

Redbridge Faith Forum E-News Bulletin – April 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.

We would like to take this opportunity to wish Happy Naw-Ruz to our Bahai friends; Happy Holi and Navarati to our Hindu friends; wishing a spiritual Ramadhan to our Muslim friends Blessings and Happy Easter to our Christian friends; and Happy Passover/Chag Sameach our Jewish friends; Happy Vaisakhi to our Sikh friends; and Happy full moon day to our Buddhist friends

Faith Festivals

- [8th March Holi \(Hindu\)](#)
- [20st March Naw-Ruz](#)
- [22nd March Nawratras -Chatria Navratras:](#)
- [23rd March to 20th/21st April Ramadan \(Muslim\)](#)
- [7th April Good Friday \(Christian\)/ 9th April Easter Day \(Christian\)](#)
- [5th April – 13th April Passover / Pesach \(Jewish\)](#)
- [14th April Vaisakhi/Baisakhi \(Sikh\)](#)
- [27th May – Vesak Full moon Day \(Buddhist\)](#)
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Some of our trustees have shared Festivals they are celebrating and what it means to them please visit [Faith Festival](#) page on RFF website.

‘Ramadan Guide for Employers’

Ramadan is a joyous and sacred month for all Muslims and is celebrated by fasting from dawn to dusk and spending a portion of the night in congregational prayer. Whilst spiritually fulfilling, this can be challenging for Muslim employees as they will be fasting for over 13 hours without being able to eat or drink during this time.

Please check out the [‘Ramadan Guide for Employers’](#) that has been created by Muslim Friendly Employers (MFE). It provides guidance on ways to support Muslim colleagues at work during Ramadan.

If you would like to find out more about Muslim Friendly Employers then please visit their website at; www.muslimfriendlyemployers.com

LOOKING BACK

**Women’s Interfaith Workshop; For International Women’s Day 2023,
Thursday 9th March- “Exploring Faith and Mental Health”**



Despite the cold weather and rain, an interfaith group of 35 women came together for an in-person workshop at VHP Hindu Centre to celebrate International Women's Day 2023 by considering the topic **"Exploring Faith and Mental Health"** on 9th March 2023.

This topic proved very relevant as we have survived the pandemic but are now living through difficult and economically challenging times. As women we are often known as the peacemakers, the thread that holds the family together, the multi-taskers, the ones who support and nourish. It is a big responsibility and we thought it would be interesting, as women, to have an open and honest exploratory discussion on our Faith and our Mental Health –

1. What (if any) are the issues around faith and mental health from a woman's perspective?
2. How does having a spiritual belief and viewpoint help us cope mentally with life and all of its' ups and downs?



The women gathered in a large circle and introduced themselves - it was so good to see both familiar faces and several new women who had joined the group for the first time. Discussion groups of 3-4 women then discussed the above-mentioned questions.

[Click here to read our full report and view photos](#)

**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://redbridge.gov.uk/cost-of-living) 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 if you have any questions

UPCOMING EVENTS

Ilford Community Grocery – Opened Tuesday 28 March 2023

Mon to Friday 9.30am-4.30pm

City Gates, 25-29 Clements Road Ilford IG1 1BH –



Millions of families are facing not knowing where the next meal is coming from, so the Community Grocery is here to help.

Step inside a grocery and you'll find a range of food options fresh from local supermarkets, meaning our members can come and shop for their whole family at the fraction of the cost of a supermarket. Whilst also saving thousands of tonnes of food being wasted each year.

But it's not just about the food. In each store you'll also find a range of free support on offer to members. **Support like job clubs, money management support, healthy cooking classes** and much more.

Find out more [here](#)

Public Health Briefing for Community, Voluntary and Faith groups.

Tuesday, 4th April 5-6 pm

City Hall, the Office for Health Improvement and Disparities (OHID) and NHS England (London) would like to remind you about the next **online** Public Health briefing of 2023 for Community, Voluntary and Faith sector partners.

The event 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).

We encourage as many of you to attend as possible. We plan to cover blood donation among the topics on the day, with the hope of dispelling some of the myths around donation and encouraging you

to share information with your communities. The NHS continues to urgently need blood from diverse communities to help treat patients, especially those with sickle cell who need closely matched blood to treat their condition.

You can sign-up to join the event using this [link](#).

We would be grateful if you could share this information and event details with others in your networks, so we can reach and support as many communities as possible.

Finally, we wanted to reshare the summary from our last meeting, which includes links and information to aid in your work around community resilience and supporting others' mental health. We hope you will find this useful.

If you have any additional questions, please don't hesitate to get in touch with us at community.engagement@london.gov.uk.

REDBRIDGE INSTITUTE OF ADULT EDUCATION – 25TH April 2023

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:

Free Maths Courses

25/04/23, 10:00-12:00

Lab Central, Redbridge Central Library

Redbridge Institute of Adult Education is offering two hour workshops on Managing your Money to help local residents budget their finances better and learn to save money on bills and expenses.

Further dates: 28/04, 02/05, 05/05, 09/05, 12/05, 16/05, 19/05

Redbridge Institute

Gaysham Avenue
Gants Hill
IG2 6TD

Mildmay Learning Centre

2-4 Mildmay Road
Ilford
IG1 1DT

ST FRANCIS HOSPICE OPEN DAY- Thurs 4th May 2023 9.30am-1pm



You are invited to join us for a morning dedicated to our Hospice services available to people in Redbridge. Our aim is to work together to better understand the different faiths and cultural backgrounds of people in Redbridge to help those who have been diagnosed with a serious illness.

Please reserve your place by email education@sfh.org.uk

SUPPORTING HUMANITY – Every Thursday

**Drop in Session (over 60) elders Social Group 10am-12 noon,
Weekly Yoga for Mental Wellbeing 1-2pm**

ABOUT US

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

Scan the QR code for further details.

Free and confidential support service for those who have lost loved ones

Call us so we can arrange support
020 4551 1584

JOIN OUR TEAM

If you'd like to become part of the Supporting Humanity team, we have volunteer roles in various departments. Contact us.

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

Every Thursday
10:00-12:00 midday

Supporting Humanity's Elders Weekly Social Group

Starting on 12th January 2023

Drop in session, no need to register

- Free entry for the Elderly (over 60)
- Refreshments provided
- For all backgrounds and men & women
- All volunteers are DBS checked

Activities include:

- Games & Activities
- Chair exercises
- Informative Talks from speakers
- Arts and crafts
- Many more

A chance for you to learn new skills, meet new people and have fun!

For more information contact:
020 4551 1584
info@supportinghumanity.org

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

Every Thursday
10:00-12:00 midday

WEEKLY YOGA FOR MENTAL HEALTH

Yoga with SanRa

Join us at Supporting Humanity's FREE walk-in Yoga sessions (no registration required!)

please bring your own yoga mats

water and yoga mats available (subject to availability)

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

Every Thursday
1pm to 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



MBSS (Muslim Bereavement Support Services) – Child Bereavement Support -

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

Phone 0203 4687333

Talk for Health



TALK openly, be heard, connect

BUILD confidence and communications skills

BE PART of growing a more connected society

Some exciting news: we are expanding the impact of Talk For Health beyond our community programmes into the business world! Following a successful pilot programme at global

marketing agency, C Space, Talk For Health is partnering with a new venture called [WITHIN](#).

The new business has been founded by Nicky Forsythe (CEO of Talk For Health), Phil Burgess and Felix Koch (photo above), who left their executive careers to launch WITHIN.

While WITHIN will deliver the Talk for Health programme in the workplace, it will operate separately from Talk for Health, which will continue providing free programmes in the community.

WITHIN will help us fulfil our mission of making therapy accessible to all by delivering programmes which radically improve employee mental health and build connection in the workplace. You can find out more information [here](#). Please get in touch with felix@within.business for more details. –

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.

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

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

020 8597 2900

078548382940

OTHER INFORMATION

Redbridge Design Challenge

Calling young people in Redbridge! We're looking for someone aged 16-25 to help design the brand for a new creative programme funded by Arts Council England. If you can think of a name, logo, and concept design, you could earn £1,000, build a great portfolio and get professional support. Apply before 21 April 2023. Read more vrcl.uk/redbridge-2023.

Transition Ilford (TTI)

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

Transition Town Ilford is a group of volunteers building a community in Ilford which promotes the wellbeing of all living things.

We are looking for new members for our Steering Group. If you would like to bring your skills and experience to our organisation then follow this link for more information. We would love to hear from you

<https://www.transitionilford.org/vacancies>

Energy Cafe



The poster for the Energy Cafe is green and white. At the top left, there are two hexagonal icons: one with a lightbulb and a plant, and another with a thermometer. Below them is the text 'TRANSITION TOWN ILFORD' and 'Energy Cafe'. To the right of this is a circular logo for 'Transition Town Ilford' featuring a flower. Below the main title, it says 'Drop-in sessions at Redbridge Central Library Every other Saturday'. Further down, it states 'A volunteer led advice desk that can help you save energy in your home and money from your energy bills.' At the bottom left, there are logos for 'London Borough of Redbridge', 'CRONFA CYTHUNEDOL COMMUNITY FUND', 'Transition Network.org', and 'Transition Ilford'. Below these is a photo of people sitting around a table. To the right of the photo, it says 'There has never been a better time to look at ways to save money whilst reducing your carbon footprint at the same time.' Below that, it says 'Information will be confidential at all times. Check our website for dates'. At the very bottom, it provides the website 'https://www.transitionilford.org/energy-cafe'.

TRANSITION TOWN ILFORD

Energy Cafe

Drop-in sessions at
Redbridge Central Library
Every other Saturday

A volunteer led advice desk
that can help you save
energy in your home and
money from your energy
bills.

There has never been a
better time to look at ways to
save money whilst reducing your
carbon footprint at the same time.

Information will be confidential at all
times.
Check our website for dates

<https://www.transitionilford.org/energy-cafe>

On March 21st, a team of our **Energy Cafe** volunteers did a session at Ilford Library with Respite, a new Carers Peer Support group offering a coffee morning with conversation and a range of activities both for carers and for people living with dementia. Sobia, our Energy Coordinator and very knowledgeable person, did a short talk on the help available with utility bills and grants available for energy saving work and the team then had one to one conversations with interested participants. There was a lovely, friendly atmosphere, delicious food(!) and people were appreciative. If you belong to an Ilford based community or faith group and would like the **Energy Cafe** to come to your group to **share advice on ways you can save energy**, then get in touch with us at ilfordtrandition@gmail.com

For more info check our webpage [**here**](#)



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

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

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

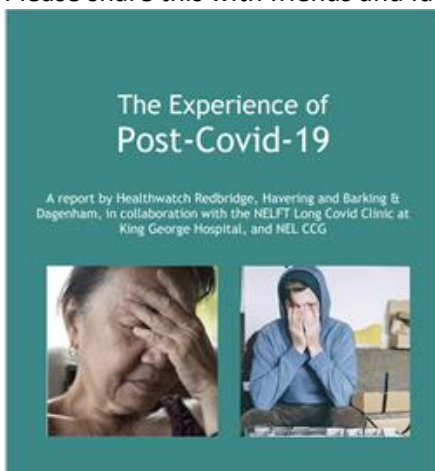
HEALTHWATCH REDBRIDGE NEWS –

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.

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 12th 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).

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

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.**

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 a new 'Help Us, Help You' campaign that is the first of its kind nationally, NHS England is encouraging people who have been sent an NHS bowel cancer screening kit to complete the test.

Bowel cancer is the fourth most common cancer in the UK, and detecting it at the earliest stage makes you up to nine times more likely to be successfully treated. But, almost one third of people who were sent an NHS bowel cancer screening test in England last year did not go on to complete it.

Just a tiny sample detects signs of cancer before you notice anything wrong. The test is simple to complete and can be done in the privacy of your own bathroom. You can view this video to find out more: <https://youtu.be/53PObqeNtPk>. It is also available in [15 different languages](#).

Anyone aged 60 to 74 who lives in England and is registered with a GP practice will be sent a test in the post automatically, every two years. NHS England is also extending this to include all 50 to 59 year-olds by 2025.

So, the NHS is asking anyone who is sent a bowel cancer screening test to remember to complete it. Put it by the loo. Don't put it off.

Helpful bowel cancer screening campaign resources can be found here: [Bowel Cancer Screening - Help Us, Help You | Campaigns | Campaign Resource Centre \(dhsc.gov.uk\)](#)

Visit <https://www.nhs.uk/conditions/bowel-cancer-screening/> for more information. Watch the campaign video here: https://youtu.be/H5w6Hx_zoJI

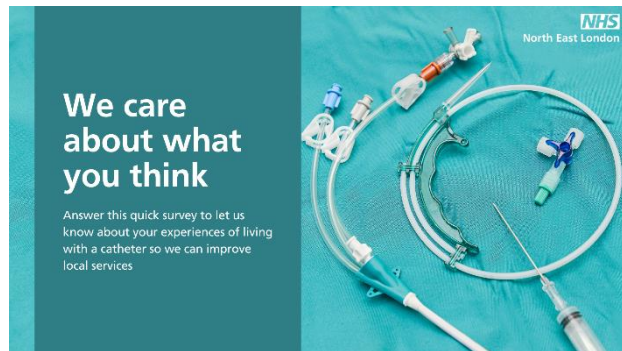
NORTH EAST LONDON - NEWS

Have your SAY!

Your experience of living with a catheter

Your local NHS is working to improve care for people in Barking and Dagenham, Havering and Redbridge who have been discharged from hospital with long-term or short-term catheters.

We want to give you better support in the community so that if you have any issues with your catheter, you won't need to go to A&E (Accident and Emergency) for help.



for
and

with

Please tell us about your experiences of having a catheter by completing [this short online survey](#). By answering the survey, you can help us to improve local services and ensure people get the support they need.

The survey will be open until Monday 24 April 2023.

If you need to contact us or need the survey in other formats please email bhr.communications@nhs.net.

Your GP should usually be your first point of call if you are concerned about your health. Anyone can register.

Find out how to register today: [General Practice \(GP\) - NHS North East London \(icb.nhs.uk\)](#)

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 or call us on 020 8708 6068 or visit our website 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 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>

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.

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.
