#### AUTUMN 2021



# REDBRIDGELIFE

edbridge School Streets P

#### WHAT'S ON THIS AUTUMN

page 4



MORE TO RECYCLE IN REDBRIDGE

page 19



#### A NOVEL IDEA FROM MARNIE

page 25



### Children and families benefit from healthier school streets

Fullwood Primary Sch THE SPA RELAX and REVIVE your MIND, BODY and SOUL

with one of our spa experiences



### 2-hour spa sessions cost as little as:

**£13.50** (18-60 years old) **£7** (60+ years old)

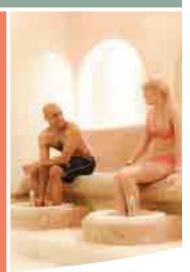
All sessions must be booked and paid for in advance.

> Sessions are Mixed, Women only and Men only.



#### Includes:

- Sauna
- Aroma room
- Steam room
- Hydropool
- Experience showers
- Heated loungers
- Foot spas





visionrcl.org.uk/the-spa

All meetings will be available to view online, and some meetings are planned to resume once again at the Town Hall. Visit www.redbridge.gov.uk for information and links to join.

HAVE YOUR SAY AT COUNCIL MEETINGS

**Council Meetings** 

Thursday 23 September **7.15pm** Thursday 25 November **7.15pm** 

Cabinet Meetings Thursday 21 October 7.15pm

Scrutiny and Overview Committees

Education Scrutiny Panel Monday 8 November 7.15pm

**External Scrutiny Panel** Monday 20 September **7.15pm** Wednesday 24 November **7.15pm** 

General Purposes Committee Tuesday 14 December 8pm Governance & Assurance Committee Monday 1 November 7.15pm

Health Scrutiny Committee Thursday 7 October 7.15pm Wednesday 3 November 7.15pm

Overview Committee Monday 15 November 7.15pm Monday 13 December 7.15pm

Pension Fund Committee Friday 26 November **11.30am** 

People Scrutiny Committee Monday 18 October 7.15pm Monday 6 December 7.15pm Place Scrutiny Committee Monday 18 October 8pm Tuesday 30 November 7.15pm

Planning Committee Thursday 14 October 7.15pm Thursday 2 December 7.15pm

Strategy and Resources Scrutiny Committee Tuesday 19 October 7.15pm Thursday 11 November 7.15pm

Health and Wellbeing Board Monday 20 September 2.15pm Tuesday 30 November 2.15pm

Local Pension Board Thursday 30 September 5.30pm Tuesday 30 November 5.30pm

#### Produced by Redbridge Council

The editor can be contacted via email at redbridge.life@redbridge.gov.uk

London Borough of Redbridge, PO BOX No.2, Town Hall, 128-142 High Road, Ilford, IG1 1DD.

Redbridge Life is published quarterly. Redbridge Council does not accept responsibility for any goods or services offered by advertisers. Publication of an advert does not imply endorsement of any goods or services offered.

Distribution problem? Contact 020 8708 2282 or email redbridge.life@redbridge.gov.uk

To see advertisement rates visit: www.redbridge.gov.uk/redbridgelife or call 020 8708 2282

#### Next issue out in December



**Email:** jilly.szymanski@redbridge.gov.uk or kalbinder.benning@redbridge.gov.uk For further details of scrutiny meetings, cabinet and other meetings **Contact:** Helena Tredgold

Contact: Jilly Szymanski/Kalbinder Benning Telephone: 020 8708 2739/2465 or

For further details of scrutiny meetings, cabinet and other meetings **Contact:** Helena Tredg **Email:** helena.tredgold@redbridge.gov.uk **Telephone:** 020 8708 2203

## LEADER'S MESSAGE

### Welcome to the Autumn edition of Redbridge Life



#### Dear residents,

As many of you reading this may know, I came to the UK from India as a young boy, aged 7, and settled in Ilford with my family. Since then, I've lived around the Seven Kings area for over 50 years and all of the key milestones in my life, both personal and professional, have happened in this borough. From attending Mayfield School, to the birth of my children at King George's Hospital, I am proud to call Redbridge my home.

I know that I am not alone in my experience of building a life in our borough, nor is the Sikh community the only one to have made a home in Redbridge. With Black History month fast approaching, it is a timely reminder that cohesive communities are built on interaction between different groups, and crucially, support. When we join any new community, a warm welcome is what drives us to forge positive links and relationships, and feeds a determination to make a difference in our new community. Please see page 4 for Black History Month events and activities. Redbridge has a long and established history of welcoming people from across the world and helping them to build a good life here. I know that many local people from across the borough have been heartbroken by the news and scenes coming from Afghanistan over the past few months, and I have very much shared this pain. Those that are being resettled in the UK need our help and now it is time for us to step forward and be compassionate neighbours.

Earlier this month I had the privilege to announce the opening of our donation drop-off centre at Redbridge Town Hall, supporting refugees. I am incredibly grateful to our partners in the voluntary sector, including the Salvation Army, who are helping to make this happen. Donations will support refugees in need arriving from all over the world, including those from Afghanistan, and our drop-off centre will be open on Mondays and Thursdays from 10am to 4pm until further notice. I hope that you will join me in celebrating our borough's diversity, and in welcoming those seeking a new community in our borough.

In Redbridge our community spirit is our greatest strength.



**Councillor Jas Athwal** Leader of Redbridge Council

## Dates for your diary this Autumn

Ilford Town Centre is on the cusp of positive change with a number of amazing projects launching this autumn.

### Don't miss:

**Friday 1 October** Mammoth Trail

Come and join us for a fun family interactive trail to find seven hidden mammoths.

#### **Saturday 2 October** inllford High Road Party Event



Coinciding with the planned cinema release of the latest James Bond

007 adventure No Time To Die, this event will feature decorated areas, trails and amazing performances in the town centre. You will also have a chance to see the iconic Aston Martin DB5!

#### Saturday 16 October inllford World Food Festival

In honour of Black History Month and World Food Day we will be hosting a Worldwide Food Festival. Our event will feature art trails, town centre dance performances, decorative props and much more.

#### Saturday 30 October Halloween Event

A fun-filled day of frighteners set to entertain the family in Ilford Town centre.



Loads of surprises including the 1959 Ghostbusters Cadillac and trails for all to enjoy!

#### **Saturday 27 November** Christmas Light Switch-On

Get ready for the festive season. Join us with singers So Diva from the Voice UK, and sing along to your favourite Christmas tunes, but be ready for a lot more.



Inllford is provided by the Business Improvement District (BID), which works on behalf of almost 400 businesses in Ilford town centre to create an attractive, welcoming, vibrant and economically successful trading area. For full event details please visit **www.inilford.com** 



and activities, which will all provide a great opportunity to highlight the importance of black history, culture and business. Monday 4 October October Black History for Beginners: To Britain From Africa via Sunday 3 October dates The Caribbean Black Brits African & **ONLINE TALK by Paul Crooks Caribbean Community Fair** 6.30pm Redbridge Central Library 10-5pm Wednesday 6 October **Black History Month** Saturday 9 October **Reading Group** Fabula Festival Redbridge Central **The Rapping Princess Thursday 7 October** Library & via Zoom with Hannah Lee Pop 'n' Paint Black Icons: (Reading The Vanishing **Redbridge Central Library Beyonce vs Rhianna** Half by Brit Bennett and 11.30am 16yrs+ Transcendent Kingdom **Redbridge Central Library** by Yaa Gyasi) 8-10pm 3-4.15pm Monday 11 October Untold Histories: Black people in Essex before the Windrush **SHORT FILM** Available all day via the below weblink Sunday 17 October Black Brits African & Caribbean Community Fair **Thursday 14 October** Wednesday 13 October Redbridge Central Library Pop'n' Paint Black **Black Women: Our Voices Icons: Black Panther** 10-5pm by MIND 16yrs+ I Redbridge Central Library **Redbridge Library** ۱ 1-3pm 6-8pm **Thursday 21 October** Colourism: The origin **ONLINE TALK by Paul Crooks** 7pm Thursday 28 October Let's Talk About Writing with an African Saturday 23 October **Caribbean Author Distant Drums exhibition ONLINE TALK** by Whispered Tales 2-4pm Ilford Town Centre 11-6pm

Black History Month also launches in October with an exciting range of events, talks

Full event and booking details are available at visionrcl.org.uk/blackhistorymonth

## Mercato Metropolitano is opening soon

Located in the heart of Ilford, Mercato Metropolitano's (MM) food and drink market is less than two months away from its grand opening.

The overall skeleton of the MM Ilford site is now complete, with only the fit-out and interior design left to finish over the coming weeks.

Some fantastic eateries have already been confirmed. They include Badiani, the best place in London for the iconic Italian Gelato and Fresco, the Neopoliton pizzeria who will be serving up their famously delicious pizzas.

#### Badiani is looking forward to launching in llford:

"It's an honour for Badiani to be able to spread our greatest passion in a new community like Ilford: inspiring people through our iconic gelato flavours, beautiful spaces and great service".

Applications from businesses to make Mercato their new home are still being received, and are being reviewed by the Mercato team, to ensure all trading partners meet the values of their sustainable and inclusive community food market. MM Ilford is a collaboration between Mercato, Redbridge Council and the Mayor of London, with an important part of the partnership being to bring job opportunities to our communities. During July and August almost 50 residents signed up for the virtual recruitment fair, and the Mercato's HR team is hosting open days, training sessions and interviews with Mercato's Head of People.

The Mercato urban garden project will also see successful applicants help to develop a fully functional rooftop farm on top of the building. There has been an amazing response from interested community groups and gardeners, with successful applicants due to be announced soon.

Any applications not successful for the Mercato rooftop garden will be offered the opportunity to get involved in a new upcoming exhibition at the SPACE Studios focused on green growth.

Latest updates about the grand opening and confirmed eateries will be shared at www.mercatometropolitano.com





Earlier this summer local artist Yasmin Falahat opened the SPACE public art programme at Redbridge Town Hall, with the theme of 'Care' at the heart of this year's events and exhibitions.

Visitors to Ilford town centre will have already seen her show-stopping billboard, 'With these hands', just outside SPACE Ilford, reflecting the multi-culturalism and diversity of Redbridge.

After lockdown restrictions were eased in July, Yasmin worked with 'Empowering the Deaf Society', on a weaving project. The results of the partnership form the final complement to her work 'With these hands', and are exhibited in the gallery alongside her ceramic pieces in the first community exhibition 'Reflections of Care' in SPACE.

This autumn everyone is invited to enjoy the free events at SPACE:

1 – 30 September, "Reflections of care', an exhibition co-created by artists and local people. Discover stories of identity, culture, mental wellbeing and homelessness.

**9 October – 15 December**, 'Mammoth loop: a stitch in time' by Cecilia Charlton. Exhibition of textiles exploring Ilford's rich history.

The gallery is open on Wednesdays from 11am – 5pm and Saturdays from 11am – 3pm by appointment. Entry is free for all.

Email **lany@spacestudios.org.uk** to book gallery visits.

For more information visit **spacestudios.org.uk** 

# Stay Safe, Stay Kind: Prevent the spread of COVID-19 in Redbridge

It's been an incredibly challenging 18 months for our NHS. We want to celebrate the role of thousands of health workers and volunteers across the borough who have supported the COVID-19 vaccination rollout.

Since late 2020 Redbridge Council has been working in partnership with the NHS, Redbridge Clinical Commissioning Group and Healthbridge Direct, a group of GP practices in Redbridge, to make it as quick and easy as possible for everyone in the borough to get vaccinated.

This spring the partnership launched the Redbridge Vaccination Bus, a mobile vaccination unit which has visited different areas in the borough to deliver COVID-19 vaccines in our communities.

The double-decker bus, with clinicians and volunteers on site at every location, was first launched outside Balfour Road Mosque in Ilford to help those practicing Ramadan get vaccinated.

And since then the bus has toured across the borough helping residents to get their potentially life saving first and second jabs.

#### Dr Najib Seedat, GP at the Ilford Medical Centre:

"The vaccination bus was a great idea as it helps GPs like me get to our patients to help them get vaccinated. If you haven't yet had your first or second COVID-19 vaccination, I encourage you to book yours today. You can even book the vaccination bus for a community group, which will allow us to vaccinate more people at once in a location that works best for them."

### For those aged 12-15, you can find more information at **www.redbridge.gov.uk/** coronavirus

The Joint Committee on Vaccination and Immunisation (JCVI) has advised that young people aged 12-15, who have an underlying health condition, or who live with adults or children who have a reduced ability to fight infections and other diseases, should be vaccinated now.

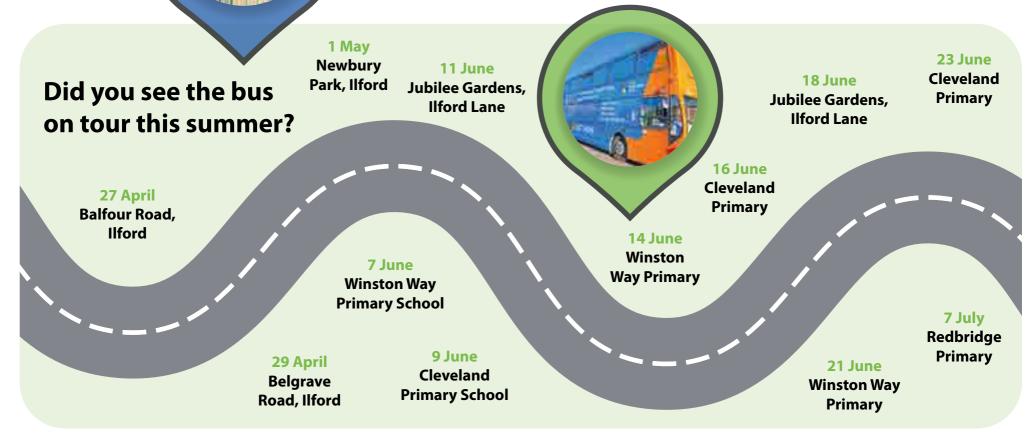
If you are 16 or older, get vaccinated today.

There are a number of vaccination clinics available in the borough. Residents can get vaccinated by:

- booking on the NHS website
- booking by calling 119
- visiting a local pharmacy that is administrating the COVID-19 vaccine
- visiting one of our vaccination clinics.

Dates, times and locations of upcoming vaccination clinics, and a list of pharmacies in Redbridge that offer the COVID-19 vaccine, can be found at www.redbridge.gov.uk/coronavirus

Don't forget to also test regularly and wear masks in crowded places, especially on public transport. This will help us all reduce the risk of spreading coronavirus.



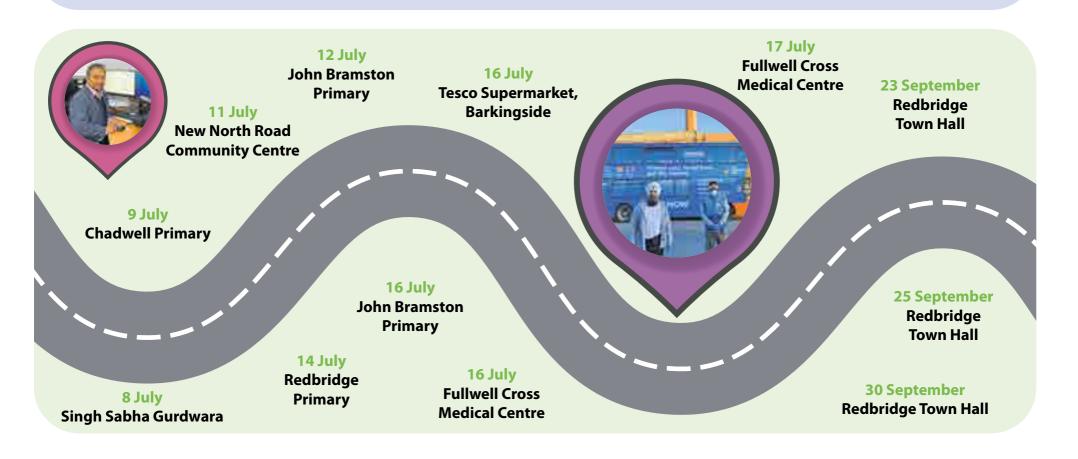


## Don't forget your flu jab

#### Those eligible for the NHS flu vaccination this winter:

Eligible group	Where to get Seasonal Flu vaccine
<ul> <li>all children aged 4 to 5 in reception year group</li> <li>all children aged 5 to 15 (but not 16 years or older) on 31 August 2021</li> </ul>	in schools
・ pregnant women	book an appointment with your local GP practice / Midwifery services
<ul> <li>children aged 2 to 4 who are not in school will be offered at a GP practice</li> <li>those aged 6 months to under 50 years in clinical risk groups</li> <li>those aged 50 years and over</li> <li>those in residential/Nursing care homes</li> <li>carers</li> <li>contacts of immunocompromised individuals</li> </ul>	book an appointment with your local GP practice
<ul> <li>health and social care staff working in the following settings:</li> <li>domiciliary/supporting Living care</li> <li>voluntary managed hospices</li> <li>direct Payment – Personal Assistants</li> </ul>	book an appointment with your local GP practice / Pharmacy
people experiencing homelessness	through pharmacies, Healthbridge Direct or the PELC out-of-hours community GP service.

#### For more information about the seasonal flu vaccine visit www.nhs.uk



## Parents' Guide to School Admissions

#### **Primary School**

Applications open **1 September 2021** Applications deadline **15 January 2022** National Offer Day **19 April 2022** 

#### **Infant to Junior School**

Applications open **1 September 2021** Applications deadline **15 January 2022** National Offer Day **19 April 2022** 

#### **Secondary School**

Applications open **1 September 2021** Applications deadline **31 October 2021** National Offer Day **1 March 2022**  Nearly 96 per cent of schools in our borough are rated either good or outstanding by Ofsted, which is above the national average.

#### Back to school or starting school

If your child is starting school for the first time in September 2022, transferring from infant to junior school in 2022, or transferring from primary to secondary school in September 2022, you must apply online at **www.redbridge.gov.uk/ eadmissions** from 1 September 2021.

It is important that you let us know your six preferred schools **before the deadline** or you are unlikely to get a place at a school you chose.

If you do not have access to the internet you can book an appointment at Redbridge Central Library on **020 8708 2414** for help with your application.

#### Important information about Year 7 places at Seven Kings High School

Seven Kings School will be an 'all-through' school from September 2022. This means that the current Year 6 pupils in the primary phase will automatically be given a Year 7 place in the secondary phase in September 2022.

There will be 60 places available for those not in the primary phase of the school. Priority will go to catchment siblings.

Parents of current Year 6 children in Seven Kings School **do not need to apply for a place** if they want their child to automatically transfer in 2022.

Please be aware of this when you make your application from 1 September 2021 and ensure that you read the Admission Arrangements 2022-2023 on the Redbridge website to understand the oversubscription criteria for the school.

Information on primary and junior schools can be found at www.redbridge.gov.uk/schools/primary-school-admissions/

Information on secondary schools can be found at www.redbridge.gov.uk/schools/secondary-school-admissions/

There are different procedures and criteria if you are applying for Faith, Academy or Foundation or Community schools in Redbridge. More information can be found at www.redbridge.gov.uk/schools/admission-arrangements-2022-23/





Tell us what you think about the proposed Redbridge community schools' Admission Arrangements from September 2023

We will be asking you in October/November 2021 to tell us what you think about any proposed changes to the admission arrangements for all applications for a community school place for the 2023/24 academic year, starting in September 2023.

Look out for the **consultation information and dates** on the Redbridge and FiND websites.







## Upskill, retrain or gain a qualification with Redbridge Institute



### Adult learning courses are enrolling now for September.

Choose from a range of courses including; Digital Skills, Maths, English and ESOL, and vocational training courses including Childcare and Counselling.

We also offer a range of creative and visual arts and a range of health and wellbeing courses.

www.redbridge-iae.ac.uk

Free courses for eligible learners

Visit our website to see our full range of courses and book online now.

**Contact us:** 020 8550 2398 enquiries@redbridge-iae.ac.uk Follow us: @rediae (6)



#### Education & Skills Funding Agency

SUPPORTED BY





## **#CommunityCrowdfunding** is a silver lining for art and gardens

An exciting street art project for young residents in Goodmayes, a community-driven project to uplift the local neighbourhood in Cranbrook, and a local theatre collective are among the first projects to benefit from Redbridge's Community Crowdfunding programme.

Redbridge Council has match-funded projects through the Neighbourhood Community Infrastructure Levy (CIL) to provide crowdfunding for these and many other community-led projects. **Read their inspiring stories.** 



Welcome to Goodmayes 'Welcome to Goodmayes' is an exciting project from Art Clubbers CIC to get young people involved in creating street art.

The project has kicked off with a competition for young people to submit street-art designs that reflect the vibrancy and diversity of the community.

Art Clubbers CIC wants Goodmayes to be more than a passing town, but firmly on the map as a great destination by increasing the artistic and cultural offer, driving footfall and dwell time within the area.

The winning design will be selected by public vote and be the starting point for a final mural coming to Goodmayes in early 2022.

The competition is open to those aged 10 to 24 years old. The closing date is 1 November 2021. For more information on how to enter and the opportunity to win a £500 gift award and see your design come to life, visit **www.artclubbers.com/ welcome-to-goodmayes** 

"As a resident of Goodmayes, I wanted to give back to my community. This project will be the first step to turning Goodmayes into a cultural destination for all. We must continue to spotlight Goodmayes as a hub for local enterprise, a safe place to live and an area bustling with rich culture and leisure." **Ajay Pabial, Managing Director and Founder of Art Clubbers CIC** 

#### Garden City Redbridge Residents Association

Neighbours have been getting together for more than 20 years in Cranbrook Ward. However, three years ago they realised a focal point of the area, Cranbrook Square Garden, had become neglected and overgrown with the railings in need of repair.

Through the CIL and crowdfunding they realised they could kickstart their project. They attended a presentation by Spacehive who explained and supported them as to how to go about raising funds and accessing grants. So began their crowdfunding project which has now started by turning an overgrown garden into an oasis.



"We still have a lot to do in terms of restoration of the railings and replanting but we are looking forward to everyone enjoying the results. We know from the many conversations we've had with passers-by from outside our area, as well as more and more people who live in this area, that everyone appreciates the project." **Diana Jeremy Smith, Garden City Redbridge Residents Association** 



For more information www.gardencityredbridge



GardenCityRedbridge

### Walkie Talkie group offers friendship and activities for over 50s

A new community Facebook group to help like-minded people aged 50+ in the borough stay active during the lockdown has proved a hit.



Sharon and members enjoying a walk at Fairlop Waters this summer

The Walkie Talkie group, started by Sharon Goldstone from Hainault now has almost 100 active members.

The group initially offered likeminded residents the chance to meet for a socially distanced walk, explore their local area and keep fit while meeting others.

Sharon, an education wellbeing practitioner, started the group after tragically losing a close relative to COVID-19.

She initially put out a post on the community app Nextdoor with the objective of finding similarly minded people.

As lockdown restrictions relaxed, more and more people joined the group as it progressed from walkers to an all-round social community. **Sharon said:** "Setting up this community group has been a hugely rewarding experience. Creating a group where local people come together to do something productive and help each other which is all part of community life.

"I don't do it all on my own and am particularly grateful to Paul Simons, and our team of administrators: Alan Berlyn, Dirk Andrew, Lisa Batashvili and Bettina Benjamin."

As well as walks, other activities include sports events, meals out, mindfulness, coach trips, jazz, canal trips and picnics.

#### Membership is free for all Redbridge residents aged 50+.



Visit Facebook and search for 'Walkie Talkies Redbridge'









# More children benefitting from healthier and safer school journeys



Nearly 4,000 children across the borough are now benefitting from healthier and safer school journeys after Redbridge's successful School Streets Programme was rolled out at a further four schools at the start of September.





Avanti Court Primary School, Wanstead Church School, Aldersbrook Primary School and Fullwood Primary School are the newest additions to the programme, with Oakdale Infant and Junior Schools also set to roll-out the scheme from Monday 1 November 2021.

The initiative sees streets surrounding schools close for around one hour to motor vehicles at the start and end of school days during term-times. The closures, which are backed by headteachers and parents, help to eliminate dangerous traffic hot-spots near schools, making journeys to and from school safer.

The street entry restrictions also reduce pupils' exposure to harmful air pollution from vehicle emissions, and it also aims to encourage more walking, scooting and cycling to school.



#### Maria Joseph, from Poplar Way in Barkingside, has two sons attending Fullwood Primary School. She said:

"As a family we are quite mindful of the impact cars have on the environment, so we really welcome this initiative. It's great to see more children making use of scooters and cycles. There were far too many cars around the school entrance at drop-off and pick-up times previously, but now it's complete calm. We're really enjoying bringing the kids into school without having to worry about them scooting by next to cars."

#### Leonel Joseph, aged 7 from Fullwood Primary School, said:

"I feel really happy. I haven't been able to scoot to school for a while, and now I get to with my baby brother and that's the best. It's a really good idea to stop the cars coming near the school because it makes me feel safe on my scooter."



**Executive Headteacher of Fullwood Primary School, Danvir Visvanathan, said:** "Children have a right to travel to school safely and be protected from the harmful effects of air pollution, and the School Streets Programme is enabling this to happen.

"The traffic congestion previously experienced at drop-off and pick-up times was of immense concern, but the restrictions in place now significantly reduce the risks to children walking, cycling and scooting to school.

"We have already seen a big difference in the way in which our pupils arrive confidently at school on their scooters and bicycles. It is also very good for their physical well-being."

### Child Friendly Redbridge

The Redbridge School Streets Programme is just one of the ways we are working towards becoming a Child Friendly Redbridge and delivering on the priorities of our children and young people.

As part of UNICEF's Child Friendly Cities and Communities programme, children from across Redbridge have told us about the importance of clean air, tackling climate change and improving road safety.

School Streets is an example of children shaping our decision making processes and shaping our policies, embodying the key principles of the Child Friendly Redbridge programme.

Find out more about Child Friendly Redbridge at:

#### www.redbridge.gov.uk/ childfriendly



For more information about Redbridge School Streets visit www.redbridge.gov.uk/school-streets

### Climate Change Action Plan: Redbridge needs you

This summer Redbridge Council officially launched its Climate Change Action Plan, setting out the roadmap to make Redbridge a cleaner, greener and healthier borough to live, work and visit.

Following resident feedback there are more than 100 actions in the plan, based on your priorities.

But we need your help to support our key aim of reducing carbon emissions in the borough.

**Cabinet Member for Environment and Civic Pride Cllr Jo Blackman, said:** "We want to lead the way by helping businesses and communities respond to the climate emergency. Together, we can promote green growth in the borough and make Redbridge cleaner, greener and healthier for everyone."

Ruth Musgrave, Secretary, Transition Town Ilford, said: "We can all make individual changes in our behaviour, but the most effective way we can start to address the climate emergency is at a community level. Transition Groups like ours aim to do that."

#### Here are five important ways you can help make Redbridge cleaner, greener and healthier:

#### Apply for a Go Green Grant

Save up to £600 a year on household energy bills, with free installation of energy-efficient improvements to your home. Visit **www.redbridge.gov.uk/go-green** 

#### Switch to green energy

Powering your home with wind, solar or hydropower can make a big difference. For more information, including discounts for homeowners buying solar panels, visit **www.redbridge.gov.uk/solar** 

#### Adopt and water a tree

More than 1,300 replacement street trees have been planted around the borough. If you spot one near your home with a blue label saying 'Adopt and Water this Tree', you can help look after it by watering it.

#### Switch to renewable electricity

London Power, a partnership between the Mayor of London and Octopus Energy, offers competitively priced electricity generated from 100 per cent renewable sources. Get a quote at **mylondonpower.com** 

#### Join a local community action group

Discover what's going on in your neighbourhood, and how to get involved. Groups include Transition Town Ilford, South Woodford Society, Chadwell Health South Residents' Association and Wanstead Climate Action. Learn more at www.redbridge.gov.uk/climate-change

For lots more information and tips visit www.redbridge.gov.uk/climate-change



Our Climate Action Plan can play a key part in ensuring Redbridge residents and businesses are protected from the impact of future flash floods in the borough.



Flash flooding of the type seen in Redbridge and across East London in July had a devastating impact, as a month's worth of rain fell in just three hours. A report to full council earlier this month set out several recommendations as part of an ongoing investigation.

The report praises the resilience of residents and the response of council officers, community leaders and the emergency services in responding rapidly to the floods.

Due to climate change, there is a strong likelihood that there will be future flooding in London, and in Redbridge, which is why our council is continuing to investigate mitigation measures and demand action from the government, Thames Water, and the Environment Agency, to protect residents. We are also engaging with the insurance industry to properly support policy holders with their claims.

Where we could, we stepped into the breach providing support which should have come from elsewhere. Gullies are regularly maintained and the maintenance schedule is on our website. To see the full report to full council, please go to:

www.redbridge.gov.uk/ FlashFloodReport2021

### Meet your community crime commissioners

#### A ground-breaking approach to tackling crime in Redbridge is already seeing results.

The Community Crime Commission (CCC), an independent panel of 16 commissioners, launched this summer to tackle crime and the fear of crime throughout the borough.

Chaired by Dr Javed Khan OBE, the CCC focuses on key local crime concerns including anti-social behaviour, violent street crime and domestic abuse.

#### Here we introduce five members of the panel who explain their personal motivations for joining the CCC:



**Taiwo Ademola** 

Taiwo works for an international non-governmental organisation and is Chief of Staff at Youth Vote UK. Taiwo



joined the crime commission to make a difference to his local community and to advocate for the rights of minority groups on local and national issues.



**Joanne Hamill** Joanne is the Headteacher of Oaks Park High School in Newbury Park and a member of the alongside the police, NHS

wants to help address rising concerns in local crime and advocates that education plays a vital role in tackling the root causes of crime.

#### **Mark Glazer**

After retiring as an international tax specialist, Mark dedicated his time to helping reduce crime in the local area. He became the chair

#### of Redbridge Neighbourhood Watch 25 years ago and since then has become the chair of the London Community Watch; working with residents in London to report crime to the police and local councils.



This summer's Redbridge Action Week saw the Council partner with the Metropolitan Police and British Transport Police to disrupt criminal activity across the borough.

A range of enforcement and intelligence-led activity resulted in 31 arrests, 162 fines and many more warning notices served to both businesses and individuals.

Weapons and firearms were taken off the streets, more than 10,000 illegal cigarettes were seized and millions of pounds worth of high end stolen vehicles were recovered.

There was also an increase in anti-social behaviour patrols, and drug dealers apprehended through the use of 24 hour CCTV.



**Crime Comissioner's Peter Terry and Irfan** Shah joined Cllr Jas Athwal at the community fair in Valentines park

#### How can I help tackle crime in Redbridge?

- Share your views on crime and its causes in Redbridge at www.crimecommission. redbridge.gov.uk/get-involved/
- Sign up to Online Watch Link, a community forum run by Redbridge Neighbourhood Watch, it helps to track and report local crime, at www.owl.co.uk
- Take part in organised patrols as a street watch volunteer. Sign up at www.redbridge.gov.uk/crime-andpublic-safety/street-watch
- Always report any crime or suspicious activity you see to the police. A lot of police work relies on intelligence built up over time. Call 101 or visit www.met.police.uk
- Report anti-social behaviour to us directly using the online form at www.redbridge.gov.uk/report-it



#### **Amy Tully**

Amy works for the Alzheimer's Society charity and has lived in Redbridge all her life. Amy is particularly interested in how women are disproportionately

impacted by forms of crime. Earlier this year Amy launched a survey to see how many women in Redbridge had been victims of sexual harassment and assault, and recently took part in a women's safety walk to highlight areas of concern in the borough.

#### **Irfan Shah**

Irfan manages one of Redbridge's largest youth clubs, Frenford Youth Club, which works with around 4,000 young people annually. As someone who has been working



with the youth sector for 16 years, Irfan brings a passion and knowledge of the experiences of young people in Redbridge and how crime affects their lives.

Youth Offending Team Executive Board, working

and Social Services. Joanne

### Women and girls safety survey results revealed

This summer women and girls in Redbridge have been sharing their thoughts on what they want and need to feel safe at home, on our streets and online.

Local women and girls have shared their views through online surveys, a series of 11 virtual listening exercises and safety audit walks across the borough.

### Safety Walk highlights areas where women and girls feel unsafe

The first women's safety audit walk was held on Monday 26 July.

The walk saw around 50 female residents join Redbridge Council Chief Executive Lesley Seary, Women's Safety Champion Cllr Saima Ahmed and the Leader of Redbridge Council, Cllr Jas Athwal to highlight which areas of the borough made them feel unsafe, and share their suggestions for what could be improved to make them feel safer.

Immediately following the walk, overgrown shrubbery in Valentine's Park, which was identified as making some women and girls feel unsafe, was cut back and will be continued to be monitored into the future.

Redbridge enforcement officers have also added new areas to their regular patrol routes, which were identified as hotspots for anti social behaviour.

All of the feedback received from the walk is now being considered as part of Redbridge's future enforcement strategy.

#### Amy Tully, a commissioner on the Redbridge Community Crime Commission, attended the

**walk. She said:** "It's important to understand where in Redbridge women and girls feel unsafe, and which areas require the most attention to be more accessible to women."

To register your interest in attending future safety walks, email **abaigeal.cole@redbridge.gov.uk** 



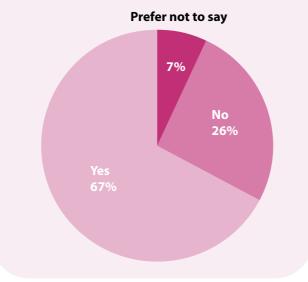
The Police joined Cllr Vinisha Solanki, Cllr Helen Mary Coomb, Cllr Saima Ahmed and Cllr Jas Athwal for the Women's walk

#### Survey results are in

Almost 500 women in Redbridge have now shared their experiences and thoughts on safety in Redbridge.

Thank you to everyone who took the time to complete the survey and share your views.

#### Have you experienced psychological, physical, sexual, financial, verbal or emotional abuse or harassment?



### We asked what will make women and girls feel safer and the most common responses were:

- more police patrols
- more CCTV
- more/better street lighting.

#### We are already taking action on the outcomes of the survey, including:

- investing in more lights and CCTV across Redbridge
- using the experiences shared on safety walks to ensure they are installed in the most effective locations
- working in partnership with Metropolitan Police to direct enforcement patrols to areas where women and girls feel they are not currently visible enough.



The results of the survey revealed that a high proportion of women and girls in Redbridge have experienced harassment or abuse. Much of this has taken place on our streets.

How exposed to risk do you feel

6.1%

2.7%

2.7%



**24.9**%

#### Reach Out

high

Middle

Quite

low

Low

Not

answered

Reach Out is a support service for any adult in Redbridge who is either being abused or fears being abused.

The service can provide help and emotional support for a victim, counselling and practical advice on issues such as housing, finance and benefits.

Call Reach Out on **0800 145 6410**, Monday to Friday 9am – 5pm excluding bank holidays.

#### Email reachout@redbridge.gov.uk

Out of hours, you can call Refuge on **0800 2000 247 24** hours a day seven days a week. In an emergency, always **call 999** 

#### **Report it**

You can report any anti social behaviour you witness in Redbridge on our website. Visit **www.redbridge.gov.uk/report-it** 

### A world of new adventures awaits at Fairlop Waters

There is a range of water sports to try all year round at Fairlop Waters, including paddle sports, sailing and rowing. Fairlop Outdoor Activity Centre offers group instructor led coaching, sailing and paddle sport courses, race sessions and equipment hire.

Session times vary throughout the season and include after-school and weekend clubs, and evening racing.

During the school holidays the centre offers multi activity camps for young people aged 8-16 years. Activities includes sailing, kayaking, canoeing, raft building, bell boating and orienteering.

There is also a range of rowing boats, pedalos and bikes available for hire on the lake located near the Boat House. A one hour hire fee is £6 for children and £10 for adults or it offers a discounted rate of only £26 for a family of four for the boating offers. All buoyancy aids are included in the hire fee.

Other exciting activities at Fairlop Waters include climbing at the Boulder Park, Indoor Soft play at Owls Play Centre and fun on the water with Aqua Bounce.

Find out more at www.visionrcl.org.uk/centre/ fairlop-waters-country-park/



Locals enjoying some of the water sports at Fairlop Waters

### New refurbished gym opened at Ashton Playing Fields

A new refurbished gym reopened, following Redbridge Council's £1.6 million investment to upgrade facilities at Ashton Playing Fields in Woodford.







The updated gym boasts an increased range of equipment including cardiovascular machines, free weights, squat racks and bike machines, all available in a modern new facility. The refurbishment also features a new studio space where fitness classes will take place on a regular basis.

Other facilities available for hire at Ashton Playing Fields include outdoor hockey and football astro turf pitches, grass football pitches and an eight-lane athletic track with two state of the art throwing cages.

Facility hire is available in the main hall for large parties, and smaller events can be held in the new clubhouse club room.

#### Cllr Athwal, Leader of the council, said:

"We're thrilled that our significant investment in Ashton Playing Fields has provided these fantastic new facilities for local sports clubs and the community. I hope everyone enjoys them."

What a great homecoming it must be for Woodford Town FC after all these years. "They are now back in their rightful home."

Interested in joining the gym? Email ashton@vision-rcl.org.uk or visit www.visionrcl.org.uk

## Plant a tree for our Queen's Jubilee

#### Next year is our Queen's Platinum Jubilee and we are calling on Redbridge residents to help celebrate and honour her 70 year reign.

Families, community groups, individuals and businesses are encouraged to plant a tree as part of the Queen's Green Canopy (QGC), an initiative created to mark Her Majesty's Platinum Jubilee.

From October 2021 the QGC will aim to create a green legacy with every tree planted bringing benefits for people, wildlife, and climate, now and for the future.

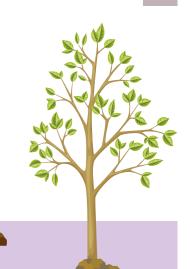
Any trees planted from October 2021 to the end of the Jubilee year in 2022 can be part of the QGC.

Go to redbridge.gov.uk/adopt-a-tree

#### Deputy Leader of Redbridge Council, Cllr Kam Rai, said:

"We want neighbourhoods, community groups, schools and businesses to come together and plant a tree, or trees to honour and celebrate our Queen's lifetime of dedication and service. Every tree will make a difference so please encourage your friends, family and neighbours to get involved."

To join and plant a tree visit **www.woodlandtrust.org.uk** and search for **Queens Green Canopy**.



#### Did you know?

- There are **40,000** trees in Redbridge other than those in our woodlands that are Council-maintained
- We have **91** different species with Cherry trees making up **26 per cent**
- Council owned land is covered by
   **128 hectares** of woodland
- You can adopt and water a tree in Redbridge **outside of your house**

## WE'VE TURNED

Search redbridge.gov.uk/green-urban-landscape

for information on our green policies 2021-2024.

### A PAGE

## With our refreshed online library platform

It's now simpler and easier than ever to discover and reserve new books, browse stock and manage your library accounts.





Download our app by searching **'The Libraries Consortium'** or visit **libraries.visionrcl.org.uk** 







### Help us crack down on grime crime offenders



### Fly-tipping damages our local communities, creates eyesores and can pose a danger to residents.

That's why Redbridge Council is cracking down harder than ever before on the illegal dumping in the borough.

To raise awareness of the damage caused to communities every time someone illegally dumps their rubbish on the borough's streets, this summer we launched an educational campaign about the consequences.

Our community engagement and enforcement work around fly-tipping is ongoing. Joint patrols between the council's Street Cleansing Team and Enforcement Officers take place every weekend to tackle fly-tip hot spots around the borough.

We record and investigate every report made to us, and take enforcement action if evidence is found. We aim to clear all recorded fly-tips within 24 hours of it being reported.



But we need your help too. If you spot a fly-tip, or someone fly-tipping in your neighbourhood, please do your bit to keep your neighbourhood safe and tidy by reporting it to us online quickly and easily at **www.redbridge.gov.uk/report-it/** 

#### For more information about disposing of waste and recycling in the borough please visit **www.redbridge.gov.uk/waste**

#### Illegal fly-tippers hit with £7,000 worth of fines

A two-day fly-tipping operation this year saw five tonnes of rubbish cleared from **91 fly-tips** across the East and South of the borough. A total of 19 illegal fly-tippers were hit with **fines totalling £7,000** between them, after the piles of dumped rubbish were traced back to them.

Learn about illegal dumping at www.youtube.com/redbridgei



### You can now recycle more items in Redbridge

Recycle Week runs from 20 – 26 September and we have some great news to share: you can soon include even more items in your recycling box.

From Monday 27 September you can include the following items in your weekly green/black box, along with your existing plastic bottles, tins, cans and glass:

#### Empty aerosol cans





#### Plastic Pots, Tubs and Trays

Yoghurt pots, margarine tubs, meat/ready meal trays and fruit/veg punnets (but no black plastic).



The full list of what can be recycled is available at **www.redbridge.gov.uk/bins-waste-and-recycling/recycling-collection/** 

#### Tips for recycling:

- always rinse out any food waste
- stack or carefully pack plastic pots, tubs and trays
- rinse and scrunch up any foil
- black plastic can't be recycled so please don't put it in your recycling box.



#### Join our online workshop

As part of Recycle Week we are hosting an online educational workshop and roadshows on recycling to help you, your family and neighbours get tips on going green. Visit **www.redbridge.gov.uk/our-streets** 

#### Green Garden Waste Service Green Garden Waste collections will end in November and resume next spring.

#### Check your last collection date for 2021 at www.redbridge. gov.uk/bins-waste-andrecycling/garden-waste/

### Every person in Britain uses roughly 10 batteries a year.

When used up, most batteries are put into rubbish bins and taken to disposal facilities where they can easily be crushed or punctured and cause fires. This can damage facilities, disrupt council services and even endanger lives.

Waste facilities serving the London Boroughs of Barking & Dagenham, Havering, Newham and Redbridge are currently undergoing major improvements to fire safety equipment. This will help ensure that fires are detected more quickly and can be put out before they spread.

However, fires can easily be avoided by disposing of batteries responsibly, so residents are encouraged to use widely available local battery recycling services which is a great way to help protect the environment.



#### **Battery collection network**

Most shops and supermarkets that sell batteries have collection bins in-store for used batteries, as well as other locations like libraries and your local Reuse and Recycling Centres.

You can find out more about where and how to responsibly recycle batteries and safely dispose of other potentially hazardous items at **www.eastlondonwaste.gov.uk/reduce-reuse-recycle/recycle/** 



### Career impacted by COVID-19? Work Redbridge can help

We are all now gradually learning to live with COVID-19, but the economic impact to many people's livelihoods continues to be devastating.

More than 30,000 Redbridge residents used the government furlough scheme during the pandemic. Many more were made redundant or saw their income reduced or job prospects disappear.

Residents of all ages have been hit hard. From younger residents entering the job market for the first time, to new job seekers aged over 50 who are now having to apply for work for the first time in many years.

Whatever your individual circumstance, Work Redbridge is a free council service here to help any resident aged 18 or over to secure a job, training, volunteering opportunities, apprenticeships and much more.

Work Redbridge works with council suppliers and other employers in the borough to offer local jobs and opportunities in a range of sectors including **administration**, **construction**, **education**, **health** and **retail**.

#### Our friendly and qualified advisors can offer free support with:

- ☑ job search and applications
- CV writing
- ☑ interview technique
- employability skills and training opportunities.

Book your appointment with a Work Redbridge advisor today, and register for our regular job vacancy bulletin, by visiting **www.redbridge.gov.uk/workredbridge** or by calling **0208 708 2298** 





#### **Derrone Edgar**

Highways Apprentice at Kenson Highways Ltd was supported by Work Redbridge Advisors to embark on a career within the construction industry.

"I'm part of a two-man crew carrying out maintenance repairs in Redbridge for Kenson Highways Ltd. The pre-apprenticeship programme has provided me not only new skills and experiences but also an opportunity to meet new people through work."



#### Jonathan Yabsley Director at Kenson Highways Ltd

"We deliver public realm improvements across the borough and partnered with Work Redbridge to provide career opportunities to local people. It's incredibly rewarding watching our apprentices grow and develop. Our Pre-Apprenticeships are an opportunity to gain some real-world experience and qualifications in a growing and demanding industry."



#### **Christina Kourtis**

Blood Donor Carer and COVID-19 Vaccinator, was supported by Work Redbridge for a career change to work with the NHS.

"A career change later on in life is never an easy decision. But I have no regrets on choosing to serve my community as a small cog in the huge wheel of NHS services that help improve everyone's health."



### New Toddlers Clothes Bank supporting Redbridge families

Vulnerable families in Redbridge now have access to free clothes and shoes for toddlers, thanks to a new Redbridge Council backed clothes bank.

The initiative runs alongside the Orchard Baby Bank project, developed by the Orchard Children's Centres team in December 2020 to support children from birth to two years.

Almost 300 local families have been supported by the two projects so far.

Families can access the Toddler Clothes Bank every Friday 9am-4pm at the **Peabody Children's Centre, Jaffe Road, Ilford**.

Families can access the Baby Bank by dropping in on Wednesday 9am – 12pm at Orchard Children's Centre, Liston Way, Woodford Green.

Both centres are accepting donations of children's clothes, shoes, books and equipment.

For more information on donating to or volunteering at the Peabody Toddler Clothes Bank, email **thackeraydrivecc@redbridge.** gov.uk or call 020 8708 5800 For more information on donating to or volunteering at the Orchard Baby Bank, email **orchardcc@redbridge.gov.uk** 

Children's Centres in Redbridge also support families with a range of services relating to food poverty, including cooking skills classes and advice on benefits, debt and employment services, plus information about Healthy Start and foodbanks.

#### "Thank you to the staff for being so welcoming and giving me time "

*"I have given my child their first new clothes for Eid and it means so much"* 





### Gants Hill research project in full swing



Volunteer community researchers have been busy deepening their understanding of the 'people and place' of Gants Hill as part of a community-led research project during August and September.

Residents have been focusing on the themes of the environment, community cohesion, shared spaces and activities in their research of Gants Hill. They have been interviewing neighbours, taking photos and getting surveys completed to gain a richer picture of the local area.

The volunteers designed the community research project with Redbridge Council and University College London (UCL). They have been finding out more about the area, how it has changed and how the community want to shape its future.

The results will be showcased later this year in events and online, and will feed into the development of the future Gants Hill Community Hub. The Hub will provide Gants Hill residents access to services on their doorstep and a flexible space to run their own activities.

It is part of a programme which also includes new purpose-built Community Hubs in Seven Kings, Hainault, Woodford and Wanstead, as well as a central Civic Hub in Ilford.

To find out more and get involved visit:

www.letstalkredbridge.uk.engagementhq. com/gants-hill-community-hub

## Love your local High Street

This summer we launched the Love Your High Street campaign to help welcome visitors back to our town centres safely and boost the local economy.

The campaign has seen our high streets brightened up with new banners alongside a series of green improvements to make our town centres cleaner and more inviting to shoppers, diners and visitors.

The green improvements include new planters filled with bee-friendly plants, to help reduce emissions in the air, and basket trees.

And we've also installed street art and new lighting as we work to support the borough's recovery from the pandemic. In Ilford Lane, two new digital screens will be installed to showcase the borough.

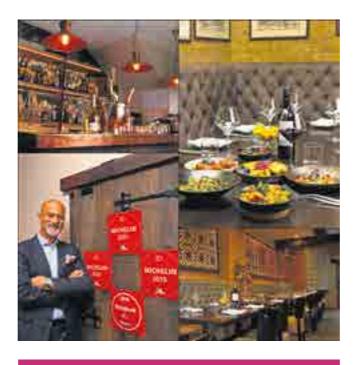
We value the business community in Redbridge therefore we are excited to announce that a new town centre market will be launching soon in our beloved Ilford High Road.

Our local high streets have so much to offer on your doorstep. Local traders were a lifeline for so many during the worst of the pandemic, now let's continue to support them by shopping local.



"When the pandemic hit, we panicked about how we would manage. Party and wedding cake orders had come to an end, so we found a new way to keep the business running and started doing 'quarantine cakes' which really took off. The grants from Redbridge Council have been invaluable to us, without them I wouldn't have been able to take on the extra member of staff or pay my rent. So, we are really grateful for Redbridge stepping in."

Mehvish, founder of Heron's Nest Bakery



"We have gone through tough times. But we are taking everyone's safety into great consideration and have been following all the precautions. Please wear a face mask when entering and there are hand sanitisers on the table. We look forward to welcoming you back to Grand Trunk Road."

#### Rajesh from Grand Trunk Road, fine dining Indian restaurant

#### Shop, Step and Win

Fancy winning prizes for shopping locally?

Street Tag is a family-friendly game app that rewards users for physical activities such as walking, running, cycling, among a number of other fitness activities.

And it's now available in our local high streets, so you can now shop, earn points and potentially win prizes as you collect virtual tags – all while supporting local businesses.



Get stepping and get shopping! Download the Street Tag app at www.streettag.co.uk



## Business support in Redbridge

The pandemic has been incredibly tough for local businesses. Redbridge Council wants to make sure that every local business has the support they need to recover and flourish.

The following schemes and grants have been set up to specifically support local businesses in the borough:

#### **High Streets Improvement Grant Scheme**

This scheme aims to support businesses in Redbridge to make adaptations to their properties, which will support their business and the wider economic recovery and stability of Redbridge High Streets and Town Centres. The grant is a one-off payment to cover 50 per cent of the cost of improvements up to a maximum of £10,000.

Hurry! Closing dates for applications is 30 September 2021.

#### Deputy Leader of Redbridge Council, Cllr

Kam Rai, said: "The High Street Improvement Grants, alongside our own environmental improvements, will make our high streets look cleaner, greener and more inviting to shoppers, diners and visitors."

Apply for all schemes, and learn about further advice and support at **www.redbridge.gov.uk/business** 

#### Redbridge Business Support and Recovery Programme

This programme supports businesses with their recovery for the pandemic, combining practical support from business mentors, peer learning, workshops and webinars for businesses in Redbridge.

#### **COVID-19 Assurance Scheme**

Alongside the Ilford Bid, Redbridge is supporting local businesses to remain safe via the COVID-19 Assurance Scheme. Compliance with this scheme will show your customers that you are taking their safety and protection seriously so they can have confidence when visiting your premises.

#### Peer Networks programme

This programme is being delivered locally by Redbridge Council on behalf of the London Business Hub and focuses on businesses within Construction, Manufacturing and Hospitality and Leisure.

By completing Peer Networks, your business can learn how to overcome challenges, recognise new opportunities, build a trusted network of connections and improve your long-term personal and business performance.



### Free networking event for local business owners



Join business owners from across East London on Saturday 23 October between 11am – 4pm, for a day of learning and networking.

The East London Business Expo is a one day event for start-ups and entrepreneurs looking to market and promote their business, while learning valuable sales and marketing strategies.

The event, which has been organised by City Gates Church in Ilford, is free to attend but you must register ahead.

Access to workshops, which include how to get funding for your businesses, digital marketing and launching a website, costs £10. Redbridge Council is supporting the event as part of our Love Your High Street campaign to support local businesses.

Our Public Health team will also be on-site to offer advice to residents, alongside an NHS team offering COVID-19 vaccinations.

For more information email hello@citygatesbooking.com or call 0203 633 7123 Register your place for free at www.elbusinessexpo.com

### YES, YOU SHALL GO TO THE BALL AT THE KENNETH MORE THEATRE!

### BOOK NOW! TICKETS FROM £16

### THU 9 DEC 2021 - SUN 9 JAN 2022



vrcl.uk/Cinderella 0208 708 8803 KENNETH MORE THEATRE, OAKFIELD ROAD, ILFORD IG1 1BT

IDE



A

### A novel idea: 15-year-old Marnie from Wanstead reveals how volunteering for the 2021 Summer Reading Challenge challenged her while supporting the community.



REDBRIDGE

Fabula Festival is a unique celebration of arts and libraries

and their power to transform lives.

Join us during Libraries Week for a

lively programme of performances, children's events, author talks,

workshops and the very best in

literature, music, drama, dance,

There's

something for all ages, tastes

film, art and technology.

Monday 4 -

**Saturday 9** 

October

I became a volunteer at Wanstead library as I had great memories from taking part in the reading challenge as a child, and I wanted to be involved again, but as a volunteer.

At the start of each summer, volunteers sign up for a maximum of 24 hours a week to help thousands of young children in their local community develop reading skills through the summer reading challenge. I have been lucky enough to support at least 40 children this year.

It is great to see children developing their reading skills and confidence levels through positive feedback and encouragement during their six-book challenge.

Through my volunteering I have improved my time management skills and understand the

importance of commitment and discipline to a task, which I think are essential for the workplace later in life.

Volunteering also gives me and other young people an opportunity to give back to our local community.

In 2021, almost 1,450 children participated in the Summer Reading Challenge. The aim of the challenge is for children aged 4 to 11 to read six books over the course of their summer holidays, resulting in stickers for each book read, and a certificate and medal after completion.

The Summer Reading Challenge has a fun theme each year, and for 2021 it was Wild World Heroes.

Vision Redbridge Culture & Leisure presents a FREE festival of spectacular, exciting, fun and reflective outdoor arts for the whole community to enjoy this autumn.

> Bewonderment Children's Day Saturday 9 October Ken Aston Square, Barkingside

**On Edge** parkour performance Saturday 16 October Ken Aston Square, Barkingside

Distant Drums celebrating Black History Month Saturday 23 October Ilford Town Centre

**Recovery Poems** a time to reflect Saturday 30 October Various locations

For more information visit www.visionrcl.org.uk/redbridge-outdoor-arts



ARTS COUNCIL ENGLAND







and abilities!

For locations, further information & bookings visit **www.visionrcl.org.uk/fabula** 



## Want to quit smoking?

FREE Stop Smoking support Available in Redbridge

We all know that smoking is bad for your health, (not to mention bank balance) but giving up is another matter.

If you've tried quitting or always thought it was too difficult, then the Redbridge Stop Smoking service is for you.

Studies show that people who have used this service are four times more likely to quit for good. That's because you get support and encouragement from your own Stop Smoking advisor. How we can help you quit smoking

The Redbridge Stop Smoking service is free to individuals studying, living, working or registered with a GP in Redbridge. You will have 12 weeks of sessions with a dedicated practitioner who will give you top tips on how to quit. They'll also be able to advise on and prescribe the best nicotine replacement therapy (NRT) products. Where you can get help to quit

Wherever you live in Redbridge there will be a session at a time and place that suits you. These include telephone appointments, libraries and pharmacies across Redbridge.

Additionally, specialist support is available for pregnant smokers, smokers with mental illness, alcohol and/or drug problems.

For more information, visit **www.redbridge.everyonehealth.co.uk** 



www.facebook.com/EHRedbridge

**Quit today** 

If you're 12 or above, just call us on **0333 005 0095** or email **clinical.contactcentre@nhs.net** or Text **'QUIT'** to **60777** 

#### **Tulip Care Homes are recruiting Location Dartford and Essex**

As a Maintenance Person at our care homes, you will help us to create the safe attractive surroundings that enable us to give our residents the quality care and support they deserve.

The role includes general DIY and maintenance including basic carpentry, plumbing, replacement and tiling of flooring, painting and decorating.

#### **About you**

You'll need some experience of

property maintenance and ready

to turn your hands to a range of

tasks, all focused on keeping the

homes maintained to a high

standard. This role would suit

nature and ideally someone

who is semi-retired. A clean driving license is desirable.

someone with a caring, patient

#### **Rewards**

- $\blacksquare$  Excellent rates of pay
- ☑ Wellbeing support and activities
- ☑ Access to Benenden healthcare, including a 24-hour GP service, mental health helpline and medical diagnostics and treatment.
- ☑ Nest pension

# Please contact Michelle on 07770 345 123





#### A COMPLETE SOLUTION FOR ALL YOUR ACCOUNTANCY NEEDS



Highly professional, always prompt in responding to all our queries. Silling bights Aim Mr Roy really understands our business and his strategic tax advice has been really helpful.



Excellent and knowledgable team, seriously prepared to meet our accountancy needs and beyond. Highly recommend them to anyone in need of professional accountants.



Taxcare has made life easy for me. With their all-round knowledge, I don't need to worry with complex tax issues, I can focus more on growing my business.

103 Cranbrook Road, Ilford, Essex IG1 4PU

T: 020 8478 3383 M: 07860 224 506 E: info@taxcareaccountancy.co.uk www.taxcareaccountancy.co.uk

Tax Advice That Helps Your Business Grow f 😏 8 in ዎ 🛅

#### Redbridge Handyperson Scheme

#### **HEET** delivers the **Handyperson** Scheme that is available to all Redbridge residents who are:

- aged 60 years or over; or
- disabled or have a long-term serious illness or health problem which makes it difficult to carry out the work: or
- awaiting discharge from hospital

For more information call the Handyperson Scheme on 020 8520 4554

You can also make enquiries directly through our online referral form www.theheetproject.org.uk/for-home/energyefficiency/online-referral-form.php





### **IF YOU ARE A YOUNG PERSON** you can now get your COVID-19 vaccination

# GET JABBED AND GET ON OCTOBER OF CONTRACT OF CONTRACTO OF CONTRACTO OF CONTRACT OF CONTRACT OF CONTRACTO OF CONTRACT OF CONTRA

For those aged 12-15, you can find more information on the Redbridge Council website here: www.redbridge.gov.uk/coronavirus

The Joint Committee on Vaccination and Immunisation (JCVI) has advised that young people aged 12-15, who have an underlying health condition, or who live with adults or children who have a reduced ability to fight infections and other diseases, should be vaccinated now.

Thursday 23 September	8am-1pm	Sir James Hawkey Hall
Saturday 25 September	8am-1pm	Sir James Hawkey Hall





