

Redbridge Faith Forum E-News Bulletin – October 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.

LOOKING FORWARD TO:

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.

Visit our [website](#) to view the full programme

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

LOOKING BACK



Redbridge Faith Forum and The Nature Conservation Team “Bat Walk” in Ilford – 4th September 2023

In partnership with the Nature Conservation Team (part of Vision Redbridge Culture & Leisure) and Redbridge Faith Forum, we ran a bat walk for faith members. Tajinder Lachhar of the Nature Conservation Team started off with a talk about bats before we headed out with bat detectors looking for bats from Vines Church. We walked along a green corridor known as Phillpotts Way and ended up at St Mary Church graveyard where we saw bats flying over the graveyard and feeding on flying insects.

We were fortunate enough to have very warm weather and 21 people attended from a variety of age groups and ethnicities and faiths. For most people, it was their first bat walk and initial feedback suggested they thoroughly enjoyed the talk and seeing the bats.

The Nature Conservation Team have some more bat walks which can be booked [here](#).

How you can help bats – [see link](#)

click the link [here](#) to view photos on our website

Redbridge Faith Forum (RFF) Network Meeting in Partnership with NELEF (North East London Eco Faith) - Tuesday 19th September 2023:



44 representatives from local faith groups met at the Ilford Islamic Centre (IIC), over lunch, at an event organised between RFF and NELEF. NELEF has been going for just under a year; it began as an informal group for all faiths interested in completing the Eco Faith/Mosque/Synagogue/Temple programmes, but has become perhaps wider in its reach, aiming to support all faith groups in their attempts to respond to the climate emergency. NELEF meetings alternate between 'practical' and 'spiritual' - this one was 'spiritual'. The meeting was chaired by Phil Butcher, RFF Trustee.

The meeting started with a small group discussion sharing ideas and texts from their faith traditions on why we should care for creation. It was fascinating and enlightening to hear views from so many traditions, and reassuring to hear that the message was basically the same: God wants us/is telling us to care for the planet.

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

WOULD YOU LIKE TO HOST A DEFIBRILLATOR?

Redbridge Voluntary Care (RVC) wishes to donate 5 defibrillators to organisations within Redbridge who would be willing to install them on a highly visible site with a good foot fall and 24 hour public access. Preference will be given to sites in areas not already served by a nearby defibrillator.

The defibrillators would be contained in a lockable cabinet and anyone needing to use them would first contact 999 to obtain access to the cabinet. The 999 operator will provide full on going support and advise the ambulance service.

There would be no charge for the defibrillators and cabinets themselves (normally costing about £2500) and no need for them to be linked to an electricity supply. Any recipient would effectively become the owner of the equipment and will need to arrange for them to be fitted in a suitable location. The equipment must be insured, either directly or through a management agreement with Community Heartbeat Trust. Running costs would be limited to insurance and replacing the battery every 4 years (about £230) and the pads after a couple of years or when used (about £60)

Any organisation which feels it has a suitable site, and which is prepared to undertake a weekly monitoring and reporting role to ensure the unit remains serviceable, will be invited to an initial session, at which the offer can be further explored and the host's responsibilities and likely running costs clarified, before making a formal application for a unit. Once installed RVC will have no further responsibility / involvement with the equipment or its use.

If you are interested in being considered for a defibrillator please email clarke054@gmail.com by **18th October 2023** with any queries and your contact details

UPCOMING EVENTS

Grief Cafes with Redbridge Library – 5th October , 6.30pm-8.30pm

We're running a series of Grief Cafes with Redbridge Library Service and the first one is taking place on **Thurs 5th October, 6.30-8.30pm** at Wanstead Library.

<https://www.eventbrite.co.uk/o/the-death-positive-library-30239235224>



Transition Town Ilford (TTI)- - Free Warm Homes Quilt Making Workshops – 3rd and 14th October -

Tuesday 3rd October 2.30pm – 5.30pm
at Redbridge Central Library (Lab Central),
Clements Road, Ilford IG1 1EA



Come and help make a Community Quilt on the theme of Warm Homes!

Stitch, paint or stick a design of your choice or your design onto a square of fabric which will form part of a large quilt

Materials provided but feel free to bring your own fabric and scissors.

No art skills needed. Just come along! Suitable for adults only.

To secure your place: Email TransitionIlford@gmail.com or Text your contact details and 'Quilt Booking' to 07957 534908

Saturday 14th October 10 am - 1pm at
The Repair Café, The Memorial Hall, St Mary's Church, 207 High Rd, South Woodford E18 2PA

To secure your place: Email wansteadclimateaction@gmail.com Text your contact details & 'Quilt Booking' to 07884 073545

The quilt is for a campaign for everyone to have a warm home which they can afford to heat. We hope it will be displayed around the borough and be used in photo opportunities this autumn. ***If you'd like to make your own fabric or knitted 15 cm sq at home or in your community group, for more information contact***

WansteadClimateAction@gmail.com

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

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

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

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

The week of prayer for world peace 2023 will be 8th – 15th October 2023

https://www.reonline.org.uk/festival_event/inter-faith-week-of-prayer-for-world-peace/

An interfaith intension and practice

<https://www.reonline.org.uk/teaching-resources/>

HEALTHWATCH REDBRIDGE NEWS – 10th October 10.30am-12.30pm

Healthwatch Redbridge are holding our second [Community Network Fair](#). This will be held at [Redbridge Institute](#) on Tuesday 10th October, 10:30-12:30.

This will be a marketplace event with stalls run by local community organisations where members of the public can access support and information. As it's World Mental Health Day we are also planning to run some wellbeing activities (to be confirmed).

- Do you have questions about health issues?

info@healthwatchredbridge.co.uk or call 020 8553 1236'."/>

- Would you like to try some wellbeing activities?
- Would you like to find out about local health and care services?
- Do you need some advice, information or support?

Then our **Healthwatch Redbridge Community Network Fair 2023** could be for you!
This is a FREE event, open to everyone and no booking is necessary.

For more information email: info@healthwatchredbridge.co.uk or ring 020 8553 1236.

InILFORD

Black History Month - Food Festival – 13th October

Come and celebrate Black History Month and World Food Day on Ilford High Road by Redbridge Town Hall and @Exchnageilford Shopping Centre on the 13,14th & 15th of October. Check out our event schedule below! [inilford Black History Month Food Fair | Inilford](#)

12pm - 4.00pm - Face Painting - Exchange Ilford Shopping Centre - Level 3 the Loft on 13th October

12.00pm - 6.00pm - Food & Craft Fair - Ilford High Road on 13th, 14th and 15th October

12.00pm -12.45pm - Dalaway Steel Pan Performance - In Front of Exchange Ilford Shopping Centre - High Road on 13th October

1.00pm -1.45pm - African Drumming Lessons - Exchange Ilford Shopping Centre - Level 3 the Loft on 13th October

2.00pm - 2.20pm - JFI Karate Academy Demonstration - In Front of Exchange Ilford Shopping Centre - High Road on 13th October

2.30pm - 2.55pm - Caribbean Mixx Ragga vs Soca Fitness Session - Exchange Ilford Shopping Centre - Level 3 the Loft on 13th October

3.00pm - 3.25pm - African Drumming Lessons - Exchange Ilford Shopping Centre - Level 3 the Loft on 13th October

3.30pm - 4.00pm - Caribbean Mixx Reggae Salsa - Exchange Ilford Shopping Centre - Level 3 the Loft on 13th October

inILFORD INILFORD FOOD FESTIVAL



FACE PAINTING ACTIVITY

13th October, 2023
12:00 pm - 4:00 pm

Food Fair Face Painting Experience

Head to Exchange Ilford Shopping Centre on October 13th, from 12 pm to 4 pm for a #FREE face painting experience, No booking required, just simply turn up and join the line for fabulous illustrations and colours. Don't miss out on this amazing experience!

<https://www.inilford.com/events/bhm-food-fair-face-painting-experience>

inILFORD INILFORD FOOD FESTIVAL



CARIBBEAN MIXX REGGAE SALSA

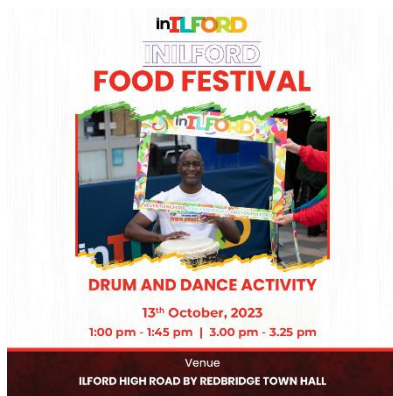
13th October, 2023
3:30 pm - 4:00 pm

Food Fair Caribbean Mixx Reggae Salsa

Experience the vibrant fusion of African, Caribbean, Reggae, and Salsa rhythms at our FREE BHM Food Fair Dance Lesson! Join us at Exchange Ilford Shopping Centre on October 13th, from 3:30pm to 4:00pm [BHM Food Fair - Caribbean Mixx Reggae Salsa Lessons Tickets, Fri 13 Oct 2023 at 15:30 | Eventbrite](#). Let loose and move to the beats in this exhilarating session. Limited to 25 #FREE spaces, so grab your spot now. Don't miss out on this dynamic cultural celebration! Secure your ticket on Eventbrite today. No experience is required, just a willingness to have fun!

[BHM Food Fair](#)

Venue
Exchange Ilford Shopping Centre - Level 3 the Loft



Food Fair African Drum Lessons

Immerse yourself in the rhythms of Africa at our #FREE BHM Food Fair Drumming Lesson Session! Join us at Exchange Ilford Shopping Centre on October 13th, from 1pm to 1.45 pm [BHM Food Fair - African Drum Lessons Tickets, Fri 13 Oct 2023 at 13:00 | Eventbrite](#) and from 3 pm to 3.25 pm [BHM Food Fair - African Drum Lessons Tickets, Fri 13 Oct 2023 at 15:00 | Eventbrite](#) Discover the magic of African drumming in an unforgettable session. Limited to 25 spaces, so secure your spot now. Don't miss this unique cultural experience! Reserve your ticket on Eventbrite today. No experience is required, just a willingness to have fun.!



Food Fair Caribbean Mixx Ragga vs Soca Fitness Lessons

Join us for a high-energy fusion of African, Caribbean, Ragga, and Soca beats Fitness Lesson at our FREE BHM Food Fair ! Head to Exchange Ilford Shopping Centre on October 13th, from 2:30pm to 2:55pm [BHM Food Fair - Caribbean Mixx Ragga vs Soca Fitness Lessons Tickets, Fri 13 Oct 2023 at 14:30 | Eventbrite](#) Get your heart pumping and spirits soaring in this dynamic workout session. With just 25 spots available, secure yours now. Don't miss out on this invigorating cultural fitness experience! Reserve your ticket on Eventbrite today. No experience is

required, just a willingness to have fun!

Christmas inIlford – 25th November

Join us on Ilford High Road on the 25th of November for our 2023 Christmas inIlford light switch on event. This year we will feature an outdoor Christmas market, live music and dance performance on stage, a meet and greet with Santa, fireworks and loads of other amazing surprises. The event is being held in collaboration with our partners @exchangeilford, so be prepared for fun indoor activities as well, including face painting, slides and other cool Christmas experiences. The event will be held between 12 pm and 7 pm. #Event #schedule and #details will be shared on the 23rd October <https://www.inilford.com/christmas-inilford-2023>

inIlford Christmas Market – 26TH November to 31st December



Join us on Ilford High Road this November and December to experience our inIlford festive season markets. The markets will open between 12 pm and 6 pm from the 26th of November and operate every

Thursday to Sunday until the 31st of December. <https://www.inilford.com/events/inilford-festive-season-market>

Christmas Talent Show

🎄❄️ ****Join the Spectacular Christmas in Ilford Talent Showcase!**** ❄️🎄



Are you a dancer, part of an incredible dance group, a magician, an acrobat, or a comedian ready to dazzle the crowd? Here's your chance to shine at the Christmas in Ilford Light Switch-On Event!

****Date**:** November 25th, 2023

****Location**:** Ilford High Road, by Redbridge Town Hall

****Prizes**:** 🏆 1st Place: £300 🏆 2nd Place: £200 🏆 3rd Place: £150

We're looking for talented acts to perform in front of our wonderful community, and you could be the star of the show! To ensure a fantastic family-friendly experience, all performances and costumes must be suitable for audiences of all ages.

****How to Enter**:**

1. Send a video audition of your performance to cyril@ilfordbid.com by ****October 25th, 2023, at 5 pm****.
2. Act fast! We only have ****10 applicant spaces available**** (groups count as one space).
3. The minimum entry age is ****5 years****.
4. If you're under 18, make sure to have your parents or guardians with you.

Each act will have the opportunity to perform a minimum of **3 sets****, each approximately ****2 minutes long****, between ****3 pm and 5 pm**** on the 25th of November, light switch on event. Show your talent and win fantastic prizes while spreading holiday joy in Ilford!**

Apply Now : <https://www.inilford.com/events/christmas-inilford-talent-showcase>

Don't miss out on this incredible opportunity to be part of the Christmas magic. Join us at the Christmas in Ilford Light Switch-On Event and make this holiday season unforgettable! ❄️🎄 #IlfordChristmasTalent T&Cs Apply.



MBSS (Muslim Bereavement Support Services) Child Bereavement Support – 11 October 2023 – 10.30am-12.30pm

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/DEQF66Q5GcfE782HjRd5mWV>

Email info@MBSS.ORG.UK

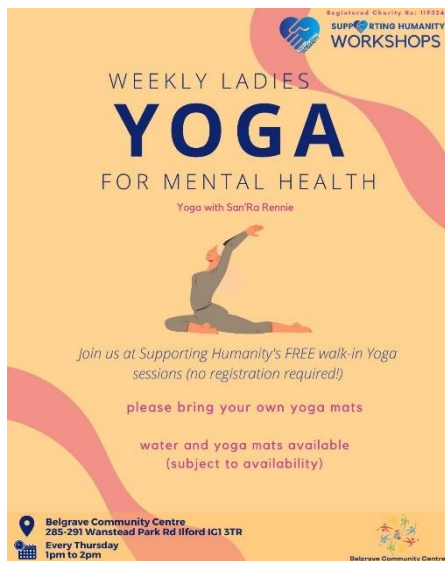
Phone 0203 4687333



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

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.eastlondonhnp.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

Ilford Community Grocery



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](#)

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

OTHER INFORMATION

Funding Opportunities

A poster titled 'We Can Create Funding Available' with the 'COLOURS of Redbridge' logo. It features illustrations of people engaged in creative activities like playing a drum, painting, and dancing. The text describes a funding opportunity for creative or cultural projects in Redbridge, offering up to £10,000 plus training and support. It lists potential applicants like sports clubs, faith groups, and schools, and provides the website www.colours.red for more information.

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 for more information or to apply.

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 or phone Lisa on 07436 297160 (Tuesday to Thursday).

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

NORTH EAST LONDON - NEWS

Following strike days in September, doctors in England will strike again next week with junior doctors and consultants both on strike on 2, 3 and 4 October.

This will affect services across north east London, both in the lead up to and in the days following the strikes and our messages to patients remain the same.

The NHS, along with our partners in the wider health and care system, are working hard to continue to keep patients safe during any industrial action. However, our services will be under increased pressure so it is vital that people use the services available appropriately.

It is really important that patients continue to attend appointments – they will be contacted directly if their appointment needs to be rescheduled.

But we are asking people to use services wisely and take simple steps to help ensure care is available to those who need it most. This includes using 111 online as the first port of call for health needs and continuing to only use 999 if it is a life-threatening emergency. Alongside this, we are continuing to remind people that they can still be seen by their GP or local pharmacist as part of our digital campaign.

Important messages for the public will be going out across our channels in the lead up to and on strike days. Please follow our [Facebook](#), [Twitter](#), [LinkedIn](#) accounts and share these messages with your followers.



When was the last time you checked your blood pressure?



High blood pressure, which rarely has noticeable symptoms, increases the risk of heart attack or stroke if left untreated, which is why knowing your numbers could save your life.

The only way to find out if your blood pressure is high is to have your blood pressure tested which local residents can easily do at a community pharmacy.

Residents can visit the public health team's mobile clinic to have their blood pressure tested and receive information on cardiovascular disease and lifestyle changes to help prevent high blood pressure. The next mobile clinic will take place:

- Tuesday 3 October, 10am to 1pm at [Hainault Forest Community Association](#)

For more information on high blood pressure, [visit the NHS website](#).

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

BHRUT (Barking, Havering and Redbridge University Hospital) NEWS 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

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.



The bowel cancer screening kit can save your life
Just a tiny sample detects signs of cancer before you notice anything wrong.
If you're sent a kit, put it by the loo.
Don't put it off.
nhs.uk/bowel-screening



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

Foster for Redbridge

Spare room feeling a little empty?

Do you miss conversations after school around the dinner table? Miss helping with homework and seeing that lightbulb moment when they understand something they have been struggling with? And although you repeated yourself hundreds of times to tidy things away, are you now, ever so slightly, missing the mess?

Bring conversation, laughter and love into your life and provide a safe, stable and nurturing environment for our most vulnerable babies, children and young people that they can call home.

If you are considering fostering and would like to know more, please call 020 8708 6068 or email fostering@redbridge.gov.uk. Alternatively, please join us on our next virtual information session on 20 October 2023 10am-11am <https://www.eventbrite.co.uk/e/foster-for-redbridge-coffee-morning-201023-10-11am-tickets-560853787777?aff=oddtcreator>



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.

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.
