring for a child who is not yours?

Private fostering is when someone who is not a close relative care for another person's child under the age of 16 (18 if disabled) for 28 days or more.

A close relative is an aunt, uncle, grandparent, stepparent, or siblings. Friends of the family and other family members such as cousins or great aunts are not classed as close relatives for the purposes of Private Fostering, neither are families hosting overseas students who are being educated in the UK. You need to legally notify us of any private fostering arrangements in Redbridge to ensure the child is safe.

Please contact Redbridge Children's Services on 020 8708 3885 or by email

CPAT.Referrals@redbridge.gov.uk

For more information please visit our website: <https://www.redbridge.gov.uk/private-fostering>

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 shishas 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 secondhand 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.

LIFELINE PROJECTS

Introducing Sunita Bhakar, Champions Support Worker



We'd like to introduce Sunita, who first came to us two years ago as a Parent Champion with our Champions Support Network, providing guidance to parents and carers. She's now a Support Worker, assisting and encouraging other Parent Champions with their mentoring.

[Read more...](#)

To find out more and share your views, you can read the proposals and respond to an online questionnaire 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.

Lifeline 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.

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 &
Anastasia James anastasiajames@lifelineprojects.co.uk
Community Development Workers

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

OPPORTUNITIES FOR ENGAGEMENT & CONSULTATIONS FROM OTHER ORGANISATIONS

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 In Health, 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 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 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 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 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/eea52618f8dad9eef453e6e5ea5d3be5_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=AKIAIBJCUKKD4ZO4WUUA%2F20220525%2Feu-west-1%2Fs3%2Faws4_request&X-Amz-Date=20220525T093221Z&X-Amz-Expires=300&X-Amz-SignedHeaders=host&X-Amz-Signature=3a7e768fa6e2017040e4a0ed8f44fa77add816c2e419b5c8174122422b62f083](https://ehq-production-europe.s3.eu-west-1.amazonaws.com/39bc28e1df271326c400b28ec7622683a9582672/original/1652957227/eea52618f8dad9eef453e6e5ea5d3be5_Our%20proposals%20to%20help%20improve%20air%20quality%20tackle%20the%20climate%20emergency%20and%20reduce%20congestion%20by%20expanding%20the%20ULEZ%20London-wide%20and%20other%20measures.pdf?X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Credential=AKIAIBJCUKKD4ZO4WUUA%2F20220525%2Feu-west-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 (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 or Deirdre.McGrath@London.gov.uk.

or email fostering@redbridge.gov.uk