

## Redbridge Faith Forum E-News Bulletin – February 2023

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

## RFF Network Meeting -Tuesday 31<sup>st</sup> January 2023- 12noon- 1.15pm- “A Cleaner, Healthier, Greener Redbridge?” via Zoom

Please join our January Network Meeting via Zoom to hear about the council’s strategy and vision for this to become a reality and “have your say”.

Venue: Join Zoom Meeting  
<https://us02web.zoom.us/j/85269388554>

This is your opportunity to:

**Interact with LBR Housing Strategy & Partnership Officer**

✓ Share how you feel about your local neighbourhood and future Housing Strategy in Redbridge

**Learn about “Our Streets” Projects including advice on**

- ✓ Waste and recycling
- ✓ Reduce, reuse and repair at home
- ✓ Love food hate waste

This is a public meeting, open to all. The council needs residents’ views in order to effectively target resources and respond to local issues so please do join and also invite your friends, neighbours and members of your faith community. Let’s take this opportunity to work together to make Redbridge a better place to live, work and worship.

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## ONS 2021 Census Data on religion

The Office for National Statistics published the ‘[Ethnic group, national identity, language, and religion](https://www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/religion/bulletins/religionenglandandwales/census2021)’ topic summary’ from the 2021 Census in England and Wales. The religion data can be found at <https://www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/religion/bulletins/religionenglandandwales/census2021>.

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## Community Living Rooms -Find a warm and welcoming place Faith and community halls

**Barking**

Al Madina Mosque, 2 Victoria Rd, Barking, Ilford IG11 8PY

The coming week is expected to be especially cold with snow and a winter storm expected to hit the UK. The cost-of-living crisis is already having an effect and we know people and families are struggling. Please step forward and ask for support if you need it. Al Madina Mosque and the Northbury Community Hub situated on our complex will be available to you at all times should you wish to pop in for a cup of tea and a biscuit or simply to have somewhere warm to sit and be out of the cold. We may even offer you an interesting conversation. Please don't think you are alone. We look forward to seeing you.

Team Al Madina

### **Hainault**

St Paul's Church, Arrowsmith Road, Chigwell, Essex, IG7 4NZ

Opening times: Thursdays 10-12

### **Ilford**

VHP Ilford Hindu Centre and Mandir , 43-45 Cleveland Rd, Ilford IG1 1EE

Opening times: 9:30-12 and 6-8 every day

Vine United Reform Church, 12 Riches Road, IG1 1JH

Opening times: 9-12 on Monday, Thursdays and Fridays

### **Seven Kings**

South Park Chapel, 51 Ripley Road, Seven Kings, IG3 9HA

Our Café is open every Tuesday morning from 10am to 12pm. Come for cake, coffee, craft, chat and prayer. Children and pets welcome!

### **South Woodford**

Holy Trinity South Woodford, 185 Hermon Hill, South Woodford, E18 1QQ

Holy Trinity holds a [programme of events](#) to which you are welcome.

### **Woodford**

St Mary's Church, 207 High Rd, London E18 2PA

Opening times: Wednesday 11-11:30; Thursdays 10-11:30; Sunday 11-12

### **Woodford Green**

Salway Evangelical Church, Forest Approach, Woodford Green IG8 9BW

Opening times: Tuesdays 4-6

[See these locations on a map](#)

Redbridge Council in partnership with a range of organisations in the borough has established a network of 17 Community Living Rooms, which are warm and welcoming places for residents to use. You are invited to come to any of the places listed during their opening times.

The list of places will evolve as more organisations join the network. Each is different and their offer will be different – some will have activities, some will offer hot drinks, some will be quiet spaces. Each will develop their own character and no doubt you will find one that suits you

The Redbridge **Libraries** offer a wide range of activities and are at 11 locations across the borough. They have activities for adults, children and families. Everything from chess clubs and book clubs through to knit'n'natter sessions and family storytime and coding for kids.

[Find library details and opening times](#)

As more partners come on board with Redbridge Council, we will be able to increase the range of Community Living Rooms, so please keep an eye on this page to see how the network is growing and what is available near you.

Click link below to view the complete list

<https://costofliving.redbridge.gov.uk/community-living-rooms/>.

Support for Residents struggling with the cost of living, visit the [Cost of Living \(redbridge.gov.uk\)](https://costofliving.redbridge.gov.uk/) page on Redbridge Council Website

Thank you to all the Places of worship and Community Groups that completed the survey, to provide warm spaces for local people affected by the cost of living crisis, over this autumn and winter.

You can complete the short survey if you have not yet done so [here](#). Please contact [engagement@redbridge.gov.uk](mailto:engagement@redbridge.gov.uk) if you have any questions

## Short Survey - Faith and Community Groups

# Warm Spaces - how can we work together?

The council wants to support and collaborate with faith communities in order to provide warm spaces for local people affected by the cost of living crisis, over this autumn and winter.

Please take five minutes to complete this short survey - the information you share will help us to develop our plans for working together.

## LOOKING BACK

"Thought of the Day" video clip to celebrate Interfaith Week 2022 with theme of **"How faith communities can support with the cost of living crisis"**.

Monday's message was recorded by one of our Christian trustees Rev 'Bernardino Mandlate, Tuesday's message will be from one of our Sikh Trustees, Harpreet Shergill, Wednesday's message was from Mitzi Kalinsky one of our Jewish Trustee, Thursday's message was from Imam Khurram Rafiq one of our Muslim Trustees, Friday's message was from our Baha'i trustee; Carol Khorsandyon, Saturday's message was from Buddhist Trustee; Rev Hemaratna, and Sunday's message was from Vinaya Sharma; Hindu Trustee available by clicking link below

<https://redbridgefaithforum.org/category/inter-faith/>

## The Faith & Belief Forum 0 Youth Interfaith Summit – Monday 6th February 2023

The Faith & Belief Forum 0 YOUTH COUNCIL

**2023 YOUTH INTERFAITH SUMMIT**

MONDAY, FEBRUARY 6TH

LSE, NEW ACADEMIC BUILDING

REGISTER HERE ON EVENTBRITE

SCAN ME

NETWORK, EXPLORE, ACT

JOIN YOUNG PEOPLE PASSIONATE ABOUT CREATING CHANGE IN THEIR COMMUNITY AND BE PART OF AN INTERFAITH MOVEMENT IN LONDON

GET IN TOUCH

Lauryn.Duncan-Rouse@faithbeliefforum.org

INTERFAITH SUMMIT

Parliamentary Mentors

World Interfaith Harmony Week

F&BF's Youth Interfaith Summit is back in person next month. This event is an opportunity for **young people passionate about interfaith and social change to connect in person in London**. This year's theme is climate change, and planned discussions include climate activism, climate inequality and intersections with mental health and wellbeing.

**Please share this opportunity with your networks, and come along to show your support.**

[Register today!](#)

## Talk for Health cafes – 8<sup>th</sup> February 2pm-4pm



**TALK** openly, be heard, connect

**BUILD** confidence and communications skills

**BE PART** of growing a more connected society

our next ONLINE PROGRAMME will be 2 full Saturdays and 4 Wednesday evenings starting on [Saturday, 4th March 2023](#)

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.

**T4H Ongoing Groups** ☕ \*These groups can be attended by anyone including participants who have already completed one of our Tasters or Programmes

*Click the link (date & time) to sign up on Eventbrite or RSVP via text to join.*

### **Talk for Health Cafe (2nd Wed)**

Facilitators - Emma & Jesse

[Wed, 8<sup>th</sup> February 14:00 – 16:00](#)

[REGISTER HERE](#)

### **Talk for Health Cafe (2nd Fri)**

Facilitator - TBC

[Fri, 10th February 14:00 – 16:00](#)

[REGISTER HERE](#)

### **Talk For Health Cafe @ Richmond Fellowship, Redbridge. (3rd Thurs)**

Facilitators - Tina & Franca

[Thu, 1th February 16:00 - 18:00](#)

[REGISTER HERE](#)

**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).

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## **SPACE ILFORD – Wednesday 8 February, 4 – 7.30pm**

### **“CHANGING CURRENTS” NEW Exhibition**

**SPACE Ilford, 10 Oakfield Rd, Ilford IG1 1ZJ (rear of Redbridge Town Hall)**

Surveying the ancient River Roding, students from Beal High School have been working with Arup, artist collective super/collider and the River Roding Trust to explore the impact of the built environment and the choices we make on the natural world.

This exhibition presents the photographic, film, written and audio evidence collected by the students during a series of workshops and visits to the river. Together, they invite visitors to consider the way in which we interact with the world around us, both individually and collectively.

**[Click here to RSVP](#)**

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## **MBSS (Muslim Bereavement Support Services) – Child Bereavement Support - Saturday 11<sup>th</sup> February 10.30am on Zoom**

If you would like to join a sisters-only group run by the Muslim Bereavement Support Service where we share positive and relevant information about bereavement to help us through our grief, please join the WhatsApp group via the link below

<https://chat.whatsapp.com/DEQF66Q5GcfE782HjRd5mW>

**Email [info@MBSS.ORG.UK](mailto:info@MBSS.ORG.UK)**

**Phone 0203 4687333**

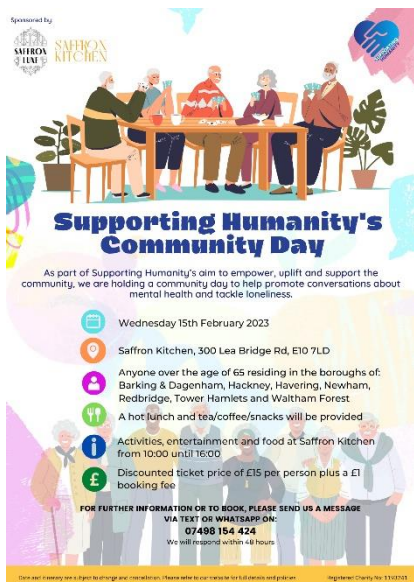




## SUPPORTING HUMANITY COMMUNITY DAY – 15<sup>th</sup> February 2023

Wednesday 15<sup>th</sup> February 2023 – 10am 4pm

Venue: Saffron Kitchen, 300 Lea Bridge Rd E10 7LD



To help promote conversations about Mental Health and tackle loneliness.

Anyone over the age of 65, residing in the boroughs of Barking & Dagenham, Hackney, Havering Newham, Redbridge, Tower Hamlets and Waltham Forest.

Discounted Ticket price £15 per person plus £1 booking fee

For further information or to book send a message on 074968 154424



Drop in Session (over 60) Every Thursday 10am-12 noon

## Weekly Yoga for Mental Wellbeing Every Thursday 1-2pm

Venue:

Belgrave Community Centre  
285-291 Wanstead Park Rd, Ilford  
IG1 3TR



This is an opportunity for any who has been bereaved to join an informal group to chat

Supporting Humanity Charity aims to help empower, support and uplift all members of the community through mental Health and Bereavement assistance

FREE And Confidential support services for those who have lost loved ones

Call us so we can arrange support 020 4551 1584

## Redbridge Council's Street Teams – Tuesday 14 February 2023 – 11-2pm



New year, new resolutions, want to get to know your neighbours better....why not start a Play Street!

We are taking applications for May Start, in time for spring and the coronation. Apply by 22 February 2023

Still not sure, come and join our Play streets roadshows this half term. The Neighbourhood team will be there with games and to talk you through the application process.

We will be at:

Ilford High Road, opposite Metro Bank  
Tuesday 14 February (11 - 2pm)

Ken Aston Square, Barkingside,  
Thursday 16 February (11 - 2pm)

For further info on the Play Streets scheme please see

<https://www.redbridge.gov.uk/leisure-sport-and-the-arts/play-streets/>

Please share widely with your local contacts and help us build the movement which strengthens communities, makes our streets safer and which allows children to reclaim roads for play!

Our streets team at Redbridge Council, primary role is to educate and engage with residents. Our goal is a cleaner, greener and more sustainable Redbridge.



Climate change and cost of living are impacting us all, it would be great to partner with the faith groups who are an important part of our community.

We run a series of community engagement projects including:

- Community litter picking-borrow litter picking equipment and send a clear signal that littering will not be tolerated.
- Community Gardening and greening projects-adopt a community garden or a tree pit.

This is a fantastic opportunity to bring together neighbours, help your street bloom and encourage wildlife to thrive!

Apply online now: <https://www.redbridge.gov.uk/our-streets/adopt-and-water-a-tree/>

- Play Streets-Close your street to cars for 2-3 hours a month and get to know your neighbours
- Reusable nappy scheme-we provide new parents with a trial pack
- Composting workshops

The Neighbourhood team would like to introduce our new, exciting **Pollinator Pathways** scheme and invite you and your community to join in helping pollinators and increase biodiversity.

Pollinator Pathways are roads adopted by local residents to be pesticide-free streets of pollinator-friendly plants that provide habitat and food sources



for pollinating insects that are vital part of our eco-system. We need them to fertilise plants, so they produce seeds and fruit. They are in rapid decline due to habitat-loss, pesticide use and climate change.

This scheme is a great way for residents to get involved in helping to reverse their decline and to recover nature. Benefits of joining the scheme include:

- Increased areas of biodiversity to support pollinators and other wildlife, such as birds, hedgehogs etc.
- Healthy; pesticide-free streets and green areas for children and pets too.
- Brings neighbours together, helps your street bloom and encourages wildlife to thrive.
- Contributes to our physical and emotional wellbeing.
- Opportunity for active citizenship and for our borough, Redbridge to lead the way amongst just a few authorities operating such a scheme.

If you and your neighbours have already adopted [tree pits on your street, this could be a natural next step](#), however it's not a prerequisite. We are currently piloting this scheme that is open to any area in



Redbridge. With more streets joining in and forming a network, different areas of habitat will become more connected and resilient.

For more information on how the scheme works and how to apply please find the attached documents, including a Step-by-step guide and an Application form.

**The application period will close on Monday 6<sup>th</sup> February 2023 midday.**

If you are interested in applying or just want to have a friendly chat to find out more about the scheme, please let us know by emailing [ourneighbourhood@redbridge.gov.uk](mailto:ourneighbourhood@redbridge.gov.uk). We would be very grateful if you could share this email with relevant contacts or on your social media platforms, in your e-newsletter if you have one.

Central Government is currently focusing on increasing biodiversity. This could be a great opportunity for our borough to positively contribute to its new [Nature Recovery Network](#).



## **Redbridge Climate Forum gathering - Tuesday 28 February from 6:30 – 8:30pm at Redbridge Town Hall, Ilford**

We are absolutely delighted to be able to invite you to the first in person Redbridge Climate Forum gathering.

Please find more information about the event on Eventbrite and register your interest to assist us with hosting arrangements: <https://www.eventbrite.co.uk/e/522649959097>

The event will feature an update on the Climate Action Plan from the Cabinet Member for Environment and Civic Pride, Cllr Jo Blackman, and we will also be joined by Jose Baladron, Recycling Development Manager at TRAIID, to share the ethical principles of the charity, who are launching a new partnership with Redbridge to help us tackle the environmental and social impacts of the clothing industry.

Refreshments will be provided (please bring your travel cup/mug) and there will be opportunities for networking, learning, and ideas sharing from and with the wonderful active community groups in the borough.

A 'mini marketplace' will feature at the event to raise awareness of our active community groups, partners and individuals. We'll also have a visual reel of photos of environmental projects from the past year or so. Please send us some photos if this is you! Even if you don't have any fancy display materials please get in touch with the Neighbourhood Team so that we can support your group to share the work that you've been doing and [register to be part of the mini marketplace](#).

We will also be holding a seed swap, give or take on the evening. Bring along any seeds or seedlings that are surplus to your requirements and exchange or donate for free.

This event is open to any Redbridge residents, businesses and community groups so please share this invitation. Really looking forward to seeing lots of you there and sharing a brilliant evening.

Manisha Bhogal - Neighbourhood Engagement and Education Officer, Civic Pride  
London Borough of Redbridge  
Telephone: 0208 708 6902  
Website: [www.redbridge.gov.uk/OurStreets](http://www.redbridge.gov.uk/OurStreets)

## LIFELINE PROJECTS –Boxing session with young people every Monday

We have interesting session coming up. it occurs after the weekly boxing session with young people every Monday at Fulwell Cross 5-6pm with our youth worker Tarrick. We hope you can make it to and share upcoming session below:

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](https://www.eventbrite.co.uk).

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](mailto:kerryannkitts@lifelineprojects.co.uk) &

**Anastasia James** [anastasiajames@lifelineprojects.co.uk](mailto:anastasiajames@lifelineprojects.co.uk)

**Community Development Workers**

020 8597 2900

078548382940

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## GANTS HILL 2023 COMMUNITY BREADMAKING WORKSHOPS

The Redbridge Council Community Hubs team is setting up some community bread-making workshops for people living or working in the Gants Hill area. We are looking for people and venues that might like to be involved – if you're interested please get in touch with Helen [helen.sorrell@redbridge.gov.uk](mailto:helen.sorrell@redbridge.gov.uk) or 07827 072 659 or Instagram: [@gants.hill.community](https://www.instagram.com/gants.hill.community)

- The workshops will bring people together to teach and learn beginners bread-making in a relaxed and friendly 3 hour session, and will end with a shared soup and bread meal
- "Bread" includes anything bread-like – so loaves, rotis, soda, chapatis, bagels, gozleme etc
- Both professional bakers and home cooks will teach/share their skills, with 1 or 2 types of bread being made at each session
- There will be a pilot session in February, followed by a series of workshops in the spring/summer

- Days/times of workshops will be confirmed when we have venues, but will vary to enable both working people and those with time in the week to sign up
- Workshops will be for anybody living or working in the Gants Hill area\* and will be free or low-cost (the wards of Aldborough, Barkingside, Clayhall, Cranbrook, Fullwell and Valentines)

#### **WHAT WE ARE LOOKING FOR PEOPLE WISE....**

- People living or working in the Gants Hill area who'd like to come to a workshop – we have started a list and will update people when the dates are confirmed.
- People who could teach others how to make some bread - both those with professional experience and those who make bread at home.

#### **WHAT WE ARE LOOKING FOR VENUE WISE....**

We are ideally looking for a large, bright, clean kitchen space with:

- Enough accessible worktop space for at least 8 adults to work at simultaneously
- At least 2 ovens – either gas or electric
- 2 Gas hobs (preferable for cooking flatbreads)
- Access to accessible toilets, enough room for people using wheelchairs, some parking for blue badge holders
- Flexibility around the times we could use the space – ie day, evening, weekend
- A table/seating area where we can eat/relax

The kitchen needs to be in the Gants Hill area, which covers the wards of Aldborough, Barkingside, Clayhall, Cranbrook, Fullwell and Valentines

## **HAVE YOUR SAY**

### **OPPORTUNITIES FOR ENGAGEMENT & CONSULTATIONS**

#### **LBR HOUSING STRATEGY CONSULTATION**

#### **Can you help us shape our future housing strategy?**

Redbridge Council is asking local people help it develop a new five-year housing strategy and action plan.

We need to determine how our housing services will be shaped over the next five years, and we would like local people to give us their views on four key areas.

1. Increasing the Supply of housing
2. Housing & Homelessness
3. Improving the Quality of Homes
4. Putting residents first

Cllr Vanisha Solanki, Cabinet Member for Housing and Homelessness said: “Our new five-year Housing Strategy will aim to respond to the many challenges we face as a borough, such as homelessness and increasing the supply of housing, whilst building on the foundations and achievements of our last strategy.

“The new strategy will build upon key evidence and data that underpins our objectives and intended actions and feedback we receive from this consultation. It's important everyone gets the opportunity

to have their say, which is why I strongly encourage both residents and stakeholders to respond with your views to help shape the direction for housing in Redbridge.”

To find out more about the housing strategy and how you can take part in engagement around it, please visit [Housing Strategy | Let's Talk Redbridge](https://engage.redbridge.gov.uk/housing-strategy) <https://engage.redbridge.gov.uk/housing-strategy> from **December 9 until the closing day for responses on 10 March 2023**.

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## OTHER INFORMATION

### Inter Faith Network – Internship (paid)

The Inter Faith Network is offering a full time, 10 week, fixed term Internship **from 23 January to 31 March 2023**, paid at the London Living Wage. The internship will offer a chance to work on a number of IFN's programme areas such as linking local inter faith organisations, developing resources on particular aspects of inter faith engagement and Inter Faith Week, on which IFN leads.

The full role description and official application form can be found on the IFN website at <https://www.interfaith.org.uk/involved/vacancies/jobs>. Applicants must have the necessary evidence of permission to work in the UK. The closing date for receipt of application forms is **5pm on 6 January**. IFN warmly encourages applications from suitably qualified people of all backgrounds. Please do share this advertisement to encourage the widest possible pool of applicants.

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### Grants available to purchase a defibrillator & free online training from London Hearts Charity

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%. When someone is having a cardiac arrest, the chances of survival decreases by 10% for every minute that goes by without CPR and defibrillation. Brain tissue starts to die after 3-4 minutes. 95% of cardiac arrest patients will die if they don't receive immediate treatment.

London Hearts has therefore launched an initiative to assist communities to obtain £300 grant towards the cost of every Defibrillator supplied across the UK plus with every defibrillator free online training.

Equipment is available now and can be with you in a matter of days. The defibrillator is semi-automatic suitable for use on both adults and children.

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 Marshall, Community Liaison Officer on 02070432493 or by email reply to: [tia@londonhearts.org](mailto:tia@londonhearts.org)

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### HEALTHWATCH REDBRIDGE NEWS –

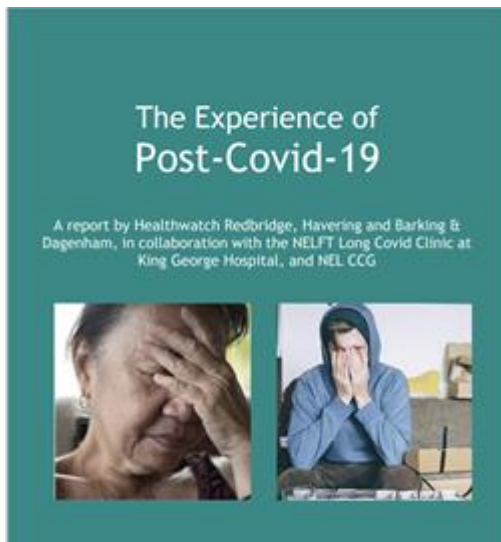


## Help Us Improve Emergency Care in London: Take Our Survey 🚑

Have you used a London ambulance in the last year? Help shape the future of emergency care in London by taking a few minutes to share your experiences and suggestions in this survey. Your feedback will be used to inform efforts to improve access to care, and we will let you know what difference you have helped make.

To take the survey please go to: <https://www.smartsurvey.co.uk/s/ambulance2023/>

Please share this with friends and family who would also be interested to help improve services.



### Healthwatch Redbridge Post-Covid-19 report

**published** Following the Covid-19 pandemic, NHS evidence suggests that some people have found that their symptoms have not gone away. This is sometimes also called Long Covid. Healthwatch Redbridge, Havering and Barking & Dagenham joined together with the North East London Foundation Trust Long Covid service to hear the experience of local people who feel they have Post-Covid-19. We wanted to hear about their access to support and what helped. [Our findings](#) show that some people found their symptoms very distressing and accessing specialist support difficult. However, once referrals were successful, people felt they were able to better manage the impact of their symptoms.

These findings have been shared with GPs across North East London, and will be published on the website of the NHS Integrated Care Board. This will enable the people designing and delivering services to better understand the experience of service users. The findings have also given support to people designing patient information material, so that there is more awareness of the specialist clinic at King George Hospital.

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## Grange Hill Methodist Church Centre – Foodbank Distribution Centre in Partnership with Redbridge Foodbank

When the worshipping congregation at Grange Hill Methodist Church made the tough decision to cease to worship, they were determined that it would not be the end of the story.

The few elderly members who were left decided they wanted to continue to serve the community which it had done since the 1950's.

The vision they had was to create a Community Centre where people could come and find friendship, support or whatever they needed. **The first step in this project was to open a Foodbank Distribution Centre in partnership with Redbridge Foodbank. This opened in January 2021 and has supported hundreds of callers during that time.**

To develop the project further and create a café area at the front of the church we needed to be independent of the Preschool which meets in the hall. (Safeguarding etc.) Several alterations had to be made including creating a new entrance to the hall. These pieces of work appeared to be fairly straight-forward but with the effects of Covid and the challenges of finding contractors and materials it took a lot longer than planned. However, we got there in the end and we were delighted to welcome the Mayor of Redbridge and other guests to the official opening on Saturday 12<sup>th</sup> November. It was a wonderful afternoon and we were really surprised by the number of people, from both the local churches and community, who came along and made it a very special occasion.

Part of the celebrations included planting six trees in memory of different people; one of which was planted for the community and all who have lost loved ones. Another tree was in memory of one of the very faithful members of the former congregation who had served the church for many years.

The opening was a real celebration of the realisation of the vision that the congregation had to continue to serve God and the community at Grange Hill. At times we wondered if we would ever get the project completed but our God is faithful and through him all things are possible.

Our project has now moved on to the next stage when we will be seeking to create partnerships with groups in the community and offer two rooms and hall for hire and other activities. If you are interested in hiring a room or the hall or would like more information on our premises, please contact our property manager, Melvin Dawson. ([melvin@dawson.uk.com](mailto:melvin@dawson.uk.com)).

You can donate groceries; it goes to Jubilee Church initially but then gets supplied to Grange Hill as Emergency Food Boxes.

<https://redbridge.foodbank.org.uk/give-help/donate-food/>

Money can be donated by:



[donate.mydona.com/grange-hill-methodist-church](https://donate.mydona.com/grange-hill-methodist-church)



Redbridge Generic Floating Support provides housing-related support to single people and families. We work across all housing tenures within the borough of Redbridge to enable people with a range of support needs - from low to high - to manage and sustain their accommodation and independence, and/or to gain access to independent accommodation.

The service also supports people living in all forms of temporary accommodation including bed and breakfasts, the private rented sector and hostels. We work in partnership with a number of agencies and services to ensure that there is a coordinated and pro-active approach to enable clients to address all the issues that impact on their ability to access, manage and sustain accommodation, such as mental health and drug and alcohol services. This service is open for self-referrals.

Each of the members of our team can work with 20+ clients at time and is able to give a unique service to each individual clients situation and needs.

I have attached the referral form so that if anyone shows interest after they have easy access to make a referral. To refer a client they need to have some housing difficulties they need support in as well as a connection to Redbridge Borough itself.



RGFS Referral  
Form.doc

**Redbridge Floating Support Team**

**2nd Floor Broadway Chambers, 1 Cranbrook Road, Ilford, IG1 4DU**

**Office: 07805746523**

**Mobile: 07799697666**

**@SHPcharity [www.shp.org.uk](http://www.shp.org.uk)**

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## REDBRIDGE INSTITUTE OF ADULT EDUCATION

### Is English your second language? Do you want to improve your English and Maths for everyday use?

Improve your practical English and your Maths skills at the same time. Learn to work out discounts when shopping, read timetables and convert measures and weights.

Come and join one of our friendly and flexible courses to help you work towards qualifications.

Or visit us at one of our main centers:

#### Redbridge Institute

Gaysham Avenue  
Gants Hill  
IG2 6TD

#### Mildmay Learning Centre

2-4 Mildmay Road  
Ilford  
IG1 1DT

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## Transition Ilford (TTI)

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



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.

#### 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)

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.

*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/>*

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## BRITISH RED CROSS

# Need a wheelchair?

We can help.



We hire out wheelchairs for short-term use.

[Find out more >](#)

British Red Cross



Need to hire a wheelchair? The British Red Cross provides a UK wide wheelchair hire service. We offer comfortable, safe and reliable manual wheelchairs whether you're looking for self-propelled, transit or bariatric (wider seating, higher weight capacity) wheelchairs.

**Find out more information about the types of wheelchairs we offer and how to use them.**

The wheelchairs are suitable for anyone over the age of 5 and are available in a wide range of sizes, with fitted footrests as standard and free accessories such as leg elevators, cushions and stump supports available to improve your comfort\*.

**\*subject to availability**

[Hire or rent a wheelchair | British Red Cross](#)

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## GP PATIENT SURVEY 2023

During early January, 2.4 million randomly selected people registered with GP practices will have been invited to take part in the annual GP Patient Survey.

The survey's findings will help show what's working and what needs to be improved within GP practices and other local NHS services, and highlight any inequalities experienced by those who have protected characteristics.

The GP Patient Survey is an important part of making sure that patients are offered the best local NHS services.

Support completing the survey, or access to the survey in other languages or formats is available either by visiting the [GP Patient Survey website](#), or calling the free helpline 0800 819 9135.

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## BHRUT (Barking, Havering and Redbridge University Hospital) NEWS

For non-urgent issues, GPs and pharmacists can help. [Pharmacy opening times](#) and details of how to [book GP appointments](#) are available online. If you're not sure where to get the right care, **contact NHS 111 for advice**.

Our staff were able to [discuss the challenges they face with BBC London](#) who came in to understand more about the pressures we're under. Junior Sister Alice Kenny summed up their feelings very well when she told the reporter: "We like to look after patients as if they're our family and can't do that in the corridor." It's a stark and moving piece of coverage and I urge you to watch it. I think it's vital that our staff get the chance to tell the public what it's like in our hospitals at the moment. We cannot have another winter like this, and we must spend the coming year thinking about a different way of caring for our patients across the community.

**REACH** - One of the latest [benefits of our collaboration with Barts Health](#) is the [launch of 'REACH' at our Trust](#). REACH is a Remote Emergency Access Clinical Hub staffed by senior clinicians working remotely with London Ambulance to reduce the number of patients brought into A&E who could be better treated somewhere else.



No one wants to be in A&E unless they need to be. When it's best for a patient to be treated at home, or in the community, their experience is much better. Barts Health have seen some real success with REACH to date and I'm optimistic it will make a significant difference to patients and staff at our Trust too.

In the past, planned care has often suffered at the hands of winter pressures, with operations being cancelled to free up beds for A&E. Our surgical hub at KGH has proven invaluable in 'ring-fencing' these beds for planned surgeries and not losing them to patients who come in through A&E.

I'm delighted our hub is [one of just eight trusts to take part in a national NHS England pilot accreditation scheme](#), after which the hope is it's rolled out nationally. The assessment will take place during January and February, with formal accreditation in March.

The hubs focus in particular on 'high volume low acuity' procedures such as cataract surgeries and hip replacements, which will reduce waiting times for these more common procedures.

This week our [Care Quality Commission \(CQC\) Maternity Inpatient Survey results](#) were published. The results are disappointing and we're working with our Maternity Voices Partnership (MVP) to ensure we're listening and responding to the views of our women.

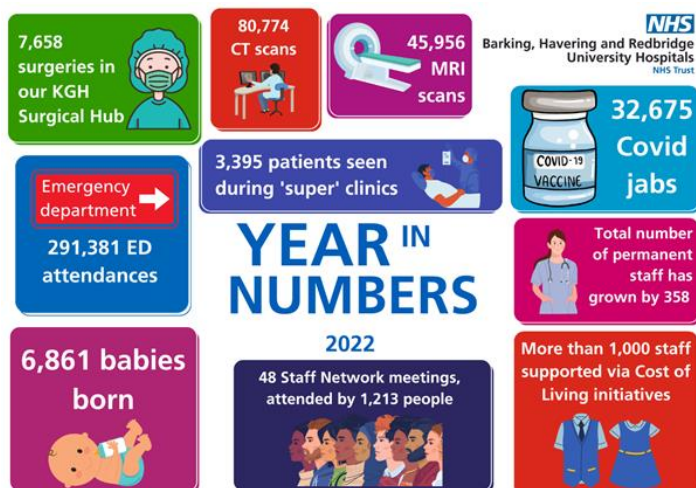
Improvements already underway include more support for women for whom English is not their first language, including remote access interpreting during consultations, and our MVP is working on ensuring women from minority ethnic backgrounds with more complex needs are supported by a bi-lingual volunteer; and monthly checks to ensure staff are supporting women to make their own informed decisions. Covid visitor restrictions, which were a significant issue to women who responded, have been removed and it was encouraging to read their positive comments such as information to help them feel more prepared, and mothers being put at ease by staff who knew their full medical history.

Also feeding into our improvements for maternity services are the findings to come out of our inspection in September to provide assurance against the seven immediate and essential actions from the interim Ockenden Review. This too showed there is a lot we still need to do; it was also encouraging that inspectors were impressed with the progress we've made in providing a good safety culture; the commitment of the new senior leadership to deliver change; and our ongoing efforts to listen to women. You can [read more in my November Board report](#).

**Matthew Trainer - Chief Executive**

## 2022 – our year in numbers

2022 has undoubtedly been challenging, but as you will see below, there is much we should be proud of. Read more about our [year in numbers](#).



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## NORTH EAST LONDON - NEWS



Services are extremely busy due to [strike action](#).

Calling your GP might get you faster, more appropriate care than calling 999. Urgent GP appointments are available 7 days a week.

Find out more: [www.northeastlondon.icb.nhs.uk/urgentcare](http://www.northeastlondon.icb.nhs.uk/urgentcare)

This week is cervical cancer prevention week, and we are working hard to encourage people in north east London to attend their cervical screening appointments.



We have created a short, [animated video](#) which helps overcome some common myths and fears with cervical screening, cervical cancer and HPV. This is also available in [15 different languages](#).

Cervical screening is a free health test that helps prevent cervical cancer. It checks for a virus called human papillomavirus (HPV) and, if you have HPV, cervical cell changes (abnormal cells). If you are due for cervical screening, you will receive an invitation to book an appointment. Please make sure you book, and attend, your appointment as soon as possible.

Cervical screening is not a test for cancer, it is a test to help prevent cancer. If you test positive for HPV it doesn't mean you have cervical cancer or will develop cervical cancer. Cell changes are easily treated, and this prevents cervical cancer from developing.

**Screening can prevent up to 75% of instances of cervical cancer and is estimated to save 5,000 lives per year.**

You can request a female nurse or doctor. It may be a little uncomfortable but only takes a few minutes and could save your life. Anyone with concerns or questions should contact their doctor.

**If you have received an invitation for cervical screening, please don't wait. Call your GP practice to book an appointment as soon as possible.**

**For more information**

[Jo's Cervical Cancer Trust](#) is the UK's leading cervical cancer charity, providing information and support to anyone affected and campaigning for excellence in cervical cancer treatment, care and prevention. Its national Helpline is free, confidential and on 0808 802 8000.

For more information, watch our [short-animated video](#).

There is also useful [advice for trans and non-binary people](#) on attending cervical screening on the Cancer Research UK website. There is a dedicated service at [56 Dean Street](#) for trans men and non-binary people.

More information on cancer screening is available on our [webpage](#).

## Womb Cancer Awareness - important survey on womb cancer

A research study is being carried out to understand the views of Black and Asian women on womb cancer. NEL Cancer Alliance would like to hear from you even if you have never had womb cancer or heard of it. This study is only looking to recruit people who live in Barking and Dagenham, Havering, Redbridge, Tower Hamlets, Newham, Waltham Forest, and City and Hackney. Your views are really important to help design awareness campaigns which are appropriate and target the correct information.

To take part or for more information please follow this link (<https://leicester.onlinesurveys.ac.uk/wcam>). The survey should take no longer than 10 minutes to complete.

## Pregnant or a new mum - do you smoke or have you recently given up?



London Borough of  
**Redbridge**

**Are you pregnant or a new mum?  
Do you smoke or have you recently given up?**

**If yes, I'd like to ask for your help and reward you  
for your time with a £20 voucher**

We would like to explore how pregnant women who smoke feel about the support available to help them stop or cut back on smoking. Your thoughts and opinions could really help to make support for mums and mums-to-be much better. If you are interested, we can set up a time that suits you for a completely confidential one-to-one chat, probably lasting about 30 minutes.

If you would like to help or want further information, please contact Sara at [Sara.Stefani@redbridge.gov.uk](mailto:Sara.Stefani@redbridge.gov.uk) or Sonam at [Sonam.Hitendre@redbridge.gov.uk](mailto:Sonam.Hitendre@redbridge.gov.uk) or scan the QR code

Scan Me..

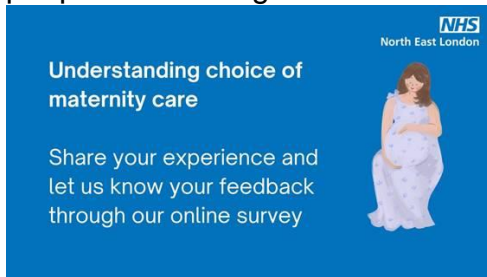
If you live in Redbridge and are pregnant/recently become a new mum and smoke or have recently given up, London Borough of Redbridge would like to invite you to share your thoughts and opinions about the support available to help stop or cut back on smoking. Your input could really help to improve support for mums and mums-to-be. If you are interested in

taking part, a confidential one-to-one chat can be arranged.

If you would like to help or would like further information, please contact [Sara.Stefani@redbridge.gov.uk](mailto:Sara.Stefani@redbridge.gov.uk) or [Sonam.Hitendre@redbridge.gov.uk](mailto:Sonam.Hitendre@redbridge.gov.uk)

## Maternity Choice survey -

NHS North East London want to ensure all women and pregnant people have the best experience when using maternity services. As part of this, we are working with [Healthwatch](#) and [Maternity Voices Partnerships](#) to better understand the choices women and pregnant people are making when it comes to their maternity care.



Through surveys and interviews with women and people who are currently pregnant, we will better understand people's choice for maternity care; whether they felt they could make choices and, why they chose to have their maternity care at their chosen hospital, birth centre or a home birth.

Fill out the [Maternity Choice survey here](#) or share with those who are currently pregnant or have given birth in the last two months.

**The survey will close on 16 February 2023.**

## NHS North East London – Winter Campaign

On 1 July our name changed 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.

A&Es and Urgent Treatment Centres are extremely busy with long waits. As we have entered winter we are seeing more people arriving at hospital with respiratory infections and flu like symptoms, often parents bringing in young children, including those concerned about Group A Strep. To enable our hospitals to better treat people with the most serious conditions we are reminding people that you can often be seen more quickly, conveniently, and appropriately by your GP or local pharmacist.

We have developed lots of new materials and videos which are attached and below:

Attached:

- A toolkit with messaging, social media posts and links to assets
- Easy read booklet on how to access the NHS in north east London (translated versions are on the campaign webpage below)
- 'What to do if your child is unwell' guide

Weblinks:

- The campaign webpage is here <https://northeastlondon.icb.nhs.uk/urgentcare>



NHS NEL Urgent  
and primary care car



NHS EASY READ



What-to-do-if-your  
child-is-unwell\_A4\_

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## NHS tummy troubles awareness campaign





As part of the 'Help Us, Help You' campaign, NHS England is [raising awareness of cancers in the abdominal area and urological cancers](#), and is encouraging anyone who has had tummy troubles such as discomfort or diarrhoea for three weeks or more, or seen blood in their pee – even just once, to contact their GP practice. Persistent tummy troubles can be a sign of a number of cancers, including bowel, ovarian or pancreatic cancer, and blood in pee – even just once, can be a sign of urological cancers, including bladder or kidney cancer.

The number of people being sent for urgent cancer checks by their GP has been at record levels since March 2021, but people who are suffering with abdominal or urological symptoms may be reluctant to visit their GP. They may be embarrassed about their symptoms, concerned that they might be wasting their doctor's time, or they may just put their symptoms down to getting older.

While it's probably nothing serious, any of these symptoms could be a sign of something that needs treatment. If it is cancer, finding it early makes it more treatable and can save lives.

Visit [www.nhs.uk/cancersymptoms](http://www.nhs.uk/cancersymptoms) for more information or visit the North East London Cancer Alliance [website](#).

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**Lung cancer awareness** - North East London Cancer Alliance is busy working away to raise awareness of the [signs and symptoms](#) of lung cancer, as well as promoting the [Targeted Lung Health Check Programme](#). Some of the NEL Cancer Alliance activity includes:



- Working with local football club, Leyton Orient FC to deliver the '[It's not a game](#)' campaign, which aims to make sure suspected lung cancer is checked as soon as possible to save more lives.
- Promoting the lung scanning truck in Barking & Dagenham, including hosting a [BBC film crew for a programme on BBC Newsnight](#).
- Running an awareness campaign across their social media channels, focussing on the signs and

symptoms of lung cancer, to encourage people to contact their GP.

- Continuing to support the London Stop Smoking campaign and promoting the launch of the [London Tobacco Alliance](#).
- Raising awareness of the fact that non-smokers can still get lung cancer.
- Supporting GPs with information on lung cancer diagnosis, particularly in those who have never smoked, as part of the '[See through the symptoms](#)' campaign, backed by the British Lung Foundation.
- Linking in with Community Links, who are working on raising awareness of cancer across our diverse communities in north east London.

For more information on the work the North East London Cancer Alliance is doing to improve cancer services across north east London, visit their [website](#) or email [nelondonicb.nelcanceralliance@nhs.net](mailto:nelondonicb.nelcanceralliance@nhs.net)

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## Flu and Covid-19 can be life-threatening and spread more easily in winter when we are crowded together inside



This year it's more important than ever for people at risk to get their free flu vaccine and Covid-19 booster when they are invited by the NHS. The best time to get vaccinated is in the autumn, before the cold temperatures start.

Find out more and how to book on <https://www.northeastlondon.icb.nhs.uk/wintervaccinations> or speak to your local pharmacy or GP. School-aged children will be offered the vaccine at school.

The flu spreads from person to person – even amongst those not showing symptoms. The vaccine is the best protection for you and those around you.

Covid-19 is more serious in older people and in people with certain underlining health conditions.

Most adults and children can get a free flu vaccine, Covid-19 booster or both. The best way to protect ourselves from these viruses is to get vaccinated.



Having your Covid-19 booster jab could be the crucial difference between you and your loved ones becoming seriously ill this winter. That is the message from NHS leaders in north east London amid concerns that fewer local people are coming forward for vital vaccinations. So far, more than 1.1 million people across the capital have received an autumn Covid-19 booster jab, with the new bivalent vaccine giving them vital extra protection against the virus. However, uptake in some areas remains significantly lower than last year. This means many people are now at greater risk of becoming seriously ill – and passing on the virus – as our immunity decreases over time and new variants emerge.

Bookings are open to everyone aged 50 and over to get their Covid-19 booster and flu vaccines. You can arrange to get your life-saving jabs quickly and easily online at [www.nhs.uk/covidvaccine](https://www.nhs.uk/covidvaccine) or through the free 119 phone service.

Covid-19 boosters are free and available at many sites, including high street pharmacies, across Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest. The flu jab is also being offered at dozens of community pharmacies and GP surgeries.

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## URGENT REMINDER TO ALL PARENTS/CARERS



If your child has missed their school immunisation session for Flu, HPV, DTP & MeningitisACWY or MMR, they are still able to receive their vaccine. Please email [appointments@v-uk.co.uk](mailto:appointments@v-uk.co.uk) or telephone 0203 343 2400.

There are a number of clinic times available at a range of locations across Barking and Dagenham, Havering and Redbridge.



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/>.

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## St George's Health and Wellbeing Hub – an update

We are excited to announce that early works have started to make way for the new health and wellbeing centre on former St George's hospital site.

The St George's Health and Wellbeing Hub will bring together a range of health, social care and community services under one roof within a brand-new, purpose-built premises.

Works have now begun on the proposed construction site, off Suttons Lane, in readiness for final government approval for the new centre which is expected in the coming weeks. Contractors are currently carrying out clearance works including site surveys and other minor works and parts of the old St George's Hospital building will also be demolished.

Health and care partners across north east London have been working together for a number of years to design the hub, which secured detailed planning approval this year.

The centre will give people in Havering and its neighbouring boroughs easy access to a combination of primary care, mental health and prevention services, along with some early diagnostic services for cancer. The hub is scheduled to complete by March 2024.

Visit <https://www.nelft.nhs.uk/st-georges-health-and-wellbeing-hub> for more information and regular updates about the hub.

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## Make Memories - Foster for Redbridge



We often take some things for granted. Taking our children to the park or to a playground; jumping in puddles; getting your wellies stuck in thick mud. Many children in Redbridge, however, have never experienced these fun and free activities. A care leaver remembers the time that she was fostered and had a picnic in a park, "I had never had a picnic in a park before. I was 11. It was so exciting."

If you would like to create happy memories for our most vulnerable children and are considering fostering, please

email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk) or call us on 020 8708 6068 or visit our website [www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering) to book onto one of our virtual information sessions.

## 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](http://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](mailto:CPAT.Referrals@redbridge.gov.uk)

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

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## 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.

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## 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.

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## **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](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](#).