

# REDBRIDGE **LIFE**

**AFFORDABLE  
SUMMER FUN FOR  
ALL THE FAMILY**



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**KEEPING  
OUR STREETS  
SAFE**



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**WORLD-CLASS  
UNIVERSITY  
OPENS IN ILFORD**



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**Redbridge celebrates  
the coronation in style!**

**Pelham Road, South Woodford,  
celebrating the coronation**

**Are you looking after a child who is not your own?**




- is the child under 16 (or 18 if they have a disability)?
- are you NOT the child's step parent, sibling, aunt, uncle or grandparent? This also includes host families to overseas students
- do you plan to have the child with you for more than 28 days?
- this is called 'private fostering' and we must be LEGALLY notified to ensure the child is safe

Please contact Redbridge Children's Services  
020 8708 3885 CPAT.Referrals@redbridge.gov.uk  
or visit [www.redbridge.gov.uk/private-fostering](http://www.redbridge.gov.uk/private-fostering)

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# LEADER'S MESSAGE

## Welcome to the Summer edition of Redbridge Life

Dear neighbour,

There's so much to explore in Redbridge this summer, from our Aqua Action water assault course in Fairlop Waters (p.17), to the soon-to-open Mercato Metropolitan artisanal food market in Ilford (p.5) – there's something for all the family to enjoy right on our doorstep.

As the weather improves, and so do our spirits, I hope we can all enjoy a jam-packed summer full of fun activities and community events. Whether you're planning a relaxing trip to one of our beautiful local parks, or fancy learning a new skill at our award-winning Redbridge Institute of Adult Education (p.12) after a long and cold winter, I hope we can all make the most of the summer season.

I know times have been tough for lots of families across Redbridge and beyond, and that's why as a council we've stepped up support through the cost of living crisis, with our dedicated website signposting to available help, and regular cost

of living roadshow events. We understand that every penny counts right now and that's why we've made sure there are plenty of free and affordable activities available for families over the summer holidays (p.16). Help is at hand so please do visit our cost of living website and access the support available, at: <https://costofliving.redbridge.gov.uk/>

Summer started with a bang this year as lots of us joined our neighbours to celebrate the coronation of King Charles III at street parties across the borough. I was so pleased to meet friends and neighbours at parties in Chudleigh Crescent, Pelham Road, Blenheim Avenue, and Brian Road and celebrate with hundreds of local people at the Ilford BID extravaganza in the town centre – where we enjoyed some incredible performances as part of the Redbridge's Got Talent show, the unveiling of a new Royal Mural, and even a fire display!

I want to say a huge thank you to everyone who made the coronation so special in Redbridge,

whether you hosted a street party, joined in the fun in our town centre, or just watched the spectacle on TV – I hope you all enjoyed the historic occasion.

Wishing you and your family a wonderful summer.



**Councillor Jas Athwal**  
Leader of Redbridge Council

## HAVE YOUR SAY AT COUNCIL MEETINGS

All meetings will be available to view online, and some meetings will be held in person at the Town Hall, High Road, Ilford, IG1 1DD. Visit [www.redbridge.gov.uk](http://www.redbridge.gov.uk) for information, agendas, and links to join online.

### Council Meetings

Thursday 22 June 7.15pm  
Thursday 21 September 7.15pm  
To ask a question at the September council meeting, please send a written notice of your question to the council questions mailbox, at: [councilquestions@redbridge.gov.uk](mailto:councilquestions@redbridge.gov.uk), by midday on Monday 18 September.

### Cabinet Meetings

Monday 26 June 7.15pm  
Thursday 20 July 7.15pm

**Contact:** Jilly Szymanski / Antoinette Davis  
**Telephone:** 020 8708 2465 / 2352 or  
**Email:** [antoinette.davis@redbridge.gov.uk](mailto:antoinette.davis@redbridge.gov.uk)  
or [jilly.szymanski@redbridge.gov.uk](mailto:jilly.szymanski@redbridge.gov.uk)

### Scrutiny and Overview Committees

**Overview Scrutiny Committee**  
Monday 12 June 7.15pm  
Thursday 13 July 7.15pm  
**Health Scrutiny Committee**  
Tuesday 27 June 7.15pm  
**Health and Wellbeing Board**  
Monday 19 June 2.15pm  
**General Purposes Committee**  
Thursday 20 July 8pm

### Committee Meetings

**Licensing Committee**  
Tuesday 13 June 7.15pm  
**Planning Committee**  
Wednesday 14 June 7.15pm  
Tuesday 18 July 7.15pm  
**Governance and Assurance Committee**  
Monday 31 July 7.15pm  
**Pension Fund Committee**  
Friday 21 July 10.30am  
**Local Pension Board**  
Monday 12 June 5.30pm  
**Shareholder Reference Group**  
Wednesday 19 July 5pm

## Produced by Redbridge Council

The editor can be contacted via email, at: [redbridge.life@redbridge.gov.uk](mailto:redbridge.life@redbridge.gov.uk)

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### Next issue out in September



## Helping you in tough times

Struggling with rising bills, need support managing your finances, or looking for someone to talk to for advice? Redbridge Council is here to help.

**Come and see us at a local drop-in session near you.**

We're running regular cost of living drop-in advice sessions across the borough.

The sessions are open to everyone, no appointment necessary, and are a good way to find out what support is available for you and your family.

Whether you need advice on benefits, employment, housing, or support managing debt, we're here to help.

In addition to our drop-in events, we're also running larger marketplace style support sessions every three months.

Our Marketplace events bring together a whole host of council services and organisations from across Redbridge to provide support and advice for local people.



Visit our cost of living website for more information, at: <https://costofliving.redbridge.gov.uk/cost-of-living-events/>

# Defeating car thieves



Thieves are on the lookout for unsecured cars – don't let them catch you out.

Parts of England have seen an increase in motor vehicle crimes, including car thefts and thefts of items from cars. As a council, we're continuing to work with our police partners to support efforts to crack down on car crime.

**Clr Khayer Chowdhury, Cabinet Member for Enforcement and Community Safety, said:**



"Our council has invested £1.5 million in new ANPR cameras and an upgraded CCTV network which is providing police with vital intelligence to help tackle crime across Redbridge. Help us deter thieves by keeping your car as safe as possible."

Remember, if you are witnessing a crime taking place, such as someone trying to break into your vehicle, **call 999**. If you have been a victim of a crime or if you see suspicious activity, call 101 or visit: <https://www.met.police.uk/ro/report/> to report it online.

**Follow these tips to help keep your car safe:**

- ✓ Invest in a decent steering lock.
- ✓ Invest in a good immobiliser and tracker.
- ✓ Keep your keys in a signal blocker to prevent keyless car theft.
- ✓ Always lock your car.
- ✓ Park in a well-lit area or install lighting on your driveway.



Scan the QR code to report a crime



Clr Chowdhury and Acting Chief Inspector Yassar Noori in Ilford town centre

# We want to hear from you

Redbridge Council is running a survey to support the development of our Equality, Diversity, and Inclusion (EDI) Strategy, closing on 30 June 2023.

Our Equality, Diversity, and Inclusion Strategy is our plan to improve the lives of people from all backgrounds, living and working in Redbridge.

Redbridge is one of the most diverse boroughs in London and home to some of the most affluent and most deprived areas. We want to make sure the work the council does benefits all our local communities and gives everyone the opportunities needed to achieve their dreams.



Scan the QR code for more information



**We would like local people to share your views on four key themes:**

1. Knowing our communities
2. Leadership, partnership and organisational commitment
3. Responsive services and customer care
4. Diverse and engaged workforce

By completing the survey, you can help shape the future of our borough.

The new Equality, Diversity, and Inclusion Strategy will be agreed by the Council's Cabinet in late 2023.

Share your views online, at: <https://engage.redbridge.gov.uk/edi-strategy-2023>

# Discover Redbridge: Launching this Summer

Whether you're looking for a bite to eat, a park to visit, or an activity for your family through the summer holidays Discover Redbridge is our new one stop shop for all things Redbridge.

Launching this month, Discover Redbridge is our brand new web space, featuring information on all the exciting things to do in our borough. The new site will provide a directory for local events and activities for people of all ages to enjoy.

For those looking for other things to do, Discover Redbridge will help you find sport facilities, outdoor activities, history and heritage and even dog friendly places to visit all on our doorstep, so you'll have all you need to enjoy the summer.

Redbridge is home to some of the best parks and open spaces in the capital and our new web space will provide everything you need to know to plan the perfect day out, whether you're looking for relaxing walks, children's playgrounds, or simply want to enjoy the wildlife.



Keep an eye on [www.redbridge.gov.uk](http://www.redbridge.gov.uk) for updates



## AUGUST BANK HOLIDAY changes to bin collections

Due on	Collected on
Monday 28 August	Tuesday 29 August
Tuesday 29 August	Wednesday 30 August
Wednesday 30 August	Thursday 31 August
Thursday 31 August	Friday 1 September
Friday 1 September	Saturday 2 September

**OUR STREETS**  
Help us create great streets and neighbourhoods

# Mercato opening in Ilford this summer

Mercato Metropolitan (MM), an artisanal food and community market will soon open in Ilford town centre, serving a variety of delicious food and drink to visitors this summer.

The Ilford MM follows the successful launch of markets in Elephant and Castle, Mayfair, Wood Wharf and Elephant Park.

Ilford MM will transform Redbridge Town Hall car park into a covered food market promoting fresh food from local growers and encouraging social enterprise with start-up food and beverage businesses. In addition, over time Ilford MM will grow to provide a community space with a comprehensive engagement programme offering cooking classes, food growing, health and fitness classes, music and dance.

As well as providing the perfect day out for hungry visitors, Ilford MM will help boost local employment by directly employing 16 members of staff and creating space for local trading partners to sell their wares. Overall, it is expected that Ilford MM will create around 100 local jobs.

The market opening was initially delayed due to the COVID-19 pandemic, but will now open in the summer so local people can enjoy the season with fresh, delicious food and drinks right in the heart of Ilford.



# The King's Coronation

Thousands of local people celebrated the coronation of His Majesty King Charles III at events across the borough.

▼ Friends of Loxford Park celebrating in Loxford Pavilion



▼ Blenheim Avenue



**The Leader of Redbridge Council, Cllr Jas Athwal, who visited several street parties across the borough to join the celebrations, said:**

"It was wonderful to join so many of my neighbours celebrating the coronation across our borough.

"There is such a strong sense of community spirit all across Redbridge. At the street parties, I heard so many inspiring stories of roads forming WhatsApp groups to help their

neighbours during the pandemic – these acts of kindness led to blossoming communities and close friendships, culminating in creating these community events.

"As a council, we want to continue to support local people to build communities and organise celebrations, so we're looking into supporting a programme of annual summer street parties so neighbours can meet each other, children can play in their streets, and we can all enjoy the benefits of living in close-knit, caring communities."

The coronation of His Majesty King Charles III sparked celebrations across Redbridge as thousands of local people partied in style to welcome our new sovereign.

An estimated 20,000 local people joined street parties and events across Redbridge to celebrate the coronation. Nearly 100 street parties were staged around the borough, where neighbours celebrated the historic occasion with music, performances, and delicious food and drink.

Two huge community events also took place over the bank holiday, with the Ilford entertainment extravaganza on the Saturday drawing crowds of thousands with live performances, a zip line through the town centre, and two Big Coronation Lunch sittings serving over 300 people.

On the Sunday, the entertainment moved to Wanstead, where local people enjoyed the sunshine at a Coronation Festival on Christchurch Green, featuring a children's costume competition, free pantomime performances, an array of arts and crafts stalls, and fairground rides.

# Redbridge celebrates in style

▼ Hatley Avenue



▼ Pelham Road



Brian Road



▲ Chudleigh Crescent



▼ Mural in Ilford Exchange



◀ Blenheim Avenue



▲ Pearly Queen at Christchurch Green

▼ Ilford Town Centre



**Cyril Bekoe, Manager of Ilford BID, said:**

"This was a fantastic opportunity to come together, drive footfall to Ilford, showcase the exceptional talent in Redbridge, have fun, enjoy a feast of entertainment and celebrate the coronation of King Charles III.

"We wanted the community to get involved, whether taking part in the Redbridge's Got Talent competition or simply coming out to enjoy an amazing community day showcasing the best of Redbridge's talented residents in action. We certainly got that."



# Local school children help create a greener borough

Our popular School's Tree Planting project led to 1,340 local school children helping create a greener Redbridge.

The eco-minded initiative gave students the opportunity to help plant nearly 100 trees across nine school sites in Redbridge.

As well as gaining hands-on experience planting and caring for trees, the school children also learnt about the importance of trees and greenery in helping tackle climate change.

The project is part of efforts to increase tree coverage in Redbridge and supports the council's wider tree planting programme.



**Cllr Jo Blackman, Cabinet Member for Environment and Sustainability joined Churchfields Junior School's tree planting session**

**Year 5 student Idris, from Churchfields Junior School, said:**

"It was fun to plant a tree – it makes me think about how nice it is that a small tree like that will grow into something really big. I think it was special too because the trees will be new habitats for insects and birds and help the ecosystem here."



**Churchfields Junior School pupils helped plant a variety of trees at their school**



**Nine local schools took part:**

- 🌿 Mayespark Primary School
- 🌿 Woodbridge High School
- 🌿 Churchfields Junior School
- 🌿 William Torbitt Primary School
- 🌿 Cranbrook Primary School
- 🌿 Ilford County High School
- 🌿 South Park Primary School
- 🌿 St Augustine's Catholic Primary
- 🌿 Coppice Primary School

# Go for an eco-friendly picnic this summer

Summer isn't complete without a picnic.

While alfresco dining is brilliant fun for the family, it can also produce a lot of waste. From shop-bought sandwiches to single-use cutlery, many essentials purchased for picnics get thrown in the bin after use. Make your picnic waste free as much as possible this summer with these top tips:

- ♻️ Ditch single-use plastic items and bring reusable plates, cutlery, and glasses.
- ♻️ Use cloth napkins that can be taken home, washed and reused, unlike paper napkins.

♻️ Rather than buying packaged foods, make your picnic from scratch with homemade sandwiches, tasty pasta salads, or even have a go at making your own coleslaw. It's a brilliant way to save money and reduce waste.

♻️ Don't bin your leftovers. Take them home and enjoy a tasty treat the next day.

♻️ If you still have some waste or litter, remember to take it home with you and recycle whatever you can.



Not sure what you can and can't recycle? Check our handy online guide, at: [www.redbridge.gov.uk](http://www.redbridge.gov.uk) and search 'recycling collection'.

Find out more on how to reduce your waste by visiting: <https://www.redbridge.gov.uk/our-streets/>

# Partnership projects power up Redbridge's EV network



We're supercharging Redbridge's electric vehicle network by boosting the borough's on-street EV charging points, to help local people make greener travel choices.

The move follows transport being identified as one of the largest sources of carbon emissions in our borough, making it a key area for action in tackling climate change for a cleaner, greener, and healthier Redbridge.

**Atik Zaman from Gants Hill, said:**

"I love my cars and was a complete petrol head, but you get to a point in your life where you start thinking about how your actions will impact the type of future your children will have. The climate crisis played a big part in my choice to move to electric as it meant I'd no longer be polluting the air with harmful carbon dioxide from my vehicle."



**Leading by example. Some of the council's EV fleet**

**Thanks to two separate partnership projects, nearly 500 new on-street EV charging points are being installed in the borough.**

The boost will give local people without the ability to charge on a driveway the confidence to make the switch from petrol or diesel vehicles to electric, knowing they can easily charge an EV using the growing number of public charging points available across Redbridge.

**174 fast chargers**

In a landmark project with Uber, 174 fast chargers will be installed for public use at 87 locations around the borough by the end of March 2024.

**310 lamp-post chargers**

Thanks to funding secured from the Office for Zero Emission Vehicles, 310 public use lamp post chargers will be installed in the borough, with resident feedback helping determine the locations.

# Calling all dog lovers – let's keep our parks clean and safe

Redbridge is home to thousands of dog lovers, from Dachshund dads to Maltipoo mums, we all agree dogs are a part of the family.

Help keep our parks and green spaces safe for our furry friends and all other visitors by following the rules and being a responsible dog parent.

**Some important things to remember if you have a dog:**

- 🐾 Make sure your dog is microchipped and wears a collar with an ID tag in public places. Both of these are legal requirements and failure to do so could lead to a fine.
- 🐾 Train your dog in obedience and make sure your dog is under control at all times.
- 🐾 Don't allow your dog to bark constantly. As well as upsetting your neighbours, it's also a sign of a badly trained or unhappy dog. If your dog barks too much, get advice from a dog trainer.
- 🐾 Register your dog with a vet and take it for regular check-ups.
- 🐾 When walking your dog, keep bags on you so you can pick up after your pooch and dispose of the dog waste.



Find out more about looking after your dog and responsible dog ownership: <https://www.dogtrust.org.uk/dog-advice>

**Dog Control Public Space Protection Order (PSPO):**

To help keep Redbridge a safe and pleasant space for all, we have a Dog Control PSPO in place. Breaching the PSPO is an offence for which you can be fined or prosecuted.

**Under the PSPO dogs are:**

- 🐾 Not permitted in certain spaces in the borough.
- 🐾 Required to be kept on a lead in areas where the Order applies.
- 🐾 Required to be placed on a lead when directed to by an authorised officer in areas where the PSPO applies.
- 🐾 To be kept to no more than six dogs per person in areas where the Order applies.
- 🐾 Not allowed to foul on land under the Order. It is an offence if you fail to clear up after your dog.

To view the PSPO in full and find out where the provisions apply in the borough, go to: [www.redbridge.gov.uk](http://www.redbridge.gov.uk) and search 'PSPO'.

Our new regular feature

# REDBRIDGE REWIND

Exploring the Rich History of our Borough

## A History of Royalty in Redbridge

Millions of people across the country celebrated the coronation of King Charles III over the bank holiday weekend in May, including lots of local people who hosted street parties and attended events in Ilford Town Centre.

Let's look back into our local history to see how Royal fever has swept across Redbridge in the past.

When Princess Elizabeth was crowned Queen at her coronation on 2 June 1953, street parties were held all around the borough and a special tea party was held for children.



▲ **A local coronation street party in 1953 at Rayleigh Road, Woodford Green.**

© Mrs Curtis Redbridge Museum & Heritage Centre

On 6 February 1977, The Queen celebrated her Silver Jubilee, which marked 25 years since her accession to the throne. Buses on Ilford's No. 25 route were painted silver and street parties were held all over the borough to celebrate the Silver Jubilee.



▲ **Silver Jubilee bus. © Peter Small**

King Charles III came to Redbridge in 1978 when he was the Prince of Wales. He visited the former Plessey Factory, the communications manufacturer, in Ilford in October 1978, arriving by helicopter to onlookers' delight.



▲ **King Charles III, formerly The Prince of Wales, visiting the Plessey Factory**

King Charles III, formerly The Prince of Wales, was in Redbridge as part of a programme designed to acquaint him with developments in British industry. He met with a range of employees at a buffet lunch. The visit was kept largely private, but despite efforts to keep it low-key the royal was met with excited crowds outside of the Plessey Factory.

In 2002, The Queen celebrated her Golden Jubilee, marking 50 years on the throne. Her Majesty and the Duke of Edinburgh, Prince Phillip, visited Wanstead to meet volunteers on an allotment project, which supported people with learning difficulties. The Royal couple were met by cheering crowds waving homemade banners and flags. To mark the special occasion, Redbridge Town Hall unveiled a Golden Jubilee themed civic artwork and a plaque. Redbridge Council provided every local school pupil with a commemorative coin as a keepsake of the special day.



▲ **The Queen's Golden Jubilee in 2002**

The Queen returned in 2012 on her Diamond Jubilee tour. She visited the wonderfully restored Valentines Mansion and Gardens, where she unveiled a plaque and officially opened a new 'dry weather' garden which was installed as a response to climate change.

The Queen and Prince Phillip then visited the 'London Pride' art and design festival held at the Mansion produced by Vision RCL and Redbridge Council. This featured famous British artwork from the Tate, including work by Damien Hirst and Lucian Freud, as well as artwork by local people and a special display by Redbridge Museum. Gathered crowds of local people gave such a joyful welcome that a Royal expert said The Queen had "rarely looked happier."

## REDBRIDGE FABULA FESTIVAL

A celebration of books and culture in and around your local library!

Join Redbridge Libraries this summer for a lively programme of author and illustrator events, performances and creative workshops. There's something for everyone!

**fabula reading challenge**

**New for 2023** - Take part in the Fabula reading challenge where YOU get to set your own reading targets. All participants will be entered into a prize draw.

For further information visit [www.visionrcl.org.uk/fabula](http://www.visionrcl.org.uk/fabula)

# REDBRIDGE OUTDOOR ARTS

Join us for **FREE** theatre, circus, music and performance on a high street near you.

May to September  
Barkingside and Ilford Town Centre

Share the experience!

@redbridgearts visionrcl.org.uk/ROA



## Redbridge Institute of Adult Education celebrates transforming one million lives



The celebrations to mark 120 years of adult education in Redbridge continue, as Redbridge Institute of Adult Education rolls out roadshows across the borough to raise awareness of part-time courses on offer, most of which are free for eligible adults.

So far over 5,000 local people have taken advantage of the opportunity to discuss what's on offer at the Redbridge Institute of Adult Education, including upskilling, retraining, or gaining a qualification.

The only local authority adult education provider in London to be rated 'Outstanding' by Ofsted, Redbridge Institute enrolls around 4,000 adult learners on daytime, evening, weekend and online courses every year.

It is estimated that one million local people have enrolled on courses since the institute opened its doors in 1903. You can view the history of adult education by visiting our exhibition at Redbridge Central Library until the end of July.

**Principal William Pickford, says:**

"We know the transformative power of adult education and, as part of our 120th anniversary celebrations, we want even more of our neighbours to benefit from the opportunities available."



**Learner Helen Tkachenko and her family came from Ukraine as refugees. She explained:**

"Coming to the UK was very hard, I had to start my life again from zero. Redbridge Institute was really helpful, I found a lot of friends on my course and my tutor created a positive atmosphere."

"Now my English has really improved, I have a job and I feel like part of the community."

**Cllr Mark Santos, Cabinet Member for Adult Social Care and Health, said:**



"A good education can transform lives – it is never too late to learn a new skill, pick up a new hobby, or earn a new qualification, and Redbridge Institute is the perfect place to do just that."

"The Institute is an incredibly welcoming space with wonderful teachers, so if you're looking to learn a language, improve your employability, or simply meet new people, why not visit one of the roadshow events or look online at their website today."

Find out more about Redbridge Institute's 120 years' celebrations and how learning can transform your life, at [www.redbridge-iae.ac.uk/120](http://www.redbridge-iae.ac.uk/120)

### FREE Workshops to help you manage your money

Free workshops are being offered by Redbridge Institute of Adult Education to help local people manage their money during the cost of living crisis.



The workshops help build confidence with numbers by developing numeracy skills for everyday life. From improving household finances, to helping children with their homework, the fully funded Multiply programme, has already helped over 300 local people from across the borough.

Eligible residents can also enrol on a free five-week programme to;

- Prepare functional skills – in readiness for a qualification
- Learn about Maths for work – to help progress into employment

To book your place, email: [MultiplyProject@redbridge-iae-ac.uk](mailto:MultiplyProject@redbridge-iae-ac.uk)

### Employability workshops

Redbridge Institute is also running a programme of short employability workshops to help jobseekers with skills including CV writing, application forms, preparation for interviews and interview skills.

To take advantage of these free workshops email [employability@redbridge-iae.ac.uk](mailto:employability@redbridge-iae.ac.uk)



# FAIRLOP OPEN DAY

Saturday 15 July  
12pm to 6pm

**ACTIVITIES:**

- Aqua Action
- Fairlop Sky Run
- Water Sports

**ALSO FEATURING... all things Vision!**  
Come and find out about

- Health & Wellbeing
- Libraries
- Parks
- Theatre & Music

Fairlop Waters, Forest Road, IG6 3HN  
For more information and prices please visit: [visionrcl.org.uk/fairlop-open-day](http://visionrcl.org.uk/fairlop-open-day)  
\*Car Parking charges apply

**FREE ENTRY**

# WANSTEAD FESTIVAL

Sunday 17 September 11am to 6pm  
**EVENT GUIDE**

Invite your friends and family to Wanstead Festival for a brilliant day out with great entertainment!

**ATTRACTIONS**

Art Trail workshop	Children's Rides
Classic Car display	Sports demonstrations and displays
Craft Fair Hub	Land Train
Delicious Street Food	Strolling Performers
Pop up Pub	And much more!
Dog Competition	

EVENTS MAY BE SUBJECT TO CHANGE

For more information contact [redbridge-events@visionrcl.org.uk](mailto:redbridge-events@visionrcl.org.uk) or visit [visionrcl.org.uk/wanstead-festival](http://visionrcl.org.uk/wanstead-festival)

# Empower a young child Foster for Redbridge

London Borough of Redbridge

Imagine having the power to change a young person's life for the better.

The power to re-shape a future.

There are over 300 children in Redbridge who are unable to stay with their families each year. You could be the one to transform a life and provide the change that they need.

If you would like to know more about fostering for Redbridge Council:

Visit [www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering)  
Call us on 020 8708 6068  
Email us [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)

# Business is booming in Redbridge

Redbridge is a hub for entrepreneurship, home to a growing number of small, medium and micro businesses, attracted to what is becoming the heart of modern East London.

Our council is investing in our high streets and town centres to make sure they continue to attract thriving businesses, and offer everything local people need to shop closer to home.

In Ilford, the completion of a new Crossrail station entrance, the ongoing transformation of Ilford High Road, and construction of the new artisanal food market Mercato Metropolitan has made the town centre more attractive than ever to budding entrepreneurs and small business owners. Already three new restaurants have opened in the town centre, including award-winning Royal Nawaab.

The Council's long-term masterplan for the town centre includes the creation of a Cultural Quarter.

The Cultural Quarter will revitalise the area by bringing art and industry together to generate economic activity and creativity, supporting artists and entrepreneurs, reviving empty retail spaces, and creating more opportunities for work and leisure. This work is underway with the new SPACE art gallery and studio opening opposite the Kenneth More Theatre.

New restaurants are opening in Ilford



The Elizabeth Line from Ilford means commuters can get to central London in less than 30 minutes



Ilford High Road is buzzing with shoppers following council investment



SPACE art gallery and studio open in Ilford



**Cllr Kam Rai, Deputy Leader of the Council, and Cabinet Member for Finance and Regeneration, said:**



"Entrepreneurship is the lifeblood of our local economy,

and we want to support local businesses to thrive in our borough. So many small and micro businesses choose to call Redbridge home, and as a council, we're here to help develop local entrepreneurs and keep our high streets buzzing with successful businesses."

## A bright spark for local entrepreneurs

Last year Spark Lab opened in Ilford, a new innovative space for local entrepreneurs looking to kick-start their businesses. The Deco Building (formerly Dorothy Perkins) was converted into an exciting new space for enterprises, makers, creators and innovators to share their passion and skills with local shoppers and visitors.



The old Dorothy Perkins building is now home to local budding businesses.

A group of artists and entrepreneurs were selected to occupy the space, each of which was given a six-week residency period between May 2022 and April 2023. Their activities created jobs and volunteering opportunities for local people, and included workshops, exhibitions, pop up retail activities, art and small fashion shows.

Running alongside the Spark Lab residencies, the Redbridge Business Team delivered business advice sessions on topics including digital marketing for budding entrepreneurs and new business owners.

We would like to thank all the businesses and organisations that took part in the programme including: The Pop-Up Club, Rabbits Road Press, Re Wild, Business Enterprise Programme, New City College, Caramel Rock and Instigate Unknown.



## Celebrating Success: Ilford Business Awards



Nominations are now open for the 2023 Ilford Business Awards.



Is your business breaking records? Do you know a super local shop owner? Or is your start-up showcasing the very best of our borough?

Nominations are now open for the 2023 Ilford Business Awards, so make sure you get the recognition your business deserves.



Ilford North MP Wes Streeting and Council Leader Cllr Jas Athwal pictured at the 2022 Ilford Business Awards

Redbridge Council is continuing to support the annual Ilford Business Improvement District (BID) business awards which take place every November and welcome entries from across Ilford North and Ilford South.

Categories for this year's awards include best in customer service, best sustainable transition business, and a new category recognising culture and art within the community. The awards offer a unique platform to celebrate local businesses, and for local people to support their favourite businesses.

Business registrations are open now and close on 31 July 2023. Customer, client, and supporter nominations open from the 7 August and close on 31 October 2023, with winners declared at the awards ceremony to be held on Thursday 30 November 2023.

If you know a business that has gone above and beyond, or a businessperson who deserves some praise, why not nominate them for an Ilford Business Award today?

For more information, visit: [www.inilford.com/ilford-business-awards-2023](http://www.inilford.com/ilford-business-awards-2023)

## Spotlight Success: Rabbits Road Press



Rabbits Road Press is a community Risograph print studio and publishing press founded and run by OOMK, and was the second business to take up residency at the Spark Lab.



Risograph or digital screen printing is known for producing vivid colours other, more common, printers can't create.

While based at the Spark Lab Rabbits Road Press have run regular induction workshops where people with no experience can learn how to make and print artwork on the Risograph.

**Sofia from Rabbit Road Press, said:** "We successfully ran a shop and welcomed over 1,000 guests which has given us the confidence to expand our business activity. We have learned so much about running a business and had the opportunity to share our project with a huge new audience."

Find out more, at: <https://www.rabbitsroadpress.com/>



## Have fun with our MegaMix holiday activities for as little as £1

### Enjoy five weeks of affordable taster sessions and workshops

This summer Redbridge Council is offering affordable activities for local children through the school holidays.

Between Monday 24 July and Friday 25 August, local children aged between five and sixteen years old can enjoy a whole host of different fun, interactive and informative activities run by Vision Redbridge Culture and Leisure.

Starting from just £1, children can watch a film at Kenneth More Theatre or swim and splash around at Fullwell Cross Leisure Centre, Loxford Leisure Centre, or Mayfield Leisure Centre. For both activities, children under the age of eight must be accompanied by an adult.



Take a dip in your local swimming pool

Bookings will open to Redbridge residents this month and advanced booking is required so hurry! For more information, please visit: [www.visionrcl.org.uk/megamix](http://www.visionrcl.org.uk/megamix)

### Get on your bike this summer



We've got something for every child, from sports coaching sessions, theatre workshops, dance, arts and crafts, to instrumental workshops. Kids can learn a new digital skill from interactive books, Lego, 3D modelling, or coding and electronics. All sessions will be inclusive. Arts and crafts, multi-sports, adapted cycling, and adapted water sports will be available for children with additional needs.

All of the activities have been funded by the London Borough of Redbridge for local Redbridge residents.

**Cllr Kam Rai, Deputy Leader of the Council, and Cabinet Member for Finance and Regeneration, said:**



"We understand that times are tough with the rising cost of living, so we're subsidising local sports and cultural activities for children so they're affordable for all local families this summer."



Bookings will open to Redbridge residents this month, and advanced booking is required so hurry! For more information, please visit [www.visionrcl.org.uk/megamix](http://www.visionrcl.org.uk/megamix)



## Make a splash at Fairlop's inflatable water park

Have fun in and out of the water this summer with Aqua Action.

Aqua Action, the inflatable water park, is back at Fairlop Waters this summer, providing an action-packed activity for the whole family to enjoy.

Climb, slide, jump and have a lot of fun Ninja Warrior style this summer with our 3.5m climbing tower, hopping balls, and stepping stones.

There are five slides in total, including two drop-off slides that end before they meet the lake, meaning you soar into the water – how fun does that sound?

Why not visit to practise your water bombing skills from the two jumping platforms and test your stability on the two-metre-high balance beam.

Ever wondered what it feels like to fly? Take a seat on the blast bag and let your family or friends send you into the air!

### Fairlop Waters inflatable water park



The water park is open from 11 am to 5 pm Monday-Friday, and 11 am to 6 pm on weekends until Saturday 30 September 2023.

Aqua Action is suitable for children aged six and up. Six and seven-year-olds need to be accompanied by an adult.

Please book your session and find out more online, at: <https://www.aquaaction.co.uk/>

## Book your child onto our Holiday, Activities and Food Programme

Sign up now for this summer.

Redbridge's Holiday, Activities and Food (HAF) Programme will be running for four weeks during the summer holidays.

The free Redbridge HAF programme provides healthy food and enriching activities for eligible children and young people. Over the summer programme children can enjoy a whole host

of activities, from football and basketball to drama, arts and crafts, they can also learn about food and nutrition, meet new people and most importantly, have fun.

The HAF programme will run every Monday to Thursday with morning, afternoon, and full day sessions available at several schools between Monday 24 July and Thursday 17 August.

HAF is available for children who are in Reception up to Year 11 and in receipt of benefits-related Free School Meals (FSM).

We offer a limited number of additional places to children and young people who do not meet the above criteria but are vulnerable. Referrals are considered from education, health and social care professionals. Please email: [haf@redbridge.gov.uk](mailto:haf@redbridge.gov.uk)

Booking is essential. To find out more information and to book, please visit: <https://find.redbridge.gov.uk/haf>



Arts and crafts activity



## Join the Fabula Festival to celebrate books and culture

Head down to Redbridge Libraries for reading challenges and cultural activities.

Redbridge's annual Fabula Festival is a unique celebration of Redbridge Libraries and their power to transform lives through books and cultural activities.

Visit Redbridge Libraries this summer for a lively programme of performances, author events, workshops, children's events, and specially commissioned arts projects showcasing the very best in literature, drama, dance, art, and technology. There's something for all ages and interests!



On Saturday 15 July, Redbridge Central Library in Ilford will host a kids take-over day. We will see the library bursting at the seams with a day of free family friendly activities and the launch of our Fabula Reading Challenge where you get to set your own reading target!



The challenge is open to anyone aged three years and upwards, and encourages reading for pleasure throughout the summer months and beyond! All participants will receive a certificate and be entered into a special prize draw.

If you are aged 14 years and over, and would like to volunteer with the library service, then look out for the various opportunities available this summer. Visit: [www.visionrcl.org.uk/fabula](http://www.visionrcl.org.uk/fabula)

# Tough on Sexist Street Harassment



**Sexist harassment is against the law and our teams are on the lookout for offenders.**

Redbridge Council has made no secret of our ambition to ensure that all women and girls can feel safe in our borough. And from June, our new campaign highlights the role our police and enforcement teams are taking to stamp out sexist harassment.

Cat-calling, unwanted touching and sexist comments are in the spotlight as our new campaign, ThisHasToStop, sets out the penalty for men who harass women on our streets.

This summer, in key locations across the borough, local people will see the faces of police and Council officers tasked with stopping and fining men who threaten women's safety. In a series of uncompromising images, police and enforcement officers pin-point the kinds of offences that are liable to a £100 fixed fine – or even court action.

**Launching the initiative**  
**Cllr Saima Ahmed,**  
**Redbridge Council's**  
**Women's Safety**  
**Champion, said:**



"For too long there has been a perception that these behaviours are playful and cause no harm. But women have told us that unwanted attention of this sort is humiliating, leaving many in fear. The message is clear: This Has To Stop."

ThisHasToStop is a multi-approach by our council and partners to tackle misogyny and male violence against women and girls. Community safety teams at the Council have reviewed the evidence about what works in stopping sexist behaviours. Research points to the need to challenge perpetrators as well as to increase the confidence of women and bystanders.

Future plans will increase awareness of the link between 'everyday sexism' and more serious sexual crimes and will be rolled out over this summer.

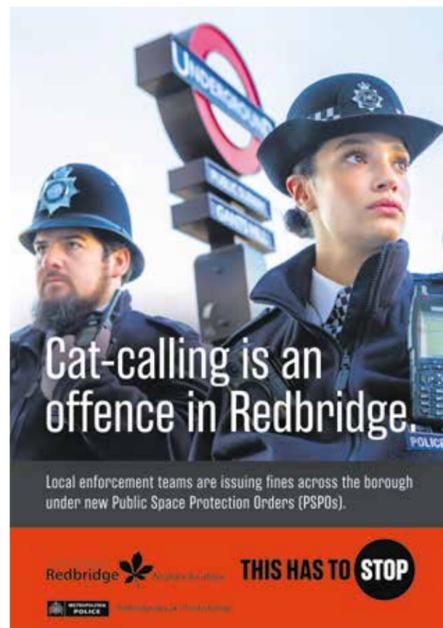
**Have you been a victim?**  
**Do you experience harassment?**

The police are piloting a new tool that allows women to anonymously report locations where they feel unsafe. The form is quick and easy to use and the police use these reports to target uniformed patrols in those areas.

<https://streetsafetool.com>



**THIS HAS TO STOP**



# THIS HAS TO STOP



**What are PSPOs?**

Public Space Protection Orders give powers to Local Authorities in areas where the quality of life is undermined by detrimental activities and behaviours.

The whole of Redbridge is covered by such an order, meaning that officers – including police and council enforcement teams – can issue Fixed Penalty Notices to those committing a breach. If the offender fails to pay the £100 fine this can be followed up by court action and a fine of over £1,000.

PSPO offences include behaviours that cause, or are likely to cause harassment, alarm or distress to another person. This includes cat-calling, making sexist remarks and persistent following.



**Sexist street harassment is now an offence.**



London Borough of Redbridge *No place for abuse* [Redbridge.gov.uk/ThisHasToStop](https://Redbridge.gov.uk/ThisHasToStop)



**THIS HAS TO STOP**

# Hainault Forest transformed after £7m makeover

In April the new Hainault Forest Visitor's Centre, café, and event space was officially opened by the Mayor of Redbridge, Thavathuray Jeyaranjan and Deputy Leader, Cllr Kam Rai.

The first Woodland Trust Visitor Centre and shop in the country has opened in Hainault Forest and complements the stunning renovated Victorian barns, craft workshops, and new landscaping at the country park.

The £7m project has seen the restoration of the Victorian barns which now boast a range of exciting new facilities.

The project was delivered in partnership with Vision RCL and the Woodland Trust, with funding from Redbridge Council, National Heritage Lottery

Fund, GLA Good Growth Fund and the Garfield Weston Foundation.

Following the huge success of the first stage of renovation, the second stage is now underway with the beloved Foxburrows Farm set to benefit from a complete makeover, a new playground and picnic area.

New animals will be arriving on the farm over the coming months so why not plan a visit this summer to meet the ponies, pigs, sheep, chicken, ducks, rabbits, alpacas and more!

Planning a visit to Hainault Forest? Check out our website for more information, at: [visionrcl.org.uk/hainaultforest](http://visionrcl.org.uk/hainaultforest)

### Stunning new facilities in Hainault forest

- ✦ A beautiful events space for weddings, corporate events, and celebrations
- ✦ A new interactive visitor hub
- ✦ A brand-new café
- ✦ Craft Workshops for local artists and businesses
- ✦ New restroom facilities
- ✦ New landscaping and accessible paths

**Cllr Kam Rai, Deputy Leader of the Council, and Cabinet Member for Finance and Regeneration, said:**



"Redbridge is home to incredible parks and green spaces, which local people treasure. That's why, as a council, we're continuing to invest in protecting and improving our parks so our neighbours can enjoy them now and for generations to come.

"This project is a fantastic example of partnership working, after many months of planning and hard work. A big thank you to all our partners who have helped bring this project to life. We now have an attraction unlike any other in the capital that the local community can enjoy and be proud of."



Deputy Leader Cllr Kam Rai joined Redbridge Mayor Cllr Jeyaranjan and partners to officially open the new barns



# World-class University opens in Ilford

Lessons have started at the new university campus in the centre of Ilford.

The Redbridge Queen Mary University of London Medical School campus has officially opened with students already working towards their degrees in the heart of Ilford.

An opening ceremony was held on Tuesday 2 May to celebrate, with students showcasing clinical demonstrations to invited guests including Council Leader Cllr Jas Athwal, President and Principal of Queen Mary University of London, Professor Colin Bailey, and Vice-Principal, Professor Stephanie Marshall.

Queen Mary University of London is ranked among the best universities in the country and is one of 24 leading UK universities who make up the prestigious Russell Group.

The new medical campus, based in Lynton House, Ilford, opens up opportunities for young people to achieve their dreams closer to home. The creation of the new campus is part of Redbridge Council's ambition to make the borough the perfect place to live, work, and raise a family by expanding opportunities to learn locally.

Redbridge is already a hub for education excellence, with 95 per cent of our schools rated 'Good' or 'Outstanding' by Ofsted, and the only 'Outstanding' Adult Education Institute in the country. Now, with an internationally recognised University on our doorstep, Ilford can provide an all-round educational journey from childhood to adulthood.

**The Leader of Redbridge Council, Cllr Jas Athwal, said:**



"Having a world class University in the heart of Ilford opens up doors for young people across Redbridge, giving them the opportunity to follow their dreams closer to home. Redbridge has a proud history of educational excellence. We're home to some of the best schools in London and 95 per cent of our schools are rated 'Good' or 'Outstanding' by Ofsted. Families move here to give their children the very best start in life, and now that not only includes exceptional schools but also an internationally recognised University."



Council Leader Cllr Jas Athwal and Deputy Mayor Cllr Namreen Chaudhry officially opened the new campus in May 2023

**Professor Anthony Warrens, the Dean for Education at Queen Mary's Faculty of Medicine and Dentistry, said:**



"We are delighted to expand our world-leading medical education to Ilford. This new campus will provide even more space for our medical students to grow and learn, and is a welcome addition to our excellent medical facilities."

# Celebrating the history of Gants Hill

A stunning book of photographs that depict the transformation of Gants Hill from farmland to busy commuter suburb has just been published by The History Press.



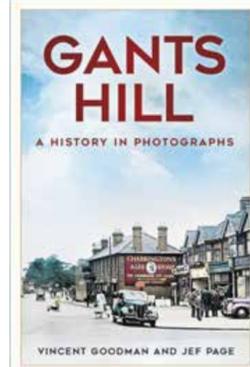
The book, which details life in the area from the early 1900s onwards, has been compiled by local businessman and founder of the Gants Hill Facebook Group, Vincent Goodman, and lecturer and President of the Ilford Historical Society, Jef Page.

A must for those interested in local history, the book also includes fascinating aerial photos of the area through the years, 1950s school life, as well as the development of buildings, road systems and businesses in the area across the 20th century.

Gants Hill – A History In Photographs is available to buy for £14.99 at Waterstones in Ilford, and from all good booksellers. Signed copies can also be obtained from Speedprint in Gants Hill.

Vincent, a graphic designer who has owned Speedprint in Gants Hill since 1983, has been collecting professional and amateur photos of the area for decades. Many tell stories of the people, businesses and landmarks he grew up with, including a photo of three girls taken outside the cinema around 1958, which Jennifer Haynes gave permission for Vincent and Jef to use in the book.

Jennifer, who now lives in Canada, remembers the occasion clearly. "My two sisters, Veronica with the rabbit and Amanda with her toy monkey, and me attended the children's Saturday Morning Pictures each week at the Odeon. This was 'bring your pet week' and we dutifully gathered outside the cinema with our pets!"



# A community vision for Seven Kings

Over 1,300 local people and more than 30 local organisations from across Seven Kings have come together to develop a community vision in partnership with Redbridge Council to share their ambitions for the future of the area.

The vision has been developed through conversations, events, and activities with Redbridge Council's Community Hubs programme in preparation for the new community facility that will be built on Seven Kings High Road.

Redbridge Council will work with communities and partners in the area to take the vision forward as the Community Hub progresses. Thanks to all those who took part.

The key themes identified in the Vision were:

- ✓ Togetherness
- ✓ Healthy
- ✓ Sustainable
- ✓ Thriving
- ✓ Safe



# Building affordable homes for local families

In April, Council Leader, Cllr Jas Athwal and Cabinet Member for Housing and Homelessness, Cllr Vanisha Solanki, visited Marlyon Road to meet the proud new tenants of Redbridge Council's latest housing development.

The 48 homes have been delivered as part of our council's affordable homes programme. Through the programme Redbridge Council has committed to delivering 600 new high quality affordable council homes for local people by 2024, having secured £20 million from the Greater London Authority Building Homes for London grant.

Cllr Vanisha Solanki, said:

"The Affordable Homes Programme is our council's biggest and most ambitious programme to date, tackling the housing crisis and transforming people's lives. It was wonderful to meet families at Marlyon Road, who, thanks to this development, now have a place to call home."



Cllr Jas Athwal, said:

"Everyone deserves a safe and comfortable place to call home. After decades of underbuilding, London is in the throes of a housing crisis and local families are suffering. Right now, the waiting list for a council house is so long, families are waiting decades for a home of their own."



"In Redbridge, we're building high quality homes so local people can remain near their friends and family, and their children's schools, and build a good life in our borough."



Cllr Jas Athwal and Cllr Vanisha Solanki visit the development

To find out more about our affordable homes programme, visit our engagement hub, at: <https://engage.redbridge.gov.uk/> and click the affordable homes programme tab.



"I still can't believe this home is mine. Sometimes I wake up and pinch myself, as I've waited such a long time for the property. It's made a huge difference to my life and my wellbeing, and I'm extremely happy here." Carol moved into Marlyon Road in March.

Hot on the heels of the Marlyon Road development, work has now begun to deliver 159 new homes at Loxford Lane, which will include 43 homes suitable for larger families (three bedrooms or more), and 17 houses.

# Sensory playground makes a splash in Loxford

Brand new Loxford sensory playground supports learning and development.

A new sensory playground for young children recently opened in Loxford Lane.

The playground was officially opened on the site of Loxford Leisure Centre by the Leader of Redbridge Council, Cllr Jas Athwal, who was joined by delighted children from Loxford First Step Preschool.

The new community facility was developed in response to consultation feedback on the redevelopment of Loxford Youth Centre, which is due to reopen this summer.

As part of the consultation, the local community asked the Council to relocate the Loxford First Step Preschool, which previously occupied the Youth Centre. The Preschool has now found a new home in the grounds of Loxford School.

Redbridge Council committed to relocating the Preschool and enhancing community facilities by delivering a sensory playground, which the Preschool could use during the day.

The sensory playground has been specifically designed with the development of younger children in mind, as well as those with special educational needs.



The new equipment includes:

- ✓ Musical chimes
- ✓ A storytelling corner
- ✓ Planters
- ✓ Tactile sensory panels
- ✓ Sensory spinners
- ✓ A chalkboard and whiteboard
- ✓ A sensory circuit, including a slide, balance beams, stepping posts, and a clatter bridge



# Work Redbridge: Helping hundreds of local people find employment

It can be tough finding a new job in a competitive marketplace.

Work Redbridge, our council's in-house recruitment service, is here to help local people find a job or change careers. The Work Redbridge team can share how to revamp your CV, help you prepare for interviews, access training courses and link up with local employers.

Hundreds of local people have accessed the Work Redbridge service already and have been helped to find their dream job.



Work Redbridge Advisor Prasanna with Danny

**Danny, 55, left his old job after 21 years as he wanted a new challenge. He said:**

"I needed to learn new skills such as computer skills that I didn't have. Work Redbridge helped me out and we started the job search, applying for two to five jobs a week. They helped me to get a job at Wagamama, but it was too busy, and I was travelling into Zone 1 every day. I wanted something closer to home.

"I was back to square one, applying all over again. My Advisor referred me for courses on digital skills, employability, and SIA (Security Industry Authority accreditation). I felt down but my Advisor Prasanna always boosted my confidence. He said I have 21 years of experience and some people don't have half my skills.

"I felt like the world had moved on and left me behind. I felt like a dinosaur, with one foot in the 20th Century. I applied for a job with Vision RCL as a Kitchen Assistant. When I got the job, I couldn't believe it. I was emotional. They said they really liked me. After a 20 minute chat, they had already decided. It made me feel good.



Scan the QR code for more information

"My Advisor has been brilliant. He said you've got so much going for you, I don't understand why you are feeling down. Sometimes, it's hard to see it for yourself, but he could see it. Later on, I said to Prasanna, I couldn't have done it without you, bruv, and we both had a good laugh!"

**Prasanna Vijayakumar, Work Redbridge Advisor, said:**

"I've worked in the employability and recruitment sector for over 10 years and the service offered by Work Redbridge really is fantastic. Work Redbridge provides local people with help in all areas of employability, including upskilling and interview preparation."

To find out about support available with CV writing, job hunting and developing your interview skills, visit the Work Redbridge website, at:

[www.redbridge.gov.uk/workredbridge](http://www.redbridge.gov.uk/workredbridge)

# Volunteering can change your life

Why not volunteer today?

Redbridge Council for Voluntary Services (CVS), manages the Volunteer Centre in Redbridge and can help you to find the right volunteering opportunity to suit your interests and the time you have available.

**Sebastian Patric-Francis, 47, from Hainault started volunteering in 2021. He said:**

"When I was in Malaysia the pandemic hit and I couldn't return as everything was shut down. When I finally returned to the UK, I didn't have a job, but I wanted to give back to the community. I looked for opportunities on the Redbridge CVS website. At first, I volunteered in Valentines Park. It was a great way to meet lots of people from different ages and backgrounds. Then I started volunteering two days a week with the Salvation Army's Malachi Place Project. It's a supported accommodation hostel with 42 rooms for people without a home.

"I organised lots of activities such as painting, table tennis, and boardgames like Ludo with the clients. Sometimes we would go to the park with clients and there were movie nights too, I even took part in a 7-a-side football tournament in Manchester.

"The Salvation Army also did an Afghan refugee donation appeal at Redbridge Town Hall. It was so heart-warming to see so many people donating food for babies and clothing."

Sebastian had been volunteering for a year when a surprising opportunity came up:

"It was a coincidence, but after a year a vacancy came up for an Assistant Support Worker role with the project. I went for the interview and here I am today. I am so grateful. I really like what I do. What I enjoy most with volunteering is trying to help people and giving back to society."

Sebastian would like more people to try volunteering:

"It's rewarding to give back to the community. Volunteering can be an eye-opening experience. We see homelessness on the street every day, we see alcohol addiction and we walk past. There is another side of the story, we only judge by what we see. By volunteering, we see what they went through. It's about not judging and being there for them. It can happen to any of us, I have learnt a lot. The other volunteers talk to clients, to make them feel like they are human too.

"If you have a few hours to spend volunteering, it's worth trying. If you don't try in life, you will never know."

Visit the CVS website to find out more, at: <https://www.redbridgecvs.net/>



Sebastian Patric-Francis volunteering with Project Malachi

## Community Grocery Store opens in Ilford

A Community Grocery Store recently opened in Ilford to help local families struggling with rising food costs.

The store, in City Gates Church, Clements Road, works on a membership system, so families can join up for only £5 and then access a wide range of affordable supermarket products for only £4 per visit, saving on average £20 per shop.

As well as making sure local people have access to affordable groceries, the store also offers wrap-around support, with staff on hand to signpost to other services available to help with rising bills or financial difficulty.

Set up by international charity The Message Trust in partnership with City Gates Church, with support from Redbridge Council, the store has already proved extremely popular, with over 500 people signing up within weeks.



Visit: [www.communitygrocery.org.uk/ilford](http://www.communitygrocery.org.uk/ilford)



**Clr Kam Rai, Deputy Leader of the Council, and Cabinet Member for Finance and Regeneration, said:**



"Everyone should have access to affordable food and essentials; that's why we're proud to support a brand new Community Grocery store right in the heart of Ilford – so local people who need support can shop at heavily discounted prices and access wider assistance.

"The rising cost of living is hitting households across Redbridge, and our council is stepping up support in every way we can to help our neighbours through this challenging time."

Membership costs just £5 per year, and members can visit multiple times a week. Ilford Community Grocery store is open between 9.30am and 4.30pm, Monday to Friday.



Officials from Ilford BID, Redbridge Council, City Gates Church and The Message Trust at the launch of the Ilford Community Grocery Store

## Work is underway at Wanstead Swimming Pool

**HEALTHY Redbridge**

### Family business begins new phase of Wanstead swimming pool construction.

Local East London family-run business, Jerram Falkus, has taken over construction of the new swimming pool and expanded Leisure Centre in Wanstead. Work is underway on site to deliver the new and improved centre in addition to 14 new classrooms, a new dining room, and kitchen at Wanstead High School.

Jerram Falkus was founded in 1884 and has delivered projects across London, including the prestigious Hintze Hall in the Natural History Museum – the largest public gallery in the museum. Following the Second World War, the company spent 30 years building new houses, schools, hospitals, factories, and offices in London and the home counties.

Once completed, the updated Wanstead Leisure Centre will be home to a 25-metre swimming pool, with six swimming lanes open for everyone to enjoy, with both membership and pay-as-you-swim options.

The new swimming pool will join a dance studio space, and complement the existing gym, badminton and squash courts.

There will be more details on opening times and prices of the swimming pool facilities announced when it opens. Watch this space.

Wanstead Leisure Centre is a dual use facility and is open to the public and Wanstead High School students.



New construction partner: Jerram Falkus staff outing in the 1920s

## Get ready to swing into action this June

### Tennis Courts refurbished across Redbridge.

In recent editions of Redbridge Life, we shared exciting news about our plans to refurbish tennis courts in ten of our beautiful local parks, thanks to almost half a million pounds worth of funding Redbridge Council has secured from the Lawn Tennis Association (LTA).

With Wimbledon just around the corner, we knew lots of local families would be keen to know more.

The great news is that nearly all tennis courts have been refurbished and will open to the public this summer. The entrance gates have been installed, and the online court booking system will launch shortly.



Staff hard at work improving Valentines Park tennis courts

If you pass the courts, you might notice how fantastic they look and be tempted to run home and pick up your tennis racket. Please be patient; the courts still need time to dry and cure.

This project is part of a nationwide investment of £30 million by the LTA Tennis Foundation and the Government to refurbish public tennis courts across Great Britain and open up the sport to more people.

As part of plans to make sure everyone has the opportunity to try out tennis, once the courts are open, we'll be organising weekly free park tennis sessions for all ages, playing levels and experience, where equipment will be provided. Local tennis leagues will also provide friendly, sociable opportunities to get active through local competitions.



Barkingside Rec tennis courts restored

#### Tennis facilities are being improved at:

- Valentines Park
- Goodmayes Park
- Clayhall Park
- Elmhurst Gardens
- Ray Park
- South Park
- Loxford Park
- Seven Kings Park
- Barley Lane Rec
- Barkingside Rec

## Crowds cheer on cyclists in Woodford

**HEALTHY Redbridge**

### Thousands line the streets of Woodford to cheer on cyclists.

Ford RideLondon, the annual cycling extravaganza, whizzed through the borough on 28 May.

The world's greatest festival of cycling included a set of events with something for everyone, from the family friendly FreeCycle, to the 100, 60, and 30 mile challenge rides and the Classique, a women's professional race featuring the best riders in the world.

Since its formation in 2013, RideLondon participants have raised more than £80 million for charity.

During May's event, much like last year, Woodford High Road was the place to be to soak up the festival-like atmosphere.

Families of all ages lined the streets to cheer as thousands of cyclists participating in the Ford RideLondon event descended on Woodford as they made their way out to the Essex countryside.

There were also some tired legs as they returned to Woodford as part of the final leg home towards the finish line in central London.

Since becoming a host borough last year, Ford RideLondon has brought a whole range of benefits to Redbridge, attracting visitors to our high streets, sparking local interest in active travel, and helping put our borough on the map as part of an internationally recognised sporting event.



If you would like to try out cycling or put your skills to the test on our cycle tracks visit Redbridge Cycling Centre, where there's facilities for cyclists of all abilities, from families to competitive riders.

For more information, visit: [www.visionrcl.org.uk/centre/redbridge-cycling-centre/](http://www.visionrcl.org.uk/centre/redbridge-cycling-centre/)



# Shaping up for...

# SUMMER

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140 High St, IG6 2EA

MAYFIELD LEISURE CENTRE

Kinfauns Rd, IG3 9QN

SOUTH WOODFORD LIBRARY & GYM

116 High Rd, E18 2QS

WANSTEAD LEISURE CENTRE

Redbridge Ln W, E11 2JZ

WOODFORD GREEN LIBRARY & GYM

Snakes Ln W, IG8 0DX

To sign up or for our full T&Cs visit:

visionrcl.org.uk/join

Offer expires 31 July 2023

# Support for older people during the cost of living crisis

Millions of people across the UK are struggling to cover their essential household costs as a result of rising inflation, food and fuel costs.

For older people receiving pensions, the rising cost of living is having a particularly damaging impact as increasing income through additional work or saving money by using less gas and electricity is not always possible.

There is support available to help you or anyone you know who is struggling. Visit our cost of living website for information and advice on saving money and accessing help with bills.

<https://costofliving.redbridge.gov.uk/>

## Pension Credit

Thousands of pensioners across Redbridge have not yet claimed the Pension Credit they're entitled to.

To find out if you or your loved ones are eligible use the Government's Pension Credit calculator, or if you need further information or advice, visit the Age UK website or give them a call.

**Pension Credit calculator**  
www.gov.uk and search 'pension credit'

**Age UK Redbridge**  
www.ageuk.org.uk

**Age UK** 0800 055 6112 8am-7pm  
7 days a week

## Age UK Activity Centre

Age UK runs an Activity Centre at the Allan Burgess Centre in Wanstead, providing lunch, refreshments and activities including art classes, Bridge, chair exercise and a book club. There is a small fee for lunch and activities at the centre.

**Find out more:**  
www.ageuk.org.uk and search 'events'

020 8989 6338

## Free TV License

Everyone 75 or over that receives Pension Credit can also apply for a free TV license.

**To apply:**

www.tvlicensing.co.uk

0300 790 6117 8.30am-6.30pm  
Monday to Friday

## Citizens Advice Redbridge

For free, confidential, independent and impartial advice you can contact Citizens Advice Redbridge.

**Find out more:**  
www.citizensadviceredbridge.org.uk/

0808 2787872 9am-5pm Monday  
to Friday

## Foodbanks

If you are struggling to put food on the table you can get support from a local Foodbank. You will first need a Foodbank voucher issued by a local agency such as Citizens Advice, housing support, children's centres, health visitors or social services.

**Find out more:**  
https://redbridge.foodbank.org.uk/

0808 2082138 9am-5pm Mon-Fri



## Support with Benefits

You may be missing out on support you're entitled to like Survivors Benefits, Winter Fuel Payment, Freedom Pass and help with health costs.

**Find out more:**

www.redbridge.gov.uk and search 'benefits'

## Reduce your food shopping bill

Everyone living in Redbridge is welcome to join the Ilford Community Grocery Store, for an annual membership fee of £5 you can access affordable groceries and essentials.

The store is open Monday to Friday, from 9.30am-4.30pm (excluding bank holidays).

**Find out more:**  
https://communitygrocery.org.uk/ilford/

020 3422 6511



# Goodmayes gears up to create young cycle champions

Redbridge Council is supporting community groups to tackle inequalities in cycling and improve the health and wellbeing of local young people with City Hub cycling training.

EKOTA Academy and Brothers on Bikes are offering free cycle training for local young people at a new City Hub in Goodmayes Park, thanks to support from Redbridge Council, The Mayor of London's Walking and Cycling Grant and British Cycling. The community City Hubs are part of the British Cycling City Academy project, a Rapha Foundation funded project, to identify and support riders to make cycling more accessible and representative of the local community. All City Hub sessions are free and are run by local community coaches and delivered in communal spaces.

Since the launch in Goodmayes Park in April, children ages seven and above can access cycle coaching for free. Bikes are available to borrow for the sessions, removing one common barrier to access. The sessions enable young people to improve their health, meet new friends and

improve their cycling. If the young people at the sessions show talent and potential, they could be invited onto the City Academy, which is part of the British Cycling talent pathway, and this can grow future Redbridge cyclists and potential Olympic champions.

Sessions have proven popular, with up to 15 riders attending each week since the launch in April. City Hub sessions are run on Friday evenings after school from 4.30pm to 5.30pm in Goodmayes Park, on the hard standing close to the EKOTA Academy hub. To get involved, contact: [cityacademylondon@britishcycling.org.uk](mailto:cityacademylondon@britishcycling.org.uk)



**Isobel Whiteley, lead City Academy Coach at British Cycling, said:**

"It has been fantastic to see the City Hub at Goodmayes Park grow so quickly. Our great community coach, Junaid, has been leading on a series of fun and exciting skill sessions for the local children. I am looking forward to seeing some of the riders progress onto the City Academy talent pathway in the coming months, but most importantly see local children enjoying cycling in their local park."



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Ilford, Essex IG1 2JJ

**020 8553 5880**

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[www.tclreuse.org.uk](http://www.tclreuse.org.uk)  
[info@tclreuse.org.uk](mailto:info@tclreuse.org.uk)



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WWW.KIDSWORLDDILFORD.CO.UK

# KIDS WORLD

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# Redbridge Quits Smoking

A new FREE and confidential stop smoking service



The average price of a pack of 20 cigarettes is over £12. Someone who smokes a pack a day is spending a whopping £4,300 a year. But smoking is not just expensive; it's harmful to your health and the health of those around you.

**Did you know**  
that you're  
**three times more likely**  
to stop smoking for good if you get professional help?

The good news is that no matter how long you have been smoking for you'll start to feel the benefits of giving up almost straight away.

Many smokers want to stop but have struggled to do it by themselves.

If you live, work or study in Redbridge and want help to stop smoking cigarettes or using other forms of tobacco - such as shisha or Paan - contact **Redbridge Quits Smoking (RQS)**.

RQS offer confidential advice and support, with free nicotine replacement therapies (like patches or gum) to help people make this important change.

You can visit their main hub in Ilford town centre or have phone or online video appointments, using interpreters if needed. Or if you'd like to meet somewhere else in your local community, get in touch.

RQS specialist advisors can support people who are pregnant or breastfeeding, people who are struggling with their mental health, young people, and those who are concerned about vaping.

To find out more, or to refer yourself to Redbridge Quits Smoking:

Call 0300 303 2715  
Text BREATHE to 82228  
Email RQS@wdp.org.uk  
Visit www.viaorg.uk/services/redbridge-quits-smoking/

# SHREK The Musical JR.

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visionrcl.org.uk/KMTwhatson



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Friday 1 December 2023 -  
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Redbridge Institute of Adult Education

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## FREE two hour workshops for adults

Get smart with your money. Learn tips and tricks to save money whilst efficiently managing your budget. Join a workshop on one of the dates:

Tuesday 20 June 2023

Friday 23 June 2023

Tuesday 27 June 2023

Friday 30 June 2023

Tuesday 4 July 2023

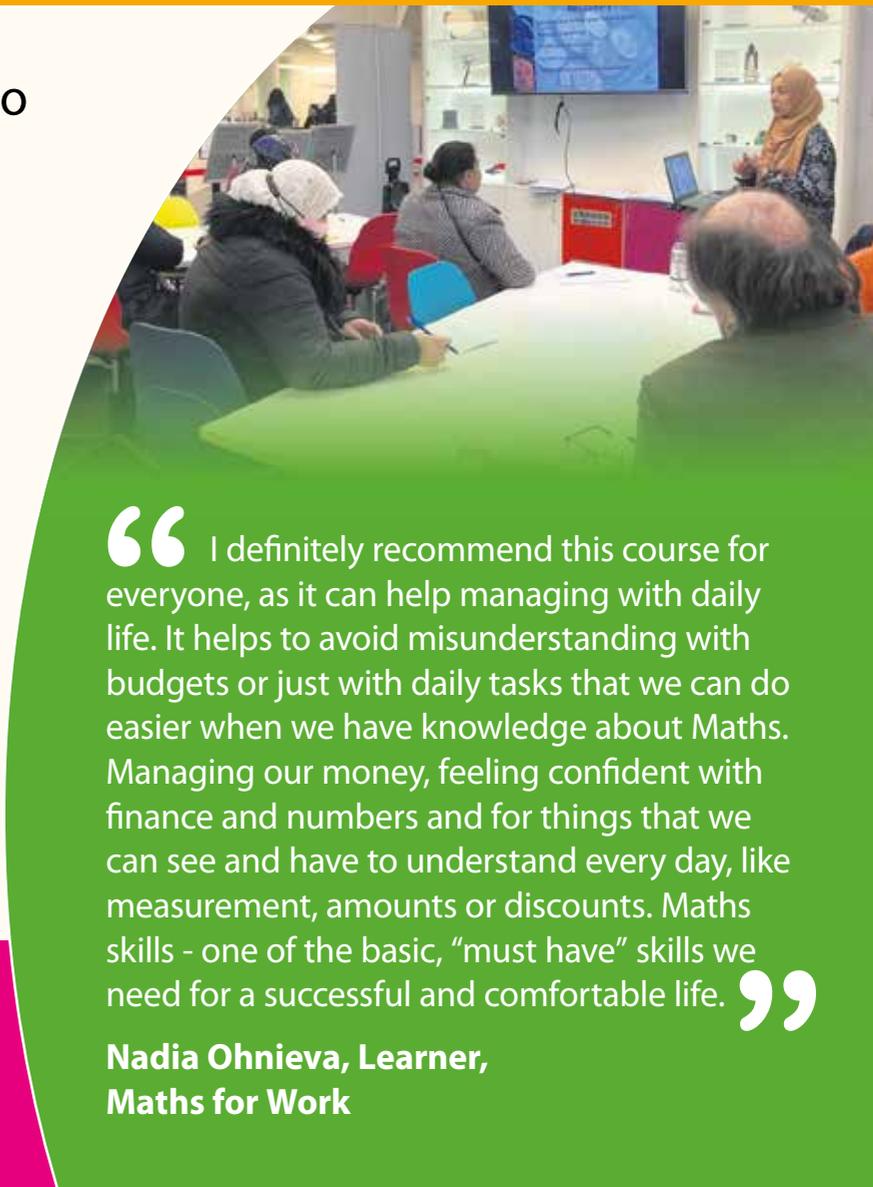
Friday 7 July 2023

Tuesday 11 July 2023

Friday 14 July 2023

Time: 10am - 12noon

Venue: Stem Lab - Redbridge Central Library  
Clements Road, Ilford, Essex, IG1 1EA



“ I definitely recommend this course for everyone, as it can help managing with daily life. It helps to avoid misunderstanding with budgets or just with daily tasks that we can do easier when we have knowledge about Maths. Managing our money, feeling confident with finance and numbers and for things that we can see and have to understand every day, like measurement, amounts or discounts. Maths skills - one of the basic, “must have” skills we need for a successful and comfortable life. ”

Nadia Ohnieva, Learner,  
Maths for Work

To book your place email  
[MultiplyProject@redbridge-iae-ac.uk](mailto:MultiplyProject@redbridge-iae-ac.uk)



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