

# Redbridge Faith Forum E-News Bulletin –February 2026

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We do 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](mailto:faith.forum@redbridge.gov.uk).

This February, our Jewish friends celebrated Tu B'shevat. As our Christian friends prepare for Lent and our Muslim friends for Ramadan, we extend our warm wishes for a meaningful Lent and a spiritual Ramadan.

**Some of our trustees have shared Festivals they are celebrating and what it means to them please visit Faith Festival page on RFF website.**

## **Eco-Ramadan – A Guide by Kamran Shezad**

Ramadan is a time of spiritual reflection, self-discipline and renewal, offering a profound opportunity to align our faith with our responsibility to care for the Earth. Fasting teaches patience, gratitude, and mindfulness – values that extend beyond personal growth to how we treat the world around us. From a spiritual perspective, Islam encourages stewardship (khalifah) of the planet, reminding us that nature is a trust (amanah) from Allah.

Ramadan promotes simplicity and moderation, which can be extended to reducing waste, conserving water and making sustainable choices in food and energy consumption. By embracing these principles, Ramadan becomes a month not only of personal purification but also of environmental responsibility, reinforcing the connection between our faith and the wellbeing of the Earth.

**Download the free guide here: <https://www.ecoramadan.earth/>**

## **LOOKING FORWARD TO:**

### **Save The Date Sunday 17<sup>th</sup> May 2026**

### **RFF ANNUAL WALK OF PEACE “Pilgrimage”**

**Date: Sunday 17<sup>th</sup> May 2026**

**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 **Pilgrimage**, 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](mailto: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.*

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## LOOKING BACK

### Daily Reflections- Interfaith Week Nov 2026

#### **'Thought of the Day' - Interfaith Week started on Remembrance Sunday 9th November through to Saturday 15th November.**

To mark this special week Redbridge Faith Forum trustees recorded a daily video clip reflecting on the theme of "Community: Together We Serve" These reflections are from their respective faith perspective.

We do hope you will enjoy listening to these which can be accessed by clicking link below

**<https://redbridgefaithforum.org/category/inter-faith/>**

### Tours of Places of Worship in Redbridge

#### **Tuesday 4<sup>th</sup> November 2025 at St Lukes Church, Baxter Road, Ilford,**

On our Annual Walks of Peace, we had the opportunity to have a short tour of some of the many Places of Worship in Redbridge. Many participants had shown interest in having more detailed visits, so the Redbridge Faith Forum organised a series of Tours of individual Places of Worship in Redbridge.

Our 3rd Tour took place at the Church of England Parish Church of St Luke's, Great Ilford.

We were warmly welcomed with cups of tea as we arrived at St. Luke's church for the Faith Forum "Tours of Places of Worship" event.



Fr. John Brown, the Vicar at St. Luke's, introduced the church, explaining that it was built in 1914, but was not completed at that time due to lack of funds after the outbreak of the 1st World War. He pointed out a beautiful stained-glass window which marked the place where a tower would have been built had building proceeded. The church was bombed in the 2<sup>nd</sup> World War and the roof was damaged, but the church survived.

Fr. John explained that the font is near the entrance to the church as that is the place for Christening and Baptism. It is symbolically and physically a person's first encounter with the church. He described the altar as the place where a special, symbolic meal of bread and wine is served to the congregation during worship. It is a focal point of the service. It is both a remembrance of the life, death and resurrection of Jesus, and a sign of fellowship for Christians throughout the world. It is also a sign of our solidarity with all humanity. Fr. John also pointed out that the church has a number of crosses. The cross is the most well-known symbol of the Christian faith. It both recalls Jesus' death and reminds us of the love of God which overcomes all the injustice and hate in the world.



Fr. John introduced the Forgiveness Project Exhibition. <https://www.theforgivenessproject.com/> He explained that God's forgiveness is at the heart of the Christian faith, and that we are invited to also be participants in practicing forgiveness.



The stories in the exhibition are of people who, in the most painful of circumstances, were able to reach out to those who had wronged them. Stories have the power to transform the teller and the listener. We were invited to enter that process of transformation.

Mohammed Omer also spoke of the power of forgiveness. He himself visited Rwanda after the genocide, which was a very moving experience for him. He also pointed out that forgiveness is very important in Islam. He noted that this is Islamophobia week.

Supt Claire McCarthy, from the Police, also spoke, and encouraged participants to contact the Police if they experience any problems.

Refreshments were then served and people were invited to view the exhibition. Many people commented on how moving the stories were. A Synagogue and a Church have since offered their space to host the exhibition. It is still possible for other faith venues to offer to host. If you are interested, then contact Saira

[Saira.Yakub@redbridge.gov.uk](mailto:Saira.Yakub@redbridge.gov.uk) or Ruth ([ruth.musgrave52@gmail.com](mailto:ruth.musgrave52@gmail.com)).

The meeting was well attended. Thanks to St. Luke's church and to the Faith Forum for hosting such a meaningful event.

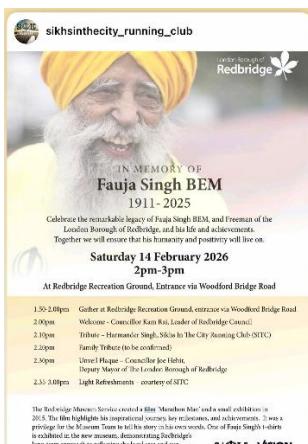
*"I have seen the exhibition twice myself now and for me it is the most moving and helpful experience of my life – it helped me cope with my own experience when all other methods had not succeeded." — **Visitor to The Forgiveness Project exhibition.***

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

**Click here to view the report and photos**

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## UPCOMING EVENTS



**Saturday February 14<sup>th</sup> 2026 – 2pm -3pm**

## Come along to our Health Action Day event – Thursday February 19<sup>th</sup> 2026

**Health Action Day 2026**

A Community Event for People with a Learning Disability, Their Carers, and the Autistic Spectrum Community

**Thursday 19 February**  
Redbridge Central Library, Ilford IG1 1EA  
between 10.30am-2.30pm

- Fit for Fun Redbridge
- Redbridge Health Bus
- Redbridge Oral Screening
- TB Awareness Information
- Breast Cancer Screening Services
- Advice on Health Cookery

Call 020 8478 7571  
email: Redbridgeforum@hotmail.co.uk



Redbridge is gearing up to host Health Action Day 2026, a community event designed for people with a learning disability, their carers, and the autistic spectrum community. The day is being co-produced by residents in partnership with Redbridge Forum, Public Health, and Adult Social Care Services.

Come along on Thursday 19 February at Redbridge Central Library from 10.30am to 2.30pm.

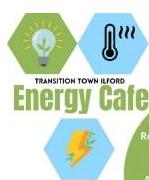
Attendees can enjoy a wide range of interactive activities, including dance and exercise taster sessions, alongside informative stalls, and a free raffle.

Everyone is welcome to attend, whether it's seeking advice, support, or simply a positive community experience.

For more information, contact the Redbridge Forum on 020 8478 7571 or via [email](#).

Reserve your free spot: <https://www.eventbrite.co.uk/e/health-action-day-2026-tickets-1981843622625>

## Energy & Repair Café – Saturday 21<sup>st</sup> February 2026 2-3.45pm



TRANSITION TOWN ILFORD  
**Energy Cafe**

Drop-in sessions at Redbridge Central Library Every other Saturday

A volunteer led advice desk that can help you save energy in your home and money from your energy bills.

Redbridge Learning Disability Partnership Board

Transition Town Ilford

Information will be confidential at all times. Check our website for dates

<https://www.transitionilford.org/energy-cafe>



### 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](mailto: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](mailto: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

### Ilford Community Apple harvest

This is a community led project which will engage local people in **harvesting, cooking, preserving, and sharing** fruit from Ilford's gardens, allotments, and green spaces as well as use our shared pool of local knowledge on growing and cooking fruit. It will combine our local resources, community energy, and shared values to reduce waste, promote health, and strengthen hope and community across Ilford by building links and connections.

We will pick and use apples going to waste in peoples gardens. The good ones we will distribute to the Community Grocery, Food Banks and to people in the local community. Damaged ones will be used to make chutneys, pickles and other recipes.

You can take part in several ways:

Be a volunteer Apple Picker

Offer Apple trees we can pick

Offer kitchen space in your faith building for apple cooking workshops

If you would like to take part get in touch at [ilfordtransition@gmail.com](mailto:ilfordtransition@gmail.com)

For more information <https://transitionilford.org.uk/apples/>

Gardening at Valentines Park – Help us create a lush, edible garden. Learn about our community forest garden. Connect with nature and with other people.

Every Friday, 10am – 12pm

Brisbane Rd Entrance, IG1

[www.transitionilford.org.uk/forest-garden](http://www.transitionilford.org.uk/forest-garden)



## Tadhg Charles, Ley Lines – sharing stories through technology

**24 Jan – 17 Jun 2026** Free and all welcome

SPACE Ilford, 10 Oakfield Road, IG1 1ZJ

Ley Lines brings together stories, objects, and digital experiments created by Ilford residents through a six-week programme of participatory workshops with artist and designer Tadhg Charles. Rooted in co-creation and practice-based research, Ley Lines invites us to consider what becomes possible when our stories are translated into digital form.



Find out more on the website: <https://spacestudios.org.uk/events/tadhg-charles-ley-lines-sharing-stories-through-technology/>

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



**Thursday 19 February – Redbridge Central Library,  
10:30am – 2:30pm**  
**Saturday 21 February – Ilford Lane Engagement Hub,  
11am – 2pm**  
**Saturday 28 February – Ilford Town Centre, 11am – 2pm**

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 website

<https://www.redbridge.gov.uk/health-and-wellbeing/healthy-redbridge-bus/>

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## Together at the Table: An Interfaith Green Iftar 6 March 2026, 5pm

As part of our Eco Ramadan campaign, we invite you to join us for a meaningful interfaith Green Iftar in partnership with Faith for the Climate, bringing communities together to reflect on shared values of environmental stewardship, compassion and responsibility.

Hosted at Al Manaar Mosque in London, the evening will feature reflections from Islamic Relief UK, Faith for the Climate, faith leaders and climate voices, followed by a sustainably prepared iftar. The evening will offer a space for connection, dialogue and collective commitment to climate action rooted in faith.

6 March 2026, 5pm

Al Manaar | The Muslim Cultural Heritage Centre, Acklam Road, London, W10 5YG

This event is free of charge

Sign up to attend the Interfaith Green Iftar: <https://www.islamic-relief.org.uk/get-involved/event/an-interfaith-green-iftar/>

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## 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](mailto:info@MBSS.ORG.UK)

Phone 0203 4687333

## OTHER INFORMATION

### Green Garden Waste collections are returning



Our free fortnightly Green Garden Waste Collection service resumes in March. Find out which week your collection falls on.

Week 1 Garden Waste Collections are from Monday 2 March to Friday 13 November

Week 2 Garden Waste Collections are from Monday 9 March to Friday 20 November

We will collect up to 5 sacks of your green garden waste on each collection. Please ensure the sacks are left open and the garden waste is visible.

If you don't have a Green Garden Waste sack, you can also use black bin bags or clear sacks – but please ensure they are left open the waste is visible.

Green sacks will also be available to buy from Redbridge libraries from mid-February. They cost £2 each and households can buy up to five. These usually sell quickly, so it's worth getting them early if you want them!

Find out more and check your collection day: <https://www.redbridge.gov.uk/bins-waste-and-recycling/garden-waste/>

### Lets Love the Cran Brook

The Cran Brook is a stream that begins in Barkingside near Fairlop Water. Today, it flows through a series of pipes into and through Valentines Park before joining the River Roding.

Unfortunately, the Cran Brook continues to suffer from serious levels of pollution, despite years of efforts by different public and private agencies. **Now, in 2026, citizens and public bodies alike want to see real change happen.**

### Local Groups Driving Change

Here are links to voluntary groups campaigning for cleaner, healthier rivers:

- **Love the Cran Brook** (part of Transition Town Ilford): <https://transitionilford.org.uk/cran-brook/>
- **River Roding Trust**: <https://riverrodingtrust.org.uk/>

- **Thames21:** <https://www.thames21.org.uk/>

These voluntary groups are active in concerns about the rivers of Redbridge and have the support of local councillors.

### Learn More About the Cran Brook and River Roding

- <https://www.bigissue.com/news/environment/river-sewage-east-london-pollution/>
- <https://www.thames21.org.uk/2025/01/high-levels-of-bacteria-found-in-the-river-roding-new-study-finds/>
- <https://www.youtube.com/watch?v=Y418n4PA2HU>
- <https://www.facebook.com/groups/riverroding/posts/2770951139777426/>

### Get Involved

We would like to engage people from different faith groups to join our campaigns.

To join the **Love The Cran Brook WhatsApp** group and stay in touch, please:

 Email: [ilfordtransition@gmail.com](mailto:ilfordtransition@gmail.com)

 Message: **07957 534908**

The River Roding Trust website also gives examples of how to be engaged in their work.

For more information, you can contact: [Petermusgrave1950@gmail.com](mailto:Petermusgrave1950@gmail.com)

## Big Bank Switch

Operation Noah, JustMoney, Laudato Si Movement and Just Love are inviting Christians around the UK to align their money with their values by switching from a bank that funds planet-destroying fossil fuels to one that doesn't.

The climate crisis isn't just happening, it's being funded – sometimes by those of us who are most concerned about caring for creation, and all because we have a bank account with HSBC, Barclays, Santander, NatWest, Chase, Lloyds, or another high street bank.

Switch to a greener bank with the Big Bank Switch and you'll join a growing movement of Christians taking action with their finances to care for God's creation.

Make a pledge to move your money: <https://justmoney.org.uk/the-big-bank-switch/>

Not sure if your bank is green? Use Bank.Green's tool to check: <https://bank.green/>

## Green Investment Declaration: Make your money work for God's creation

Money has power and, for churches and Christian organisations, how that power is used matters.

Church investment decisions can either contribute to environmental harm or become a powerful expression of Christian ethical values, aligning financial stewardship with faith, justice, and care for God's creation.

What would it look like for church investments to actively support climate solutions, care for creation and show leadership in investing in a just and sustainable future?

This initiative has been developed by Operation Noah and JustMoney Movement to support Churches and other faith institutions across the globe to increase their investments in climate solutions to build a greener future. It provides a clear framework for Christian ethical investment that is faithful, responsible, and financially robust.

By signing up to this Green Investment Declaration, your church or organisation is not just having a direct impact through your investments but, through speaking publicly about it, you're also creating ripples throughout wider church and society encouraging others to do likewise. Together we can play our part in the restoration of Creation, starting with our finances.

Find out more: <https://greeninvestmentdeclaration.org/>

## Where Your Treasure Is Bible Study: A Course for Lent, Season of Creation or anytime of the year

A five-week bible study course from Operation Noah exploring how we can use our money to tackle the climate crisis is out now. Each week includes bible readings, a short reflection, discussion questions, a prayer and actions that you can take. The course is ideal for use in home groups, as a Lent course or at other times of the year such as during the Season of Creation.

Contents include:

- What does the Bible say about money?
- Using our money to care for creation.
- Money and Climate Justice: why our money might be part of the problem and how we can be part of the solution.
- Using our money to love our neighbours in the context of climate change.
- Hope and Prophetic Action: how the church can use its money prophetically and inspire hope.

This is a very practical course intended to inspire positive action for the climate.

Download a copy: [https://www.operationnoah.org/where-your-treasure-is/#:~:text=Out%20Now%20and%20Ready%20for,Download%20\(pdf\)](https://www.operationnoah.org/where-your-treasure-is/#:~:text=Out%20Now%20and%20Ready%20for,Download%20(pdf))

## 'Climate justice and interfaith renewal - Abrahamic perspectives' Webinar

A series of delightful coincidences marks the month of February in 2026. For Christians following the Latin rite, the penitential season of Lent begins on Ash Wednesday, 18 February, which roughly coincides with the start of the holy month of Ramadan for Muslims. The month opened with the Jewish festival of Tu Bishvat – the Birthday of the Trees – from sundown on Sunday, 1 February to nightfall on Monday, 2 February.

Faith for the Climate commemorated this confluence of dates with their first webinar of 2026. Jewish, Christian and Muslim panelists shared insights about how Tu Bishvat, Lent, and Ramadan can nourish work on climate justice as well as foster healthier intra-faith and interfaith relations.

Watch the webinar: <https://youtu.be/GdCfoU-WVLM?si=QjNaT5mK0-qf9MP>

## COP30: What happened and what next? Webinar

Another year, another United Nations climate conference has ended. Was COP30 a failure or a success? What did people of faith contribute, and why does this matter?

UK media coverage left many feeling ambivalent or demoralised, with questions and concerns.

In our webinar, we gathered key questions from our network and put them to experts from different faith backgrounds who were at COP30 in Brazil. They offered behind-the-scenes updates and deeper insights, highlighting both COP30's limitations and failures, as well as its successes and the opportunities we can build on.

Although centred on COP30, the discussion went beyond it. We encourage you to revisit it for inspiration—especially if you're a person of faith who cares about climate and nature.

**Speakers:**

**Lindsey Fielder-Cook** – Representative for the Human Impacts of Climate Change at QUNO Geneva, with 25+ years' experience in humanitarian, human rights, and climate justice work.

**Graham Gordon** – Head of Global Policy and Advocacy at Christian Aid, with 25 years' advocacy experience in the UK and Peru, focusing on climate justice, financial reform, decolonising development, and strengthening local leadership.

**Sonja Ohlsson** – National coordinator of Brahma Kumaris in Denmark. Instrumental in the Brahma Kumaris Environment Initiative, a longtime participant in climate and biodiversity COPs, and leader of global green retreats and the *Healthy Mind, Healthy Planet* lecture series.

Watch the webinar: <https://www.youtube.com/watch?v=IXuZGH5G7qk>

## Interfaith Diwali webinar

Diwali, also called Deepavali, is a major festival celebrated by different communities in the Indian subcontinent and its diaspora. Hindus know it as the festival of lights, and variations of it are celebrated by Sikhs, in the form of Bandhi Chhor, and Jains. Faith for the Climate was pleased to host this special interfaith webinar where we heard from our members of Dharmic faiths who shared perspectives on how Diwali connects with climate and environmental justice for them.

Watch the webinar: <https://www.youtube.com/watch?v=1Ra4d7HtU24>

Check out the short reflections offered by the speakers in writing:

<https://faithfortheclimate.org.uk/events/interfaith-webinar-diwali-and-environmental-justice/>

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## Al-Mizan - A Covenant for the Earth

Al-Mizan - A Covenant for the Earth is a restatement of the principles governing the protection of nature in a form that meets current challenges. It examines the ethics behind the social patterning of human existence and enquires into how they could be brought to life today working in harmony with the heartbeat of the natural world.

Environmentalism is deeply embedded in the veins of Islam. It is about personal behaviour and how it manifests itself in our association with others and about being considerate in our relationship with the natural world and other sentient beings.

These principles grew out of the foundations established by Prophet Muhammad into a range of rules and institutions that manifested an expression of life that was truly holistic.

Find out more: <https://www.almizan.earth/>

## An Introduction to Qur'anic Ecology and Resonances with Laudato Si'

An Introduction to Qur'anic Ecology and Resonances with Laudato Si' presents Qur'an-based theological and ethical principles that are applicable to integral ecology. This study presents clear and strong Qur'anic guidelines that can be referred to by Muslims in addressing the ethical, ecological and environmental issues faced today. The study relates the central encyclical idea of integral ecology to several Islamic concepts, particularly the interconnected unity of all creation, the innate nature of God and humankind, and the Qur'anic principles of mercy, balance, justice, and moderation. Key Muslim faith-based critiques of the human actions that have led to the current global predicament are also discussed. These critiques accord with aspects of Catholic social teaching.

This study unpacks the Qur'anic resonances with the foundational themes presented in the preliminary section of Pope Francis' encyclical, Laudato Si': On Care for our Common Home published in 2015. It demonstrates that

significant common ground exists between Qur'anic and encyclical perspectives with regard to these themes, including perceptions of the natural world as a precious part of God's creation; the interrelatedness of all creation; the understanding of humankind as the being in whom earth and spirit are conjoined; the need for divine guidance; and the need for people to manifest ethical care towards other humans, all living creatures and the earth itself. Conceptual overlaps such as these provide a strong foundation for Catholic-Muslim interfaith partnerships, as we seek to care for our common home.

Download a free copy of this volume: <https://lsri.campion.ox.ac.uk/sites/default/files/2024-05/Farhana%20Mayer-2023-An%20Introduction%20to%20Quranic%20Ecology%20and%20Resonances%20with%20Laudato%20Si-240524-sm-sans%20serif.pdf>

## 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](#)

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## Show the Love 2026: why it matters and how you can take part

Every February, people across the UK make and share green hearts with their politicians to show what they love and want to protect. This simple, visible act is rooted in pride for our communities, care for the places we love, and hope for the future.

For over a decade, Show the Love has helped people stand up for the places and spaces threatened by climate change and nature loss. In 2025, The Climate Coalition and *The People's Picture* created a giant mosaic artwork from thousands of public images, projected onto the **White Cliffs of Dover** with support from Stephen Fry, Bella Ramsey and David Harewood.

In 2026, the focus is on protecting what people cherish locally—parks, rivers, football pitches, community centres and more. The campaign shows leaders that climate and nature action comes from everyday care, not abstract politics.

#### How to Take Part:

## 1. Make a green heart

Use any materials—paper, recycled items, drawings, baking, fabric, leaves or digital designs.

## 2. Send a digital heart

From **14 February**, use the online postcard to send a message to your local politician in under a minute.

## 3. Share online

Post your heart with **#ShowTheLove2025** and tag:

- @theclimatecoalition (Facebook, Instagram)
- @TheCCoalition (X)

Every green heart carries a personal message about clean air, warm homes, green spaces, secure livelihoods or children's wellbeing—what matters most in your community.

Show the Love is about pride, care and connection. Small actions across the country show that climate and nature action is central to healthier, stronger communities and to protecting what we love.

Take part in any way that feels right—make a heart, send a postcard or share your message. Sign up to the mailing list to stay connected throughout the year: [https://www.theclimatecoalition.org/sign\\_up\\_stl](https://www.theclimatecoalition.org/sign_up_stl)

## 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](#).

Vision Redbridge Culture and Leisure

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## 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>

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## 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](#)



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## 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 are 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 story time 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 \(redbridge.gov.uk\)](#) 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](mailto:engagement@redbridge.gov.uk) if you have any questions.

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## **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](mailto: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](https://donate.mydona.com/grange-hill-methodist-church)



## Foster for Redbridge

New Year, New Challenge. Foster for Redbridge Council.

Redbridge Council need more foster carers who can make happy, lasting memories for a child or young person.

We often take some things for granted. Taking our children to the park or to a playground; jumping in puddles; getting your wellies stuck in thick mud. Many children in Redbridge, however, have never experienced these fun and free activities. A care leaver remembers the time that she was fostered and had a picnic in a park, "I had never had a picnic in a park before. I was 11. It was so exciting."

If you would like to create happy memories for our most vulnerable children and are considering fostering for Redbridge Council, please call us on 020 8708 6068 or visit our website

<https://www.redbridge.gov.uk/fosteringfaith> to book onto one of our virtual information sessions.

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](mailto: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/X0Rw\\_PDWiWA](https://youtu.be/X0Rw_PDWiWA)

The full video can be viewed on our website [www.redbridge.gov.uk/fostering](https://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](mailto: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.



**NHS**

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 \(dhsc.gov.uk\)](https://www.dhsc.gov.uk/campaigns/campaign-resource-centre/bowel-cancer-screening-help-us-help-you)

Visit <https://www.nhs.uk/conditions/bowel-cancer-screening/> for more information. Watch the campaign video here: [https://youtu.be/H5w6Hx\\_zoJl](https://youtu.be/H5w6Hx_zoJl)

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## 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 \(icb.nhs.uk\)](https://www.icb.nhs.uk)

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## REDBRIDGE STOP SMOKING SERVICE –

There is free stop smoking support available in Redbridge – just call 0333 005 0095 or text the word quit to 60777

### Shisha



One hour of shisha is equivalent to the toxins of 100 cigarettes.

Shisha has become very popular amongst many social groups recently with many attending shishas lounges to socialise.

Shisha tobacco is smoked in a hookah waterpipe and is usually flavoured, fruit flavours do not mean it's healthy and this also includes herbal Shisha.

Similar to smoking cigarettes shisha can contain:

Nicotine (Which is highly addictive), Tar, Carbon Monoxide, Heavy Metals e.g. Arsenic and Lead. Just because it travels through water doesn't make it any safer. Even if shisha users are not using shisha regularly, they are at risks of:

- Heart attack and stroke, cancer, nicotine addiction, lung conditions and breathing difficulties.
- Inhalng 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.