

Redbridge Faith Forum E-News Bulletin – September 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: Tuesday 4th November 2025- 12.30pm to 2pm

Venue: St Lukes Church, Baxter Road, Ilford, IG1 2HN



On our Annual Walks of Peace, 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 in Redbridge.

Our 3rd Tour is taking place at the Church of England Parish Church of St Luke's, Great Ilford. It is a beautiful and fascinating church with a lot of history dating back to 1908. The church roof was destroyed during World War 2 when it was hit by a bomb and it was 14 years before it was able to be replaced. There are 3 lovely stained glass windows in the East Wall which are the work of Sir William Reynolds.

As well as exploring the church and finding more about Christian Values and worship, there will be an opportunity to visit a wonderful and very moving exhibition that is being hosted by St Luke's Church. The exhibition is called [The Forgiveness Project](https://www.theforgivenessproject.com/the-f-word-exhibition/). Through arresting images and personal stories it explores forgiveness in the face of atrocity. <https://www.theforgivenessproject.com/the-f-word-exhibition/>
"I have seen the exhibition twice myself now and for me it is the most moving and helpful experience of my life – it helped me cope with my own experience when all other methods had not succeeded." — **Visitor to The Forgiveness Project exhibition.**

Light refreshments will be served and there will be ample time for Q&A, looking at the exhibition and socialising. Everyone is welcome. Please do join us and enjoy learning about another one of Redbridge's lovely Places of Worship.

You can email Saira at faith.forum@redbridge.gov.uk to book your free place or contact the office on 0208 708 2445. For this event, advance registration is appreciated but is not essential.

Directions on public Transport: The church is off Ilford Lane. You can catch the EL1 bus from Ilford Hill to Wingate Road and walk from there.

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

Click [here](#) to view poster

LOOKING BACK

Redbridge Faith Forum (RFF) - AGM and Open Forum Meeting on "Fighting Poverty in Ilford", 9th July 2025, at Methodist Church, 58A Ilford Lane, Ilford IG1 2JZ



RFF held its Annual General Meeting at the Methodist Church in Ilford lane this evening. Attended by around 70 supporters and members, the Annual Report was submitted by the Chair, Mohamed Omar MBE who highlighted a number of the highlights of the work of RFF during the preceding year. Among these were the Annual Walk of Peace, now in its 15th Year where, led by the Mayor, visited various Faith Venues hearing about this year's topic, 'Kindness, Faith in Action'. He then explained about how we celebrated 20 years of RFF and also the tours arranged to places of worship. All of these events are centred on the main aspects of RFF which are Respect, Cooperation and Understanding. The accounts for the year were submitted and all trustees who had agreed to stand were elected for the coming year. Mohamed also thanked all those volunteers who had supported RFF during the year and in particular Saira Yakub who had diligently kept the RFF office running so smoothly.

Following some beautifully prepared food and refreshments, we moved to the open forum which this year was centred on 'Fighting Poverty in Ilford'. There were a number of presentations which formed the basis of the following discussion. We are grateful to Charlene Butler from Redbridge Food Bank, Alvaro Adair of the Ilford Community Grocery, Angela Beyer from the Welcome Centre, Raja from the Albert Road Mosque Food Bank and George Gaillet, the Redbridge Citizens Organiser. We also received a wonderful input from the Malachi Project who unfortunately were unable to attend.

After the presentations the assembly broke into smaller groups to discuss what was happening in the local Faith Groups which was aimed at Fighting Poverty in Ilford and then focussing on what the real priorities are. This output was then shared and will be the starting point for work on this most important area.

Which 3 actions below do you think would make most difference to poverty in Ilford?

Top 3 priorities

1. Invest in Skills Training
2. Affordable housing
3. Strengthen support to families

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

[Free Food in Redbridge Barking](#)

[Other Places to Eat](#)

[Food & Clothing Bank in Redbridge](#)

Reflection from Revd. Mmasape Thathane-Tyolweni

"Tonight, I watched faith do what it does best, make room.

At the Annual General Meeting of the Redbridge Faith Forum, we moved through business with grace and intention, then leaned into what truly matters.

Around the room were representatives of different religions, different languages, different dreams yet one shared hunger: justice.

In just two minutes each, voices rose:

The Foodbank, Community Cupboard, The Malachi Project, Rahman Foodbank and Citizens. Not speaking theory, but daily bread. Not casting stones, but casting vision. And then something beautiful happened. Strangers sat at round tables, not to debate doctrine or defend dogma, but to listen deeply. To witness one another's work. To name the wounds of this city. To dream healing into being. We spoke of poverty not only as a statistic, but as a neighbour. We spoke of homes that cost too much, wages that stretch too thin, families gasping for support, and seeds that could become gardens of hope.

Faith, tonight, was not a sermon. It was a circle. A conversation. A commitment. And I left with a quiet assurance: that the sacred is not just found in holy books or rituals, but in the courage to gather, the willingness to listen, and the resolve to act together."

RFF ANNUAL WALK OF PEACE

"Kindness- Faith in Action", Sunday 1st June 2025

Each year Redbridge Faith Forum arranges an Interfaith Walk of Peace through Ilford.

Our 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. RFF was proud to hold its 15th Annual Walk of Peace this Sunday. Attended by around 100 people of all faiths and none we were very pleased to be supported by our newly elected Mayor, The Worshipful Cllr Beverley Brewer who joined us for a major part of the walk..

The walk followed a well known route where at various stops we heard from faith group leaders who gave their perspective on this year's theme 'Kindness – Faith in Action'.



Our walk commenced at the Holocaust Memorial in Valentines Park where we heard the Jewish perspective and paused at the two trees planted in memory of both the 1984 Sikh massacre and the genocide in Srebrenica. After this we moved to the Buddhist Vihara where, led by our Mayor, Faith and Community leaders were invited to light a peace candle. After refreshments we started again towards Ilford Town Centre.



Our next visit was to the Hindu Temple where after a short explanation from the Hindu perspective all were invited to view an exhibition of Hindu faith and practice.



The group then made the short journey to the Islamic Centre where we heard both Baha'i and Muslim interpretations of how this important act can have such profound impact on us and society.



Our group then progressed to Vine Church where we heard from the Local Congolese Choir and Brass Band along with how 'Kindness' is practiced within the Christian context.



Our final stop was at the Sikh Gurdwara on the High Road where after our visit all were invited to the Langar for a delicious hot vegetarian meal.



We would like to thank all our hosts at each venue for their kindness and hospitality along with all those who participated in this event.

[Feedback from Walkers at the end of the Walk at the Karamsar Gurdwara](#)

[Talk from Baha'i Representative - Carol Khorsandyon](#)

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

Tours of Places of Worship in Redbridge - Thursday 22nd May 2025, REDBRIDGE BUDDHIST VIHARA, 9 Balfour Road, Ilford, IG1 4HP



Redbridge Faith Forum Visit to Buddhist Vihara – May 22nd, 2025

On May 22nd, 2025, over 40 participants joined the Redbridge Faith Forum's second visit in a series exploring Places of Worship. This visit took place at the Redbridge Buddhist Vihara in Ilford, a spiritual centre serving the local Buddhist community since its inauguration in November 1998. The event offered attendees a valuable opportunity to deepen their understanding of Buddhist practices and beliefs, especially following the strong interest expressed during the Forum's Annual Walks of Peace.

The serene and beautifully adorned Vihara shrine room left a deep impression on visitors. The Forum's initiative was widely praised for fostering meaningful dialogue and mutual respect, offering a powerful reminder of our shared humanity in increasingly divided times.

Welcome and Talk by Reverend Hemaratna Reverend Hemaratna, resident monk at the Vihara since 2003, warmly welcomed the group and delivered an informative talk on Buddhism. He recounted the life of Siddhartha Gautama—the historical Buddha—who renounced royal life after encountering the “four sights” (old age, sickness, death, and a holy monk) that revealed to him the suffering inherent in existence. After years of ascetic practice, he attained enlightenment at age 35 under the Bodhi tree and spent the next 45 years teaching until his passing at age 80. His final words—*“All things are constantly changing. Work hard to gain your own salvation.”*—encapsulate a central tenet of Buddhist teaching. The shrine room was decorated in honour of Vesak, the most sacred day in the Buddhist calendar, commemorating the Buddha's birth, enlightenment, and death.

Key Teachings and Practices Discussed

The Four Noble Truths

1. Life involves suffering (*Dukkha*), including imperfection, illness, and death, as well as the discomfort caused by change and impermanence.
2. Suffering is rooted in desire, craving, and attachment.
3. Suffering can end—*Nirvana* is the cessation of suffering through the elimination of desire and ignorance.
4. The Eightfold Path offers a practical guide to end suffering, through ethics, mental discipline, and wisdom.

Precepts and Lay Practice

While monks follow 227 monastic precepts, lay Buddhists observe Five Daily Precepts:



1. Refrain from killing
2. Refrain from stealing
3. Refrain from improper sexual relations
4. Refrain from lying
5. Refrain from consuming intoxicants

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

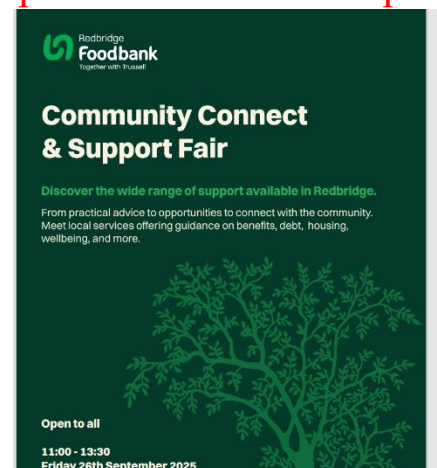
UPCOMING EVENTS

Community Connect & Support Fair - Friday 26th September – 11am- 1.30pm

Redbridge Foodbank will be hosting a Community Connect and Support Fair between 11:00 - 13:30 on Friday 26th September 2025 at Jubilee Church, 14 Granville Road, Ilford IG1 4JY.

This is a chance for residents to connect with support services, including Citizens Advice Redbridge and other organisations such as:

- ADANNA Women's Support Group (AWSG)
- Advance Minerva Charity
- Colours of Redbridge
- Community Action Redbridge
- FiND – Redbridge Families Information Direct
- Healthy Redbridge Bus – Health Checks
- NELFT Talking Therapies – Redbridge/ Havering/ Barking & Dagenham/ Waltham Forest
- Refugee and Migrant Forum of Essex & London (RAMFEL)
- Reach Out, Redbridge's Domestic Abuse Service
- London Borough of Redbridge Benefit Service
- Redbridge Children's Centres
- Redbridge Community Engagement Coordinators (CECs)
- Redbridge Family Help
- Redbridge Rent Specialist Support Team
- Samaritans Redbridge Branch
- SHP
- Transition Town Ilford – Energy Cafe



International Older Peoples day and the Positive Ageing event Wed 1st October at Ilford Library.

Positive age week is 29 Sept – 5 Oct 2025

- Following on from the huge success of our 2024 event, we are pleased to invite you to join us on International Day of Older People (Wednesday 1st October 2025) for a range of stalls, information sessions, exercise taster sessions, and advice. Free NHS health checks are also available on the day.
- Lunch and refreshments provided, and the venue is wheelchair accessible. Age UK will also be running various

Positive Ageing Week Event

Wednesday 1st October 2025, 10am - 3pm
Redbridge Central Library, Ilford, IG1 1EA



Following on from the huge success of our 2024 event, we are pleased to invite you to join us on International Day of Older People (Wednesday 1st October 2025) for a range of stalls, information sessions, exercise taster sessions, and advice. Free NHS health checks are also available on the day.

events and sessions across the borough to celebrate Positive Ageing week from Monday 29 September to Friday 3 October 2025

British Empire Walk in Ilford on 6th and 20th October – 11am- 1pm

To book: <https://www.eventbrite.co.uk/e/1707707020669?aff=oddtcreator>

Did you know that Ilford played an important role in the history of the British Empire? On this walk you will discover the history of some of the people and places that were important to the East India Company in the eighteenth century, the great trading company that brought goods from all over the world, making London the hub of a world-wide empire.

The walk will include a visit to the small but fascinating Redbridge Museum, in Ilford Central Library- <https://visionrcl.org.uk/centre/redbridge-museum/>. This will be around 11.00 am

*The museum has materials on “**Grand Houses & the East India Company**: Uncover the wealthy mansions of the area and Redbridge’s historic links to the wider world in the 1700s”*

Gerard Greene who manages the Museum has agreed to open the museum specially for us on a Monday and he will also answer any questions we have about the East India Company. This is to fit in with a visit to Valentines Mansion, which is only open on a Sunday and Monday.

From the museum we will work our way through Ilford Town Centre, past the now closed General Havelock Arms, (https://en.wikipedia.org/wiki/Henry_Havelock) and through the Commonwealth Estate into Valentines park. We will walk through the pleasant and forested park lands to the Valentines Mansions via the Ancient Field Maple and the Bishops Walk (<https://publicartarchive.org/art/Bishops-Walk-Mosaic/7606d0f5>.)

We will get to Valentines Mansion after its 12.00 noon opening time - <https://valentinesmansion.com/> and try to understand its connection to the East India Company

Our walk will take up to two hours, ending at Valentines Mansions, Emerson Road, Ilford IG1 4XA.

Ilford Library, Clements Road IG1 1EA is in Ilford Town Centre, 8 minutes walk from Ilford Station on the Elizabeth Line. There are also many buses from outside the station that go the one stop to the Library. Ending at Valentines Mansions, a 5 minute walk to Gants Hill on the Central Line. There are also buses going back to Ilford Station.

For more information contact Petermusgrave1950@gmail.com. Phone or text: 07943986988

The Forgiveness Project - till end of October Saturday mornings 10.30am to 11.30am

St Luke's Church is hosting a wonderful exhibition called "The Forgiveness Project" It tells inspiring stories of people who have forgiven against all the odds.

<https://www.theforgivenessproject.com/the-f-word-exhibition/> The Forgiveness Project provides opportunities and resources for people to explore the complexities of forgiveness.

Rooted in the belief that stories have the power to transform, we collect and share personal narratives that illuminate restorative* responses to harm and conflict. Our mission is to restore and humanise both ourselves and our communities. Through storytelling and creative methodologies, we collaborate with individuals who have experienced pain and trauma. Our work is a process of exploration and inquiry, creating spaces where meaningful conversations can emerge and grow. *Restorative narratives are real-life stories that show how people and communities are learning to rebuild and recover after experiencing difficult times. (Source: Images & Voices of Hope) www.theforgivenessproject.com

It is open on Saturday mornings from 10-30 to 11-30am or you can contact 0208 553 7606 to visit it at other times for groups of five and over. St Luke's Church, Baxter Road, Ilford, IG1 2HN

Click [here](#) for information and to view the poster

VOLUNTEERS REQUEST!

Energy & Repair Café –

Ilford Energy Cafe (a project of Transition Town Ilford) holds regular Energy Saving Advice sessions at Redbridge Central Library to help local residents to save energy and money on bills. It is looking to expand its team of volunteers. For more information and to express an interest follow this link <https://transitionilford.org.uk/energy-cafe/>

Energy & Repair Café – Saturday 4th October 2025 2-3.45pm

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](#)

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>

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](#)

SUPPORTING HUMANITY – Every Thursday

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

Every Thursday

A poster for Supporting Humanity Charity's Elders Weekly Social Group. The top left has the charity's logo and name. Below it, an 'ABOUT US' section states the charity's aim to help empower, support and uplift all members of the community through Mental Health and Bereavement assistance. A QR code is provided for further details. The middle section highlights 'Free and confidential support service for those who have lost loved ones' with a contact number: 020 4551 1584. The bottom left section invites people to 'JOIN OUR TEAM' as volunteers. The right side features a photo of two elderly people playing chess, followed by the title 'Supporting Humanity's Elders Weekly Social Group' and the start date 'Starting on 12th January 2023'. Below this, it lists 'Drop in session, no need to register' with bullet points: free entry for the elderly (over 60), refreshments provided, open to all backgrounds and men & women, and all volunteers are DBS checked. The venue is listed as 'Belgrave Community Centre, 285-291 Wanstead Park Rd, Ilford, IG1 3TR'. A list of activities includes: 1. Games & Activities, 2. Chair exercises, 3. Informative talks from speakers, 4. Arts and crafts, and 5. Many more. It also mentions a chance to learn new skills, meet new people, and have fun. Contact information for more details is provided at the bottom right: 020 4551 1584 and info@supportinghumanity.org.

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

**A Season of Bangla Drama 2025- Tuesday 4th November 2025 from 5pm
BLOC, Artsone, Queen Mary University of London, Mile End RD, E1 4NS**

A Season of Bangla Drama 2025

"The Kindness of people to face the climate crisis in Bangladesh together"
a workshop and photo exhibition
presented by Peter Musgrave In collaboration with Swadhinota Trust

On Tuesday 4 November at the BLOC, ArtsOne, Queen Mary University of London, Mile End Road London E1 4NS.

Photo Exhibition opens at 5.00 pm in the Foyer on Climate Crisis in Bangladesh

Presentation at 6.00pm in the Cinema room

Refreshments at 7.00 pm in the foyer with chance for further discussion and looking at the exhibition

<https://www.qmul.ac.uk/study/explore-our-campus/mile-end/artsone/>

For more information contact Petermusgrave1950@gmail.com. Phone or text: 07943986988

OTHER INFORMATION

HAVE YOUR SAY

Community Resilience & Emergency Preparedness in Redbridge



Calling all community groups and charities in Redbridge:

HAVE YOUR SAY in our Community Action Redbridge Community Resilience and Emergency Preparedness survey!

Emergencies come in many forms – from far-right protests, to health crises like COVID, to natural disasters such as storms or

floods. Local voluntary and community organisations are often the first to respond, yet their experiences are rarely captured in resilience planning. We want to change that. We are looking for people who are part of an organisation that has experienced, or responded to, an emergency in Redbridge.

This survey is seeking to understand: -

- The types of emergencies organisations have faced
- How prepared organisations feel for future crises
- The impact of inequalities on communities' ability to respond
- What support is needed to strengthen our collective resilience

The voices of our local organisations are vital. The findings from this survey will feed into a wider research programme for the Mayor of London's Community Resilience Fund.

During the pandemic so many of you mobilised really quickly to support vulnerable communities and shows what voluntary groups can do in times of need and how important they are. This survey will help Community Action Redbridge and the GLA understand how we can be better prepared for emergencies and feedback their experiences for future planning. **The survey will take approximately 15 to 20 minutes to complete.**

[Community Resilience and Emergency Preparedness in Redbridge](#)

Redbridge Health and Wellbeing Champion Award

Vision Redbridge Culture & Leisure has been nominated in eight categories in the Ilford & Redbridge Business Awards 2025, one of which is the Health & Wellbeing Champion award for programmes you have been a part of like Active Body Healthy Mind.

This recognition reflects our commitment to enriching lives through arts, culture, health, libraries, sustainability, and community wellbeing across Redbridge.

We invite everyone who values our work – customers, partners, supporters, colleagues, and local residents – to show their support by casting a vote for Vision.

Vision Health and Wellbeing Team

From walking groups to wellbeing programmes and inclusive sports, Vision supports all ages and abilities across parks, libraries, and leisure centres. Tackling isolation and promoting lifelong activity – vote for a healthier Redbridge!

Vote for Vision – Redbridge Health and Wellbeing Award

How to Vote

To nominate Vision Redbridge Culture & Leisure, please visit the link and then follow these steps:

1. Visit [Awards Nominations Form](#)
2. Enter your contact details.
3. Select the business name: **Vision Redbridge Culture & Leisure**
4. Choose the award category you're nominating for (**Redbridge Health and Wellbeing Champion Award**).
5. Write a brief reason for your nomination.
6. Click submit to confirm your vote.

You can nominate Vision in multiple categories. For more information on other categories which Vision RCL has been nominated in, please visit: <https://visionrcl.org.uk/vote-for-vision-in-the-ilford-redbridge-business-awards-2025-nominated-for-eight-awards/>

Every vote helps shine a light on the work we do for our community – Vote Vision Redbridge!

Sharmin Akthar
Wellbeing Project Coordinator
Health & Wellbeing Team
Vision Redbridge Culture and Leisure



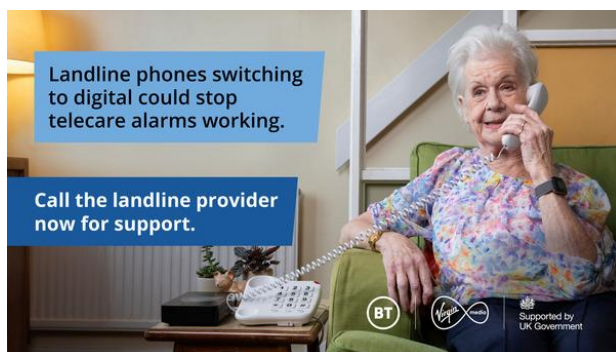
Stay informed with Met Engage - a brand new crime fighting service

Met Engage is a new service that helps you stay informed, connected, and involved with your local neighbourhood policing team. Through Met Engage, you can:

- Get to know your local officers
- Help shape policing priorities in your area
- Receive tailored crime prevention advice
- Stay updated on the issues that matter most to you

By sharing your concerns, ideas, and perspectives, you can play a part in building a safer, more connected Redbridge. 📞 Sign up today to start receiving updates and make your voice heard. Please note: Met Engage is not a crime-reporting platform. To report a crime, call 101 or visit the [Met Police website](#). In an emergency, always dial 999.

Protecting vulnerable residents ahead of landline switch off



Redbridge Council is working with the leading UK phone companies to help vulnerable residents prepare for the shutdown of the old landline network.

By January 2027, the analogue technology which has connected homes and businesses throughout the country for decades, will be shut down. The network, known as the Public Switched Telephone Network (PSTN), is becoming increasingly fragile, less reliable, and more difficult to maintain. As a result, landline providers are upgrading the old technology to modern digital

services. The respective landline companies should inform customers in advance of the migration.

While phone numbers will remain the same, and most handsets will work fine, it's crucial to check other services that utilise the landline, such as telecare devices, payment systems, and burglar alarms, for digital compatibility.

This transition will be seamless for most users; however, vulnerable individuals who rely on telecare alarms will require special attention to ensure that these alarms continue to function correctly during the switchover.

Cllr Helen Coomb, Cabinet Member for Resources and Transformation, said: The UK's traditional landline is getting an upgrade, and most calls will soon be made over a broadband line. Start preparing now – check your devices for relatives who depend on your support and encourage others to do the same.

“We’ve been working closely with the landline providers to identify vulnerable customers before the switch. Sharing information with these providers will enable them to offer the necessary support to those who need it most, ensuring they’re not alone in this transition.

“While your landline provider should contact you ahead of the switchover, it’s a good idea to check in with them now to confirm their plan for your landline number if you’re a telecare user. They will help ensure your alarm continues to function correctly during the switchover. If you’re unsure of anything, please get in touch with your landline provider.”

In Redbridge, approximately 1,650 service users use Telecare.

Find out more at [Digital Phone Switchover](#).

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

Foster for Redbridge

Private Fostering Awareness Day

Do you know of a child who is being cared for by someone who is not a close relative for more than 28 days? This may be a private fostering arrangement and we legally need to be notified to ensure the safety of the child.

Join our online Private Fostering Awareness Session to find out more:

5 November 2025

11am to 12pm

Visit www.redbridge.gov.uk/private-fostering to book a place

If you wish to discuss any private fostering arrangements, please contact Redbridge Children's Services:
020 8708 3885
CPAT.Referrals@redbridge.gov.uk

Do you know of a child who is being cared for by someone who is not a close relative for more than 28 days? It is required by law for Children's Services to be notified of these arrangements to ensure the safety of the child.

Redbridge Council are holding a Private Awareness Session online on MS Teams on **5th November 11am until 12pm** and would encourage you and relevant members of your team to attend to find out more about what these arrangements are and when we would need to be legally notified. Please visit www.redbridge.gov.uk/private-fostering or

<https://www.eventbrite.co.uk/e/1737520764379?aff=oddtcreator> to book a place.

Private fostering describes an arrangement when someone who is not a close relative cares for another person's child under the age of 16 (18 if disabled) for 28 days or more.

A close relative is considered to be an aunt, uncle, grandparent, stepparent or siblings. Other family members such as cousins or great aunts are not classed as close relatives for the purposes of Private Fostering. Private Fostering also includes families hosting overseas students being educated in the UK.

To notify us about a private fostering arrangement in Redbridge, please contact Redbridge Children's Services on 020 8708 3885 or by email CPAT.Referrals@redbridge.gov.uk

For more information please visit our website: <https://www.redbridge.gov.uk/private-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/XORw_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.

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.

