

# Redbridge Faith Forum E-News Bulletin – September 2023

We 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).

## Have Your Say

Redbridge council have recently drafted the first version of Equality, Diversity and Inclusion (EDI) strategy. Our EDI Strategy describes what they plan to do to deliver better outcomes for those living and working in Redbridge through levelling up life chances across the diverse communities of Redbridge. It will help the Council meet its legal duties under the Equality Act 2010 and help us ensure that what they do is always for the benefit of Redbridge's residents. The Strategy will be a road map for realising our ambition for equality across the Borough. It will present our approach to EDI – codesigned with our communities – and highlight how we will deliver real change by being bold and innovative.

online survey is now live and they are inviting those that live and/or work in Redbridge to share their views on our strategy, please share this with your group and encourage them to make their voice heard. The link to the consultation is here – [engage.redbridge.gov.uk/edi-strategy-2023](https://engage.redbridge.gov.uk/edi-strategy-2023).

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## LOOKING FORWARD TO:

### Redbridge Faith Forum and The Nature Conservation Team warmly invites you to a “Bat Walk” in Ilford

- DATE:** Monday 4th September 2024  
**TIME :** Meet at 7pm, walk finishes just after 8pm ish...  
**Meeting Point:** Meet outside Vine Church, Riches Rd Ilford IG1 1JH (good public transport links)  
**Other info:** Please wear suitable clothing for the weather and sturdy footwear  
**Cost:** It's free, but you need to book in advance



© Michael Trump

The Nature Conservation Team are working with the Redbridge Faith Forum.

Join us for an evening walk to hear about your neighbours, some interesting residents in the borough, that like to eat flying insects - known as bats! Did you know we have recorded 11 different species of bat in Redbridge?

**You'll hear an interesting talk about these mystical creatures and then we'll go for a walk to see and hear the bats. We'll also provide bat detectors for you to use**

**This event is for anyone 8 years and over. Each child must be supervised by an adult. The walk is free!**

**Booking Details:** Please email [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) to book your **free place** or contact the office on 0208 708 2445. .

*Please publicise and share with your friends/family/faith communities.*

## **RFF Network Meeting**

**Date: Tuesday 19th September 2023- 12 noon to 1.30pm**

**Venue: Ilford Islamic Centre, 52-56 Albert Road, Ilford IG1 1HW**

**Redbridge Faith Forum (Charity 1118675) warmly invites you to join us for our Quarterly Network Meeting. we are working jointly with NELEF. NELEF means North East London Eco Faith.**

The network meeting will be held on Tuesday 19th September, from 12-1:30pm, at the Ilford Islamic centre Albert Road, IG1 1HW

An event to learn about and sharing our experiences of

- how to make your faith buildings and homes more eco-friendly and energy saving and
- how to involve your community to care for the earth
- What do our faiths say to encourage to do this work?

come and learn about the experiences of others and to share your experiences.

- Now let's all get on with it!

**Please join us and invite your friends, neighbours, and members of your faith community.**

*Light refreshments will be available.*

*Please email [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) to book your free place or contact the office on 0208 708 2445. Advance registration is appreciated to help with arrangements but is not essential.*

*Please publicise and share with your friends/family/faith communities.*

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## **RFF ANNUAL WALK OF PEACE “Faith- Finding Peace Within” Sunday 22nd October 2023:**

Our annual Multi-faith Walk of Peace is a gentle stroll through central Ilford that brings together people from many diverse faith communities in Redbridge in a spirit of fellowship and harmony. As we walk together, visiting the different faith venues, and hearing from each faith about this year's topic FAITH: FINDING PEACE WITHIN, we can appreciate the common precepts we share and we are able to further develop our understanding and respect for each other.

Whether or not you are affiliated to a faith community please do join us for either the whole or part of the Walk of Peace. You can join/leave at any point. Refreshments will be served at some faith venues but please bring your own refillable water bottle.

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

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

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

**Please note that everyone is invited to attend the Langar at the**

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## LOOKING BACK

### RFF Network Meeting – 18<sup>th</sup> July 2023- “Health and Services Provided by BHRUT” (Barking, Havering and Redbridge)”

**Redbridge Faith Forum Network Meeting on at** Buddhist Vihara, 9 Balfour Road, Ilford IG1 4HP

#### “Health and Services Provided by BHRUT”

When you are in good health you don't really stop to think about the different health services that are available as they aren't relevant. However, we should all be aware that circumstances can change overnight, through accident or injury or through the diagnosis of a serious or life-changing illness, either for ourselves or for a family member. It is then that we want to know exactly what services are available for us and we come to realise that we are indeed fortunate to have a National Health Service that is available for all to access when we do have health concerns.

We heard today from Victoria Miles-Gales Head of Patient Experience & Engagement, Complaints and PALS at BHRUT (Barking, Havering and Redbridge University Hospitals NHS Trust) and her Team on the topic of Your Health and the Services provided by your Local NHS Hospitals.

Victoria gave some background on BHRUT. We provide acute hospital services to the 750,000+ residents of Barking and Dagenham, Redbridge and Havering. We have a staff group of over 7,500 people – many of who live within the 3 boroughs we serve. Our two main hospitals – Queen's and King George, provide a wide range of health services including emergency care (A&E), maternity, surgery and cancer. We have one of the leading neurosciences services in the area and patients are often transferred to Queen's Hospital if they are complex. We also provide a range of outpatient services including diagnostics including phlebotomy and radiology.

We also heard from Rev Phil Wright about the chaplaincy work.

The meeting was chaired by Phil Butcher, Redbridge Faith Forum and 45 plus people attended. Phil welcomed so many new and familiar faces to the Face to Face Network Meeting at the Vihara. A huge thank you to Rev Hemaratana and the Buddhist community for the huge range of refreshment. Full report to follow

There was opportunity for **Question and Answer time**, the Network meeting was very well attended by 45 plus local residents.

Full report will be uploaded to our website meanwhile do click the link [here](#) to view photos

## UPCOMING EVENTS

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**Transition Town Ilford (TTI)- Forest Garden Festival - Saturday 2<sup>nd</sup> September 2023, 1pm-4pm at Valentines Park Forest Garden, Brisbane Rd entrance**



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

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 [ilfordtransition@gmail.com](mailto:ilfordtransition@gmail.com)

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

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

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

*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/>*

### 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)

## Online Public Health briefing of 2023 for Community, Voluntary and Faith sector partners. Thursday 7th September 2023 from 5pm-6pm.

The session will be hosted by Dr Debbie Weekes-Bernard, London's Deputy Mayor for Communities and Social Justice and Martin Machray, Registered Nurse and Executive Director of Performance at NHS England (London). As an update, we wanted to let you know that Prof. Kevin Fenton CBE, Regional Director for London in OHID, will also be joining later in the session.

We're also delighted to let you know that we will be joined by guest speakers, including Nina Khazaezadeh, the Regional Chief Midwife for NHS England (London), and James Ludley, Communications Lead for Thrive LDN.

**If you haven't already registered, please by sign-up to join the event via this [link](#) . Please share the link with others who might be interested in attending.**

### Our agenda is as follows:

1. Mental health – how to champion good mental health in your community with support from the Mayor's #ChampionMentalHealth initiative, raising awareness of World Suicide Prevention Day on 10<sup>th</sup> September, and understanding the Right Care Right Person model recently announced by the Met Police.
2. Measles cases on the rise in London – how to protect your children and loved ones as we kick off the school season.
3. Maternity services – what the NHS is doing to improve services for London families.
4. Alerting your communities to emerging scams pretending to be the NHS.

For anyone who can't make the session, we wanted to let you know that Zero Suicide Alliance is hosting a train-a-thon on 8<sup>th</sup> September, based on their 20-minute suicide awareness training. The session is open to anyone who wants to learn more about preventing suicide in their community and it's completely free. [Register here to participate in a train-a-thon session.](#)

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

We look forward to seeing you on **7th September 2023**

**Iford Islamic Centre are proud to host this very important and useful community session on September 8th after Friday prayers. We will be working with RCVS (Redbridge Community Volunteer Service) who are coordinating the event.**

These days, health constitutes your physical, emotional, social and financial wellbeing. We will have a number of partners on the day who should be able to advise on a variety of issues and hopefully help you navigate through some of the difficulties we face today.

Please drop in as I'm sure there will be information which will be of a great benefit to you or for you to pass on to someone else who may be needy.

RedbridgeCVS   MEDICS ACROSS CONTINENTS

**MAKE THE TIME EASE YOUR PRESSURE**

Your blood pressure is important no matter your age.

Join us on 8 September for a **free** blood pressure check and healthy living marketplace.

You can get free advice on ways to **ease your pressure**, including:

- Cost of living support
- Welfare benefits
- Social prescribing
- Crime & Safety
- Keeping healthy

**Friday 8 September**  
**2:00 - 4:00pm**  
**Iford Islamic Daycare Centre 57-67 Albert Road Iford IG1 1HL**

   

[bloodpressureuk.org](http://bloodpressureuk.org) #KnowYourNumbers  



**SUPPORTING HUMANITY – Every Thursday**  
**Drop-in Session (over 60) elders Social Group 10am-12 noon**  
**Weekly Ladies 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 anyone 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](mailto:info@MBSS.ORG.UK)

Phone 0203 4687333

## 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](#) .

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

## Iford Community Grocery



The flyer for Iford Community Grocery is divided into two main sections. The left section features the logo at the top, followed by the opening date: 'Opening Tuesday 28 March 2023'. Below this, three key benefits are listed: 'ACCESS SUPPORT', 'SAVE MONEY', and 'REDUCE WASTE'. A central text block states: 'Anyone can become a member of Iford Community Grocery. For just a £5 annual membership you can shop in the store up to 2 times a week, filling your basket for just £4 each time.' At the bottom of this section, it advertises 'FREE COURSES' with the subtext: 'Learn new skills, find a new job and meet new people'. The right section is titled 'HOW TO FIND US?' and provides the address: 'City Gates, 25 - 29 Clements Road, Ilford, IG1 1BH'. It also lists the opening hours: '9.30am - 4.30pm, Monday to Friday' and contact details: '020 3422 6511'. At the bottom of the flyer, it mentions 'A PARTNERSHIP BETWEEN message and CITY GATES'.

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](#)

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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.**

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

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## OTHER INFORMATION

### Funding Opportunities



**We Can Create**  
Funding Available

**COLOURS**  
of Redbridge

Get up to £10,000 plus training and support for your organisation to develop a **creative or cultural** programme in Redbridge.

You could be a sports club, faith group, school or any other group who works with communities. We want to hear from you because creativity is for everyone!

Visit [www.colours.red](http://www.colours.red) for more information or to apply.

The poster features illustrations of a person playing a drum, a person painting, and a person holding a camera, symbolizing creative and cultural activities.

#### What is it?

The We Can Create fund will support community organisations to develop **new creative projects** in Redbridge. Up to fifteen successful groups will each receive initial funding of **£2,500 to £10,000**, plus **free artistic support, training and development** opportunities.

#### Who is it for?

We'd like to hear from organisations who **don't** yet have lots of experience producing cultural or creative projects as this opportunity should support groups to develop a new cultural offer. We are keen to hear from sports clubs, faith groups, community groups, charities, schools, housing associations, residents' associations, small businesses or any other groups who work with our target audiences in Redbridge. We are not



encouraging applications from organisations where culture or creativity is already their main purpose, such as a gallery or theatre.

### What will we get out of it?

With our support, organisations will be able to test out new creative projects to benefit people in their area – especially those who may not have thought creative projects were for them. We want to show that culture and creativity brings key benefits such as better health and wellbeing, employment opportunities, a stronger sense of community and more fun! This fund aims to create lasting creative opportunities in Redbridge designed by people who really understand our communities.

### How do I apply?

The deadline for applications is **10:00am Friday 6 October 2023** and all the information you need on how to apply is here: <https://www.coloursofredbridge.com/apply-for-funding/>. You can also book in a session with one of our Community Engagement Officers to discuss your project idea and application. Please contact us via: [hello@colours.red](mailto:hello@colours.red) or phone Lisa on 07436 297160 (Tuesday to Thursday).

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## Make a difference to your family's health Join Redbridge We Care for Our Air today!

Our main aims are to work with local residents on monitoring local air pollution and developing communications to raise awareness of local air quality and protection strategies, particularly in the three focus areas of Loxford, Newbury Park and Goodmayes.

Would you like to know how polluted the air you breathe is, whether it's in your back garden, at a bus stop or where your kids play? We can help you find out! Monitoring the air quality in the places that matter to you is FREE and EASY and takes just 5 minutes a month.

Using all the results collected, we will create a public interactive map to help you see where the air quality is better, so you can avoid some of the most polluted areas.

We will also use the information to guide council strategies and policies for the future.

**The more people that get involved, the better picture we'll create.**

**WE NEED YOU!**

**To sign up please email [air@mappingforchange.org.uk](mailto:air@mappingforchange.org.uk) or to find out more please go to: [Let's Talk Redbridge Project page](#)**

### Air your views!

We also want to know what you think and feel about the air quality where you live and work so we can create ways to safeguard the health of Redbridge residents.

Please air your views through [this short survey](#). You can also opt into the **prize draw with the chance to win a bike, scooter, or shopping vouchers!**

Take part here: <https://shorturl.at/cgryV>

Visit: [Let's Talk Redbridge Project page \(see email from Abu Zahed\)](#)

Call us: **020 7241 6625**

Email us: [jennifer@pwlcpjoints.com](mailto:jennifer@pwlcpjoints.com) or [info@mappingforchange.org.uk](mailto:info@mappingforchange.org.uk)

### Air pollution and health

Air pollution affects our health from before birth through to old age.

Air pollution can worsen symptoms linked to respiratory conditions such as Asthma.

Children and the elderly are most affected by air pollution, harming their lungs, hearts and brains.

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## Age UK Voices of Experience – Social Isolation & Loneliness Survey

Older people may become lonely after the loss of a spouse or a loved one. Other common triggers include retiring from work, children leaving home, having reduced mobility, or no longer being able to participate in enjoyable activities for some reason.

During the pandemic, many people experienced for the first time, what other people had been experiencing all the time. For some people, there was no difference, because they already felt isolated and lonely.

Social isolation is a measure of the number of contacts people have. Loneliness relates to the quality of those relationships. People may happily choose to have only a few contacts, but they may not choose to be lonely.

The purpose of this survey is to establish the reasons and frequency of Social Isolation for the local population and to attempt to address the issues once highlighted.

I would ask you to give specific details of any groups, clubs and activities you attend, so that, as a result of the survey, we can compile a comprehensive list of activities available locally.

**The survey closes on 16th November 2023.**

[Click here to complete the survey.](#)

website [www.ageuk.org.uk/redbridgebarkinghavering](http://www.ageuk.org.uk/redbridgebarkinghavering)

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## HEALTHWATCH REDBRIDGE NEWS –

### *Reports in Progress*

#### [Maternity Choice project](#)

*As North East London Healthwatch, we were recently commissioned to hear from Maternity Service Users across North East London about the reasons for their choice between our 5 available Maternity Units. We spoke to 403 service users, both by survey and also in-person during Maternity Choice week in early February. Our staff and excellent volunteers went in person to local Maternity Units and antenatal clinics to engage with women, and to be an independent listening service to gather their views. The findings will help the Local Maternity and Neonatal System (LMNS) to form their new strategy for North East London. We will publish the findings shortly.*

#### [Post-Covid-19 NHS staff project](#)

*Our previous post-Covid-19 project showed that NHS staff were unequally affected by the first wave of Covid-19. We wanted to hear from local NHS staff about their experience and the impact of living with Post-Covid-19 syndrome. The surveys are in analysis and we will publish the findings shortly.*

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## NORTH EAST LONDON - NEWS

### **Join The Big Conversation this summer**

The 'Big Conversation' is about listening to you, the people in our communities, and understanding your views about health and care in north east London.

It will help us focus on what matters to you and to work with you to improve what we do. Based on what we already know and what local people have told us in the past, we are focusing on four priorities for improving quality and outcomes and tackling health inequalities. These are:

1. Babies, children and young people
2. Long term conditions
3. Mental health
4. Local employment and workforce

**Through the Big Conversation we will explore this in more detail.**



## How can you get involved?

1. We want to understand how you feel about health and care in north east London - complete our anonymous survey, [complete our survey now](#) and be in with a chance to win a voucher.
2. You can also [Join an event in your local area](#) over the next few weeks. These are open to everyone to come and talk to us about what is important to them.
3. You can help us spread the word by forwarding this to your local contacts.

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 \(icb.nhs.uk\)](#)

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

### NHS 75 – a birthday still to remember

There is still a great buzz about our NHS 75 events.

Our week-long celebrations including our debate on the future of the NHS have been captured in our [on our website](#). [If you're short on time, I'd encourage you to watch our compilation video](#). [It really highlights](#) how much we value our staff and I hope it inspires people in our community to want to come and work for us.

### ACCESS your health Record online



Patients at Barts Health (including Whipps Cross hospital) can now access their health record online through a portal called [Patients Know Best](#). Once signed up, you'll be able to see your personal information and check upcoming hospital appointments.

Patients know best is free, easy-to-use, and hosted within the secure NHS network. This means that all personal and health information is encrypted so that you as a patient, and the people you choose, can access your health information.

If you want to sign up, [you can do so here](#). For any questions or if you want to know more please contact the team at [bartshealth.pkb@nhs.net](mailto:bartshealth.pkb@nhs.net)

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\\_zoJl](https://youtu.be/H5w6Hx_zoJl)

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## Foster for Redbridge



### Be the role model they need.

Children need role models in their life to help to shape their morals, beliefs and behaviour. Over 300 children in Redbridge are unable to stay at home for a variety of different reasons and need foster care. Be the positive role model that they need and help to change their life.

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

### One of our amazing Redbridge Foster Carers was on BBC London TV and Radio

Please watch our foster carer Geraldine and Emma, her previously fostered child, speak of the enrichment fostering has brought to their lives <https://www.bbc.co.uk/news/av/uk-england-london-65883709>

If you, like Geraldine, can provide a safe and stable home to one of the 315 Redbridge children needing to spend time in foster care, please call 020 8708 6068 or email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk) or visit our



website [www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering) to book onto a virtual information session. We would love to hear from you!

## 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>

## 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 second-hand smoke from shisha can be HARMFUL to your health and sharing mouthpieces can spread disease. We can also help those who want help to quit shisha.

