

## Redbridge Faith Forum E-News Bulletin – April 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 April, our Christian friends celebrated [Easter](#). As our Buddhist friends prepare for [Vesak](#), our Jewish friends for [Shavoth](#) and our Muslim friends for [Eid-ul-Adha](#), we extend our warm wishes for a meaningful and spiritual celebration to them all.

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

### LOOKING FORWARD TO:

**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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### Let’s 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)

### Updates on the Roding, the Cran Brook and a new local river that has been restored!

The Love the Cran Brook project is working with the Roding River Trust to restore the running, wild, biodiverse Cran Brook and we hope to run a community activity this year.

In the meantime there is WONDERFUL NEWS for an ancient neighbour of the Cran Brook, the AldersBrook has been UNCOVERED AND RESTORED this Spring. Exciting news.

See the [wonderful video](#) about this.

## UPCOMING EVENTS

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### Healthy Redbridge Bus is on **\*No booking required\***

#### upcoming dates:



#### Thursday 15 May – Jubilee Church, 11am – 1:30pm

The Healthy Redbridge Bus is on the move this Spring 🚌\*, 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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## Redbridge Foodbank's Community Connect & Support



### Jubilee Church Ilford

Friday, May 15

11 AM - 1:30 PM

Find out what help is available in Redbridge. Come along if you need advice or want to discover opportunities to get involved in the community. We will also be offering FREE pre-loved professional clothing at the event to help you feel confident for interviews or when

starting a new job.

Meet local services offering guidance on:

- Benefits
- Debt
- Education
- Finding work
- Housing
- Health & Wellbeing

And more, including support for women and families.

This event is free to attend, no booking or ticket required.

Find out more information on the website: <https://www.eventbrite.co.uk/e/redbridge-foodbanks-community-connect-support-fair-tickets-1983620480254>

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



**Saturday 2nd/16th/30<sup>th</sup> May 2026 at 2pm-3.45pm**

If you belong to an Ilford based community or faith group and would like the **Energy Cafe** to come to your group to **share advice on ways you can save energy**, then get in touch with us at [ilfordtransition@gmail.com](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)



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

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

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/>

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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 INFORMATON**

### **Adult Social Care, Hospital Discharge & Managing long-term health conditions survey**

Age UK Redbridge is carrying out this survey to better understand the experiences and needs of residents aged 50 and over when it comes to Adult Social Care, leaving hospital, and managing health conditions. As our population grows and people live longer, it's essential that local services evolve in ways that genuinely support people to stay healthy, independent and well.

Peoples' views will help to build a clearer picture of what is working, where people face challenges, and what support would make the biggest difference.

The information will be used to influence the NHS & Redbridge Council to improve how they plan services, strengthen support for residents, and ensure that care in Redbridge reflects the real needs and priorities of our community.

Fill out the survey: <https://www.surveymonkey.com/r/Ry9GKNW>

#### **Report from the Cost of Living Survey, Jan – March 2026**

<https://www.ageuk.org.uk/redbridgebarkinghaverling/about-us/news/articles/2022/our-new-report-on-the-cost-of-living-redbridge/>

If you have any comments or would like to discuss the report please contact Sue Grant (Voices of Experience Coordinator) Tel: 0208 911 2927, Mob: 07985 105528

#### **Age UK Redbridge, Barking and Havering**

4<sup>th</sup> Floor, 103 Cranbrook Road, Ilford, Essex IG1 4PU

Tel: 0208 220 6000 Fax: 0208 478 4767

Age UK Redbridge, Barking and Havering is a local charity providing services that improve the quality of life for older people in Redbridge, Barking and Havering. We are responsible for raising our own funds therefore we rely on your support and donations to carry out our vital work with older people. For more information about our services and how to support us visit: [www.ageuk.org.uk/redbridgebarkinghavering](http://www.ageuk.org.uk/redbridgebarkinghavering)

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## Green Garden Waste collections are returning



Our free fortnightly Green Garden Waste Collection service resumed 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/>

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## 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))

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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>

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## 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 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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## 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:

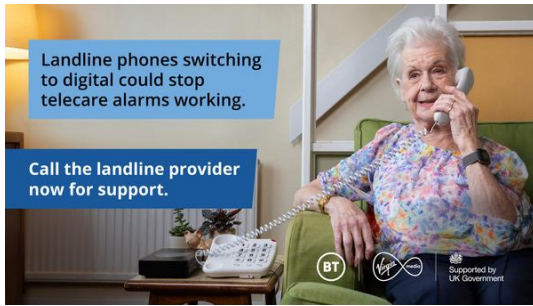
- Get to know your local officers
- Help shape policing priorities in your area
- Receive tailored crime prevention advice
- Stay updated on the issues that matter most to you

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.

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## 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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## Iford 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](#)



# 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 \(redbridge.gov.uk\)](https://www.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](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.myдона.com/grange-hill-methodist-church](https://donate.myдона.com/grange-hill-methodist-church)



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## Foster for Redbridge



LOCAL COMMUNITY Fostering Redbridge

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

Foster for Redbridge Council

020 8708 6068  
[www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering)

Redbridge Council's Fostering Team are looking for foster carers who can offer children the therapeutic, nurturing care they need to feel safe, valued, and supported.

We are currently welcoming carers to foster children through our specialist fostering pathways. These pathways are designed for children who need a little extra understanding, time, and emotional support. You can learn more about them by watching our short video <https://www.youtube.com/watch?v=xOevzGWwsHM>

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

Because these children need a high level of care, time, and energy, we offer allowances of up to £1140 per child per week to recognise and support the commitment involved. This helps ensure that carers are fully resourced to give children the stability and care they truly deserve.

If you have space in your heart and home to make a meaningful difference in a child's life, we would love to hear from you. Our Redbridge fostering family is warm, supportive, and dedicated to helping children thrive.

Please call us on 020 8708 6068 or join one of our upcoming virtual information sessions. You can book a place here: <https://www.redbridge.gov.uk/fosteringfaith>

## Spare room feeling a little empty?

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## 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.



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\\_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 \(icb.nhs.uk\)](http://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.
- 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.

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