

Welcome to Redbridge



Information is relevant
for those living in
Redbridge as part of the
[Ukraine Sponsorship
Scheme](#)

London Borough of
Redbridge





You have to fill in a form, you might need some help with this



You need access to a phone



You can visit this place



You will need access to the internet



You can send an e-mail

On behalf of Redbridge Council, we extend you a very warm welcome. We are delighted that you are joining us to live here, and we will do our best to support your family to live happily and make a real contribution to community life.



About Redbridge

The London Borough of Redbridge is a London borough in East London, England.

Redbridge has a population of 305,222 and covers approximately 14,000 square miles. Its main towns include Wanstead, Woodford, and Ilford, which is 12.7 miles from the centre of the capital city of London

Who lives in Redbridge?

Redbridge is the third most diverse borough in London. 58% of the borough's population is White or Asian: 34.85% of the population is White British, while 16.2% is Indian, 11.13% is Pakistani and 7.48% are Other Asian. The community is vibrant and multicultural: 25% of people moving to Redbridge come from outside of the UK. Redbridge has the 7th biggest Ukrainian population and the 2nd highest Moldovan population in the country.

Places of worship

People of many different religions live in Redbridge. 36.9% of borough residents are Christian, 23.2% are Muslim, 11.3% are Hindu, and many others practise a faith.

There are over 100 different places of worship in Redbridge, including over 80 churches, 10 synagogues, 22 mosques, and six temples.

There are also lots of community groups that offer friendship and support to people of all faiths and groups for young people, such as Christian Sunday schools and Muslim Madrasah schools. You can find information about local religious organisations and places of worship here.



Education - under 16

Children in the UK have to be provided an education. Most parents/carers make the decision that this is within the school. Education is compulsory from the September after a child's 4th birthday. Redbridge is home to many fantastic schools. There are 78 primary schools (for children aged 4-11) and 28 secondary schools (for children aged 11-18). Children aged 16-18 attend 'sixth form': this is either at a secondary school or a local college.

To apply for a school place in Redbridge you can fill in the information on the website <https://my.redbridge.gov.uk/schools/admissions/home>. You can choose up to six schools. Check the nearest schools to you.



Once you have made your online application, the council will consider your choices and email you within 10 working days to let you know which school we are able to offer. For more information on school places in Redbridge please visit the schools page.

School uniform - children in school are expected to wear school uniform. You can find out what they are meant to wear by speaking to the school, or looking at their website. You can get support to pay for school uniform.

Free school meals - all children in reception, years 1 and year 2, automatically get free school meals at lunch-time. Children in year 3 and up might get free school meals if their parents/carers receive certain benefits. Living in temporary accommodation in Redbridge means that your children are entitled to free meals at school.

https://fiso.redbridge.gov.uk/Synergy/Core_Live/SynergyWeb/Parents/default.aspx



Getting to school - you might be able to walk to school or you might need transport.

The Redbridge Institute offers adults free English lessons and courses that help them gain the skills they need to find a job.



Education 16 and older

Young people aged 16 to 18 attend 'sixth form': this is either at a secondary school or a local college. This is a different process. You must apply to individual sixth forms: click on the school's Sixth Form heading on its website. You can find a list of sixth forms on the sixth forms page.

New City College in Chadwell Heath offers free ESOL classes for 16 to 18 year olds. You can attend their open day on Thursday 24 March from 4pm to 7pm to apply to start in September. Register to attend this event.



For adults, free English classes are available at New City College in Ilford. To find out more please email enquiries@redbridge-iae.ac.uk or telephone 020 8550 2398.

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Transport

Redbridge is a well-connected borough that borders London and the green county of Essex.

There are frequent trains from Ilford to central London; you can travel to the seaside from Stratford International, which is only eight minutes away on the train, and it's 18 minutes to London Liverpool Street.

There are also 10 London Underground (Tube) stations and 40 bus routes across the borough.

You can travel from Redbridge Underground Station to London City Airport in 32 minutes or get a taxi to London Stansted Airport in the same amount of time. Other London airports are also accessible by train or car.



Leisure, sports and culture

There are many places to go shopping in the borough, such as the Ilford Exchange shopping centre. You can buy foods from many different cultures in our shops and supermarkets, including Halal food. We also have lots of fantastic restaurants and cafes across the borough, many of which serve Halal options.

Redbridge offers many exercise facilities at our leisure centres and recreation grounds. You can enjoy sports like athletics, swimming and football. Children can have fun using play equipment in our local parks.

Redbridge is a very green borough. Our residents enjoy many beautiful parks and outdoor spaces, such as Valentines Park, Hainault Forest Country Park and Fairlop Waters. You can enjoy water sports, watching wildlife, and social events in the fresh air.

There are also various local museums and libraries where you can access free learning. Places like Hainault Youth Centre offer a wide range of activities for older children and teenagers. The borough is home to many family-friendly events; for example, this year the Our Community Festival, Fairlop Fair, and Wanstead Festival offered a range of fun activities for all the family.

You can find out where sports and leisure centres are in the borough by going to <https://visionrcl.org.uk/sport-health-physical-fitness/centres/>

There are many places to go shopping, such as The Exchange shopping centre in Ilford. You can buy foods from many different cultures in our shops and supermarkets. You can buy Ukrainian food in Smilte in Ilford, Albina in Canning Town, and Baltic Stores in Barking. There are also Ukrainian restaurants, such as Dnister near Wanstead Park Station.



Families with children



Healthy Start

Healthy Start supports pregnant women and families to eat well and get the vitamins they need for healthy development. Families with no recourse to public funds can call NHSE on 0300 330 7010 to request a paper form.



Understanding your child - Solihull Approach

Online course for everyone who wants to be a better mum, dad, grandparent or carer. Available 24/7, anytime, anywhere. Use the code BRIDGE for free access for those in Redbridge. <https://inourplace.co.uk/>



Redbridge Children's Centres

Redbridge Children's Centres are for all families with young children under five years and those expecting a baby. They also help families whose children are under nine years and their child/ren have special educational needs or disability. We are open Monday to Friday 8:30am-4:30pm



Families Together Hub (FTH)

is an early help service that provide multi-agency targeted support to families experiencing difficulties. The type of help or support that you can access from FTH can include, help with; advice and guidance around accessing the right benefits/support for children with additional needs, advocacy support in a range of areas, support around domestic abuse or parental conflict, supporting families employment advisors that can assist with employability and or benefits You can self-referral by e-mailing early.intervention@redbridge.gov.uk



Childrens' Centre Hubs

Albert Road Children's Centre Hub

53 Albert Road, Ilford, IGI 1HL | 020 8708 2622 | albertroadcc@redbridge.gov.uk
Covering central and south Ilford areas

Loxford Children's Centre Hub

136 Ilford Lane, Ilford, IGI 2LG | 020 8708 2622 | loxfordcc@redbridge.gov.uk
Covering central and south Ilford areas

Thackeray Drive Children's Centre Hub

Thackeray Drive, Chadwell Heath, RM6 4RE | 020 8708 5800 |
hackeraydrivecc@redbridge.gov.uk | Covering Goodmayes, Chadwell Heath and Seven Kings

Orchard Children's Centre Hub

Liston Way, Woodford Green, IG8 7BL | 020 8708 8344 | orchardcc@redbridge.gov.uk
Covering South Woodford, Woodford, Woodford Green and Wanstead

Newbury Hall Children's Centre Hub

Perrymans Farm Road, Newbury Park, IG2 7LD | 020 8708 9423 |
newburyhallcc@redbridge.gov.uk | Covering Newbury Park, Hainault and Barking



Further information and contact details

Information on the services available and how you can contact our staff or book on to an activity can also be found from the following links:

Web: <https://find.redbridge.gov.uk/childrenscentres>

Facebook: www.facebook.com/childrenscentresredbridge/

Instagram: https://www.instagram.com/redbridgechildrens_centres/?igshid=39wihize2zfl



Community & volunteer groups

There are different community and volunteer groups that you can get support from. These are:

Refugee and Migrant Forum of Essex and London (RAMFL)

326 High Rd, Ilford IGI IQP | 020 8478 4513 | <http://www.ramfel.org.uk/>

RAMFEL is a charity that supports vulnerable migrants to access justice and that provides vital support in moments of individual crisis.

Al Bayan Welfare Centre

57B Green Ln, Ilford IGI IXG | 020 3556 2110

Magpie Trust

The Lodge, Forest Lane Park, Magpie Close, Forest Lane, E7 9DF.

<https://themagpieproject.org/>

We provide a safe and fun place for mums and under-fives housed in temporary or insecure accommodation

Somali Welfare Trust

High Rd, Ilford IGI IQP | 020 8553 7969

The organisation provides support to the Somali community in Welfare Rights, Social, Housing and Debt Advice & Service - Advocacy Support - Community Research & Policy Making. - Health Support Services tackling mental health, physical health,



Care 4 Calais

<https://care4calais.org/>

Volunteers providing basics such as shoes, winter coat, food as well as giving assistance with complex health or immigration issues



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Community & volunteer groups

Conversation Club from (Redbridge Carers Support Service) | Redbridge Central Library, Clements Road, Ilford, IG1 1EA | Rani Raju on 020 8514 6251 to book your place on the course. Practice English in the friendly setting of Conversation Club. Join other carers to improve your spoken English.

Frenford The Jack Carter Centre, The Drive, Ilford IG1 3PS | 020 8518 0992 | <https://www.frenfordclubs.org/> Youth work to support children and young people in the area

Ukrainian charities and support groups live google document with live updated list https://docs.google.com/document/d/1_pymlofaPytZt_SlIn6hQD9VDiz-4UwR24JJ2rwXxmU/edit



Health and well-being

Register with a Family Doctor (GP)



Complete the Family Doctor Services Registration form (GMS1).

You can find the form by going to

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1017019/GMS1-family-doctor-services-registration-form.pdf

Complete the GMS1 form to register with a GP. Print and fill in the form and return it to the practice you want to register with. The form can't be completed online. You can also get a copy of this form from the practice.



NHS Family doctor services registration GMS1

Patient's details Please complete in BLOCK CAPITALS and tick as appropriate

Mr Mrs Miss Ms Surname

Date of birth: First names:

NHS No.: Previous surname/s:

Male Female Town and country of birth:

Home address:

Postcode: Telephone number:

Please help us trace your previous medical records by providing the following information

Your previous address in UK: Name of previous GP practice while at that address:

Address of previous GP practice:

If you are from abroad

Your first UK address where registered with a GP:

If previously resident in UK, date of leaving: Date you first came to live in UK:

Were you ever registered with an Armed Forces GP

Please indicate if you have served in the UK Armed Forces and/or been registered with a Ministry of Defence GP in the UK or overseas: Regular Reservist Veteran Family Member (Spouse, Civil Partner, Service Child)

Address before enlisting:

Postcode:

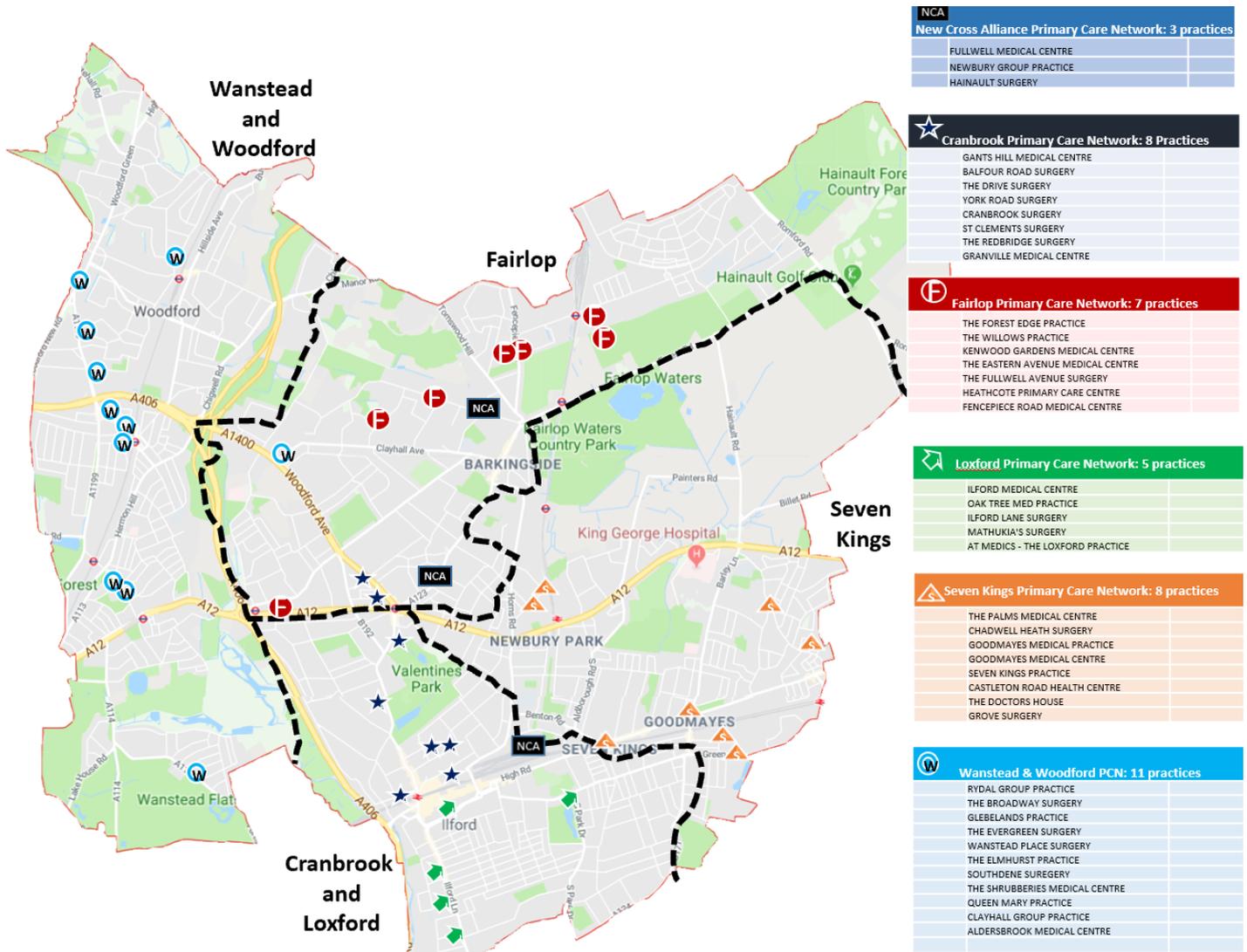
Service or Personnel number: Enlistment date: DD.MM.YY Discharge date: DD.MM.YY (if applicable)

Health and well-being



Location of family doctors

There are family doctors throughout the borough. The map below tells you the name and their location.



Health and well-being



Healthcare

Redbridge is home to one main hospital, King George Hospital in Goodmayes. Residents can also be treated in nearby hospitals, such as Queen's Hospital in Romford and Whipps Cross Hospital in Leytonstone.

We have four walk-in clinics for minor injuries and illness. You can also see a doctor by registering with a local GP online or by going to your nearest surgery.



Health Matters:

For up to date listings of health services in your area including Find a GP practice, Find an Accident and Emergency Unit, Find a pharmacy, Find a dentist. please go to <https://www.nhs.uk/>

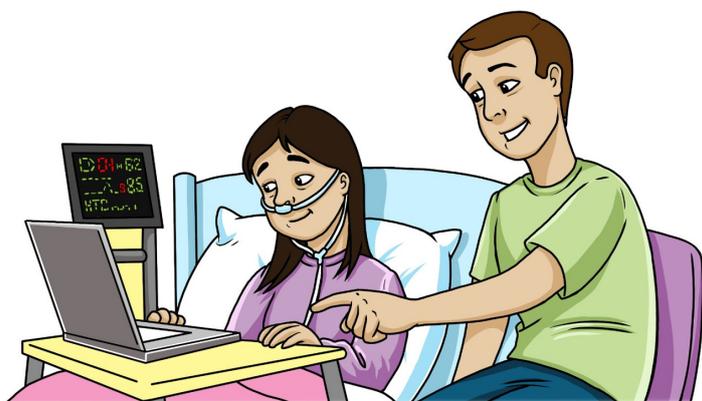


Health Centres:

<https://find.redbridge.gov.uk/kb5/redbridge/fsd/results.page?qt=health+centre&term=&sorttype=relevance>

Community Centres:

https://find.redbridge.gov.uk/kb5/redbridge/fsd/results.page?familychannel=1_5_2



Health and well-being



You can find information for emergency services on Redbridge MyLife. You can telephone 999 if you are in an emergency: for example, someone is seriously ill or injured and their life is at risk. They might be having a stroke or heart attack, has a serious head injury, or has been involved in a serious road traffic accident, a stabbing, a shooting, or a fall from height. You can telephone 111 if you need medical help fast but it's not an emergency.

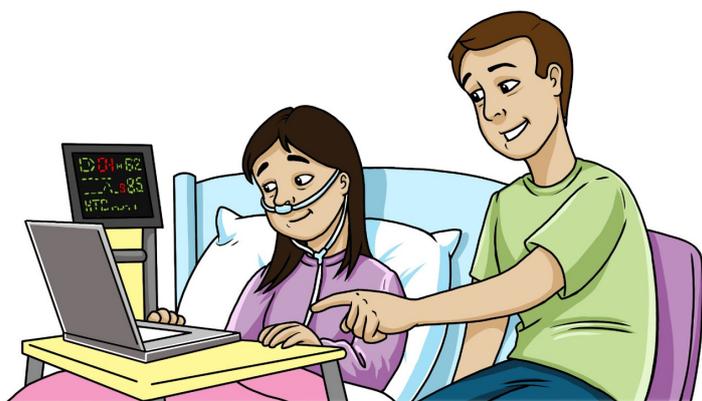
There is also mental health support for people who have experienced trauma. Adults can access psychological help and therapy through Redbridge NELFT. If you are experiencing mental health problems, you can find free helplines to talk to someone about this through Redbridge MyLife.



Young people aged 10 to 18 can use Kooth, a free online anonymous counselling service, or be referred to EWMHS (Emotional Well Being and Mental Health Service), which gives children and young people specialist mental health support.

Everyone over 12 years old is also eligible for a COVID-19 vaccination. You can get an appointment by telephoning 119 or going to a walk-in clinic.

You can find government health guidance for Ukrainian migrants [here](#) and public health information translated into Ukrainian [here](#).



Benefits



Working Age

Guests of working age will need to claim Universal Credit which is administered by the Department for Work and Pensions. Claims are made online but in some circumstances a telephone application can be made. More information about Universal Credit can be found here: [Universal Credit: What Universal Credit is - GOV.UK \(www.gov.uk\)](https://www.gov.uk). Universal Credit is paid monthly in arrears. Guests can apply for an advance payment when they submit their claim; this advance will be repayable in instalments over 12 or 24 months.

For those who can make a claim unaided, access to the internet is available at Job Centre Plus and local libraries. Citizens Advice operate a Help to Claim service for those who need digital support.



Pension Age

Guests of pension age will need to claim Pension Credit which is administered by the Department for Work and Pensions. Claims can be made online, by telephone or post. More information about Pension Credit can be found here: [Pension Credit: Overview - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



Child Benefit

Guests with dependant children living with them can claim Child Benefit which is administered by the Department for Work and Pensions. Claims can only be made by post. More information about Child Benefit can be found here: <https://www.gov.uk/child-benefit>

Disability Benefits

There are a range of disability benefits available for guests who are disabled or have a health condition. This is a complex area of the national benefits system and in the first instance, guests should seek advice from the council's Welfare Benefits Team.

Household Support Fund

Guests will be able to access this fund for help with daily living essentials. The extension of this fund was announced on 23 March 2022 – more details to follow as we receive them.



Useful Contacts

Universal Credit helpline	0800 328 5644
Pension Credit helpline	0800 99 1234
Child Benefit helpline	0300 200 3100
Welfare Benefit Team	020 8708 4180
Citizens Advice	0800 144 8 444

If I am worried about someone else

We want all our residents to be and feel safe.

This means that all children should have access to medical care, and children should have education after their 4th birthday until they are 18.

All adults should be free from harm and being hurt by others.

If you are worried about how to keep yourself safe or worried about someone else's safety you can speak to a number of different people:

Your GP _____



As a resident in Redbridge, you may have concerns about a child's welfare or safety. Any concerns should be reported by contacting Children's Social Care: Tel: 020 8708 3885

E-mail: CPAT.referrals@redbridge.gov.uk

During the evening or at weekends, please call the Emergency Duty Team on 020 8708 5897.

If a child is in immediate danger, please call the police on 999.



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