

Redbridge Faith Forum E-News Bulletin –October 2025

We hope that this bulletin finds you safe and well. As we move through this special season of faith and celebration across many traditions—whether your prayers were quiet or your lanterns bright—I hope you’ve found joy, connection and renewal. May the blessings of this month carry you forward with hope, peace and togetherness.”

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

Forgiveness: Stories from the Front Line

How do you survive and restore your life when something truly appalling is done to you? Journalist Marina Cantacuzino hears five gripping stories. (**Marina is the founder of the forgiveness project**)

Click here <https://www.bbc.co.uk/sounds/brand/m0018npb>

LOOKING BACK

Katina Ceremony – 19th October 2025 – Loxford School

The **RFF Trustees and Staff** were honoured to be invited by the **Redbridge Buddhist Vihara** as guests to observe the **Katina Robe Ceremony**.

The Katina Ceremony marks the end of the three-month Rainy Retreat observed by Theravāda Buddhist monks. This retreat begins on the full moon day of July and concludes on the full moon day of October.



There is a story behind how the Rainy Retreat came into existence. During the time of the Buddha, monks travelled from place to place spreading the Dhamma—the teachings of the Buddha. Some people, mainly followers of the Jain tradition, complained, saying: “Buddhist monks travel even during the rainy season, treading on newly grown grass and killing small creatures such as worms and insects on muddy paths. Even birds remain in their nests during this time.”

When these complaints reached the Buddha, He addressed the monks, saying:

“O monks, I hereby advise and permit you to observe the Rainy Retreat during the rainy season.”

From then on, Buddhist monks began to observe this retreat. Although the timing of the rainy season differs from country to country, the three-month duration of the Rainy Retreat has always remained unchanged.

During this period, monks stay in the same monastery without undertaking long journeys, focusing instead on spiritual cultivation through meditation and the study of the Dhamma. The Rainy Retreat is significant for both monks and laypeople, as it provides an opportunity for them to come together and engage in meritorious activities, deepening their spiritual practice.

At the conclusion of the three-month retreat, the Katina Ceremony is held, during which devotees offer the Katina Robe to the monks who have observed the retreat. All these observances are conducted according to the monastic disciplinary code.

The word Katina means hard, firm, or solid. It is believed that offering the Katina Robe brings abundant and powerful merit to the devotees.



[Click here to view more photos](#)

UPCOMING EVENTS

The Forgiveness Project - till 4th November 2025

Saturday mornings 10.30am to 11.30am

"The Forgiveness Project is looking for other venues where the Exhibition can be displayed. If you think your place of worship would be willing to display the exhibition for a few weeks they would love to hear from you. You could email ruth.musgrave52@gmail.com

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

Forgiveness: Stories from the Front Line

How do you survive and restore your life when something truly appalling is done to you? Journalist Marina Cantacuzino hears five gripping stories. (Marina is the founder of the forgiveness project)

BBC Radio 4 - Forgiveness: Stories from the Front Line, 1. Magen

<https://www.bbc.co.uk/programmes/m002lpf5>

Click here <https://www.bbc.co.uk/sounds/brand/m0018npb>

"The Forgiveness Project is looking for other venues where the Exhibition can be displayed. If you think your place of worship would be willing to display the exhibition for a few weeks they would love to hear from you. You could email [ruth.musgrave52@gmail](mailto:ruth.musgrave52@gmail.com)

Energy & Repair Café – Saturday 1st and 15th November 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 Cafe will be there for electrical repairs, sewing, jewellery and general bits and bobs including gluing! First come First served. For all repairs you can contact them for queries via text (07957 534908) or email them ilfordtransition@gmail.com"

VOLUNTEERS REQUEST!

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/>

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>

Transition Ilford The Forest Garden, which does gardening at Valentines Park, Brisbane Rd Entrance, IG1 4SL every Friday morning ,



**Healthy Redbridge Bus is on *No booking required*
upcoming dates:**

Sunday 2 November – Loxford Community Cafe, 11am – 2pm

Monday 24 November – Ilford Town Centre, 11am – 3pm

Tuesday 25 November – Ilford Town Centre, 11am – 3pm

Our Healthy Redbridge Bus is on the move this Winter 🚌*, working in collaboration with Doctors House and Partnership of East London Co-operatives Limited (PELC) bringing, Covid and Flu vaccinations (to eligible participants) and lifesaving health checks to community locations across the borough, To view the full schedule and get more information, visit the <https://www.redbridge.gov.uk/health-and-wellbeing/healthy-redbridge-bus/>

**Healthwatch Redbridge Community Network Fair will be held at
Redbridge Town Hall on Tuesday 4th November 2.30pm-5pm**

Venue: 128-142 High Road, Ilford IG1 1DD

In addition to the Healthwatch Redbridge Community Fair, we will be holding our AGM. At our AGM we're pleased to be sharing an update from our Women's Health Project. We'll discuss the findings from our report on cervical screening and shine a light on the barriers local women face to accessing lifesaving care. Last year, over 200 local people joined us in the heart of Ilford to celebrate the strength of community organisations working together. This is a great opportunity to recognise the amazing work that the voluntary and community sector does for the borough.

Like last year, we are hoping to offer free health checks and we will also be offering chair exercises.

Schedule

Here is the schedule for the day:

1:15 - 2:30 PM - AGM

2:30 - 5:00 PM - Community Network Fair

Access

This is a fully accessible venue.

There is parking available:

<https://citipark.co.uk/car-parks/london/clements-road-ilford>

Clements Road, Ilford, London, IG1 1AG

1 Hour	£1.20
2 Hours	£2.00
3 Hours	£3.00
4 Hours	£4.00
6 Hours	£6.50
12 Hours	£8.00

Disabled street parking in the roads around the Town Hall is available but limited.

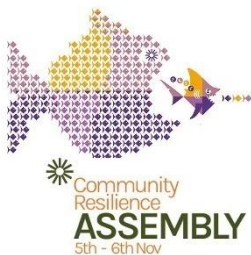
A Season of Bangla Drama 2025- Tuesday 4th November 2025 from 5pm BLOC, Artsone, Queen Mary University of London, Mile End RD, E1 4NS



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

Disabled street parking in the roads around the Town Hall is available but limited.

COMMUNITY RESILIENCE ASSEMBLY will be taking place on Wednesday 5th and Thursday 6th November 2025



First ever COMMUNITY RESILIENCE ASSEMBLY will be taking place on Wednesday 5th and Thursday 6th November 2025.

Over two days there will be series of workshops on a wide range of topics, including:

-  community mapping
-  community climate action plans
-  community power and energy
-  food systems
-  flood preparedness
-  heat preparedness
-  wellbeing and mental health
-  community storytelling

This event is hosted by [Islington Climate Centre](#), with support from London Resilience, UCL and the Network for Social Change.

Redbridge Institute of Adult Education - Free Conversation Club Leader Training from Friday morning 7th November 2025 –



At Redbridge Institute, we are offering free Conversation Club Leader training. This is a great opportunity for anyone interested in getting into teaching or for retired individuals who would like to give something back to the community. Once trained, volunteers lead a Conversation Club that helps people who find it difficult to speak English and want to build confidence in everyday communication.

What You'll Gain:

- Learn to lead a conversation club for people learning English (ESOL)
- Training by an experienced ESOL trainer
- Skills to manage an ESOL conversation club or volunteer in a classroom
- Ideas for activities and resources
- Free access to our online learning platform with 3 additional free related, certificated short courses

Training details:

- **When:** Friday mornings from 7th November 2025
- **Info & Enrolment Session:** Friday 24th October 2025

Contact us:

For more information or to book a place contact **Vaishali Shivhare** Vaishali.Shivhare@redbridge-iae.ac.uk
www.redbridge-iae.ac.uk

London Borough of Redbridge Civic Service of Remembrance to be held on Sunday 9th November at the Ilford War Memorial, Eastern Avenue, Newbury Park

Please arrive by 10:35am for the Service, which begins at 10:50am. Please note that the gates will be closed at 10:40am and access after this time will be to the public area.

Other Services that will be taking place over the Remembrance Weekend are as follows:

Saturday, 8th November - Woodford War Memorial

Dedication of the Field of Remembrance, High Road, South Woodford. Please assemble at St Mary's Church Hall, High Road, South Woodford at 8:40am. The Service will commence at 9:00am.

Sunday, 9th November - Hainault War Memorial

Hainault War Memorial, Manford Way and will commence at 10.45am.

Sunday, 9th November - Wanstead War Memorial

Wanstead War Memorial, High Street, Wanstead and will commence at 12.30pm. Please arrive by 12.15.

Tuesday, 11th November - Fairlop Waters Country Park

at Fairlop Waters Country Park, Forest Road, Barkingside at 10.45am. Please arrive by 10.30am.

Tuesday, 11th November – Snaresbrook Remembrance Service

Snaresbrook Memorial Garden. Please arrive by 10.45am.

Healthy Redbridge Bus is on *No booking required* upcoming dates:

Sunday 2 November – Loxford Community Cafe, 11am – 2pm

Monday 24 November – Ilford Town Centre, 11am – 3pm

Tuesday 25 November – Ilford Town Centre, 11am – 3pm

Our Healthy Redbridge Bus is on the move this Winter 🚌*, working in collaboration with Doctors House and Partnership of East London Co-operatives Limited (PELC) bringing, Covid and Flu vaccinations (to eligible participants) and lifesaving health checks to community locations across the borough, To view the full schedule and get more information, visit the <https://www.redbridge.gov.uk/health-and-wellbeing/healthy-redbridge-bus/>

Redbridge Adopt a Tree Pit and a Pollinator Pathways –



Deadline: Midnight Sunday 4 January 2026

We're inviting you to be part of a growing movement that's transforming Redbridge's streets into vibrant, wildlife-friendly spaces - and we'd love your help spreading the word!

In 2025, over 300 residents adopted tree pits outside their homes, planting flowers and supporting pollinators like bees and butterflies. Tree pit adoptions are now open for 2026, and we'd love to see even more groups and schools involved.

What is a tree pit adoption?

It's a simple, free initiative where residents or groups care for the soil around street trees by planting pollinator-friendly flowers. It brings colour to the streets, supports biodiversity, and builds community pride.

How can you help?

- Adopt a tree pit near your school or community centre
- Encourage your members, neighbours, or students to get involved
- Share the message on your social media, newsletters, or noticeboards

For more details and how to apply:

www.redbridge.gov.uk/our-streets/adopt-a-tree-pit-and-pollinator-pathways

Deadline: Midnight Sunday 4 January 2026

Successful applicants will receive a confirmation letter, tree labels, and wildflower seeds by 31 January 2026.

Want to do more?

We now have 12 thriving Pollinator Pathway streets across the borough - and we'd love to see more!

If you and your neighbours have already adopted tree pits and enjoy gardening, this could be a natural next step. By joining the Pollinator Pathway scheme, your street can be removed from the chemical weed control spraying schedule, creating a pesticide-free corridor filled with pollinator-friendly plants. All it takes is a commitment to manually manage plant growth together.

It's a brilliant way to boost biodiversity, build community, and transform your street into a haven for bees, butterflies, and more.

Learn more and apply: www.redbridge.gov.uk/our-streets/adopt-a-tree-pit-and-pollinator-pathways

Thank you for helping us make Redbridge greener and more biodiverse!

The Neighbourhood Team

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**



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

OTHER INFORMATION

HAVE YOUR SAY

Community Resilience & Emergency Preparedness in Redbridge



**Community
Action
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 - Voting closes on 31 October 2025.

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

NHS 10 Year Workforce Plan: Call for Evidence

Over the past year the NHS has heard from thousands of staff and representative organisations in the development of the Health & Wellbeing Alliance [10 Year Plan for Health](#). Published this summer, the Plan set out how the NHS must reform to ensure it stays fit for the future.

Since publication the NHS knows that everyone who cares about the NHS has been reflecting on how the three shifts set out in the plan can be taken forward, and what these reforms will mean for everyone who works in the NHS.

To build on the 10 Year Health Plan and continue this conversation you are invited to have your say on the 10 Year Workforce Plan.

Get involved

NHS partners and stakeholders are asked to contribute to a call for evidence open for six weeks until 7 November 2025, to support the development of the 10 Year Workforce Plan. The aim is to create a plan that empowers staff, delivers world-class care, and secures the future of the NHS.

Of particular interest would be to hear examples of best practice and innovation that can be scaled to meet the 10 Year Health Plan ambitions, as well as feedback on our research and modelling.

This plan aims to create a sustainable workforce that is fit for the future, ensuring the NHS has the right people, in the right roles, with the right skills, so that every patient receives world-class care whenever they need it. It will support staff to work flexibly, grow their skills, and feel fulfilment in their careers. Your expertise and partnership will be central to making this vision a reality and opportunities for expert input will continue to be shared as they develop.

Please join the call for evidence [here](#)



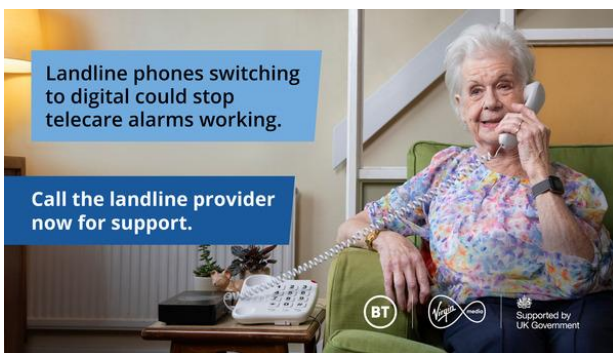
Stay informed with Met Engage - a brand new crime fighting service

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.

Clr 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](#).

British Heart Foundation's free CPR and defib training through RevivR.

8 in 10 out-of-hospital cardiac arrests happen at home - protect your loved ones, as early CPR and defibrillation can more than double the chances of survival.

Learn lifesaving skills free in 15 mins with RevivR.

Start now:

<https://revivr.bhf.org.uk/?shar=1&tag=controlvariant&dist=stickers>

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.

Spare room feeling a little empty?



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

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

If you are considering fostering and would like to know more, please visit our website on <https://www.redbridge.gov.uk/fosteringfaith> or call 020 8708 6068

BHRUT (Barking, Havering and Redbridge University Hospital) NEWS ACCESS your health Record online



Patients at Barts Health (including Whipps Cross hospital) can now access their health record online through a portal called [Patients Know Best](#). Once signed up, you'll be able to see your personal information and check upcoming hospital appointments.

Patients know best is free, easy-to-use, and hosted within the secure NHS network. This means that all personal and health information is encrypted so that you as a patient, and

the people you choose, can access your health information.

If you want to sign up, [you can do so here](#). For any questions or if you want to know more please contact the team at bartshealth.pkb@nhs.net

For non-urgent issues, GPs and pharmacists can help. [Pharmacy opening times](#) and details of how to [book GP appointments](#) are available online. If you're not sure where to get the right care, **contact NHS 111 for advice.**

REACH - One of the latest [benefits of our collaboration with Barts Health](#) is the [launch of 'REACH' at our Trust](#). REACH is a Remote Emergency Access Clinical Hub staffed by senior clinicians working remotely with London Ambulance to reduce the number of patients brought into A&E who could be better treated somewhere else.

No one wants to be in A&E unless they need to be. When it's best for a patient to be treated at home, or in the community, their experience is much better. Barts Health have seen some real success with REACH to date and I'm optimistic it will make a significant difference to patients and staff at our Trust too.



In a new 'Help Us, Help You' campaign that is the first of its kind nationally, NHS England is encouraging people who have been sent an NHS bowel cancer screening kit to complete the test.

Bowel cancer is the fourth most common cancer in the UK, and detecting it at the earliest stage makes you up to nine times more likely to be successfully treated. But, almost one third of people who were sent an NHS bowel cancer screening test in England last year did not go on to complete it.

Just a tiny sample detects signs of cancer before you notice anything wrong. The test is simple to complete and can be done in the privacy of your own bathroom. You can view this video to find out more: <https://youtu.be/53PObqeNtPk>. It is also available in [15 different languages](#).

Anyone aged 60 to 74 who lives in England and is registered with a GP practice will be sent a test in the post automatically, every two years. NHS England is also extending this to include all 50 to 59 year-olds by 2025. So, the NHS is asking anyone who is sent a bowel cancer screening test to remember to complete it. Put it by the loo. Don't put it off.

Helpful bowel cancer screening campaign resources can be found here: [Bowel Cancer Screening - Help Us, Help You | Campaigns | Campaign Resource Centre \(dhsc.gov.uk\)](#)

Visit <https://www.nhs.uk/conditions/bowel-cancer-screening/> for more information. Watch the campaign video here: https://youtu.be/H5w6Hx_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.
