

Redbridge Faith Forum E-News Bulletin – March 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.

LOOKING FORWARD TO:

Women's Interfaith Workshop

International Women's Day 2024

"Inclusion and Integration: How do we get it right?"

Date: Thursday 7th March 2024, 1pm-3pm

Venue: The Drive Methodist Church, The Drive, Ilford IG1 3PW



Now more than ever in the UK we find that we are living in what is fast becoming a global society. The mixture of races, religions, and cultures is growing phenomenally through migration, immigration and mixed marriages. And there is a blending, exchanging, sharing of the cultures that this mixture brings, be it through food, traditions, language, music, clothing or religious celebrations.

But, like any change that occurs, adjusting to living in a society that has so many different cultures within it brings its own challenges. So what are these challenges? How do we tackle them and come out triumphant? What are the difficulties or barriers? How do we overcome them? What does integration mean and how does it look? How can we ensure that we have inclusion in our communities and in society in general, so that everyone feels valued and no one feels left out or degraded? And what is our role in this as women? How important is it that we have a voice and space to action this?

We do hope you can join us for an insight into the topic and a shared discussion. Maybe you have questions you would like to raise? Our workshops are friendly, safe places where women of all faiths (and none) can talk together, share views and help foster a better understanding of the many different faiths in our area.

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/faitth communities.

LOOKING BACK

RFF Network Meeting; Tuesday 30th January 2024; at the Buddhist Vihara, 9 Balfour Road, Ilford IG1 4HP

Please click [here](#) to view the Photos

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.

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 shared how they can help with their Repair Café and Energy Café

CONSULTATIONS

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](#)

Keeping Well at Home

Introduction to survey

Care City are conducting research on behalf of Barking, Havering and Redbridge University Hospitals NHS Trust (BHRUT) on hospital admissions.

People often end up in hospital beds when these aren't the best beds for them. These are called 'avoidable admissions' which could have been prevented if people received the correct care in the community.

This survey is for people living in Barking & Dagenham, Havering or Redbridge who live with a long term condition, or who care for someone who does. The aim is to try to understand what could be done better to keep people well at home and avoid them having to go into hospital when it might not be necessary.

Thank you for taking the time to complete the survey

Click the link to take the survey <https://www.surveymonkey.com/r/DS7F6LM>

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

Space Ilford – Thursday 7th March 2024 4-7.30pm



A SEAT AT OUR TABLE

a visual feast
exploring cultural identity
Kenneth Lam

You are invited to the launch of
Kenneth Lam, *A seat at our table*
a visual feast exploring cultural identity

Thursday 7 March 2024, 4 – 7.30pm
[SPACE Ilford](#), 10 Oakfield Rd, IG1 1ZJ

Kenneth Lam presents his first solo exhibition *A seat at our table*, an invitation for audiences to explore the dishes, meals and memories of our own cultural identities. A contemporary

take on classical still life, the photographs explore heritage, diaspora, and food as a common language between our neighbours. Join the artist for the launch event on Thursday 7 March from 4pm to 7.30pm.

Click here to RSVP

Exhibition continues 9 March – 12 October 2024

Gallery open Wed 11am – 5pm; Sat 11am – 3pm, and by appointment

Walk and Talk – LOXFORD AND CLEMENTSWOOD SNT



Friday 8th March 2024, Starts at 5pm

Meeting point: Sitting area by ALBERT ROAD in junction with ILFORD LANE

Come and join your local neighbourhoods officers to a WALK AND TALK, where you can voice out your concerns about particular areas that you feel that needs attention. And after, there will be guest speakers and refreshments.

Route: Following ILFORD LANE to THE HUB and back to the ILFORD METHODIST CHURCH, Ilford Lane, Ilford IG1 2JZ

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 Cafe – Saturday 9th & 29th March 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

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

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

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

MBSS (Muslim Bereavement Support Services)

Child Bereavement Support –

Wellbeing Walk Sunday 21st April 10:30am

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

Age UK Winter Newsletter

Visit our website. [Our Winter 2024 Newsletter \(ageuk.org.uk\)](https://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-ri/>

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 10.30am-12.30pm noon

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

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

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

for all levels and ages

no registration required

arrive 15 mins early as class will start promptly!

mindful movement

free walk-in session

Contact us at 07404 370392
Belgrave Community Centre
285-291 Wanstead Park Rd Ilford IG1 3TR
Every Thursday 1pm to 2pm
Belgrave Community Centre

CLUB

Free Every Thursday
10:30 am - 12:30pm

Learning new skills is lots of fun

285 - 291 Wanstead Park road, IG1 3TR



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

These look at how to stop a bleed from a knife wound, how to become a mentor to a vulnerable young person, safeguarding skills, understanding trauma and the power of the bystander.

We will also hold monthly discussion with the wider community, professionals, and residents on how the community can respond to an incident. Your input would be greatly appreciated. Let me know if you have space for a meeting 1-2 hours per month and if this would suit better virtually or in person. Dates TBC.

Lifeline currently have a number of youth mentors in schools in Redbridge and are running a number of positive activities across the borough. I have attached the flyer of activities in case you know any young people that are interested in coming. More details can be found via the Instagram Lifeline youth team. We will be sharing future summer activities which may be of interest.

Mentoring Training

Upcoming training: - The training is for those that are interested in becoming a local mentor and will take part In Life Lines unique VIP mentoring model. The training will also include first aid training to incidents of knife crime.

If you are interested in becoming a mentor, know someone else that does or just finding out more please get in touch- 07874 058 824. We can update you to our coffee mornings where you can meet other mentors.

Kerry Ann Kitts kerryannkitts@lifelineprojects.co.uk &

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/>

OTHER INFORMATION

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@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 Snaresbrook.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 - Redbridge

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.

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Click [here](#) to view October Newsletter

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

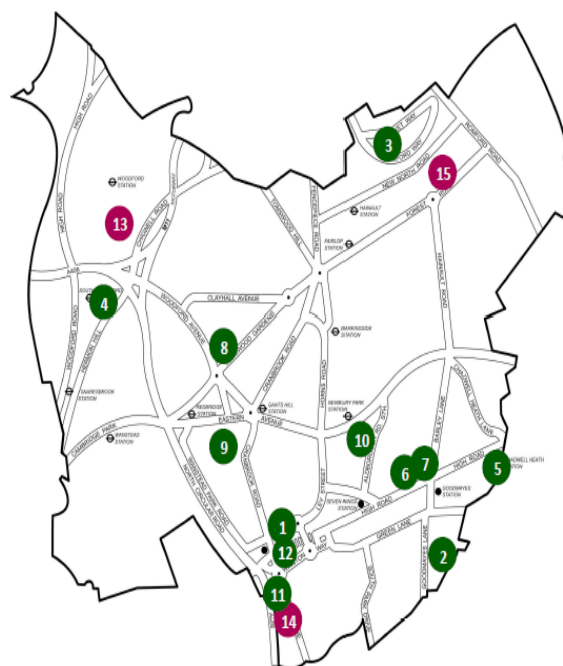
Other local sources of food and clothing support

- 5 Al Huda Foodbank, 14 Wangey Road, RM6 4AJ
alhudauk.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](#)



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?



BHRUT (Barking, Havering and Redbridge University Hospital) NEWS

Ahead of next week's Board meeting, I thought I'd share my report that captures some of what we've achieved and our plans for the coming months.

Chief Executive's Report March 2024

Celebrating our staff

"If I can do it, you all can do it. Apprenticeships are the way guys!" Oluwole Adeyiga offered these words of encouragement last month at [a reception for our apprentices](#) in the Palace of Westminster. The event, organised by Dame Margaret Hodge MP, is captured in [this video](#).

Oluwole, known as Baba, started as a porter 12 years ago and now works as a radiographer. He's a beneficiary of our apprenticeship programme that has been described as a "real trailblazer". We have 400 colleagues on the scheme which means we are members of [The 5% Club](#). One in three of them are studying leadership and management and their ages range from 17 to 61.

We're committed to making our Trust an attractive place to work and to ensuring our staff develop their careers. We'll be recognising some of their achievements in July.

Inspired by the celebrations we held to mark [the 75th birthday of the NHS](#), this year's events - for some 6,000 colleagues and relatives - will include an afternoon tea for our 300 volunteers; a graduation ceremony for those who've gained academic qualifications while at work; a family fun day; and long service awards. Around 500 people will be honoured for passing one of these milestones - 10, 15, 20, 30 or 40 years of service.

There's one other achievement I'd like to mark. Callum Oubridge, a life-long Hammers fan, has been named as the club's [Community Champion](#) for 2024. It's part of the Premier League's ["more than a game" campaign](#). Callum, who's a supervisor in the Education Centre, was instrumental in the creation of our Men's Health Network. He's being recognised by West Ham for what he's doing [to improve the mental health of colleagues](#) through social events outside of work.

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.

Our next Board meeting will take place on Thursday 7 March, at 12.30, in Lecture Theatre 1 at Queen's Hospital. You're welcome to attend either in person or [virtually](#).

Foster for Redbridge



Although I'm not their mother
I care for them each day.
I cuddle, sing and read to them
And watch them as they play.

I see each new accomplishment,
Growing and learning over the years.
They proudly show their work to me,
I give the loudest cheers!

No, I'm not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.

I know someday the time will come,
When we will have to part.
But I know each child I cared for
Is forever in my heart.

Foster for Redbridge
020 8708 6068
fostering@redbridge.gov.uk

London Borough of Redbridge



If you would like to find out more about fostering for Redbridge, please email fostering@redbridge.gov.uk or call us on 020 8708 6068. Alternatively, join our next information session. Visit <https://www.redbridge.gov.uk/fosteringfaith> to book a place.

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.
