

Redbridge Faith Forum E-News Bulletin – January 2024

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.

Stay well this winter

The days are getting colder and it's important to think about ways you can keep well over the winter months. Cold weather can make some health problems worse and even lead to serious complications. It also means diseases spread more easily as we spend more time indoors. Visit the [NHS website](#) to find out how you can keep well over winter.

LOOKING FORWARD TO:

RFF Network Meeting

Date: Tuesday 30th January 2024- 12.30pm to 1.45pm

Venue: Buddhist Vihara, 9 Balfour Road, Ilford IG1 4HP

Redbridge Faith Forum (Charity 1118675) warmly invites you to join us for our Quarterly Network Meeting for an informative session on topics close to our hearts and Have your Say.

Finding employment can be difficult especially if you or a family member or friend has a health condition, disability, needs skills updating or have financial problems that may prevent you from accessing job interviews. These and more will be addressed at our Network Meeting and you will also have an opportunity to have your questions answered by a DWP specialist.

In this age of recycling and also watching our pennies it is important to know how to conserve energy and also find out what is available to help us repair rather than replace. Transition Ilford will demonstrate how they can help with their Repair Café and Energy Café

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 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.

LOOKING BACK

Daily Reflections- Interfaith Week Nov 2023

'Thought of the Day' - Interfaith Week started on Remembrance Sunday 12th November through to Saturday 18th November. To mark this special week Redbridge Faith Forum trustees recorded a daily video clip reflecting on the theme of **"Forgiveness and/or the redemption of sins "** These reflections are from their respective faith perspective.

- ❖ Sunday's message was recorded by Rev Mmasape Zihle, Christian trustees,
- ❖ Monday's message was recorded by Rev Hemaratna, Buddhist trustees

- ❖ Tuesday's message was recorded by Vinaya Sharma, Hindu Trustees,
- ❖ Wednesday's message was recorded by Carol Khorsandyon, Baha'i Trustees
- ❖ Thursday's message was recorded by Harpreet Shergill, Sikh Trustees,
- ❖ Friday's Message was recorded by Mitzi Kalinsky, Jewish Trustees
- ❖ Saturday's Message was recorded by Mohamed Omer, Muslim Trustees

We do hope you will enjoy listening to these which can be accessed by clicking link below
<https://redbridgefaithforum.org/category/inter-faith/>

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

COMMUNITY FOOD AND CLOTHING SUPPORT – REDBRIDGE FOOD BANKS

Community food & clothing support

Redbridge Foodbank

You must be referred to this service. For details of who can make a referral or more information, visit <https://redbridge.foodbank.org.uk/get-help/foodbank-vouchers>, call 020 8518 0056 or email info@redbridgefoodbank.org.

- 1 Jubilee Church, IG1 4JY: Tue 12:00-13:00, Wed 14:00-16:00 & Sat 10:00-13:00
- 2 All Saints Goodmayes, IG3 9SJ: Fri 10:00-12:00
- 3 Grange Hill Methodist, IG7 4HQ: Sat 10:00-12:00
- 4 Woodford Baptist Church, E18 1LW: Fri 14:30-16:30

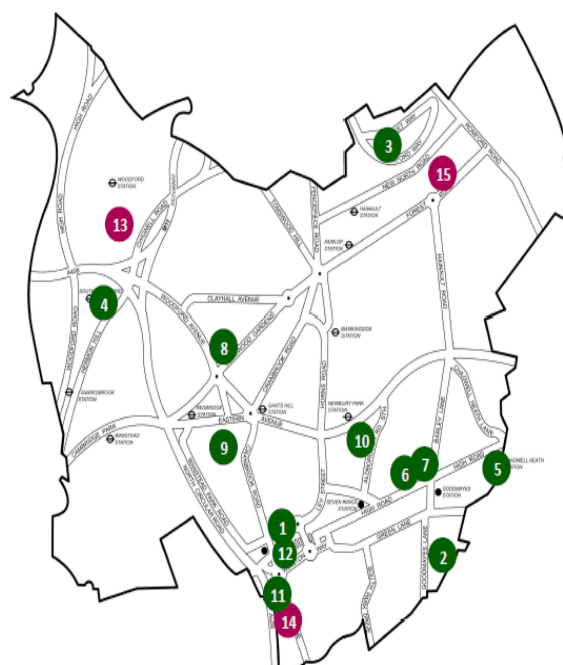
Other local sources of food and clothing support

- 5 Al Huda Foodbank, 14 Wangey Road, RM6 4AJ
alhuda.uk.welfare@gmail.com | 020 3488 9459 or 07971 124862
Providing food items to the local community in need
- 6 Al Ansar IEC, 833 High Road, IG3 8TD
ash@servinghumanityfoundation.org.uk | 020 3488 9459 or 07971 124862
Tea service every Sunday or a full meal service on the last Sunday each month
- 7 Chapters Foodbank, 29 Telegraph Mews, IG3 8TA
servinghumanityfoundation.org.uk | 020 3488 9459 or 07971 124862
Food bank open to all. Includes essential groceries, cleaning products and clothing
- 8 FoodBanked, 114 Queensborough Gardens, IG2 6YB
www.foodbanked.org.uk | info@foodbanked.org.uk | 07846 442750
Complete an online form to see if you can receive essential food and household products
- 9 Frenford Foodbank, Jack Carter Centre, The Drive, IG1 3PS
frenfordfoodbank@gmail.com | 020 8518 0992
Providing food parcels once every three weeks, please contact the team for more info
- 10 Helping Hopes Food Bank, St John's Church Centre, St John's Road, IG2 7BB
helpinghopes.org.uk | helpinghopes5@gmail.com | 07946 575707
Providing food assistance in the community
- 11 Care4Calais, Clementswood Baptist Church, 132 Ilford Lane, IG1 2LG | 020 8514 3136
Providing a clothing bank, social space and support to asylum seekers, refugees, low income and the homeless every Tuesday from 10.00am to 1.00pm (free tea and coffee also available)

Ilford Community Grocery

Access a wide range of affordable supermarket products for a low fee. There is an annual membership fee of £5 and each shop will cost £5. Once you're a member you can shop at the Community Grocery multiple times a week and fill up your basket.

- 12 Ilford Community Grocery, City Gates, 25-29 Clements Road, IG1 1BH
communitygrocery.org.uk/ilford



Redbridge Children's Centres Baby & Toddler Banks

Providing parents and carers with essential items needed for baby/toddler such as clothes, nappies, equipment and other essentials. For those who may be having financial hardship in accessing such items. Please contact the individual centre for opening times or email childrens.centres@redbridge.gov.uk for further information.

- 13 Orchard Baby Bank, Liston Way, IG8 7BL | 020 8708 8344
- 14 Loxford Baby & Toddler Bank, 136 Ilford Lane, IG1 2LG | 020 8708 2060
- 15 Hainault Baby & Toddler Bank, 114 Huntsman Road, IG6 3SY | 020 8708 9423

For more information and support in Redbridge please visit the Family Services Directory at find.redbridge.gov.uk or the Council's Cost of Living Hub at costofliving.redbridge.gov.uk.
 Information updated October 2023



you can also access the Map via clicking the QR code below or via this link: [Food + Clothing Banks in Redbridge](#)



Wanstead and Woodford Migrant Support – New Trustee

We are a Christian charity in Redbridge that support vulnerable migrants. We are looking for new trustees.

Please contact **Andrew; Wanstead and Woodford Migrant Support**, Broadmead Baptist Church
Chigwell Road, Woodford Green, IG8 8PE
email: a.viggers@wwms.org.uk, Tel: 02045483269 Website www.wwms.org.uk

UPCOMING EVENTS

Consultation - Redbridge Health & Wellbeing Strategy 2024-28

The Health and Social Care Act 2012 introduced Health and Wellbeing Boards and a mandatory duty for joint Health and Wellbeing Strategies. This enabled key leaders across the health and care system to work at a strategic level to improve the health and wellbeing of the people in their area, reduce health inequalities and set the foundations for promoting the integration of services.

Our new Health & Wellbeing Strategy sets out a number of key Ambitions and Priorities over the next four years.

- **Ambition 1: Starting Well - Positive Beginnings for Babies, Children & Young People**
- **Ambition 2: Living & Feeling Well - Building Resilience for Living & Wellbeing**
- **Ambition 3: Caring Well - Prevention & Care of Long-term Conditions**

Our consultation listening exercise is an opportunity for our residents, communities, partners and stakeholders to have their say in shaping the strategic direction of the health, wellbeing and care in the borough. As part of our consultation, we would like to get your feedback on our new draft strategy for the residents of Redbridge.

You can find the consultation here: [Health and Wellbeing strategy consultation | Let's Talk Redbridge](https://www.redbridge.gov.uk/health-and-wellbeing-strategy-consultation)

Walking it Out – January and February Activities

JANUARY ACTIVITIES 2024
HAPPY New Year

- ~ SUNDAY 7TH 11AM COSTA COFFEE BARKING
- ~ SUNDAY 14TH 11AM SOUTHPARK WALK
- ~ SATURDAY 20TH 9AM ST CHAD'S PARK WALK
- ~ SUNDAY 21ST 11AM BARKING PARK CAFE
- ~ SUNDAY 28TH 11AM COSTA COFFEE BARKING
- ~ MONDAY 29TH 7PM ONLINE FITNESS CLASS

WALK IT OUT
FOUNDED BY APRIL MERRITT

AN ORGANISATION PASSIONATE ABOUT ENHANCING THE VOICE OF THE COMMUNITY.

OUR GOAL IS TO EMPOWER ALL!

FEMALE ONLY ACTIVITIES 16 YEARS AND ABOVE

THE BEST PROJECT YOU'LL EVER WORK ON IS YOU!

BOOK YOUR FREE PLACE BY TEXTING YOUR FULL NAME

07437517177

WWW.LINKTR.EE/WALK_IT_OUT

CONTACTWALKITOUT@GMAIL.COM

THE BEST PROJECT YOU'LL EVER WORK ON IS YOU!

STRENGTHENING AND EMPOWERING COMMUNITIES

OUR DRAMA WORKSHOP, IMPROVES COMMUNICATION SKILLS, BOOSTS CONFIDENCE, ENHANCES EMPATHY AND IS LOTS OF FUN!

FREE FOR FEMALES AGED 16 AND OVER

FEBRUARY 2024
TUESDAY 14TH 10TH, 10TH, 10TH AT 8PM
TESCO EXTRA COMMUNITY SPACE, GOODMAYES, EGG

BOOK YOUR FREE PLACE BY TEXTING YOUR FULL NAME

WALK IT OUT
FOUNDED BY APRIL MERRITT

07437517177

WWW.LINKTR.EE/WALK_IT_OUT

CONTACTWALKITOUT@GMAIL.COM

FEBRUARY ACTIVITIES 2024

- ~ SUNDAY 4TH 11AM SOUTHPARK WALK
- ~ TUESDAY 6TH 8PM DRAMA WORKSHOP
- ~ SATURDAY 10TH ST CHAD'S PARK WALK
- ~ SUNDAY 11TH 11AM COSTA COFFEE, GOODMAYES
- ~ MONDAY 12TH 7PM ONLINE FITNESS CLASS
- ~ TUESDAY 13TH 8PM DRAMA WORKSHOP
- ~ SUNDAY 18TH 11AM BARKING PARK CAFE
- ~ TUESDAY 20TH 8PM DRAMA WORKSHOP
- ~ TUESDAY 27TH 8PM DRAMA WORKSHOP
- ~ TESCO COMMUNITY SPACE, GOODMAYES

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CONTACTWALKITOUT@GMAIL.COM

NELEF (North East London Eco Faith afternoon – Sunday 21st Jan 2024.
4pm-5.30pm – United Free Church 55 Wallwood Rd, Leytonstone, E11
Come along to learn from others about
being an eco-friendly worshipping
community.

Bring the problem(s) you are facing and find
solutions by sharing experiences and
expertise.

Themes will be Worship, Land, Buildings,
Community Engagement & Lifestyle

No need to book but to help with planning, if you would like to
attend please email Dan Gates
minister@leytonstoneunitedfree.co.uk

MBSS (Muslim Bereavement Support Services)

Child Bereavement Support – Sunday 21st January 10:30-12.30pm

To Attend please register via Email info@MBSS.ORG.UK



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

Transition Town Ilford (TTI)-

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

Energy Café/ Repair Café – 27th January 2024, 2-3.45pm

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.

Repair café

Come along with your repairs and let's see if we can mend it! Electricals.... Sewing.... Laptop software.... bits & bobs. First come, first served.

Contact us in advance if you require laptop upgrade or software services and feel free to text (07957 534908) or email ilfordtransition@gmail.com with any queries .



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/>

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



Grief Cafes with Redbridge Library – 1st Feb , 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 1st Feb 6.30-8.30pm** at Wanstead Library.

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

Christian Climate Action (CCA) Saturday 17th or Sunday 18th

February: Multi-faith Gathering. On either the 17th or 18th of February,

There will be a multi-faith gathering planned, where people of different faiths come together in mutual solidarity and respect. More details on this event will be out shortly on the [CCA website](http://cca.website).

Age UK Winter Newsletter

Visit our website. [Our Winter 2024 Newsletter \(ageuk.org.uk\)](http://ageuk.org.uk)

HEALTHWATCH REDBRIDGE NEWS –

We have launched a new survey on Health inequalities. Health inequalities are unfair and avoidable differences in health across the population, and between different groups within society. These include how long people are likely to live, the health conditions they may experience and the care that is available to them. **Please share this survey with your friends/families/contacts**


[Complete the survey.](#)

We will share the information we receive from people completing this survey locally with the NHS and Public Health Redbridge. This will enable the people who run services to understand the impact on people's health

and wellbeing.

The information people provide within this survey can help healthcare professionals and policymakers to identify the specific needs of different groups helping improve services and making them equitable. This survey is anonymous. We are not asking for any personal information, just about people's experiences. For more information email: info@healthwatchredbridge.co.uk or ring 020 8553 1236.

Basic drug and alcohol awareness training for professionals - Ilford chambers, 11 chapel Rd, Ilford IG1 2DR



Basic Drug & Alcohol Training
For our partners and professionals

This half-day training has been developed for Redbridge-based professionals who work with people who might experience problematic drug or alcohol use. Through attending these sessions, you will:

- Learn about the effects of different drugs and alcohol and some of the basic harm reduction advice you can give to people to reduce the risks of their current use of alcohol or drugs.
- Reflect upon the different reasons why people can develop problematic alcohol or drug use.
- Understand the support that Via R3 can provide adults and young people who are using alcohol or drugs problematically, whether they want to stop or just reduce, and how to refer to our services.
- Receive information about the current risks associated with high potency synthetic opioids, and training on administering life-saving Naloxone, which can reverse an opioid overdose whilst waiting for emergency services.

We run these sessions regularly throughout the year, with space for 12 professionals per session.

The course runs from 9.30am-1.30pm at
Via R3, Ilford Chambers, 11 Chapel Road, Ilford, IG1 2DR.

To book a place for yourself or a colleague, please email
R3@viaorg.uk or call 0300 303 4612.
<https://www.viaorg.uk/services/redbridge-r3/>

v-i-a

Via offer at regular intervals across the year. Please do get in touch R3@viaorg.uk to book a place.

We also offer workshops about Vaping for carers of, or professionals who work with, young people: please contact Kawaldeep, the team leader for Redbridge Quits Smoking on RQS@viaorg.uk to enquire about those.

If there are other topics that you are interested in us delivering sessions on, whether for a shorter lunch and learn or webinar, or a longer training session (in person, or online) do let me know.

Helen O'Connor - Service Manager

Helen.OConnor@viaorg.uk

T: 0300 303 4612


M: 07395 358301

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

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



Registered Charity No: 1193241
SUPPORTING HUMANITY WORKSHOPS

WEEKLY LADIES YOGA
FOR MENTAL HEALTH

Yoga with San'Ra Rennie

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



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:

- 1 Games & Activities
- 2 Chair exercises
- 3 Informative Talks from speakers
- 4 Arts and crafts
- 5 Many more...

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

For more information contact:
020 4551 1884
info@supportinghumanity.org

Belgrave Community Centre
285-291 Wanstead Park Rd, Ilford IG1 3TR
Every Thursday
10:00 -12:00 midday



Registered Charity No: 1193241
SUPPORTING HUMANITY WORKSHOPS

WEEKLY YOGA FOR MENTAL HEALTH
EVERY THURSDAY 1-2PM
LADIES ONLY!

bring your own yoga mats and water (subject to availability)

arrive 15 mins early as class will start promptly!

mindful movement

for all levels and ages

no registration required

free walk-in session

Contact us at 07404 570592

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 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.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

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.mydona.com/grange-hill-methodist-church

OTHER INFORMATION

Metropolitan Police - Redbridge

Your Safer Neighbourhoods Team (SNT) is a group of Met police officers dedicated to serving your community. The team is made up of officers based in your area (or 'ward'), supported by additional officers from the wider area.

We work closely with local authorities, community leaders and residents to decide our policing priorities for the area. This helps us to find useful, long-term solutions to local problems.

Looking to contact your local Neighbourhood Policing Team in Redbridge?		
Aldborough Aldborough.SNT@met.police.uk		Fullwell Fullwell.SNT@met.police.uk
Hainault Hainault.SNT@met.police.uk	Fairlop Fairlop.SNT@met.police.uk	Clayhall Clayhall@met.police.uk
Newbury Newbury@met.police.uk	Barkingside Barkingside@met.police.uk	Monkhams Monkhams.SNT@met.police.uk
South Woodford ChurchEnd.SNT@met.police.uk	Churchfields Roding.SNT@met.police.uk	Chadwell Chadwell@met.police.uk
Goodmayes Goodmayes@met.police.uk	Bridge Bridge.SNT@met.police.uk	Seven Kings Seven-Kings@met.police.uk
Cranbrook Cranbrook.SNT@met.police.uk	Mayfield Mayfield.SNT@met.police.uk	Wanstead Village Snarbrook.SNT@met.police.uk
Clements Wood Clementswood.SNT@met.police.uk	Wanstead Park Wanstead.SNT@met.police.uk	Ilford Town SNT-Jl-Ilford-Town@met.police.uk
Loxford Loxford.SNT@met.police.uk	Valentines Valentines.SNT@met.police.uk	 METROPOLITAN POLICE

Your Safer Neighbourhood Team in Redbridge.

Your Safer Neighbourhoods Team (SNT) is a group of Met police officers dedicated to serving your community. The team is made up of officers based in your area (or 'ward'), supported by additional officers from the wider area.

We work closely with local authorities, community leaders and residents to decide our policing priorities for the area. This helps us to find useful, long-term solutions to local problems

Click [here](#) to view October Newsletter

NORTH EAST LONDON - NEWS

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?

Dial 999


You should only call for an ambulance if you have a life-threatening medical emergency, or have a severe injury.

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.



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

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.

Like all of our Redbridge foster carers, you could quite literally change a child's life. Please call 0208 708 6068 or email

fostering@redbridge.gov.uk for more information or visit <https://www.redbridge.gov.uk/fosteringfaith> to book onto our next Virtual Information Session.

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.
