

Redbridge Faith Forum E-News Bulletin – May 2025

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:

Tours of Places of Worship in Redbridge

Date: Thursday 22nd May 2025- 1pm to 2.30pm

Venue: REDBRIDGE BUDDHIST VIHARA, 9 Balfour Road, Ilford, IG1 4HP

Following on from our Annual Walk of Peace where we have the opportunity to have a short tour of some of the many Places of Worship in Redbridge. Many participants have shown interest in having more detailed visits, so the Redbridge Faith Forum is organising a series of Tours of individual Places of Worship.

Our second visit is hosted by the Buddhist Community at the Redbridge Buddhist Vihara in Ilford. This Vihara has been the spiritual centre for Buddhists in Ilford and the surrounding area for nearly 30 years. The house itself was purchased through much fund raising and sacrificial donations and was inaugurated and opened as a Vihara in November 1998. The Venerable Hemaratana has been the monk in residence since 2003 and will, alongside other members of the community, be present to give us an insight into Buddhist practice, festivals, beliefs and way of life. We will have an opportunity to go inside the beautiful shrine room and see the statue of Buddha. There will also be ample time to experience the tranquillity of a Vihara and to ask any questions that have not already been answered. Please be aware that shoes must be removed before entering the Shrine but head covering is not required.

Light refreshments will be served and there will be ample time for questions and answers and socialising. Everyone is welcome. Please do join us and enjoy learning about one of Redbridge's lovely Place of Worship.

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

Light refreshments will be available.

Please email faith.forum@redbridge.gov.uk 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 the poster with your friends/family/faith communities.

Click [here](#) to view poster

RFF ANNUAL WALK OF PEACE "Kindness- Faith in Action"

Date: Sunday 1st June 2025

Venue: Assemble at Holocaust Memorial Garden, Valentines Park, Ilford (Cranbrook Rd entrance, IG1 4TG)

*Redbridge Faith Forum's annual Multi-faith Walk of Peace is a gentle stroll through central Ilford and some of the many places of worship to be found there. Our Walk of Peace brings together people from the many diverse faith communities in Redbridge in a spirit of fellowship and harmony. As we walk together, visiting the different faith venues, and hearing each faith's understanding about this year's topic **KINDNESS- FAITH IN ACTION**, 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 all, 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

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

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 the poster with your friends/family/faitth communities.

Click [here](#) to view the Poster

LOOKING BACK

Redbridge Faith Forum joint Network Meeting with North East London Eco Faith (NELEF) - Tuesday 29th April 2025, Ilford Salvation Army Church & Community Centre, 15 Clements Road, Ilford IG1 1BH

“A Meeting for Nourishment in a Time of Climate Crisis”



Over 75 people gathered for a heartfelt *MEET & EAT TOGETHER* event focused on the intersection of food, community, and climate action. In the warm and welcoming environment of the Ilford Salvation Army, participants shared a delicious vegan lunch—an intentional choice that reflected both inclusivity and sustainability.

Food, inherently communal, served as a powerful medium for connection. As we sat and ate together, we explored new ways of being in community—ways that nurture belonging, spark dialogue, and inspire shared commitment to a more just and sustainable world.

During the meal, participants were invited to reflect on meaningful and challenging questions, including:

- **What can we do—personally and in community—to commit to sustainability?**
- **What are the spiritual and practical implications of this commitment?**
- **What do we truly value, and how do we show our care for the Earth and for one another?**

These reflections created a space not only for conversation but for envisioning action—planting seeds of hope, responsibility, and transformation rooted in both shared values and the urgency of the climate crisis.

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

UPCOMING EVENTS

London Boroughs Faiths Network (LBFN)

Tuesday 10 June 2025 – 1st July 2025, 6-9pm

Redbridge Town Hall, 128-142 High Rd, Ilford, IG1 1DD

Registration are open : You can Register [here](#)

BOOKING NOW!

Community Resilience for Faith Leaders - North-East London

Free four-session course

Tuesdays 10 June to 1 July 6-9pm

Summer Preparedness Webinar for
all London's Faith and Community Groups

Tuesday 10 June 10-11.30am

FULL DETAILS FOR ALL THESE SESSIONS BELOW

Community Resilience Training for Faith Leaders

Already delivered in four locations across London we are now delivering our **final two cohorts for 2025-26 - in West London and North-East London**. Each course is co-hosted by local Borough Emergency and Community Safety Teams, and delivered by specialist partners including British Red Cross, Victim Support, Community Security Trust, Met Police and London Fire Brigade. Supported by GLA and City Bridge Foundation this course is **totally free** to participants. **Shared dinners will foster collaboration with public sector colleagues and friends from diverse faith backgrounds.**

Modules include: Emergency First Aid, Psychosocial Support, Climate/Weather-related risks, Hate Crime, Social Cohesion, Public Health, Premises and building risks.

Get Ready for North-East London: Training Starts Soon

Tuesdays: 10, 17, 24 June & 1 July 2025

6:00 PM – 9:00 PM

Redbridge Town Hall, 128-142 High Rd, Ilford, IG1 1DD

Priority for: Redbridge, Havering, Barking & Dagenham

Registration are open : You can [Register here](#)

Book now for these courses. The next cohorts will not be until after April 2026.

Citizens Advice Redbridge

Friday 20th June 2025, 10:30-12:00

Jubilee Church Ilford, 14 Granville Road, Ilford, IG1 4JY

Money Skills and Safety

This workshop aims to help you to learn about budgeting, making the most out of your money and avoiding fraud.

Please scan the QR code and register to join this FREE event delivered by Citizens Advice Redbridge

10:30-12:00, Friday 20th June 2025

Location: Jubilee Church, 14 Granville Road, Ilford, IG1 4JY



Citizens Advice Redbridge will be hosting another financial capability workshop in partnership with Redbridge Foodbank. This will be held at.

This workshop will be on 'Money Skills and Safety' and will cover budgeting, saving tips and avoiding fraud. This workshop is open to clients who have either had a foodbank voucher previously or may need one in the future due to financial hardship.

Please see attached the poster for this workshop, with a QR code for registration included. Attendees should register their attendance prior to the workshop, however if they are unable to do so you are able to assist them in registering through the following link:

<https://docs.google.com/forms/d/e/1FAIpQLScb9NmRpnRh8SsFYuM-tLsGTJjBwZ9EckS6Pk7VZw4sbAT-uQ/viewform?usp=dialog>.

Vine United Reform Church – '4 Day Holiday Club'

Tuesday 5th august – Friday 8th August 2025.

Theme "All are Welcome"

Vine church will be running a 4 day holiday club from Aug 5th-8th for 5-11 year olds living near to the town centre. The theme is "All are welcome".

We are looking to create a multi-faith team of leaders to run the activities. If anyone from your faith community could help, even if just for one of the days, we would be very grateful, email petermusgrave1950@gmail.com

Transition Town Ilford (TTI) - "Growing Food, Growing Friends" Project



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

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

There is still time to join Transition Ilford's "Growing Food, Growing Friends" project. Belgrave Road Mosque and St. Luke's church community gardens have both taken tomatoes, chillies and

other plants to grow in containers. If you would like to join contact ilfordtransition@gmail.com
Visit [website](#) for more information

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

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

Energy & Repair Café – Saturday 31st May & 28th June 2025 2.45pm

The Energy & Repair café is held in Ilford Central Library.



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 the webpage [here](#)

The Repair Café Our volunteers will be there for electrical repairs, sewing, jewellery and general bits and bobs including gluing! First come First served, you need to contact us to in for laptop upgrade or software services. **For all repairs you can contact us for queries via text (07957 534908) or email us ilfordtransition@gmail.com**

Food coop

Transition Town Ilford Food coop
We buy organic dry goods in bulk
Cheaper
Saves on packaging
Easy-to-use model shared on Google Sheets
Fun, hands-on, measuring jobs
Conversation, cooperation, learning about food & recipes



We can share our model and help others with it. And we can share about other models too
www.transitionilford.org/food

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

Our Food Coop is a small group which buys organic dry foods in bulk at wholesale prices and members opt to buy the products and amounts they want. We order every 3-4 months. If you would like to set up a small Food Coop with your neighbours we could help you to do [it](#).contact us at ilfordtransition@gmail.com

For more information on all our projects check out our [website](#)

Ilford Community Grocery



Ilford Community Grocery
Opening Tuesday 28 March 2023

**ACCESS SUPPORT
SAVE MONEY
REDUCE WASTE**

Anyone can become a member of Ilford Community Grocery. For just a £5 annual membership you can shop in the store up to 2 times a week, filling your basket for just £4 each time.

FREE COURSES
Learn new skills, find a new job and meet new people

HOW TO FIND US?

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

Opening hours:
9.30am - 4.30pm
Monday to Friday

Contact details:
020 3422 6511

Check out your local Community Grocery at
communitygrocery.org.uk/ilford
@CommunityGroceryIlford

A PARTNERSHIP BETWEEN
message CITY GATES

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

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

But it's not just about the food. In each store you'll also find a range of free support on offer to members.

Support like job clubs, money management support, healthy cooking classes and much more.

Find out more [here](#)

SUPPORTING HUMANITY – Every Thursday

**Drop-in Session (over 60) elders Social Group 10am-12 noon
Every Thursday**



SUPPORTING HUMANITY CHARITY

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

Scan the QR code for further details.

Free and confidential support service for those who have lost loved ones
Call us so we can arrange support
020 4551 1584

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

Supporting Humanity's Elders Weekly Social Group
Starting on 12th January 2023

Drop in session, no need to register

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

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

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 1584
info@supportinghumanity.org

Every Thursday 10:00-12:00 midday

Venue:

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

This is an opportunity for anyone who has been bereaved to join an informal group to chat.

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

FREE And Confidential support services

for those who have lost loved ones.

Call us so we can arrange support: 020 4551 1584



MBSS (Muslim Bereavement Support Services) Child Bereavement Support

If you would like to join a sisters-only group run by the Muslim Bereavement Support Service where we share positive and relevant information about bereavement to help us through our grief, please join the WhatsApp group via the link below:

<https://chat.whatsapp.com/DEQF66Q5GcfE782HjRd5mW>

Email info@MBSS.ORG.UK

Phone 0203 4687333

UPCOMING EVENTS IN LONDON



Spiritual Leaders: Mahatma Gandhi with Peter Popham

Wednesday 28th May 2025 – 6.30-9pm

St Mark's Church, Myddelton Sq, EC14 1XX

SPIRITUAL LEADERS:
MAHATMA GANDHI

with Peter Popham

WEDNESDAY 28 MAY 6.30 - 9.00 PM



Learn how Mahatma Gandhi channelled the spirituality of both East and West to inspire and liberate his nation without violence, with journalist and author Peter Popham <http://www.peterpopham.com>

MEDITATIO@WCCM.ORG
WWW.MEDITATIONCENTRELONDON.ORG/EVENTS
ST MARK'S CHURCH MYDDELTON SQ EC1R 1XX

OTHER INFORMATION

Find out more [here](#)

Community Living Rooms -Find a warm and welcoming place Faith and community halls

Barking

Al Madina Mosque, 2 Victoria Rd, Barking, Ilford IG11 8PY

The cost-of-living crisis is having an effect, and we know people and families are struggling. Please step forward and ask for support if you need it. Al Madina Mosque and the Northbury Community Hub situated on our complex will be available to you at all times should you wish to pop in for a cup of tea and a biscuit. We may even offer you an interesting conversation! Please don't think you are alone. We look forward to seeing you.

Team Al Madina

Hainault

St Paul's Church, Arrowsmith Road, Chigwell, Essex, IG7 4NZ

Opening times: Thursdays 10-12

Ilford

VHP Ilford Hindu Centre and Mandir, 43-45 Cleveland Rd, Ilford IG1 1EE

Opening times: 9:30-12 and 6-8 every day

Vine United Reform Church, 12 Riches Road, IG1 1JH
Opening times: 9-12 on Monday, Thursdays and Fridays

Seven Kings

South Park Chapel, 51 Ripley Road, Seven Kings, IG3 9HA

Our Café is open every Tuesday morning from 10am to 12pm. Come for cake, coffee, craft, chat and prayer. Children and pets welcome!

South Woodford

Holy Trinity South Woodford, 185 Hermon Hill, South Woodford, E18 1QQ

Holy Trinity holds a [programme of events](#) to which you are welcome.

Woodford

St Mary's Church, 207 High Rd, London E18 2PA

Opening times: Wednesday 11-11:30; Thursdays 10-11:30; Sunday 11-12

[See these locations on a map](#)

Redbridge Council, in partnership with a range of organisations in the borough, has established a network of 17 Community Living Rooms, which are warm and welcoming places for residents to use. You are invited to come to any of the places listed during their opening times.

The list of places will evolve as more organisations join the network. Each is different and their offer will be different – some will have activities, some will offer hot drinks, some will be quiet spaces. Each will develop their own character and no doubt you will find one that suits you.

The Redbridge **Libraries** offer a wide range of activities and are at 11 locations across the borough. They have activities for adults, children and families. Everything from chess clubs and book clubs through to knit'n'natter sessions and family storytime and coding for kids.

[Find library details and opening times](#)

As more partners come on board with Redbridge Council, we will be able to increase the range of Community Living Rooms, so please keep an eye on this page to see how the network is growing and what is available near you.

Click link below to view the complete list

<https://costofliving.redbridge.gov.uk/community-living-rooms/>

Support for Residents struggling with the cost of living, visit the [Cost of Living \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living) page on Redbridge Council Website.

Thank you to all the places of worship and Community Groups that completed the survey, to provide warm spaces for local people affected by the cost of living crisis, over this autumn and winter.

You can complete the short survey if you have not yet done so [here](#). Please contact engagement@redbridge.gov.uk if you have any questions.

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.

Our project has now moved on to the next stage when we will be seeking to create partnerships with groups in the community and offer two rooms and hall for hire and other activities. If you are interested in hiring a room or the hall or would like more information on our premises, please contact our property manager, Melvin Dawson. (melvin@dawson.uk.com).

You can donate groceries; it goes to Jubilee Church initially but then gets supplied to Grange Hill as Emergency Food Boxes.

<https://redbridge.foodbank.org.uk/give-help/donate-food/>

Money can be donated by:



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

Foster for Redbridge

LOCAL COMMUNITY
Fostering
Redbridge

United Kingdom
Redbridge

**Do you have the transferable skills
to become a specialist foster carer?**



Foster for Redbridge Council



020 8708 6068
www.redbridge.gov.uk/fostering

Redbridge Council Fostering Team are recruiting foster carers with transferrable skills to foster children in one of our specialist pathways with allowances of up to £1300 per child per week.

We are actively recruiting foster carers for three specialist pathways. Please take a look at our video to find out more about the three specialist pathways:

https://youtu.be/X0Rw_PDWiWA

The full video can be viewed on our website
www.redbridge.gov.uk/fostering

If you have a place in your heart and home to foster a child and would like to join our Redbridge family of foster carers, please call us on 020 8708 6068 or join us on our next virtual 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?**

Redbridge

- 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.

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

NORTH EAST LONDON - NEWS

Dementia Resources



Dementia is a progressive disease, which means symptoms may be mild at first but will get worse over time. However, it is still possible to live well with a diagnosis of dementia, if given the right support.

Here are some helpful resources to support the reduction in health inequalities for people living with dementia from an ethnic minority background:

[What is dementia? A leaflet for ethnic minority communities](#)

[Intercultural dementia care guide](#)

[Dementia care activity booklets](#)

[e-learning module](#)

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



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.
