

London Borough of
Redbridge



Discover Redbridge

**KEEP
ME**
ALL SUMMER

**Things to do
all summer in
Redbridge**

**Tick off all our parks
this summer Page 9**

**Summer events listing
Pages 36 to 39**

**Local business offers
Pages 45 to 47**

VISION
REDBRIDGE
CULTURE & LEISURE

2026-2029



Child
Friendly
Community

unicef 
UNITED KINGDOM

**child
friendly**
Redbridge

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My Redbridge Summer Passport

(10 missions for 10 stamps)

Name: _____

Rule: tick a mission when you do it.
Add a stamp (or draw one) in the circle. Try to collect all 10.

- ☐ **1) Find the mysterious Gypsy Stone** 1
Deep in Hainault Forest sits a huge boulder with its own local legends. Find it, touch it for luck and invent your own story about how it got there.
- ☐ **2) Foxburrows Farm "Hello, Animals" Tour** 2
Say hello to three different animals. Do your best animal impression for each one.
- ☐ **3) Visitor Centre Map Mission** 3
Pop into the Hainault Forest Visitor Centre and choose a trail like you're planning an expedition.
- ☐ **4) Fairlop Waters Boulder Boss Challenge** 4
Try the UK's largest boulder park. Pick your level: Tiny Climb, Brave Climb, Legendary Climb.
- ☐ **5) Be Captain for an hour on a boat ride** 5
Hire a rowing boat. Swap captain halfway. Captain chooses the route. Crew chooses the snack.
- ☐ **6) Ilford Lane Mammoth Spot and Pose** 6
Find the mammoth mural and do a family mammoth pose photo. Tusks optional.
- ☐ **7) Find The Weaver and Tell Its Story** 7
Track down The Weaver mural. Everyone points to one detail and makes up a one-sentence story about it.
- ☐ **8) Redbridge Museum Time Travel** 8
Visit Redbridge Museum and each person picks a favourite thing to show the others.
- ☐ **9) Redbridge Cycling Centre Lap Log** 9
Do a few laps on the tracks. Award titles: Fastest, Funniest, Most Dramatic Finish Line.
- ☐ **10) Have your own mini- Wimbledon** 10
Hire one of our 32 courts in parks across Redbridge and play a family tennis match.

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INTRODUCTION

How many new things can you discover in Redbridge this summer?

Could you visit a park you've never been to before? Meet the animals at Foxburrows Farm? Ride the little train at Fairlop Waters? Borrow a book from your local library, or snap a photograph for the Redbridge Photography Awards? This booklet is full of ideas, big and small, and I hope it inspires you to try a few of them.

One of the best things about Redbridge is that there is so much to enjoy close to home. We are lucky to have beautiful parks and open spaces across the borough, each with something different to offer. You might fancy exploring woodland trails in Hainault Forest, spotting wildlife, climbing, racing along on a scooter, cycling, having a picnic, enjoying a coffee, or simply finding a quiet spot to relax. Children can enjoy playgrounds and skate parks, while families can spend time together making the most of the longer summer days. Many of our parks have brand new toilets to make your visit more practical and so you can stay as long as you'd like.

If you're looking for a reason to get outdoors, why not join one of our friendly wellbeing walks? They take place in parks across the borough and are open to everyone. You'll find details on page 15.

And if the weather doesn't quite deliver summer sunshine, our libraries are ready to welcome you. I am proud that Redbridge is number one

in London for children's book lending, helping thousands of young people discover a love of reading. But our libraries offer much more than books. You could join the lego club at Hainault Library, or a craft session at Fullwell Cross Library. See page 38 for lots more activities in libraries, including chess clubs, board games, and digital workshops, giving people of all ages something to enjoy.

There are also still places available on our MegaMix programme for Redbridge residents. With everything from sport and dance to coding, podcasting, crafts, music and much more, it's a great opportunity to learn something new, make friends and have fun over the summer holidays.

Before you put this booklet down, I'd like to set you a challenge. Pick three things from these pages that you've never done before and give them a try this summer. Tick off a few activities in the Summer Passport, explore somewhere new, and don't forget to enter the Redbridge Photography Awards so you can share your favourite moments and places with us. There's something for everyone in Redbridge, whatever your age.

Whatever you choose to do, I hope you have a fantastic summer and enjoy discovering more of what makes Redbridge such a special place.

Councillor Kam Rai

Leader of Redbridge Council

Discover Redbridge

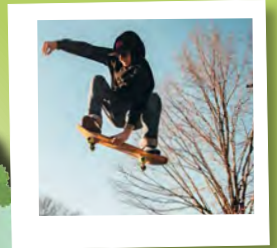
Get out and enjoy all that Redbridge has to offer this summer. We are so lucky to have fantastic parks, local libraries and leisure centres, all running events and activities across the summer period. Have a really wonderful time with friends and family.



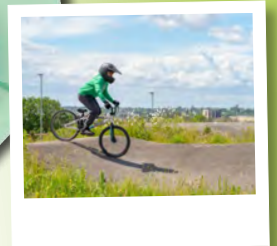
Get fit in the outdoors this summer. Ten of our parks have outdoor gyms, like this one in Clayhall Park.



Learn to canoe at Fairlop Waters.



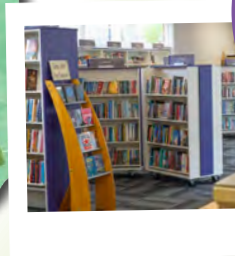
Bring your wheels to Hainault Skate Park.



Find out about courses you could do at the Redbridge Institute of Adult Education.



Borrow up to 20 children's books from any Redbridge Library.

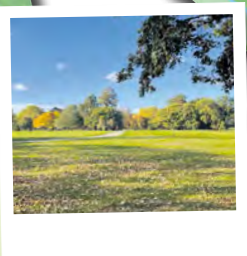
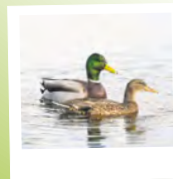


Have you found the orchard at Roding Valley Park.

Join this year's Wanstead Festival, full of family fun.



Game, set, match! Head to Valentines, Goodmayes, Clayhall or Ray Park to quell your Wimbledon fever.



Have you played on the brand new basketball courts?



Valentines Park lake Hop into a rowing boat and glide across the scenic lake at Valentines Park!





Let's max out our childhoods in Redbridge. Here's a list of ten fun and inspiring activities we think are great to try.

Can you challenge yourself to tick them all off before you're ten years old?

1

Learn to ride a bike

Did you know you can hire a bike at Redbridge Cycling Centre, and have a go on the track? See page 20 for more on the Cycling Centre.



2

Learn to swim

We've got great pools in Redbridge. You may even venture a bit further and try out the Olympic Pool in Stratford!



Leisure centres

3

Learn to cook



Easy recipes

Start off with something simple and as you grow in confidence, you will be cooking up a storm! Remember you can also get children's cookbooks out of the library.



4

Try an instrument

You can try a new instrument, sometimes for free in Redbridge through the Redbridge Music Service. You could learn at school or privately, or if you already play then why not join an orchestra or ensemble?



5

Visit a forest

Hainault Forest is FREE to visit, and on our doorsteps, being just a short walk from Hainault station. Build a den, wander through the trees, and visit the farm while you're there. See page 14 for more information.



6

Visit a museum or gallery

Have you been to Redbridge Museum? It's upstairs above the Central Library – see page 28 for details. And remember we're not far from central London with the Young V&A, British Museum and many more.



7

Watch a live theatrical or sporting performance

Why not take a look at the listings on page 33 and 39. Redbridge Drama Centre is home to a number of performances this summer, including Comedy Club 4 Kids.



8

Get a library card and borrow a book

We have 11 libraries in Redbridge, so find your local one, borrow up to 20 books for free, and disappear into another world!



9

Visit a farm

Furry and feathered friends are waiting to see you at Foxburrows Farm. Head on down and say hello to them. See page 15 for details.



10

Visit the seaside

As blessed as we are with some great places in Redbridge, we don't have a seaside! But you can get to one very quickly, Southend, Frinton and Holland-on-Sea are great places to start. Watch this space as we bring in support for families to have a fab day out at the seaside.



Find out more about the Ten by Ten programme in Redbridge, with more locations, sessions, classes, and support to get going on these activities near where you live.



North, south, east and west: Redbridge is bursting with beautiful parks

Picnics, walks, cycling and sports. How many of our parks will you tick off your list with a visit this summer?



Goodmayes Park and Orchard Playing Fields

Twenty five acres of recreational open space. Certainly worthy of its Green Flag status.



Hainault Skatepark

There is so much space at Forest Road Recreation Ground. Bring a picnic, and bring your wheels so you can have a go on possibly the best skatepark in the country!



Clayhall Park

Beautiful horse chestnut trees aplenty, and somewhere to swing to your heart's content.



South Park

An Edwardian park with most of its features from 100 years ago beautifully preserved. There's a large lake, an abundance of large mature trees, shrubs and flower beds.



Claybury Park

A beautiful park right by the woods, with possibly the best view from a playground ever.



Roding Valley Park

Along the river you will find plenty of ducks, herons, dragonflies, butterflies and many different species of flowers. There are also a number of small areas of woodland for you to explore.

We have so many parks in our borough! Have you visited them all?

- ☐ **Barkingside Recreation Ground** – lots of children's play equipment
- ☐ **Barley Lane Recreation Ground** – a relaxing stop away from the shops
- ☐ **Brocket Way Open Space** – a small but perfectly formed green space
- ☐ **Christchurch Green Recreation Ground** – conveniently located in Wanstead High Street
- ☐ **Claybury Woods** – almost 70 hectares of hornbeam and ancient oak
- ☐ **Crucible Park** – play area and plenty of grassland for picnics
- ☐ **Elmhurst Gardens** – wonderfully autumnal as the leaves change
- ☐ **Grove Road Gardens** – quaint, colourful and great for a dog walk
- ☐ **Ilford War Memorial garden** - built to recognise and remember the 1,159 from Ilford, fallen during the First World War
- ☐ **Lechmere Avenue play area** – great for a stroll or dog walk
- ☐ **Loxford Park** – get active on the beach volleyball court!
- ☐ **Manford Way Open Space** – another play area!
- ☐ **Martley Drive Play Area** – play equipment for under 8s
- ☐ **Oaks Lane Recreation Ground** – a scenic spot with a play area
- ☐ **Onslow Gardens** – perfect for leisurely strolls or picnics
- ☐ **Ray Park** – vast green space with walks along the River Roding
- ☐ **Redbridge Recreation Ground** – wild flowers and a newly planted arboretum
- ☐ **Redhouse Play Area** – slides, swings and more fun for little ones, safely fenced off
- ☐ **Rose Avenue play area** – full of children's play equipment in a fenced area
- ☐ **Seven Kings Park** - play area, formal rose beds, plenty of places to sit and enjoy
- ☐ **Uphall Recreation Ground** – play area, and a relaxing trip away from the bustle of Ilford Lane
- ☐ **Wanstead Flats** - a huge and beautiful area for a long walk
- ☐ **Wanstead Park** – a relaxing space with a lake and cafe
- ☐ **Westwood Recreation Ground** – play area, trees, great for a stroll

Slip, Slide, Giggle Repeat

Ready, set, squeal. Redbridge playgrounds are summer soundtracks of tiny footsteps, sandy, muddy and grassy knees and that brave little pause at the top before the whoosh. If your mini one loves a good “again, again, AGAIN”, these slides are your new weekend plan.

Have you done a Redbridge Slide Tour?



Start at Claybury Park, where the climb feels like a mini mission and the payoff is pure giggle powered glory.



Then head to Hainault Forest for a proper day out that mixes big green vibes with big slide energy – the biggest in the borough!

Loxford Park is the place for fast action, big grins and the kind of small, safe and colourful playground chaos that somehow resets everyone's mood, no matter how young you are.



Bring your best cheering voice, practise your “three, two, one... GO”, and prepare to become the official bag and snack holder while your little one becomes a professional slider. This is summer parenting at its finest. No booking, no fuss, just climb, sit, zoom, laugh, repeat. Go on. Slide into it.

Finish at South Park, where the pace is lively, the play is nonstop, and your child will treat the slide like their personal repeat button. It's small enough for you to sit back and watch on in the sunshine.



Wellbeing Walks

Our wellbeing walks take place in parks across the borough, and are run by friendly folk who would love for you to join them. These walks are gentle, welcoming, friendly and supportive. There's no pressure on huge conversation, and no pressure on marching at speed. Anyone can join, no matter your fitness level. You'll be greeted with a smile and will enjoy a leisurely stroll on a planned route through our beautiful parks. Some people join the same one each week, some try different walks in other parks, and some people just dip in when it works for them. It's entirely up to you.

Mondays 11am

1 June at Valentines Park
8 June at Clayhall Park
15 June at Seven Kings Park
22 June at Fairlop Waters
29 June at South Park
6 July at Goodmayes Park
13 July at Valentines Park
20 July at Clayhall Park
27 July at Seven Kings Park
3 August at Fairlop Waters
10 August at Valentines Park
17 August at Clayhall Park
24 August at Seven Kings Park

Note there is no walk on 31 August due to Bank Holiday.

Monday 10.30am - Brisk Walk in Hainault Forest

The 1st Monday of the Month at Hainault Forest unless there is a Bank Holiday, then there will be NO walk (the walks will take place on the first non-Bank Holiday Monday of each month). Meet at the car park adjacent to Global Café.

Tuesdays 9.30am Women's Only Weekly Walk in Goodmayes Park

Every Tuesday at Goodmayes Park
Meet at the entrance at Aberdour Road/ Abbotsford Road.

Wednesday 11am - Hainault Forest

Every Wednesday, meet at the car park adjacent to Global Café.

Thursdays 9am - Goodmayes Park

Every Thursday, meet at the entrance at Aberdour Road/ Abbotsford Road.

Thursdays 11am

4 June at Fairlop Waters
11 June at Valentines Park
18 June at Wanstead Park
25 June at Hainault Forest
2 July at Fairlop Waters
9 July at Valentines Park
16 July at Wanstead Park
23 July at Hainault Forest
30 July at Fairlop Waters
6 August at Valentines Park
13 August Wanstead Park
20 August at Hainault Forest
27 August at Fairlop Waters

Saturdays 10.30am

Every Saturday from Christ Church Green Park - next to the church.

For Further information please contact: Michelle Wood 07944 576197 Michelle.wood@visionrcl.org.uk



£45

5 x 30 minute
lessons
Monday-Friday

No water
experience
required
to start!

MAYFIELD & LOXFORD LEISURE CENTRE

Swim Crash Courses

Develop your child's swimming ability with
our Swim Crash Courses.

Dates available from
Monday 20 July - Friday 28 August



Following the crash course, all swimmers will
have the option to book straight into weekly
classes, depending on availability.



Advanced booking is required.
For times and dates visit:
visionrcl.org.uk/kids-events



Captured on camera in Valentines Park!

Valentines Park is one of the best places in Redbridge to get wildlife photos

Wildlife in Valentines Park is easy to find and, with a phone, surprisingly easy to capture. You can photograph swans at close range, squirrels scurrying along paths, and birds on the water, often all within a single visit and without needing anything more than your phone. What matters is spotting the moment when a creature slows down and being ready to take the photo.

Swans, ducks and geese are the most dependable subjects. They stay out in the open, helping you to get clean, well-framed shots. They'll often drift close the edge of the lake and gather in small groups.



Coots and moorhens stick close to the bank of the lake, then move quickly into open water. Those short crossings give clearer backgrounds and stronger photos.



Squirrels are active and almost always close by. They move quickly but pause often, sitting upright or stopping mid-movement, which creates repeat chances for a sharp photo.



Hérons don't appear as often but, when they do, they are one of the best subjects in the park. They can stand still for long stretches in shallow water, giving you time to steady your phone and take a few shots.



Smaller birds, including woodpeckers and parakeets, move quickly through the trees. They are harder to catch, but when one pauses on a branch or trunk, your phone can pick up the detail surprisingly well.



What have you photographed in our parks?

☐
☐
☐
☐
☐

Swan
Duck or goose
Squirrel
Coot or moorhen
Heron



Moments to pause in Hainault Forest

Hainault Forest isn't about big moments, it's the small, easy ones you fall into without planning. A warm drink, a quiet stretch of woodland, a view that opens up when you least expect it. The kind of place where you slow down without really noticing, and everything feels a little more steady while you're there.

Cafe in the barn

Grab a hot drink in the café and just stand there for a second, warming your hands on the cup. It's easy going in here, people chatting, cups clinking, the smell of coffee and cake in the air. Get a spot near the huge windows and pause to notice the trees not far away, steady, but shifting slightly with the breeze.



The bench with the view

When sitting on the bench the world opens right out in front of you. One minute it's trees, the next it's sky. You can just about make out central London in the distance. The mix of both parts of this view is part of what makes Redbridge so special.



By the stream

You can stumble across the stream almost by accident. The water moves past roots and stones, slow and steady. It feels a bit cooler here, like the air has settled, with that earthy smell you only really notice when you stop.



Along the woodland path

Walking along the path, notice your steps getting quieter without trying. Leaves soften everything. The light shifts as the branches move overhead. It's not silent, just calm. The kind of place where you realise you've slowed down a bit.

Which Foxburrows Farm creature are you most like?

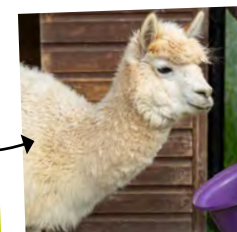


Foxburrows Farm at the entrance of Hainault Forest is full of furry and feathered friends, baa-ing, neighing and clucking together. We've welcomed new sheep, pigs and goats to the existing family of Shetland ponies, alpacas, geese, peafowl and rabbits, and they all have brilliant individual personalities.



Do you love getting dusty and are quite happy playing outdoors in the forest?

You are like our cheeky alpaca, Amberly! He is lots of fun and loves to roll in the leaves or dust every time we take him out for a walk, whether we want him to or not!



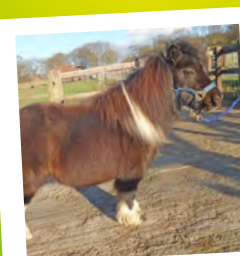
Amberly



Bella

Does nothing faze you, are you very relaxed, easy going, and a real sweet soul?

You are like sweet Bella, miniature Shetland pony and mum of Jasmine! She has a very sweet temperament and is very kind.



Jasmine

Are you fairly quiet, but actually once you get to know people you want to be involved with everything?

You are like our lovely Herbie!

He is bit more reserved than some of his friends, but once he gets to know you he is always keen to get involved in whatever is going on. And he quite often eggs Shrek on!



Herbie

Do you like people to bring you what you need, when you need it? Maybe someone else carries your school bag, or maybe you just like nice things in life?

You're like Jasmine, a fabulous miniature Shetland pony! She lives up to her princess name and tells us off if we are too slow to get her what she wants.



Do you have a BFF who you do everything with? Are you inseparable and have tonnes of fun together?

You are like Toffee and Fudge! Toffee and Fudge, our Golden Guernsey Goats, are sisters and the best of friends who do everything together. They are quiet and reserved but will still jump around on their play equipment when the mood takes them.



Toffee and Fudge



Shrek

Do you like to make sure everyone knows what's happening?

You're like Shrek the donkey, who is the feeding alarm call, letting everyone know it's time for dinner! He loves people and was very sad during the farm closure, so we used to have to take him out on walks with people to cheer him up.



We love all our animals, for exactly who they are, and we know you will too. Come and see your furry friends at Foxburrows Farm, near the Hainault Forest café and playground.



It's time to get your cameras ready because our Redbridge Photography Awards competition is back for the third year running! Let's showcase the charm of our borough's parks and gardens, vibrant local community, and its historic and iconic structures.

The competition is free and open to everyone of all ages and capabilities – simply share a digital photo from within the borough to enter! Shortlisted participants will be invited to an awards ceremony. Winning photos will also feature in an exhibition and the autumn edition of Redbridge Life.

Check out the five categories

- 1 Redbridge Pets**
 Capture the personality of your furry, feathery or scaly friends and their special moments.
- 2 Redbridge Places**
 This category highlights Redbridge's unique architecture, historical landmarks or hidden gems. Show us your favourite place and tell us why it's special to you.
- 3 Redbridge Nature**
 Redbridge is home to beautiful parks, gardens and wildlife. Capture the wonders of the borough's nature through a peaceful forest, a tiny insect or blooming flower.
- 4 Redbridge Heroes**
 Lets celebrate the amazing people in our community. Do you know someone making a difference in the borough? Take their photo and share a few words about how they make Redbridge a better place.
- 5 Redbridge Young People's Award**
 This is a special category for young people under the age of 16. We want to see pictures of the borough through your eyes, whether it's hanging out with friends, playing sports or spending time with family.

Our winners will win a variety of amazing prizes.

- Redbridge Pets 2025 winner**
Ivaylo Mihaylov
- Redbridge Places 2025 winner**
Emma Bryne
- Redbridge Nature 2025 winner**
Alan Simpson
- Redbridge Young People's Award 2025 winner**
Kashaf Aamir
- Redbridge Heroes 2025 winner**
Paul Fox

We're excited to see your snaps of our borough's wonderful places, people, and wildlife!

To upload your snaps and for more information, please visit the Redbridge Photography Awards page at <https://engage.redbridge.gov.uk/rpa-2026> or scan the QR code

Good luck to everyone taking part!

Thrill-seekers

There's something
for everyone
at Fairlop Waters
Country Park



Choose your adventure for an action-packed summer

Make a splash at Fairlop Outdoor Activity Centre

Enjoy a world of water fun for all the family! Have you tried sailing, raft building and paddleboarding to canoeing, kayaking, Katakana and bell boating? Come and find your favourite adventure!

You can even take the fun further and develop your skills with an adults sailing, powerboat or safety boat course.

Don't miss the action-packed summer water sports camp for kids either. Bursting with activities that'll have them swapping screen time for sunshine and unforgettable outdoor fun. See page 36 for details.

Find out more: www.visionrcl.org.uk/leisure/fairlop-outdoor-activity-centre/



Explore the UK's largest bouldering park

Climb, scramble and have a go as you test your strength and agility! With 9 unique boulders in different shapes and sizes, it's easy to find your perfect pick. Bouldering is suitable for first timers, little adventurers, right through to seasoned climbers. Whatever your vibe, we've got you covered.

Find out more: www.visionrcl.org.uk/parks/fairlop-waters-country-park/

Take on an inflatable water park

Grab your friends and enjoy a day of thrills, spills and plenty of laughs as you jump, slide, and bounce your way through Aqua Action. Tap into your inner ninja warrior, do some epic water bombs, or just bounce your way through the course. It's the perfect way to cool off in the summer! Find out more: www.aquaaction.co.uk/



to chill-seekers

Relax and reset with a chilled-out summer

Discover Redbridge's newest wildlife sanctuary

Planning a visit to Fairlop Waters? Then Aldborough Hall Nature Reserve is a must see attraction for nature lovers. Follow the trail to the viewpoints and discover the local wildlife. If you're lucky you'll spot cattle grazing. It's the ultimate reset for when you want to escape the everyday rush.

Enjoy the lake by boat

Sit back, relax, and glide across the lake in an electric boat, or grab a five-seater pedalo and enjoy an easy peddle with friends and family. All the boats come with super easy controls, and you also get a quick training session, a safety briefing and all the equipment needed to keep you safe so you can enjoy a stress-free jolly on the lake!

Find out more:
www.fairlopboatsandbikes.co.uk/boat-hire

Lakeside picnics and nature walks

Grab your snacks, pack a blanket and enjoy a lakeside picnic with your favourite people. Share your snacks and have some fun chats, or take a summer stroll surrounded by nature. It's easy to drop the pace, relax, and reset at Fairlop Waters.

The Little Train that's big on fun

Jump aboard with the little ones and take a ride on the iconic little train, a family favourite! Start your journey by the ice cream truck and enjoy a leisurely ride to the boulder park. No rush hour or delays in sight, just lots of smiles of delight!

Find out more:
www.fairlopboatsandbikes.co.uk/the-little-train



Roll together on a bench bike

Bring on the giggles as you pile onto a bench bike with friends and set off on a fun filled cycle ride around the park with pit stops along the way to see the ducks, and grab a refreshing drink or a cooling ice cream. Just don't forget to return the bike!

Find out more:
www.fairlopboatsandbikes.co.uk/bike-hire

Take a tasty timeout at The Boathouse

Soak up gorgeous lake views, sip something cool, and treat yourself to an ice-cool slushie at The Boathouse. Planning a visit? Just remember the café is completely cashless.



It's wheelie good fun at Redbridge Cycling Centre!

Fancy a spin? If you think cycling is just a steady ride in the park, think again. Redbridge Cycling Centre is where things get wheelie exciting.

Set in Hainault, this purpose-built spot lets you pick your adventure. You can race your friends round the road circuit, tackle bumps and jumps on the BMX track, or see how brave you're feeling on the off-road trail.

No bike? No worries. You can hire everything from tiny bikes for little legs to mountain bikes and BMXs. There are adapted bikes so more people can join in the fun.

Not quite Bradley Wiggins yet? The friendly coaches have your back. They'll help you wobble less, pedal more, and maybe even master that confident corner turn.

It's not all about speed, though. It's about laughing when your mate nearly overshoots a corner, feeling the breeze on your face, and that little moment of triumph when you realise you're actually quite good at this.

So grab a helmet, hop on, and give it a go. Warning: you might not want to stop.



Get FREE cycle training with Redbridge Cycle Sisters



Take advantage of our free cycle training in Redbridge. First time cyclists and seasoned riders can join with cycle training sessions that help build skills, boost confidence, and get riding!

Cycle Sisters training is available for Muslim and ethnically diverse women from all backgrounds and is led by a qualified instructor who tailors the training to suit the group.

To be eligible for training you must either live, work or study in Redbridge.

One rider participant shared: "The sisters were supportive, so I felt at ease, relaxed, safe and realised how important this was. Everyone is so warm and friendly that I don't feel judged in any way, and it has really boosted my self-esteem". Free bikes are available to borrow for our group rides.

Find out more and book your free cycle training session www.cyclesisters.org.uk/redbridge



COURTS, CATCH, REPEAT

Redbridge parks are having a moment

You know what it's like when a space just feels right the minute you walk in? That's what's happening with sport in Redbridge parks at the moment, and the courts and pitches are in parks all over the borough.

The basketball courts have really come alive. They've got new surfaces and nets and games get going quickly, where people jump in, swap teams, have a laugh, then go again. It's got that steady rhythm to it, where you can stay for ages without really noticing the time.

Have you used the tennis courts? Why not give it a go, get some friends together and try to keep a rally going. You might have noticed matches being played on the cricket pitches as someone hits a clean shot and you hear that sound travel. Everyone clocks it, even if they're not playing. The parks in Redbridge feel relaxed. No pressure, no big setup. You just turn up, get involved or just watch for a bit, and you're part of it.

It's simple, really. Fresh air, space to move, and plenty going on if you fancy it.

"I was just training with my dad every day, and then sometimes with friends, sometimes with locals as well. It was a really good thing."

Ignas

"I think in Redbridge we're lucky to have a lot of parks, like Goodmayes, Seven Kings, Valentines, places to come and have a community and just play."

Luis

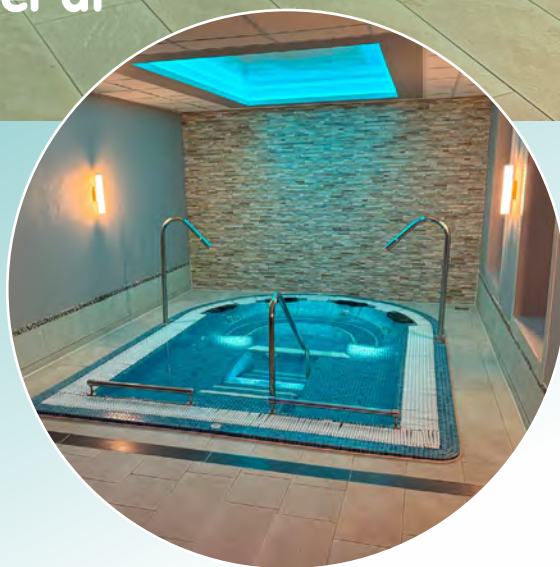


Find your calm this summer at The Spa at Fullwell Cross

Summer isn't just about getting out and about – it's also the perfect time to slow the pace, recharge and give yourself a moment to breathe. If you're looking for a little oasis of calm close to home, the Spa at Fullwell Cross is the ideal place to unwind.

Inside Fullwell Cross Leisure Centre, the Spa offers a warm, tranquil escape from the everyday. The sauna and steam room help ease tired muscles, the hydrotherapy pool provides gentle bubbles and soothing warmth, and the experience showers leave you feeling refreshed and revived.

You may be visiting after a fitness class, catching up with a friend or enjoying some precious solo time. It's a space designed to help you reset. A range of beauty treatments are also available



Soft lighting, peaceful surroundings and comfortable seating make it easy to relax and let the world slow down for a while. It's a little pocket of tranquillity right in the heart of Redbridge, and a brilliant way to add some self care to your summer.

SPORTS

Roll into summer family fun at Redbridge's skate parks

If you're looking for a free, active and fun way to get the kids moving this summer, Redbridge's skate parks are the perfect place to start, and none more than the brand new skate park at Forest Road Recreation Ground.



The new Hainault facility has been designed for all ages and abilities, with smooth open spaces, beginner friendly areas and features that help children build confidence as they learn. Whether they're taking their first scoot around or practising new tricks, it's a welcoming space that encourages families to get outdoors and get active together.

Over in Seven Kings, the established skate park continues to be a favourite with local families. With ramps, rails and plenty of room to ride, it's a great spot for older children to challenge themselves while younger ones enjoy the flatter sections. Both parks have a friendly community feel, with families cheering each other on and kids sharing tips and encouragement.

Bring a scooter, skateboard or BMX, pack some snacks and make an afternoon of it.

Sunshine, fresh air and happy faces. That's what Redbridge's skate parks are all about.

Want to make a difference and get feel good vibes at the same time? Start volunteering.

Our borough is filled with everyday heroes, from community gardeners to litter-picking champions. You could be one too.



Volunteering your time doesn't just make a positive impact on others, it makes you feel good too. Check out some of the well documented benefits it brings:

- Better physical and mental health and wellbeing
- Learning new skills
- Making new friends
- Confidence booster
- Creates a stronger sense of connection to your local neighbourhood

Here are some easy ways to get started and make a real impact on your community:

Community gardening

Spotted a piece of unloved land in your neighbourhood? Got ideas to get it blooming? Get in touch and we'll let you know if it's a green space you can claim for a community gardening project! Find out more: www.redbridge.gov.uk/our-streets/spruce-up-your-neighbourhood/

Susie, from Wanstead, is one of the many local community gardeners volunteering their time to help transform outdoor spaces in their neighbourhood.

Susie, who is part of the Wanstead Community Gardeners Group, said: "I've always loved gardening and thought it would be a great way to give back to the community. Community gardening has provided opportunities to get to know neighbours, meet new people and make our local spaces look lovely. We've had lots of compliments on the flowers planted and it really makes a difference to the area."

Litter-picking

- Volunteer and help Redbridge's park rangers tackle litter in local parks during our regular Park Action Days. Find out more: www.visionrcl.org.uk/parks/support-your-park/

General volunteering:

- Find out more about general volunteering opportunities across the borough: www.redbridge.gov.uk/discover/volunteering-in-redbridge/
- There are volunteering opportunities within Redbridge through Vision Redbridge, Culture and Leisure. Find out more: www.visionrcl.org.uk/volunteer-with-vision/
- Find out about volunteering on a regular, casual or one-off basis, for a variety of organisations with Community Action Redbridge: www.communityactionredbridge.org.uk/volunteering-in-redbridge
- The South Woodford Society lead monthly litter picks. To find out more including how to join head to: www.sowosoc.org/get-involved/environment-green-spaces/litter-picking/

Louise Burgess, Sustainability Lead for The South Woodford Society, said:

"Litter picking is weirdly addictive! You can really make a difference in a short period of time, and it is very satisfying to see the before and after. Children especially seem to really like litter picking and often have the most energy of any of us! Getting involved in litter picks, whatever age you are and however long or short a time you have, can really help you to feel part of the community and makes you realise how important our local area is - and that helping keep it clean really does make a difference."

Work out indoors or outdoors in Redbridge this Summer!



Summer's here, the sun's out, and Redbridge is basically one big invitation to get moving. We've got you covered if you'd like to improve your fitness or just enjoy being healthy outdoors.

Start with Redbridge's free outdoor gyms. There are eleven of them dotted across parks and green spaces. Think treadmills under the trees, cross trainers in the sunshine, dip bars, pull up stations, stretch points and even full strength training rigs.

Gyms are outdoors in parks including Valentines park, Clayhall, Goodmayes and Hainault. You can get a full workout surrounded by fresh air and a healthy dose of vitamin D. No booking, no fees, no excuses.

Prefer air con and a soundtrack? Head indoors to one of our leisure centres, where you'll find fully equipped gyms, classes and everything you need to keep your routine going, even when it rains. It is the British summertime after all.

Mix and match a park session with an indoor workout, set yourself a summer challenge, or grab a friend and make it social. However you do it, Redbridge is the perfect place to feel fitter, stronger and ready for whatever the season brings.



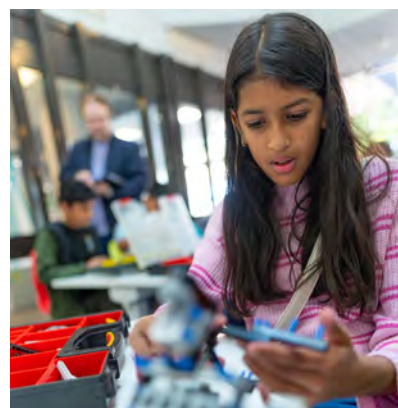
Making, coding and creating this summer

This summer, Lab Central and Lab FX, our library digital makerspaces, are bringing hands-on creativity, coding and technology to children and families across Redbridge as part of MegaMix.

These sessions give children the opportunity to build, experiment, problem-solve and make something brilliant.

Do they fancy having a go at Lego robotics, taking on a coding challenge, creating some VR art, designing a video game, podcasting? Bring them along!

This year, we are running these activities beyond Lab Central at Redbridge Central Library and Lab FX at Fullwell Cross Library, in local libraries including Gants Hill, Goodmayes, Wanstead, Hainault and Keith Axon. We hope this makes it easier for more families to take part closer to home.



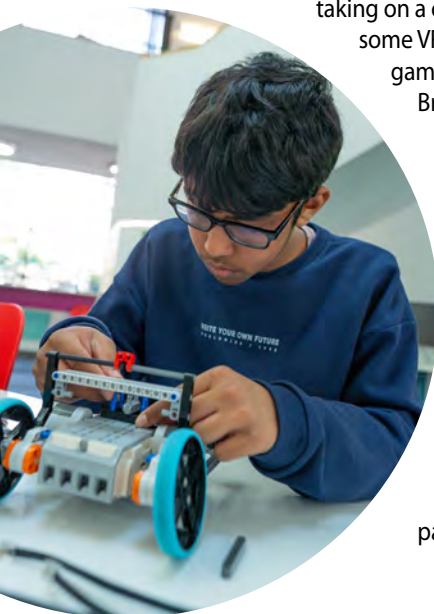
Join us for a summer of making, coding and creative discovery in your local library. Do as many sessions as you'd like to!

Check out pages 35 to 39 for dates and times of sessions in our libraries

Book your activities this summer



**VISION
IS LIBRARIES**



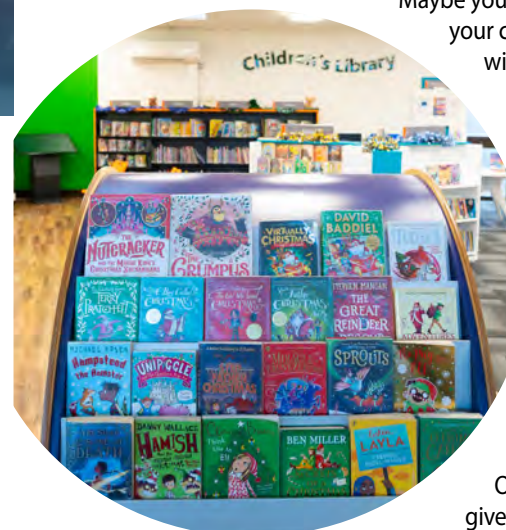
More than Books

Why your local library might become your family's favourite place

It usually starts as a quick stop for a book... and ends with your child asking if you can stay longer. You may walk in thinking you'll be in and out but end up sitting on the floor singing along to nursery rhymes, or helping stick googly eyes onto something proudly brought home later. If you've got young children, the library can quickly become one of those places you're grateful exists.



Maybe you'll start with a simple rhyme time session in your local library, where your child joins in with songs, actions and stories. It's not just fun, it helps with speech, confidence and getting used to being around other children.



As children get older, you've got even more to dip into. You could try a Lego club at Wanstead or Hainault libraries, or join a children's chess club at Fullwell Cross, where they can build confidence without it feeling like a lesson. If your child just wants to make something and get stuck in, there are craft sessions in all our libraries where no one minds a bit of mess.

Over the summer, it gets even better. You could sign your eager reader up to the Summer Reading Challenge to keep them reading while school is out. On another day, you might drop into a board games session.

Of course, we all still come for the books. But then stay because it gives us easy, low-cost ways to keep children entertained, learning and happy, all in one place.



HISTORY AND HERITAGE



Visit Redbridge Museum to explore 200,000 years of local history

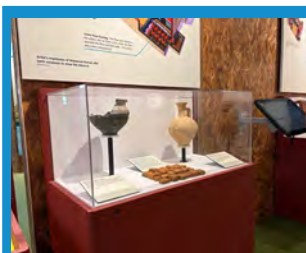
Through interactive family-friendly displays, come and meet the many different people, places and events which make up the history of our borough.

Opening hours
Tuesday – Saturday
11am – 5pm

Join our Terrific Tuesdays
craft sessions, 12- 4pm



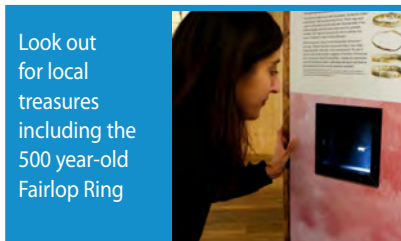
See if you can spot Ilford's Ice Age past including the bones of mammoths, lions and even rhinoceros!



Uncover the remains of Wanstead's Roman villa



Discover the grand 18th century houses of Wanstead and Woodford



Look out for local treasures including the 500 year-old Fairlop Ring



Find out which farm your home was built on



Have a go at unloading cargo at Ilford Wharf



Experience the sights and smells of a 1930s kitchen



Hop aboard a red London bus in the under 5s Mini Museum!

Have a hoot at Owls Play Centre

Come and discover Owls Play Centre, a super fun soft play adventure for under 12s. With dedicated zones for babies, toddlers and bigger kids, everyone has a space to play.

Jump into colourful soft play, splash around in ball pits, and climb exciting frames.

Let the fun begin!



Summer savings!
15% off kids' admission and kids' meals



Find out more: www.visionrcl.org.uk/leisure/owls-play-centre/

Mildmay Nursery

Early Years are Learning Years

Safe, welcoming and nurturing environment, with exciting activities and outdoor play, rated **Outstanding** by Ofsted.

Ofsted Outstanding Provider

- Meet our friendly team
- Explore our learning environment
- Find out about funded childcare places
- Learn about our sessions and routines
- See why our children love learning with us!

For more information please contact Mildmay Nursery on 020 8514 0901 or 020 8514 0569, or email mildmay.nursery@visionrcl.org.uk

We accept 30 hour funding for all eligible children from 2 years old

My favourite day out

Hi I'm Aaron and I'm 11-years-old. I want to tell you about my favourite kind of days out in Redbridge, and the things I love doing – especially if I've spent too much time indoors.

Number one is going to the park. The one that I like the most is Fairlop Waters because there's loads of fun activities. There is a massive inflatable obstacle course on the lake, which looks mega fun. I haven't been on it yet but I'm going to ask my friends if they want to try it when it gets hotter.

I really like cycling around Fairlop with my dad. We tried to get my mum on the bicycle too but she didn't get very far on it. I think she enjoys the picnics more!

I really like the picnics too – especially when we do the massive family ones in summer. They're the best because all my cousins, uncles, aunts and grandparents come and we spend all day playing games and having fun together. We can't really all get together like that indoors because I don't think anyone's house is big enough – I have a big family. That's why the park is great!

I also love swimming at my local leisure centre and messing around in the pool. Especially jumping in – although I'm not sure if I'm meant to be doing that, but no one has told me off yet!

My favourite days out in Redbridge would end with a cinema trip as I love movie nights – we always have one every Friday at home. One of my favourite films so far this year is The Sheep Detectives. It's so funny! I think I'll check out CineWorld this weekend to see what else is on.



child
friendly
Redbridge

SPACE studios



We are lucky to have an art gallery right here in Redbridge. This summer you can see Sabrina Tirvengadam's exhibition 'Beauty Fall'. The exhibition turns the gallery into a satirical beauty salon and examines how beauty standards shaped by colonial histories, Western industry, and social media continue to influence how we see ourselves and others.

Visit the exhibition and find AI-generated beauty ads, a face-morphing mirror and installations exposing colonial influences on algorithmic beauty standards.

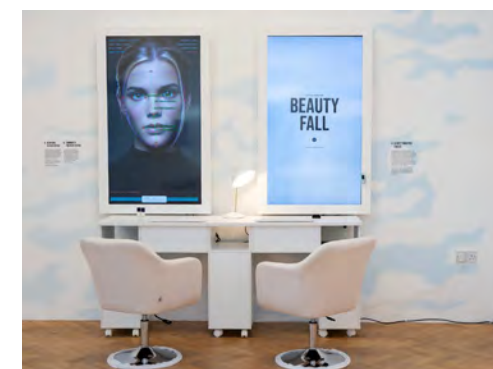


At the heart of the exhibition, Sabrina Tirvengadam creates an ideal AI version of herself to prompt a generative AI model. Tirvengadam explores how pressure to conform to set beauty standards can lead us to alter or hide our features, risking a loss of connection to both ourselves, our sense of identity, and our ancestors. The exhibition encourages visitors to value traits inherited from their ancestors that beauty culture often seeks to erase.



Visit the exhibition for free at SPACE Studios Ilford on Wednesdays 11am – 5pm and Saturdays 11am – 3pm, until 10 October.

More: www.spacestudios.org.uk/whats-on/



Connecting Colours Workshop, SPACE Studios FREE

15 August, 10am - 1pm

No two people actually see all colours in the same way, nor do they respond emotionally to colour in the same way. So what may please one person could disturb someone else. Many artists have used colour to calm, excite, provoke or surprise us.

This workshop will allow you to use combinations of colours, shades and tones to create images and patterns to please, puzzle, disturb or surprise.

www.spacestudios.org.uk/events/connecting-colours-diane-mayers/

London's oldest studios provider, supporting artists and building creative communities since 1968.



Time travel starts here: uncover the secrets of historic Valentines Mansion

Step through the doors of Valentines Mansion and you can turn a simple walk through Valentines Park into a time-travel adventure. Footsteps echo on old wooden floors, sunlight spills through tall, elegant windows, and children can peer into rooms that feel lifted from another century while grown-ups pick up the stories behind them.

Venture inside to more than 300 years of local history. The house carries the character of the people who shaped it, from elegant staircases to detailed fireplaces, with each space holding its own atmosphere and sense of time.

Elizabeth Tillotson built the mansion around 1696, back when this area sat in open countryside. Over time, new owners reshaped both the house and its grounds. In the 1760s, Sir Charles Raymond gave it the Georgian look you see today.



Open Days

Sundays and Mondays:
March to October 12pm-5pm
November to February 11am-3pm

The building later supported the community in different ways before reopening to the public in 2009. Inside, each room tells its own story. You can move from one space to another and notice how life changed across the years, from grand entertaining rooms to quieter, more practical corners. Art exhibitions add bursts of colour and texture, while guided tours bring voices and details that help the past feel close.

Outside the pace drops as gardens open out in front of the mansion. The Gardener's Cottage Café sits nearby, with courtyard seating that works well in warmer weather. You can sit with a coffee, hear the sounds of the park around you and take in the view back towards the house.

Time Travellers' Top Secrets

- The mansion is more than 320 years old, older than cars, trains and even electricity in homes.
- It once stood in open countryside, long before London grew out this far.
- People have used it as a home, a hospital and even offices over the years.
- It stood empty for 15 years before local people helped bring it back to life.

Why not grab a coffee afterwards in the beautiful cafe in the walled garden?

Step through the doors and your park day turns into a time travel adventure, where every room has a story and every corner feels like a new discovery.

Redbridge Drama Centre

Redbridge Creates offers fun, creative workshops and classes for all ages - from under 5s to adults. Learn new skills, build confidence, and explore the world of performing arts.

Children & Young People Classes

- Musical Theatre
- Performing Arts
- Street Dance
- Actors Academy
- Aerial Class
- Young Theatre
- Youth Theatre Workshop

Adult Classes

- Adult Theatre Workshop



Find out more
vrcl.uk/createsclasses



London Borough of
Redbridge

Redbridge Music Service

Redbridge Music Service offers high quality music lessons, clubs and opportunities for children and adults of all ages and abilities.

Whether you are starting from scratch or looking to develop your skills further, our experienced tutors can guide you to fulfil your musical potential through fun and engaging weekly activities.

From babies to adults, there's something for everyone.



Find out more
visionrcl.org.uk/music



London Borough of
Redbridge

Redbridge colouring in!

Get your pencils out, have a mindfulness break and drench these Redbridge places in any colour you choose. How many have you visited?

Redbridge Town Hall



Hainault Forest Playground



Redbridge Cycling Centre



Redbridge Central Library and Museum

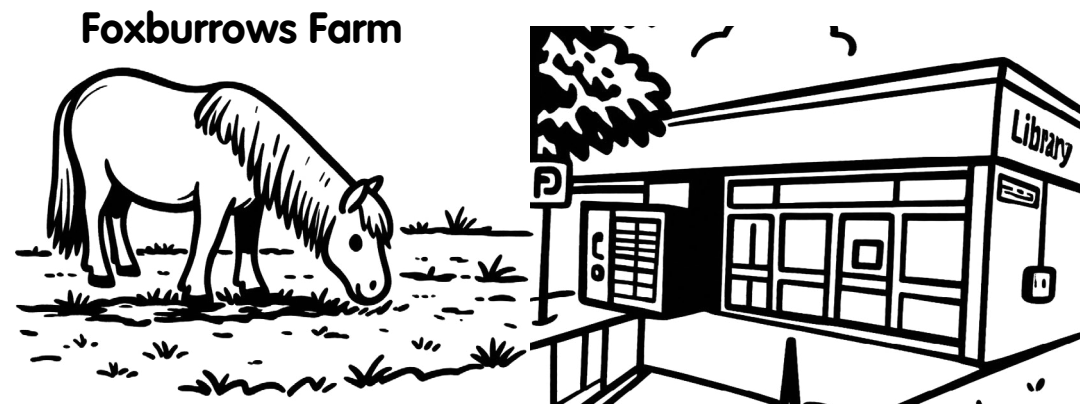
Valentines Park



Valentines Mansion



Hainault Library



EVENTS AND ACTIVITIES

SPORTS & ACTIVITIES

SWIM CRASH COURSES

From Ducklings to stage 4, there's a course for your child in Redbridge

Courses take place at Loxford Leisure Centre and Mayfield Leisure Centre

WATER SPORTS CAMPS

Join in on the fun and experience our exciting Watersports Camp, it's perfect for children who want to try new activities, boost their confidence on the water, and enjoy an unforgettable break with friends.



Ages 8+ 9.30am-4pm every day, £50/day or £250/week

Monday 20 July to 24 July

Monday 27 July to 31 July

Monday 3 to Friday 7 August

Monday 10 to Friday 14 August

Monday 17 to Friday 21 August

Monday 24 to Friday 28 August

At Fairlop Outdoor Activity Centre

Advanced booking is required. For times and dates visit the Vision website: www.visionrcl.org.uk/events-for-children/

Monday 20 July to Friday 24 July

Monday 27 July to Friday 31 July

Monday 3 to Friday 7 August

Monday 10 to Friday 14 August

Monday 17 to Friday 21 August

Monday 24 to Friday 28 August

ROOKIE LIFEGUARD CRASH COURSES

Fun, engaging, and progressive lifesaving programmes designed for children and young people!

- Dry Rescue Techniques
- Water Rescue Skills & Drowning Response
- Demonstrate basic CPR awareness
- Rescue Unit Challenge Day

(Pre-course swimming ability Stage 4 & 5) Ages 8-12

- Rescue Fitness & Survival Skills
- Land Rescue Skills
- Water Rescue Skills
- Rescue Squad Challenge Day

(Pre-course swimming ability Stage 6 upwards) Ages 12-16

- Team Communication, Leadership & Water Safety
- Rescue Fitness, Survival Skills & Supervision

Loxford Leisure Centre

10 August to 14 August

Rescue Squad 12pm -12.30pm
Rescue Unit 12.30pm-1pm

Mayfield Leisure Centre

17 August to 21 August

Rescue Squad 12pm-12.30pm
Rescue Unit 12.30pm-1pm

MEGAMIX

Book in this summer and join a vast array of courses and sessions for school aged children, many for just £1!

Includes tennis, zumba, music, multi-sports, athletics, street dance, podcasting, SEN tennis, girls' football, badminton, slime workshops, themed craft sessions, cricket, laser wood art, glass blowing, rollerskating, pottery, digital art, coding, video game design, table tennis and SO many more.

Dates, times and how to book: www.bookwhen.com/megamix



EVENTS AND ACTIVITIES

REDBRIDGE HOLIDAY AND FOOD PROGRAMME - JULY AND AUGUST

Monday 27 July – Thursday 20 August 2026 This summer, Redbridge's Holiday Activities and Food (HAF) programme is back with a fantastic mix of popular favourites and exciting new activities, including swimming, air hockey, robotics, STEM science and Nerf games.

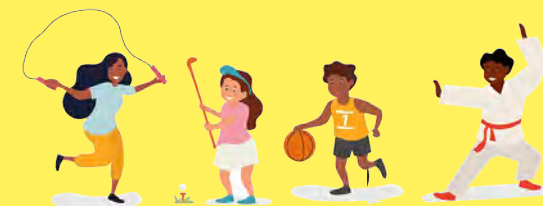
Sessions will be available throughout July and August for eligible children. Some HAF clubs also offer paid places, so please visit the HAF website for more information and booking details. HAF has fun sessions at 20+ venues across Redbridge, so there's one near you!

Reserve a place <https://eequ.org/redbridgehaf>

For further information visit:

<https://find.redbridge.gov.uk/haf>

Contact: haf@redbridge.gov.uk



OUTDOOR EVENTS

REDBRIDGE OUTDOOR ARTS

ROOTS TO RISE by Nandita Shankardass Celebrating South Asia

In her new dance theatre work, Roots to Rise, Nandita Shankardass brings together three women, each absorbed in the chaos of their own world.

Blending folk and contemporary movement with Indian classical dance, this new work follows their journey back to the land, the soil, and the stories written in the stars.

Duration: approximately 40 minutes

Saturday 25 July
11am and 2pm
Ken Aston Square, Barkingside

Sunday 26 July
1pm and 3pm
Ilford Town Centre

Ilford inColour – 100 stalls in three days
Ilford Town Centre comes alive with live mural art, music, street performances and 100 traders.

14, 15 and 16 August



Outdoor dance performance
Nadenh grew up on a boat within the jungle of Cambodia.

As a Disabled child he could swim before he could wheel. Inspired by his Cambodian heritage Nadenh reimagines his wheelchair as a place that can support more than just his body.

Saturday 22 August
Ken Aston Square, Barkingside

Sunday 23 August
Ilford Town Centre

Essex Art Club exhibition
See this fresh collection of paintings, prints and cards

At Valentines Mansion, FREE
30 August, 12pm-5pm
31 August

Wanstead Festival
At Christchurch Green Recreation Ground. (see back page for details)

13 September, 11am

Essex Art Club exhibition
At Valentines Mansion, FREE

6, 7, 13, 14, 20, 21, 27, 28 September

For details on these events visit www.visionrcl.org.uk/events/

For details on these events visit www.visionrcl.org.uk/events/

EVENTS AND ACTIVITIES

LIBRARY ACTIVITIES



Hey Duggee craft session **FREE**

At Fullwell Cross and Hainault Libraries
Saturday 25 July, 11am

Summer Lego club **FREE**

At Hainault Library
11am-12pm

Monday 27 July
Monday 3 August
Monday 10 August
Monday 17 August
Monday 24 August
Monday 31 August

At Redbridge Central Library
Sunday 2 August,
11.30am-12.30pm

Storytellers Creative Writing Club

At Redbridge Central Library
Monday 27 July, 2pm-3pm
3 August, 2pm-3pm
10 August, 2pm-3pm
17 August, 2pm-3pm

Harry Potter craft **FREE**

At Redbridge Central Library
Thursday 30 July, 1pm

Magnetic blocks building **FREE**

At Fullwell Cross Library
Every Thursday in the summer holidays,
2pm-2.20pm and 2.30pm-2.50pm

Summer board games and puzzles **FREE**

At Hainault Library
Friday 31 July, 11am-12pm
Friday 28 August,
11am-12pm

The Twirly Wiggly Dance – Author Event **FREE**

At Goodmayes Library
Friday 31 July, 11.30am

Ozobot Summer Beach Maze: Kids' Beginner Robotics at Lab FX **FREE**

Come and learn how to control and use the Ozobots to complete the Summer Beach mazes to collect as many sand castles as possible.

This activity is for ages 7-12
At Fullwell Cross Library
Saturday 1 August,
10.30am-11.30am

Chatty Café

At Fullwell Cross Library
2 September,
10.45am-12.15pm
9 September,
10.45am-12.15pm
16 September,
10.45am-12.15pm
23 September,
10.45am-12.15pm

More activities all summer long at www.visionrcl.org.uk/events-for-children/



FABULA

A fab-U-lous reading festival that takes over libraries this summer. Dive into a joyful mix of literature, music, drama, dance, film and tech; a festival bursting with events for every age and imagination. All Take Overs will have **FREE** crafts, giant games and face painting (paid).

Redbridge Central Library Saturday 18 July, 11am-5pm

Join special guests Jodie Lancet-Grant, Ben Davis and Cat & Hutch - plus comic book, dance and drama workshops and much much more.

Goodmayes Library Friday 31 July, 12.30pm-4.30pm

Join special guests Steve May (Poo Crew Adventures) and Chanté Timothy (Supa Nova)

Wanstead Library Wed 5 August, 1pm-4pm

Celebrate National Play Day with us and with special guest Kristy Sheed

Hainault Library Friday 7 August, 12pm-4pm

Join us and special guest John Kirk, who takes us on a musical Story Hunt

Fullwell Cross Library
Friday 14 August, 11am-3pm
Enjoy this story-themed play 'tea-party' with special guests Cat & Hutch

Gants Hill Library Friday 21 August, 12pm-4pm

Join Marian and Minnie for The Story Cart!

EVENTS AND ACTIVITIES

DRAMA

Fantastic Mr Fox

Roald Dahl's much-loved story follows the vain attempts of three farmers, Boggis, Bunce and Bean, one fat, one short, one lean, to get rid of the fox who regularly steals food from their farms.

Redbridge Drama Centre
3pm-4pm and 5.30pm-6.30pm
24 July, 25 July, 26 July

A Part Of Your World Workshop

This holiday workshop was inspired by The Little Mermaid, specially designed for children in Reception to Year 6. Get ready to make a splash with an exciting mix of singing, dancing, and drama as we bring the ocean to life!

£200 per child (sibling discount available)

Redbridge Drama Centre
Week 1: Monday 27 July to Friday 31 July 10am - 4pm
Week 2: Monday 3 August to Friday 7 August 10am-4pm

The Little Mermaid Junior

A show in a week, for students in years 7-13. £200 per child (sibling discount available)

Redbridge Drama Centre
Casting Workshop
Friday 24 July

Rehearsals

Monday 27 July-Friday 31 July

Performances

1 August, 11am - 12pm and 2pm-3pm
2 August, 11am - 12pm and 2pm-3pm

www.visionrcl.org.uk/events/the-little-mermaid-jr/

Comedy Club 4 Kids

Comedy club for everyone from 6 to 400 years old (no vampires).

Redbridge Drama Centre
19 August,
11.30am -12.30pm and 2pm-3pm

Tez Ilyas tour

Redbridge Drama Centre
3 September, 7.30pm

The Stranger

Redbridge Drama Centre
this event is for 18 years +
25 September, 7.30pm-9.30pm
26 September, 7.30pm-9.30pm

GO GRANDAD, GO! by Company DHW

Go Grandad Go is a heart warming inter-generational family story embedded in love. This relatable Hip-Hop theatre dance show inspires the young and empowers the... not so young. The story presents new ways of understanding each other, sparking conversations about upbringing, culture and redefining generational relationships. "You are never too old to get involved."

Ken Aston Square, Barkingside
Saturday 26 September

Ilford Town Centre
Sunday 27 September



More activities all summer long at Redbridge Drama Centre visit: www.visionrcl.org.uk/theatres/redbridge-drama-centre/



RHYMES FOR LITTLE ONES

Rhymes for little ones Mini Mondays

Come and enjoy a wonderful selection of books and rhymes for under 5's. No need to book, just drop in!

At Valentines Mansion, in Valentines Park
Monday 10 August,
10.30am-11.15am

FILM SCREENINGS

Redbridge Drama Centre

Hoppers (U) screening
10 August, 11am

How to train your dragon (PG) screening

14 August, 11am

Spongebob (PG) screening

The SpongeBob Movie: Search for SquarePants
21 August, 11am

For details on these events visit www.visionrcl.org.uk/events/

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Grab a bite and find a treasure at a local market



Fancy an easy summer outing? Head to one of Redbridge's street markets. Come hungry and see what catches your eye.

Wanstead brings a relaxed Sunday feel, with stalls lining the high street and plenty to tempt you in. Think fresh bread, baked treats, local produce and handmade finds you didn't know you needed. It's the kind of place where you grab a coffee and let the morning drift.

Ilford is busier, with a steady buzz running through the High Road most days. You can dip in, pick up fruit and veg, find clothes, household supplies or grab lunch on the go and keep moving. It's lively and full of character, right in the heart of town.

South Woodford slows it down again. Its monthly market along George Lane is easy to wander, with street food, crafts and small businesses all in one place.

It's one for taking your time. What makes these markets special is simple. You're buying from real people who care about what they sell. You can chat, taste, browse and take your time. No two visits feel the same.

Go once and you will realise it is not just shopping, it is part of what makes our high streets come alive.

Wake up and shake up with Parkrun

Be a part of our welcoming community this weekend.

The alarm goes. You think about snoozing it. Then you remember... parkrun.

At Valentines Park, it starts by the lake. Friendly faces, a quick countdown, and you're off under the trees. It feels easy, relaxed, and before you know it you're halfway around.

Wanstead Flats is a different mood. Big skies, open space, a bit breezy if you're lucky. It feels like a mini adventure before breakfast. There's no pressure at either. People run, jog, walk, chat, push buggies. Volunteers cheer everyone round like you're all heroes. No one's judging your pace.



First time? Keep it simple.

- Sign up in advance and bring your barcode.
- Arrive a bit early so you can find the start.
- Wear what's comfy, not what looks sporty.
- Go slower than you think. Walking counts.
- Stay near the back if you're unsure, you won't be the last.

Then it's done.

You're home by 10, feeling smug, awake, and a bit proud. Coffee tastes better. Your Saturday feels longer.

So this weekend... you know what to do.

Back to school

Back to school can be an expensive time for families, especially when it comes to school uniform. Planning ahead and knowing where to look for support can really help keep costs manageable.

Across the borough, there are more options than ever to pick up affordable uniform. Pre-loved uniform shops and sales offer good quality items at a much lower cost than buying new. Many stock a full range, including coats, shirts, trousers and shoes, so it is worth checking what is available locally before heading to the shops.

Uniform swaps are another great option. These community events let families bring along items their children have outgrown and exchange them for sizes they need. They are often free, easy to access and a good way to connect with other local families.

Donations play a big part. If your child has outgrown their uniform, passing it on can make a real difference to someone else. Most schemes ask for items to be clean and in good condition.

If you are struggling, speak to your child's school as soon as you can. Schools can often point you to local support.



All children in Reception, Year 1 and Year 2 are entitled to a hot free school meal. If you're eligible, please do apply for free school meals, as it not only means your child will get free meals after year 2, but that your school will get extra funding, right from when you apply in Reception.

Shop around if you can. There are new limits on branded items, with primary schools capped at three items and secondary schools at four, mean you may be able to find cheaper options for most items of uniform.



**Pre-loved school uniform sale (items from £1)
Pop by between 12 and 5pm
Exchange shopping centre, Ilford, on Level 3
Friday 24 July and every Friday in August.**

If you are finding it tough financially, never borrow money from someone you don't know. If you have borrowed money and are concerned or feel unsafe, contact Stop Loan Sharks and they will help you: **Call 0300 555 2222 or WhatsApp 07700 102773** for free, confidential support



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"Redbridge Institute didn't just teach me English or childcare – it helped me fulfil my dream."

LINDITA FILIPI, OWNER OF ILFORD LANE UNDER 5'S PRE-SCHOOL

Watch Lindita's story



Turn learning into a career with Redbridge Institute

Lindita's life-changing story:

"When I arrived in the UK from Albania, I felt completely broken. I didn't know a single word of English. Simple things like asking for help or having a conversation all felt impossible. It was a lonely world, and one I felt I didn't belong in."

Everything changed when I stumbled across Redbridge Institute. I remember how scared I was walking through the doors, but for the first time, I felt hope. Learning English gave me more than words, it gave me confidence. Slowly, I began to feel integrated into society again.

As my confidence grew, I enrolled on a childcare course. I discovered a passion I didn't know I had. The support I received helped me believe in myself. For the first time since leaving Albania, I could see a future.

Today, I am the proud owner of a nursery at Loxford Children's Centre. When I look back at how lost I once felt, it amazes me how far I have come. Redbridge Institute didn't just teach me English or childcare, it helped me fulfil my dream."



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