



REDBRIDGE**LIFE**

ILFORD LANE

Resident's story
see pages 16 & 17



REFUSE DATES

Christmas
collection dates
see page 5



**CLEAN AND
GREEN**

900 new trees planned
see page 12





Looking for something to do this winter?

Check out some of the best events taking place in the borough on our events calendar

www.redbridge.gov.uk/events

Sign up for the latest news



Facebook

Visit www.facebook.com/redbridgelive and 'like' our page. This is a great way to find out about events and community activities in the borough.



Instagram

Follow our Instagram page for the best photos from across our borough.
www.instagram.com/redbridgecouncil



Twitter

Follow us on Twitter @redbridgelive for latest news as it happens and updates such as changes to services, news announcements and consultations.
www.twitter.com/redbridgelive



YouTube

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www.youtube.com/redbridgei



Email

Subscribe at www.redbridge.gov.uk/redbridgelive to receive free monthly emails about local news, events and services.

HAVE YOUR SAY AT COUNCIL MEETINGS

All meetings listed are held at the Town Hall, Ilford, unless stated otherwise.

Council Meetings - 7:15pm

16 January 2020

27 February 2020 – Budget Council

26 March 2020

To ask a question at a council meeting written notice of the question must be submitted to the Council questions mailbox at councilquestions@redbridge.gov.uk, by midday on the third working day prior to the meeting (ie normally midday on the Monday before a Thursday meeting).

Cabinet Meetings - 7:15pm

7 January 2020

11 February 2020

17 March 2020

If you wish to speak at meetings of the Cabinet, you must inform the Democratic Services Officer by 5pm the working day before the meeting at which you wish to speak. Contact: Helena Tredgold, email Helena.Tredgold@redbridge.gov.uk or call 020 8708 2203

Councillor surgeries

Many councillors hold regular surgeries in their wards or can be contacted directly to make an appointment so residents can discuss concerns or ask for help. To contact your councillor or find details about surgeries, go to www.redbridge.gov.uk/councillors or call 020 8554 5000

Scrutiny Committees

Overview Committee

6 January 2020

10 February 2020

16 March 2020

People Scrutiny Committee

4 February 2020

31 March 2020

Place Scrutiny Committee

3 February 2020

30 March 2020

Education Scrutiny Panel

13 January 2020

Strategy and Resources Scrutiny Committee

6 February 2020

External Scrutiny Panel

9 January 2020

9 March 2020

Health Scrutiny Committee

23 January 2020

18 March 2020

Joint Health Overview and Scrutiny Committee

28 January 2020

Public participation at meetings is welcomed.

To find out more information go to www.redbridge.gov.uk/publicmeetings or contact:

Kalbinder Benning, tel: 020 8708 2465

or Jilly Szymanski, tel: 020 8708 2739

Local Voices Matter

Improving our neighbourhood together

Are there problems in your local area? Do you want to help change things? Come to a Local Forum meeting. Let's find solutions together.

SOUTH Monday 20 January

Lambourne Room, Redbridge Town Hall, High Road, Ilford IG1 1DD

NORTH Tuesday 21 January

Glade Primary School, Atherton Road, Ilford IG5 0PF

WEST Wednesday 19 February

Churchfields Junior School, South Woodford E18 2RB

EAST Monday 23 March

Isaac Newton Academy Primary, 1 Crickleford Place, Ilford IG1 1FY

Meetings start from 6.45pm for initial informal discussions with officers and councillors. The formal session will begin at 7.15pm and the Q&A session with the Leader will run from 8pm to 8.30pm.



Produced by Redbridge Council

The editor can be contacted by email: redbridge.life@redbridge.gov.uk

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Next issue out in March



LEADER'S MESSAGE



With winter setting in and Christmas around the corner, I'd like to take this opportunity to remind everyone to look out for our older or vulnerable residents. This time of year can be hard for some people, so let's all remember to take care of each other.

As the days get shorter and the nights colder, we've worked hard to help those who have found themselves homeless at this time of year. Last year we opened the Ryedale Centre and we're soon to open Project Malachi in Ilford Town Centre. We have led the delivery of the £2.5m project which will be operated by the Salvation Army. It will create studio flats for up to 42 of the borough's most vulnerable residents. The hostel aims to take vulnerable people off the streets while longer term work takes place to help address the complex issues that lead to street homelessness. If you know or have seen someone sleeping rough, please report this to Streetlink at www.streetlink.org.uk or call 0300 500 0914

Don't forget to support our local Kenneth More theatre, where you can see this year's pantomime, Sleeping Beauty, which is sure to be a treat for all the family. The pantomime runs from 14 December 2019 right through to 12 January 2020.

By the time you receive this we will have a new government, and I will continue to lobby for fair funding. We've seen more than a 60 per cent cut in our funding from central government, which continues to put a strain on the services we provide, and so it's crucial that this is recognised promptly.

Christmas message



Reflecting on health provision, I'm pleased that we have come to an agreement with the NHS to protect a full A&E service at King George's Hospital. This has been a long journey and it was during several honest open meetings I had with the chief executive of the trust and the team that we worked out how we could work together and deliver what we both wanted, which is first-class local health service.

I'm proud that 2019 saw real progress in delivering the most ambitious council house building programme in a generation at Redbridge with great work already underway to provide permanent, good quality and genuinely affordable homes that will make a difference to people's lives.

Looking forward, I'm excited to see the developments in the cultural quarter of the borough. We have made a strong commitment to developing Ilford into a vibrant destination that brings our communities together. The Ilford Prospectus set out ambitious plans for a new cultural quarter at the heart of the town centre and we are now moving forward to make this a reality. SPACE artist studios opened in early December and we are looking forward to the arrival of Mercarto Metroplitano in early Summer 2020 with an array of good food and community events.

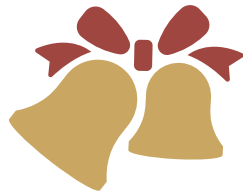
Finally, I'd like to wish you all a very Merry Christmas and a Happy New Year.



LOCAL NEWS & VIEWS

Customer Service Centre

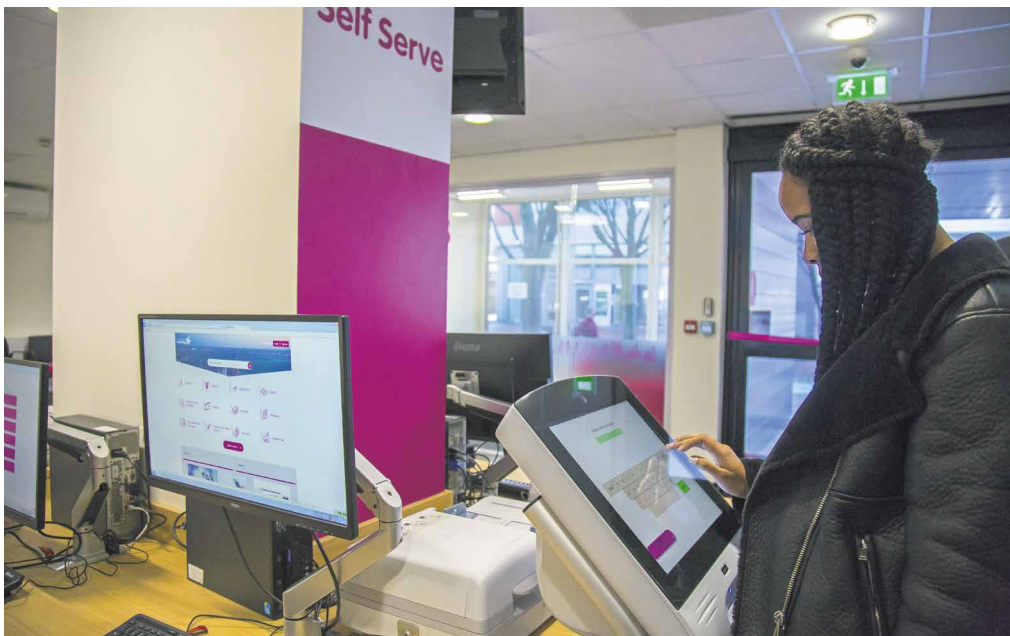
Our Call Centre Christmas opening hours



The Customer Contact Call Centre will operate as normal up to 6pm on Tuesday 24 December 2019 and will be closed on 25, 26 and 27 December 2019.

We reopen again from 8.30am to 6pm on Monday 30 and Tuesday 31 December 2019 and are closed on Wednesday 1 January 2020.

Lynton House Christmas 2019 and New Year 2020 Opening Times



Monday	23 December 2019	9am – 4pm
Tuesday	24 December 2019	9am – 4pm
Wednesday	25 December 2019	Closed
Thursday	26 December 2019	Closed
Friday	27 December 2019	Closed
Monday	30 December 2019	9am – 4pm
Tuesday	31 December 2019	9am – 4pm
Wednesday	1 January 2020	Closed
Thursday	2 January 2020	9am – 4pm
Friday	3 January 2020	9am – 4pm

Keeping roads clear of snow and ice

With a few cold evenings already this winter, our gritting teams have been working hard on behalf of everyone who uses our roads.

Our fleet grits major roads, bus routes and some smaller roads that keep local traffic moving.



We also grit key pavements and pathways, particularly near town centres, hospitals, schools, pedestrian subways, bridges and railway stations.

While not all streets can be covered, we aim to ensure that roads are gritted within 500m of every resident's home.

We provide gritting updates on social media and will let you know if the cold weather has caused any disruption to our services.

So be sure to follow us on twitter and like our Facebook page:



redbridgelive

Our Christmas Bin Bot is back

The chatbot will answer residents' queries about festive recycling and waste collections online. The 'virtual assistant' can answer queries quickly while freeing up customer service staff to deal with more complex queries.

This is part of our Customer Voice – a major initiative from the council to ensure it is listening and designing services around its customers.

Cabinet Member for Transformation and Engagement Cllr Helen Coomb said: "This innovative project is all about improving customer experience and choice. The chatbot provides a simple, quick and accessible route to find the information people want on their mobile, laptop or computer. It avoids the need for contact on the phone and frees up our busy customer service team to concentrate on more complex issues and questions that residents raise with us. We are looking at further developments with our bot over the coming months and looking at using the technology to answer questions about other services."





CLEAN & GREEN

Happy recycling this Christmas

WHAT CAN YOU RECYCLE?

Use our recycling services to the max this festive season for cards, cardboard boxes, wrapping and much more. See the list of things you can recycle in your black and blue recycling boxes.

Over 30 types of rubbish are reused and recycled at the Chigwell Road Reuse and Recycling Centre. For the whole list of the items you can recycle, as well as the centre location and opening times over the holidays, visit eastlondonwaste.gov.uk/chigwell



Recycle Christmas trees

Once again, real Christmas trees will be collected for recycling. Just leave them at the boundary of your property free of decorations and clearly visible, by 7am on 13 January and it will be collected between that date until 24 January. Alternatively, you can take your Christmas tree to Chigwell Road Re-use and Recycling Centre.

Change to collections

Your normal rubbish and recycling collection dates may change over the Christmas and New Year period. See the table below:

Normal scheduled collection day	
Due on	Collected on
Monday 23 December	No change – collections as normal
Tuesday 24 December	No change – collections as normal
Wednesday 25 December	Friday 27 December
Thursday 26 December	Saturday 28 December
Friday 27 December	Monday 30 December
Monday 30 December	Tuesday 31 December
Tuesday 31 December	Thursday 2 January
Wednesday 1 January	Friday 3 January
Thursday 2 January	Saturday 4 January
Friday 3 January	Monday 6 January
Monday 6 January	Tuesday 7 January
Tuesday 7 January	Wednesday 8 January
Wednesday 8 January	Thursday 9 January
Thursday 9 January	Friday 10 January
Friday 10 January	Saturday 11 January



Waste less this winter

Save time, money and waste this winter by planning purchases and meals around what will be appreciated and used to avoid lots of rubbish piling up after the celebrations. There are tools to help you plan portions, love leftovers and get clued up about how to store food at www.lovefoodhatewaste.com

Let us collect your clutter – for free

Our free bulky waste collection service is a simple and responsible way of getting rid of everything from TVs to sofas. Book a collection at www.redbridge.gov.uk/bulkywaste and finally, don't forget:

Kerbside green garden waste collections have stopped for the winter. Until the free fortnightly service resumes in the spring, you can take your garden waste to the Chigwell Road Reuse and Recycling Centre.

NEW SPRING COURSE GUIDE 2020 ENROL NOW



Gain qualifications and learn new skills. Many courses are free for eligible learners.

Redbridge Institute 'bringing educational opportunities to those who might otherwise miss out'
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| www.redbridge-iae.ac.uk
| 020 8550 2398
| enquiries@redbridge-iae.ac.uk

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LOCAL NEWS & VIEWS

Report a concern about someone sleeping rough

We believe everyone has a responsibility to end rough sleeping.



If you see someone sleeping rough, please don't just walk by.

You can report a rough sleeper through the national www.streetlink.org.uk website or call StreetLink on **0300 500 0914** who will arrange access to local services and support.

You can also contact our housing service team at housing.options@redbridge.gov.uk who will refer the details to the local outreach service. They will visit the rough sleeper and help them to access accommodation.

If you believe a rough sleeper's health is in danger, please call 999.

Barkingside Christmas lights switch-on goes viral following school performance



Barkingside's Christmas lights switch-on proved to be an online hit after the entertainment went viral.



Among the performances held on the night was a Romanian carol by children from Mossford Green Primary School, which was recorded for social media and has since been viewed more than 91,000 times.

As well as racking up views online, the event also proved a big hit with the crowds as they gathered to watch The Mayor, Councillor Zulfiqar Hussain, turn on the lights.

There was no shortage of festive cheer on the night as residents enjoyed performances and activities to help kick-start the Christmas fun.

A selection of art work was also on display thanks to Barkingside Art Club who worked throughout the year with special educational needs students to produce the works.

The Mayor of Redbridge, Councillor Zulfiqar Hussain, said: "It was fantastic to see so many of our residents of all ages attend. There was plenty of festive cheer among the crowds as the lights were switched on and a real sense of community spirit. I'd like to thank everyone involved with the event for making it a very special evening for all those that attended."

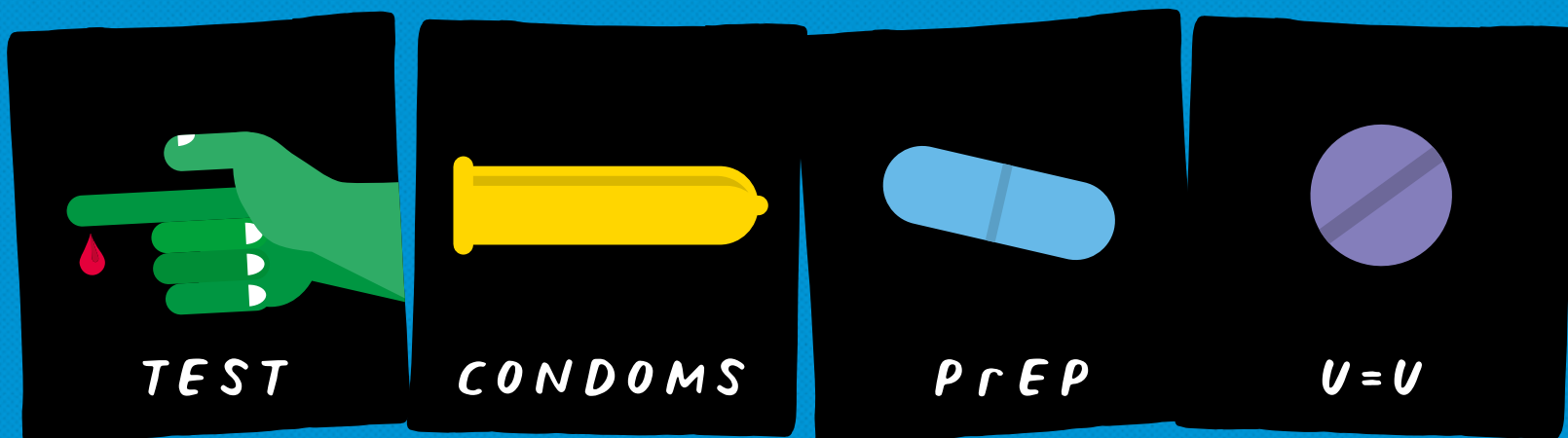
Performances and entertainment on the night included:

- Redbridge Music Lounge
- Mossford Primary school choir
- Fullwood primary school choir
- Arc Church rapper and soloist
- Kingsway International Christian Centre Church choir
- Barkingside Arts Club – bauble workshop with students
- Redbridge Music Service – Louis saxophonist quartet
- The Prince from the Kenneth More Theatre – Sleeping Beauty
- Santa from Fullwell Cross Library
- Face Painters from Fullwell Cross library
- John Parham Funfair

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LONDON HIV PREVENTION PROGRAMME:
PROUDLY SUPPORTED BY LONDON BOROUGHs



*2015-17 DECREASE. SOURCE: PHE ANNUAL EPIDEMIOLOGICAL SPOTLIGHT ON HIV IN LONDON: 2017 (PUB: DEC 2018)



LOCAL NEWS & VIEWS

Council first in the UK to strip pub of gaming machines permit for allowing children to play on them

Redbridge Council has become the first in the country to strip a pub of its gaming machine licence after it repeatedly failed to stop children playing on them.

The council's licensing committee decided to rescind the permit of the Wanstead branch of J D Wetherspoon – one of the country's most recognised pub operators – following two test purchase operations led by the borough's licencing enforcement team and the police.

The landmark decision means The George Public House on Wanstead High Street has lost its right to have up to seven gaming machines in the pub.

Following assurances from the pub to bring in technology capable of alerting staff to machine use, along with stringent new measures to protect children, the committee allowed the pub to keep its automatic legal entitlement to operate two betting terminals.

Under the joint operations, which took place in January and June this year, police cadets under the age of 16 entered the pub and were able to use two gambling terminals unchallenged.

Despite staff being nearby, on each occasion the cadets were able to spend £3 on the machines without being asked for proof of age.

Both times, the entire episode was witnessed by two plain clothes police officers who had entered the pub before the cadets.



Council Leader Cllr Jas Athwal said: "Businesses with permits to operate betting machines have a legal obligation to protect children and other vulnerable people from being harmed or exploited by gambling.

"At Redbridge, we put the welfare of our children at the heart of everything we do and won't be afraid to use the full weight of the law against businesses in the borough that fail in their legal obligations to safeguard young people."

Climate Change Corporate Panel



In Redbridge it has always been important to us to develop sustainable and environmentally friendly ways of working to improve the lives of our residents and to tackle the escalating impacts on climate change.

Since declaring a Climate Emergency we have been building on this good work and looking for ways we can make further changes to help achieve our ambition of becoming carbon neutral by 2030 and carbon free by 2050. Some of the things we have been working on include:

- Piloting School Clean Air Zones which place vehicle restrictions at school start and finish times
- Introducing Redbridge Low Emission Neighbourhoods
- Identifying additional sites for Electronic Vehicle Charging Points
- Making phased improvements to our fleet of vehicles to make them more environmentally friendly
- Promoting zero carbon and water saving measures in new development
- Changing street lights to LED
- Planting thousands of trees across the borough
- Removed single use plastics in council buildings
- Water refill stations planned



LOCAL NEWS & VIEWS

Art organisation leads the way in Ilford's regeneration



Lindsey Mendick SPACE artist



SPACE, a leading artist support organisation that has championed the role of artists in London since 1968, is once again breaking new ground in east London.

On Saturday 7 December we saw SPACE open its doors with 700 members of the public attending the gallery and artist studios. The new art venue has been created as part of 'The Spark' and is in Redbridge Town Hall, the first element in the council's major town centre regeneration plans.

SPACE Ilford offers a free public art gallery, event space and 37 affordable studios for artists and creatives. Award-winning architects, HAT Projects led the conversion of the former library of the Grade II listed building, faithfully retaining the period detailing, while creating a new public entrance, with a curved, fluted concrete wall that echoes features in the existing building, and a light-filled gallery featuring an original domed rooflight.

SPACE Ilford is part of the council's plans to transform Ilford's town centre into a buzzing, cultural destination. SPACE will be joined by Mercato Metropolitano in Summer 2020, who are working with architects Interrobang to create a community market.

Council Leader Cllr Jas Athwal said: "We're thrilled to be working with SPACE on the first project that will kick start our plans to regenerate Ilford Town Centre. This new venue will create a buzzing arts hub right in the heart of Redbridge and soon be a destination of choice for visitors and the creative community. Residents will also be able to see art exhibitions and get access to great training and employment opportunities."

SPACE Gallery opening times: Wednesday 12pm-8pm | Thursday to Saturday 12pm-5pm
10 Oakfield Road, IG1 1ZJ (gallery entrance – rear of Redbridge Town Hall)



LOCAL NEWS & VIEWS

Youth project tackling the issues that count

Greener Redbridge Environmental Youth, (GREY) is a group of young people who want to make a difference to Redbridge. They met to talk about the environment and how they could make Redbridge cleaner and greener.

They looked at planting trees/shrubs, having more bottle filling stations, better local cycle ways and litter picks. After an intense discussion the group decided that litter picks would be the most effective method but it was important that the aim was to raise awareness and to do it in a fun way.

The objectives for this project were to carry out a litter pick in Ilford, wearing colourful hoodies and to create a piece of art made with the plastic bottles collected. The litter picks were held on 9 and 23 November in central Ilford and they were to inspire others to take action.

During the litter pick the group also held up pictures of rubbish and challenged the public to see if they knew how long it took for the items to degrade.

The final part of the project, 'Your litter, our Masterpiece', was displayed on 9 December in the newly opened SPACE studios. SPACE offered the services of the artist, Lanya Davis, to help produce the piece. GREY has been working with the Redbridge Youth Council and the Children in Care group as well as their schools to collect lots of plastic bottles and to transform them into colourful plastic swirls that come together to produce the sculpture.

The artwork is the culmination of the group's hard work to change the way that Redbridge young people think about litter. During the event, the Council's Environmental team were on hand to talk about the effects of litter and how to reduce waste.

Zain Faisa, member of GREY, said

"We want the best for everyone in our community, and it's our duty to take care of the environment and nurture it for the future. We can't do this alone, we must ensure that our project will and want to have a major impact on Redbridge and inspire its residents to take action. A cleaner environment displays the attitudes of the people who live there, and affects mental health as well. People will feel safer and happier in a greener environment and as young people living in Redbridge, this is the future we want for ourselves and for us all. Our streets represent our residents so we feel that it is vital that we can transform the borough's appearance to express the true identity of the people of Redbridge and accentuate the severity of the current state of the environment. Our ideas today become the actions of tomorrow and it is us, the young people of Redbridge, who will revolutionise our environment for everyone's future".



Amelia Crorie, member of GREY, said

"Our community – it's what brings us together. It's how our diverse community of all backgrounds, see each other, meet each other and build a better borough together. Redbridge is the beginning of it all. We grew up playing in its parks and walking on its streets on our journey to school. We are meant to care for our borough. So why are our public spaces littered with plastic bottles, and food packaging, dodgy business cards? We're trashing our borough in every single way we can. The places we love are no longer the same and it is time we started caring. Cleaner spaces are safer places. After all it's our streets, our society, our future".



CLEAN & GREEN

We're planting 900 new trees

Deputy Leader Cllr Kam Rai said: "I am delighted about the agreement I made with Trees for Cities which is now in its fourth year. We are helping local communities to cultivate lasting change in their neighbourhoods to create healthier environments in Redbridge".

This year the Council's Neighbourhood Street Scene section is planting 900 trees on our streets, 41 in schools and nine on communal Housing sites.



Following a review of street tree stock and the council's planting and maintenance programmes, we are pleased to confirm that all dead street trees are scheduled to be replaced, wherever practically possible. To ensure that the schedule is fair we will attempt to replace in the order that the trees were identified for removal, which means that trees removed after the 1 January 2019 may be planted during the following planting season which starts in Autumn 2020.

Funding has been secured, in part from the Community Infrastructure Levy, to plant 900 replacement trees on streets. We planted 300 trees in November and aim to plant a further 150 in December with the remaining 450 trees planted between January and March 2020. When we decide the type of tree to plant, we consider the unique factors at each site and then select the right tree for the right place. So far we have selected 65 different varieties of tree to be planted around the borough.

Funding has been secured from the Mayor of London's Greener City Fund Community Grant

Scheme and Community Infrastructure Levy to plant 50 trees, at 11 locations across the borough. Neighbourhood Engagement and Education officers have visited schools to deliver lessons and assemblies outlining the benefits of trees and the importance of taking responsibility for the stewardship of our planet and these sessions have enabled staff to actively participate with the schools and impart messages around various environmental issues, including littering.

During National tree week, 23 November to 1 December 2019, about 450 pupils at Cranbrook Primary School, Barley Lane Primary School, Fairlop Primary School and Mayespark Primary School attended an outdoor session where we talked about the benefits of trees before children helped plant their new trees.

'Trees for Cities' has been working in partnership with the London Borough of Redbridge and Vision Redbridge Culture & Leisure to start planting 15,000 new young trees in Goodmayes Park and Orchard Playing Fields (formally Goodmayes Recreation Ground). We had a big community











planting day on Saturday 23 November in which people of all ages joined in to plant a tree. The young trees will add to the existing tree boundaries in both spaces, helping to clean the air. The species will support habitats and food for urban wildlife and bring splashes of colour to the park throughout the seasons. We will also be planting edible fruit and nut trees such as hazel, walnut and crab apple for future generations to enjoy. The locations for the new young trees were selected by the Nature Conservation team at Vision Redbridge Culture & Leisure, Redbridge council's tree officers and Trees for Cities. We are looking forward to seeing them grow and the habitats they support in the future for our wildlife and environment.

Nightingale Primary School, Parkhill Junior School, SS Peters and Pauls Catholic Primary School, Coppice Primary School and Manford Primary School will get to plant their trees. Also during National tree week, residents at Walnut Close and Merlin Close helped plant their new trees.



CLEAN & GREEN

Going Green in 2020 – Your Epic Plan!

JANUARY Bulky Waste  <p>Up to 1 million piles of rubbish are dumped on streets, side roads and in fields in the UK per year. Your sofa, desk, fridge or other large bulky item can be collected by us and reused to help someone in need. www.redbridge.gov.uk search bulky waste</p>	FEBRUARY Love Your Clothes  <p>Is getting dressed an art form? Budgeting, organising and caring for our clothes takes time, effort and money. It's the month to LOVE them and learn how to get the most from your wardrobe on cost, care and style. www.loveyourclothes.org.uk #loveyourclothes</p>	MARCH Take Action on Litter  <p>Community action with a spring in its step! As the frost melts we sadly see that litter plagues the UK. Get outside and join the 'Great British Spring Clean' initiatives in Redbridge. Let's spruce the borough together! www.redbridge.gov.uk/ourstreets</p>
APRIL Modern Cloth Nappies  <p>A baby is changed around 5,000 times between 0 to potty training! Consider modern cloth nappies. They are cute, reliable and can save you money and waste. Join the growing trend towards them and learn all about it at one of our Real Nappy Week events this month. www.redbridge.gov.uk search 'nappies' #clothiscuteandconscious</p>	MAY Get Growing  <p>Tomato plants can grow in a pot on a concrete drive or in a raised bed in a back garden. There are so many ways to green your space, so get growing this month. Compost clippings and veg and fruit peelings with a special bin in the garden. Your very own recycling factory saving waste, emissions and money! www.recyclenow.com/compost #getgrowing</p>	JUNE Refill as you go  <p>Summer is here! Stay hydrated, save money and plastic waste by refilling your bottle. There's even an app and loads of facts to inspire you at the Refill campaign's website. https://refill.org.uk/ #gotthebottle</p>
JULY Zero Waste Holiday  <p>Packing up to get away? Reduce your waste on and before vacation with our zero waste holiday hacks! From eating up the contents of your fridge before you go away to packing a litter free picnic, let this be the summer of love for the planet. www.redbridge.gov.uk/ourstreets #zerowasteholiday</p>	AUGUST Library Loan  <p>Keep children entertained with the library Summer Reading Challenge and craft/activity sessions. Borrowing things saves you money, clutter and waste. Loan books, DVDs, CDs and even mini computers from Redbridge libraries! www.redbridge.gov.uk/libraries #libraryloan</p>	SEPTEMBER Recycle Week 2020  <p>It's national Recycle Week this month so time to swat up on local recycling facilities. Household recycling boxes, communal flats bins and on street recycling banks have printed info on them about what goes in. A huge range of items can be taken to Chigwell Road Refuse and Recycling Centre for reuse and recycling too, from paint to TVs! www.redbridge.gov.uk search recycling #whatcanirecycle </p>
OCTOBER Food is not Rubbish  <p>Each year the UK throws away enough edible food to fill 40 million wheelie bins. Food nourishes, connects and indulges us. If planned, cooked and stored correctly we can make the most of what we have and save money and waste. www.lovefoodhatewaste.com #foodisnotrubbish</p>	NOVEMBER Precious Paper  <p>National Tree Week is celebrated this month and we'll be planting more public trees. Do you have room for a small variety tree where you live? Money doesn't grow on trees, but paper does, so it's a good time to check you're reusing and recycling all the paper you can at work and home. www.redbridge.gov.uk/ourstreets #hugatree</p>	DECEMBER Green Gifts  <p>Write a list to help family and friends gift you treats that you'll really treasure this festive season. If it's 'out with the old, in with the new', make sure you recycle all old electrical items at Chigwell Road Refuse and Recycling Centre if they can't be fixed at a local repair shop. www.redbridge.gov.uk/ourstreets #greengifting</p>

To help 'Redbridge Clean Air Zone', why not challenge yourself this year to make fewer car journeys, maybe cycle or walk more?

The Neighbourhood team will be running events and campaigns for Going Green 2020 throughout the year. Check www.redbridge.gov.uk/ourstreets and/or sign up to the newsletter to find out more!



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Opening Times:

Monday - Friday: 9.00 am - 4.30 pm

Saturday: 10.00 am - 2.00 pm

020 8553 5880

5-7 Collier Row Road, Romford, Essex RM5 3NP

Opening Times:

Monday - Saturday: 10.00 am - 5.00 pm

01708 609 528



LOCAL NEWS & VIEWS

Reducing flooding in Redbridge

The River Roding flows through the heart of Redbridge, before joining the Thames at Barking. Heavy rain has caused the River Roding to flood the area eight times in the past 100 years: 1926, 1939, 1947, 1974, 1988, 1993, 2000 and 2007. In 2000, the river overtopped and flooded more than 400 homes in Redbridge alone.

Homes, businesses and transport networks experienced widespread damage. It took months to recover. Parts of Woodford and Ilford are at high risk of flooding. The flooding we experienced in 2000 is expected to occur more frequently as climate change causes wetter winters.

The River Roding Project

The Environment Agency is working with London Borough of Redbridge and Vision RCL to create a better place for people and wildlife that is more resilient to the impacts of flooding and climate change. The project involves the construction of a flood storage area to hold back high flows upstream in rural Essex. The Woodford river defences will be improved and natural flood management used to slow the river. We are exploring environmental enhancements and additional benefits to the local community along the Roding Valley, including riverside landscaping and re-naturalising the river.

This catchment approach will reduce the risk of flooding to more than 600 homes and businesses, along with key road networks in the Woodford and Ilford areas. Once completed the project is estimated to provide £60 million of



national economic benefits, plus £85 million of local economic benefits.

We have secured funding from several sources, including Highways England. To deliver the project we need further funding and have applied to the Mayor of London's Good Growth Fund.

If your home or business is at risk of flooding, you can take steps today to be better prepared and more resilient to flooding. You can sign up to our flood warning system by searching online for 'Environment Agency flood alerts' and get in touch to learn about personal flood plans and property level resilience measures.

The proposed local enhancements include:

- improving wildlife habitats and fish migration, reconnecting a backwater near Roding Lane South and removing a weir by Roding Hospital
- improving user experience with new information boards and signs along the Roding Valley
- reducing noise, light and air pollution by planting trees, hedgerows and new fencing near Charlie Brown's roundabout and along the M11 corridor
- an off-road cycling route between Snakes Lane East and Broadmead Church

We are keen to hear your views on these proposed enhancements. Please get in touch at HNL-PSO@environment-agency.gov.uk



Ilford Lane – working together

Earlier this year, residents of Ilford Lane started a campaign against the crime and prostitution that was damaging their local area. Working with the council and the police, they set out to crack down on everything from kerb crawling to grime and litter. Six months on, Redbridge Life spoke to community leaders Clare, Ruthba and Linda about how life on the lane has changed, and what needs to happen next to keep this vibrant part of the borough clean and safe for good.

Q How does Ilford Lane feel different today?

Ruthba: People don't feel as embarrassed living near Ilford Lane. It used to be hard to walk around without seeing litter everywhere and women hanging around.

Clare: There aren't prostitutes and drug dealing on every street corner. There's a visible presence from Redbridge Enforcement Officers (REOs) and the police. Residents feel reassured and more secure now, where there used to be no-go areas.

Linda: Some of the local shopkeepers didn't believe we could make a difference on Ilford Lane. Now they've seen the change and they're taking part in making things better by challenging bad behaviour such as people trying to urinate in the street.

Q What made the difference?

Clare: Everyone has pulled together, including the community, the REOs and the police. The council introduced neighbourhood managers last year and it means we have Sarah-Louise as a person we can talk to, to make things happen. It helped create optimism, a bit of buzz that things are improving and more pride in the south of the borough.

Ruthba: Before, people didn't always know their neighbourhoods. Residents want better for their own communities and be part of that change, working with the local council, police and other community stakeholders.

Linda: Communities are getting active and encouraging other people to do the same. We have community litter picks where we clean up the streets and parks and started having play streets, where we close the road to let children play.

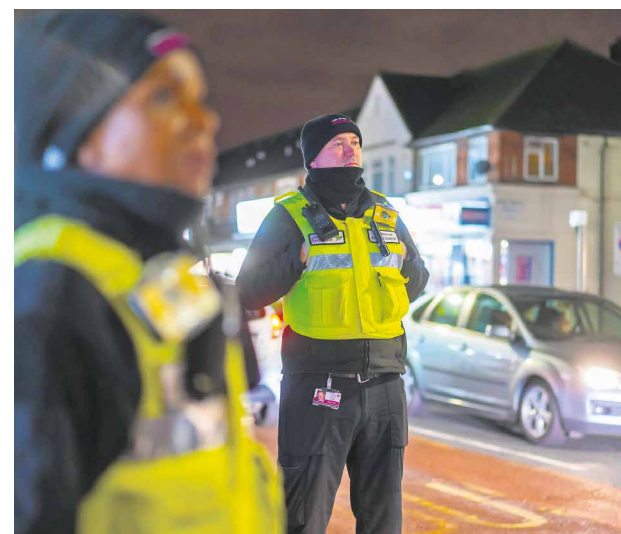
Q What would you like to see happen next?

Ruthba: Everyone has a part to play in ensuring our streets remain clean and safe. We all need to come together as we have over the past few months, listen to one another and work together. We need to use new and innovative methods to ensure the problems don't return.

Clare: We need to keep up enforcement on Ilford Lane, but the council can't be expected to know everything and do everything. We need to do more for ourselves and help ourselves, for instance by reporting fly tips.

Linda: We want the council to help tackle bad landlords and look at licensing on Ilford Lane. I don't want it to become a 24-hour economy.

Clare: We need to rebrand Ilford Lane to show that people love it. With all the regeneration in Barking and Ilford we want to make sure our community has a voice so we get what we need and design the lane so that problems like prostitution don't arise again.





to make change



Council Leader Cllr Jas Athwal said: "I have made sure we have supported the community in Ilford Lane with enforcement and resources but none of the good work would have been possible without community spirited residents like Clare, Ruthba and Linda getting involved"



LOCAL NEWS & VIEWS

working towards child friendly Redbridge

In October, Redbridge Council launched a new partnership with Unicef with the aim of improving the lives of children in the borough.

At the launch we asked the question: What does a child friendly borough look like to you? Responses included:

WHAT WE LIKE ABOUT OUR AREA:

My neighbours, my house, playground, my teachers

The shops are very good. The schools are good in this area.

There is lots of greenery so you can play

Wanstead Flats, the aeroplanes, ducks in the park at Wanstead Park

We love how diverse our area is

WHAT WE WANT TO CHANGE:

Drivers to be more careful

Less pollution as it damages our lungs

We don't like it when people litter

Too many cars when we go to school

There is too much knife crime and this makes is unsafe for all children

More help for the homeless



Partners in the programme made a series of pledges which focus on the rights and welfare of children, in five different locations – John Bramston School, Mill Grove, New City College, Frenfords and Lab Central at Redbridge Central Library.

Over the course of three to five years, the specialist UNICEF UK team will support Redbridge Council and its partners, including schools and the voluntary sector, to look at practical ways to embed children's rights within local services.

The first phase of the programme will focus on engaging with children and young people to understand what life is like in the borough for them and what is important to them. So far, the Council's programme team have spoken to almost two thousand children across schools, youth centres, police cadets, the Youth Council and using an online survey. The programme would like all children in the borough to have a chance to have their say and will continue to work with schools, youth clubs and voluntary groups to make opportunities available.



The principles of the Child Friendly programme can already be seen coming to life through the work of the Council and partners:

- Asking children what they would like to see in the borough's Community Hubs
- Working with children from Cranbrook and Highlands to shape the play equipment that will feature as part of the Ilford Town centre regeneration
- Inviting over 100 school children from across the borough to an External Scrutiny Panel meeting, filling the Council Chamber and asking Councillors, officers and the Police questions about community safety matters like serious group violence, particularly knife crime, theft, drugs, victim support and social media/E-Safety.

The Council is launching a campaign across secondary schools in the borough, encouraging young people to come forward and nominate themselves to become part of a Youth Panel. The Youth Panel will help deliver the Child Friendly Programme and help engage children and young people to gain their input on important issues.

Children, young people and parents can complete the survey online or find out more about the Unicef Child Friendly programme in Redbridge and the Youth Panel at www.redbridge.gov.uk/childfriendly



Follow our journey to becoming a Unicef child friendly borough



LOCAL NEWS & VIEWS

Ilford Public Realm consultation 2019 – Phase 2

Ilford Public Realm consultation 2019, Designers working on Phase 2 designs suggested play activities for the High Road. Engagement with school children on the play activities was carried out at the Unicef launch to gain their feedback and ideas of play equipment that can be introduced on the High Road to achieve Child Friendly aspirations.

The play equipment will be featured on Oakfield Road, by the Town Hall in the New Year and members of the public can provide feedback through a questionnaire on the Ilford web-page and Child Friendly website. Keep a look out of the play features coming soon and we look forward to hearing your feedback.



Ilford Hill Transformation

Ilford Hill is transforming. 600 new homes are nearing completion, and alongside planned Crossrail station improvements, a new southern entrance station building is under construction, and planned to open in late March 2020. Works have begun to deliver the Ilford Garden Junction project, which will improve the gateway between Newham and Redbridge; including greening as well as better cycle and pedestrian routes. Early work is starting to consider the alignment of road and cycle lanes, with a view to reducing the impact of the "concrete collar" around Ilford. Working with Living Streets, a series of street audits and community walkabouts are planned for December 2019 and January 2020 to ensure that emerging designs take into account the needs of our local community. See timetable below:

Friday 13 December 3.30pm (High Road)

Saturday 11 January 12pm (High Road)

Wednesday 15 January 6pm (Winston Way/ Ilford Lane)

Friday 24 January 11am (Chapel Road)

For more information about how to join in the street audits please contact: Katherine Jacob on Katherine.Jacob@livingstreets.org.uk

All are welcome to join.

Volunteers needed for special project exploring life in Redbridge during the Second World War



Digging for Victory, Chadwell Heath – Redbridge Museum & Heritage Centre

Redbridge residents are being invited to get involved in a special project looking at life in the borough during the Second World War.

The Hope and Glory Community Project is looking for adult volunteers to help research life in the Second World War at Redbridge Museum & Heritage Centre, culminating in a special performance at Redbridge Drama Centre to bring the research to life. Residents with stories to tell from the war are also being encouraged to participate.

Supported by the National Lottery Heritage Fund and Redbridge Museum, the project aims to get volunteers together for weekly workshops at the Heritage Centre and Drama Centre to research information for the project.

The project is free to attend and volunteers don't need any previous acting experience.

To get involved, or for more information please contact:

alfiejamesproductions@gmail.com

07858625622



Pest Control Service



London Borough of

Redbridge



What we do

- we offer advice to residents and businesses about how to get rid of insects or rodents
- we have effective treatments for certain types of pests and can help with identifying pests and information about what to do

What pest control officers do

- we investigate the cause of infestations and recommend a treatment
- we will give you safety information, offer proofing advice and tell you roughly how long the treatment may take



Pests we treat and cost

Rats	£97.00
Mice	£97.00
Cockroaches	£133.00
Bedbugs.....	£185.00
Pharaoh Ants.....	£154.00
Garden Ants.....	£97.00
Wasps.....	1 nest 65.00
Wasps.....	subsequent nests £40.00
Fleas.....	£108.00
Commercial premises starting from (non-food premises only).....	£176.00



Book an appointment online at
www.redbridge.gov.uk/book-it
or contact us on 020 8554 5000

(contactable Monday to Friday 8.30am-6pm
 – except bank holidays when we are closed)



RedbridgeLife



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To advertise in
 Redbridge Life contact:
redbridgelifeads@redbridge.gov.uk
 or call **020 8708 2282**



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 309 Collier Row Lane RM5 3ND
 01708 724064

Harold Hill & Brentwood
 64 Chippenham Road RM3 8HX
 01708 376472

Or

Harold Wood & Hornchurch
 43 Station Road RM3 OBS
 01708 343286

Call 0800 731 1855 • Home or Office Appointments • www.hwfunerals.co.uk



BUDGET NEWS

Council consults on budget proposals

Residents are being encouraged to share their views on Redbridge Council's budget proposals in a consultation.

The proposals once again protect frontline services despite nearly a decade of steep and sustained central government cuts.

Since 2010 government grant funding to Redbridge has reduced while demand for our services continues to rise. The Council has already delivered £167m of savings and a further £22m is to be delivered by the end of the current financial year.

Whilst the council's sound financial management and efficient use of limited resources means it continues to set a balanced budget, it is estimated the authority will have to reduce its budget by a further £59m over the next five years.

Like all local authorities, Redbridge faces huge uncertainty because central government has still not informed councils about the funding arrangements after 2020/21.

Despite the financial challenges and some of the lowest per person spending levels in London, the council is continuing to deliver the services residents want and support those that need it most.

In Redbridge, weekly bin collections are being maintained as well as free garden waste and bulky waste collections when many other London boroughs have cut these important frontline services.



Cllr Kam Rai, Deputy Leader and Cabinet Member for Finance and Resources, said: "Our borough is facing huge financial challenges. We have lost over 60 per cent of our government funding since 2010 and this has been a huge challenge. Years of steep cuts by central government has forced us to make significant savings, at the same time as demand for our services continues to increase. Our priority will always be to ensure we remain financially stable whilst continuing to protect frontline services, and ensuring the right support is in place for those who need it. That means change but the stark choice is to embrace that change or take the easy option and cut services that residents want and value. It is vital that every penny is spent wisely, based on our understanding of our residents' needs. I'd therefore encourage the whole community to have their say in this consultation."

The consultation runs until 19 January 2020. You can participate by clicking on

www.redbridge.gov.uk/consultations

Redbridge: Delivering the services residents want and supporting those who need it most

- Protected weekly bin collections, free bulky waste and green garden collections at a time when most London boroughs are reducing their services in these areas
- Shortlisted for council of the year
- Rated 'outstanding' for children's social care
- Taken top spot as the most productive council for adult social care
- Delivered major health and wellbeing benefits by building new leisure centres
- Invested in keeping our streets clean and measures to improve safety and fight crime
- Already completed our first council homes built for the first time in a generation, and now on site with a further 150 homes
- Continued our anti-poverty work, including becoming a London Living Wage employer
- Supported vulnerable children and adults through significant investment and smarter working

**STOP
SMOKING**

LONDON



Know someone who smokes?

There are nearly 1 million adult smokers who live in London, and many would like to kick the habit this year. Do you know one of them?

Stop Smoking London helps people who are thinking about quitting find the best way for them - their website is a great place to start a quit journey.

Smokers tell us they are more motivated to quit when they feel encouraged by friends and loved ones, but they don't like to feel nagged! So here's something you can share with them to support them. Cut this out and give this to someone you care about:



Share this!



Stop Smoking London want to help more Londoners quit smoking in 2020. I'm sharing this with you because I know you'd like to quit this year.

Visit the Stop Smoking London website and:

- See how much money you could save when you quit
- Learn more about your smoking "triggers" - the situations and feelings that make you reach for a cigarette - and how you can beat them
- Look at the various tools to help you overcome your nicotine cravings
- Find the latest advice on using e-cigs as an aid to quit smoking
- Find out what extra help may be offered by your local stop smoking support service
- Get motivated to find out what amazing things will happen for you when you quit smoking in 2020!

www.stopsmokinglondon.com



HEALTH & WELLBEING

Pioneering project helping over-65s stay healthy scoops national award

A pioneering project that helped hundreds of older residents stay active in the borough has won a prestigious national award.

Since launching in Redbridge two years ago, Streets Apart has supported 369 older adults stay active by getting them involved in bespoke activities, including led walks around the borough.

The project, which has led to improved health and wellbeing, reduced isolation and enhanced independence amongst over 65s, earned Best Sustainable Travel Initiative prize at the Modeshift Awards.

Delivered by Living Streets – the UK charity for everyday walking – in partnership with Redbridge Council, the project received high praise on winning the accolade at a ceremony held on Thursday 7 November 2019.

As part of the project, Living Streets and the council organised 61 led walks, as well as training up 56 volunteers so that they could continue to lead walks for older adults in the community once the project finished.

94 per cent of the older adults who took part in the project became more active, 86 per cent felt more connected to their community and 89 per cent saw improvements to their mental health.

Cabinet Member for Health, Social Care, Mental Health and the Ageing, Cllr Mark Santos, said: "A big congratulations to all those who helped bring this project alive and deliver it across the borough. We are proud to have won this award.

"The impact of this project on those taking part has been fantastic. 'Streets Apart' has been a resounding success in our borough, and is one of the many great examples of the projects running in Redbridge to help our residents – across all ages – to stay healthy and active."

Julia Crear, Director (South) at Living Streets, said: "In many cases of inactivity in older adults, we see a lack of confidence being one of the main reasons that older adults don't walk everyday journeys.

"Through 'Streets Apart', we sought to increase confidence in walking as a way to get around and meet new and current friends.

"As our population ages, we need to address problems with easy and accessible solutions like walking. We had incredible results from the 'Streets Apart' project in Redbridge, and I look forward to seeing more in the coming years."

In 2016, 18 percent of the UK population was aged 65+ and current projections are that a third of all children born today will live to over 100 years old. This ageing population trend, combined with older adults being more likely to reduce their activity levels as they age, led to the project as a means to help tackle inactivity levels in older adults now.

Building on the successful two-year project, City Bridge Trust has topped up its initial funding for the project with a further £135,250 investment over three years, across Redbridge, Havering, Barking & Dagenham, to support walking projects.



Spare room becoming a junk room?



Foster with Redbridge Council and change a young person's future

Redbridge Council is encouraging residents to change a child or young person's future by becoming a foster carer.

Fostering offers children and young people a much-needed home and provides a stable, safe environment for a child or young person until the time is right for them to return home or move into a permanent family. Many children in our area need the support and care of foster families. They come from all backgrounds and cultures and that's why we need a wide range of foster parents that reflect the diversity within our community to provide homes where children will fit in and feel part of a family.

If you are interested in becoming a foster carer, visit us at www.redbridge.gov.uk/fostering or get in touch on 020 8708 7528 | fostering@redbridge.gov.uk



HUB NEWS



What goes into a community hub?

The council is committed to building five new, purpose-built facilities across Redbridge to deliver accessible services for all of our residents.

This is not just about what the council does, but about how we can bring health, education, the voluntary sector and communities together to build something new and exciting.

We decided not to go down the traditional route of planning it all ourselves, because we want our communities to feel a real sense of ownership and engagement with the hubs.

So instead we started with a blank sheet of paper and asked residents what they wanted and how we could achieve the best mix of services for their local area. After nearly a year of engaging with residents in Seven Kings, we are now well into the process of developing a blueprint for our first hub.

Every hub will be different, but we are working to include as many as possible of the following services into Seven Kings.

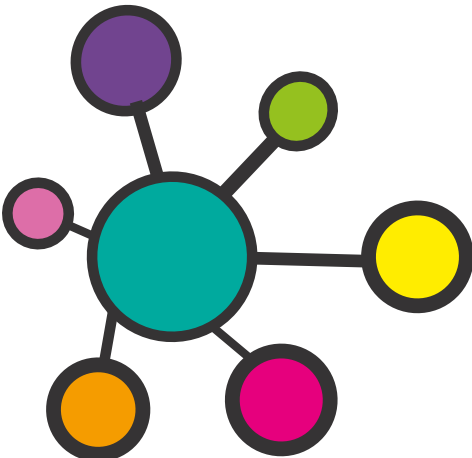
Core Services	Other Services
Libraries	Youth Services
Children's Centres	Adult learning/Redbridge Institute
Health & Adult Social Services	Drop in services
Customer Service	Housing advice
Civic Pride operational base	Benefits advice
Families Together Hub Services	Work Redbridge
	Police surgeries
	Community Voluntary Services



Many of these services already exist in the area – for instance the Seven Kings Library, Thackery Drive Children's Centre and health and care services at Newbury Park are likely to become part of the hub.

Some things, such as youth services, do not currently exist in the area and we need to think about how they could be included. We will be working with our partners in the Met Police, voluntary sector and education sectors on much of the rest.

Seven Kings residents have told us they want their hub to be inclusive of all residents, including local homeless people, with a community-owned and run café and high levels of environmental sustainability. As the hub moves out of the design phase and into the planning process, they are also clear that they want a say in running the new facility for the long run.



Next Community Hub Co-design meeting:

Monday 13 January at 6.30pm-8.30pm
Isaac Newton Academy, Seven Kings

Build with us

If you are carrying out works to your home or business premises, such as:

- extensions
- loft conversions
- changing the use of a building
- removing chimney breasts or load bearing walls

The Council's

Building Control Service

can help you comply with Building Regulations.

We offer professional and impartial advice to make the process as hassle free as possible for you.

For more information visit
www.redbridge.gov.uk/buildingcontrol
or call **020 8708 2529**



VIEW FROM THE CABINET



Councillor Sheila Bain

Cabinet Member for Planning & Planning Enforcement

Are you struggling to navigate the planning process? If so our website can provide you with lots of invaluable information about the process and what you need to do to support your project.

Not all improvements to your home will require planning permission or building regulations approval. The Town and Country Planning (General Permitted Development) (England) Order 2015 sets out the types of work you can undertake on your home which either do not require planning permission, referred to as 'Permitted Development', or only require prior notification.

Before starting a project you may wish to contact the Redbridge Planning Team to find out whether your project will require planning permission, you can do this yourself or through your architect or building surveyor. It's always best to get pre-application advice because this can reduce the chance of submitting an invalid application. Planning officers can also discuss your proposals so that they are more likely to be approved.

It's always a good idea before you start your project to discuss your ideas with neighbours, as they will be informed once a planning application is submitted to the Redbridge Planning Team. Chatting to neighbours and us can save unnecessary work and delays.

What happens when we receive your application? When we receive your application it will be checked to see if we have all the correct information. Once Redbridge are happy with the application we will send you a letter with the statutory determination date which is usually about eight weeks. Larger proposals though can take up to 13 or 16 weeks. We will keep you notified if there is a longer period required to validate your proposal.

On average the council approve about 80 per cent of all applications they receive (90 per cent of householder applications). If Redbridge Council refuse an application we will always set out the reasons for our decision and you can always appeal, but discussing your ideas in the first place can reduce the risk of this happening. To find out more useful information visit our planning page at www.redbridge.gov.uk



Councillor John Howard

Cabinet Member for Civic Pride

We received £200k funding from the Mayor of London's Air Quality Fund which will go towards 'Redbridge Clean Air Zones'.

Our successful bid is going towards the creation of designated 'Clean Air Zones' which will close roads leading to and from schools at the start and end of the day to protect children from air pollution and traffic. Redbridge Clean Air Zones' will see roads leading to schools closed to non-residential vehicular traffic – cars, vans and lorries will not be allowed to drive along certain roads leading to schools in efforts to reduce air pollution, improve the safety around school and promote active travel. London's toxic air is having a hugely detrimental effect on the lungs of children and young people and we have a duty to protect our children's health, both as a council and as part of the community ourselves.

We're determined to be at the forefront of improving air quality to ensure Redbridge is one of the cleanest and greenest boroughs in London. The 'Redbridge Clean Air Zones' will enable us to tackle air pollution by cutting down on congestion during the school run and encouraging pupils and parents to walk or cycle to school. Air quality is a top concern for parents and that's why the council are working on initiatives like this to build a cleaner and safer environment for our residents and mitigate the impact pollution has on local young people.

How will it be enforced? Signs will notify drivers that the roads surrounding the school can only be accessed by cyclists and pedestrians at the displayed times, unless vehicles receive an exemption. Exemptions will apply to residents and business in the zone, or a blue badge holder requiring access. Vehicles that are not exempt and enter the closed street during the peak times will be identified by automatic number plate recognition (ANPR) cameras and issued a Penalty Charge Notice (PCN).

So what schools are covered by the zones so far? Saint Peter and Paul's Catholic Primary School and Fairlop Primary school. To find out more you can visit our website and we will keep you updated on this important project.

Cycling

Redbridge

Be active. Go places. By bike

Pedal...don't pollute this Winter

Help improve air quality in Redbridge by swapping one of your weekly car journeys for a bicycle trip. Cycling can help improve your health and that of others through reducing emissions produced by driving, and by increasing your physical activity. Whatever your cycling ability we should have a course to help get you out on a bicycle.

Cycle basics training

Learn to ride and improve your cycle skills this winter on one of our FREE training sessions. Courses to suit adults and children who want to get to grips with the fundamentals of riding a bicycle for the first time, or for those lacking confidence in the saddle.

Over 2,500 Redbridge residents and children have benefitted from cycle training so far this year, why not join them.

Going further by bike

When you have mastered the basics and want to explore more of the borough by bicycle, build confidence and improve your road riding skills then book onto a Level 2 or Level 3 cycle skills course. Level 3 cycle skills training includes route planning, be that to the shops, to work or to your place of learning; as well as tackling busier junctions and road conditions.

Dr Bike at Wanstead Farmers Market

Free bike check to include adjustments and basic repairs. Held at Wanstead Farmers Market on the first Sunday of each month from 10am to 3pm



To find out more about cycling in Redbridge visit:
www.redbridge.gov.uk/cycling

To be eligible for free cycle training and activities you must live, work or study in Redbridge



HEALTH & WELLBEING

Keeping well throughout the winter and all year round

This winter and with a New Year approaching, why not do something that can improve your health and wellbeing? Even small changes can make a big difference. Take a look at some of the organisations and services available in the borough.

Redbridge Community Lunch Clubs

There are Community Lunch Clubs operating for residents aged over 65. It's the perfect opportunity to meet up socially and make new friends in a warm, welcoming environment and enjoy a nutritious meal. For more information, to book a visit or volunteer at Lunch Clubs call:
Tel 020 8501 2220



Healthy Eating

Exercise on Referral

Redbridge's Exercise on Referral scheme is for residents aged 16+, who are not active and would like to increase their physical activity levels. The scheme is designed so that qualified instructors can help people with medical conditions achieve their targets. Referral by GPs and other health professionals. Weight management support is also available through this service if required.
Tel 020 8550 6645



Get Active

Email ssmith@vision-rcl.org.uk

Stopping smoking

You are four times more likely to quit smoking with help than if you try and give it up all on your own. There is support in Redbridge to help you quit smoking. The various options mean that you can find the support that is right for you.
Tel 0333 005 0095



Smoking Cessation

Email Redbridge@everyonehealth.co.uk
Website www.everyonehealth.co.uk

Wellbeing: Good thinking

Good Thinking is a 24-hour online service that can help you find tools and resources to help promote physical and mental well-being. From managing your anxiety to meeting like-minded people, whatever it is that you need, 'Good Thinking' will help you find it.

Email info@good-thinking.uk
Website www.good-thinking.uk

#everymindmatters

Taking care of our mental health is as important as maintaining good physical health. Every Mind Matters is an online platform that shows people simple steps they can take to be better prepared for life's ups and downs.

NHS Health Check

Redbridge residents aged from 40 to 74 have a right to a NHS Health Check once every five years from their GP Practice. The NHS Health Check is a check-up designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As residents get older, there is a higher risk of developing one of these conditions. A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy.



Health Promotion

Young Person's Sexual health services

Bewize is a service supporting access to sexual health services for young people aged 15 to 24. They offer free condoms and testing for Chlamydia and Gonorrhoea. They also support pharmacies and GPs to help deliver this service.

Website www.wdpyoungpeople.org.uk
Tel 0300 303 4551
Email info.bewize@wdp.org.uk
Website www.mylife.redbridge.gov.uk

Start4Life

Start4life is a free national programme which delivers NHS advice and practical guidance to parents-to-be and families with babies and young children. You can access it via www.nhs.uk/start4life

HIV Services

Positive East provides sexual health advice and information. It also provides HIV testing and STI screening to all residents over the age of 18. This service also provides support to people living with HIV.

Tel 020 7791 2855
Email talktome@positiveeast.org.uk
Website www.positiveeast.org.uk

Alcohol & Drugs Service

R3 offers confidential support and treatment for individuals and their families affected by drug and alcohol problems. The service is free and open to residents aged 18 or over, as well as their families and carers.

Tel 0300 303 4612
Email info.R3@wdp.org.uk



substance abuse support

Integrated Sexual Health Services

Barking, Havering and Redbridge University Trust (BHRUT) provides sexual health advice and help to diagnose and treat sexually transmitted infections, as well as providing all forms of contraception including long acting reversible contraception. The services are free and confidential to all age groups, including young people living in Redbridge.
Tel 020 8924 6674



Education

Website www.bhrhospitals.nhs.uk

Are you caring for somebody else's child?

If you are looking after someone else's child or if your child is being looked after by someone else you might be part of a private fostering arrangement.

Private fostering is when a child or young person aged 16 or under (or 18 if they are disabled) is cared for by an adult who is not a close relative for more than 28 days.

A private foster carer may be:

- a friend of the family
- the parent of a friend of a child
- an extended family member such as a cousin, great aunt or great uncle
- someone previously unknown to the child's family who is willing to privately foster a child

Help us to keep children safe and support families by notifying us of private fostering arrangements. If you are a parent or carer of a child who is being privately fostered you have a legal duty to inform your local council. If you don't you might be missing out on free advice and support.



The Child Protection & Assessment Team, Lynton House, 255-259 High Road, Ilford, IG1 1NN.

020 8708 3885 cpat.referrals@redbridge.gov.uk www.redbridge.gov.uk/privatefostering

prostate cancer is the most common cancer in men in the uk

but the condition is responsive to treatment if detected soon enough.

The most common symptoms of Prostate Cancer are:

- Having to rush to the toilet to pass urine
- Difficulty in passing urine
- Passing urine more often than usual - especially at night
- Pain on passing urine, but this is rare
- Blood in the urine or semen, but this is very rare

Please seek medical advice early if you, or somebody you know, is experiencing these symptoms.

APPLE is a locally run charity. If you would like more information about us and our monthly support group meetings, please visit our website www.appleprostate.co.uk or contact us on:

E: info@appleprostate.co.uk T: 07505 816973. Charity No. 1086824





LOCAL NEWS & VIEWS

Work Redbridge

Work Redbridge, the Council's service supporting residents into training and work opportunities, has recently completed a project to support 16 residents who have experienced homelessness into employment.

Working in partnership with the Welcome Centre and Business in the Community, Work Redbridge designed an innovative support programme Bridging the Gap – that included a six-week confidence building and motivation course, access to work experience and opportunities to meet with local employers, as well as employability support to help ensure residents had a CV, covering letter and were prepared for interviews. The project supported over 40 residents who have experienced or were experiencing homelessness and 16 were successful in starting work. Residents are now working in a range of roles including Marks and Spencer, Linklaters Law Firm and Vision Redbridge Culture and Leisure.

Deputy Leader, Cllr Kam Rai, said: "It's great that our residents take up these opportunities through Work Redbridge to improve their employment chances and skills for their future careers".

The project was funded by the Department of Work and Pensions and the Work Redbridge team will be applying for further funding to run a similar project in 2020.

If you would like to know more about how Work Redbridge could support you with finding training, volunteering or work opportunities, then visit www.redbridge.gov.uk/workredbridge or call 020 8708 2298

Work Redbridge has just launched a new Career Camp project in partnership with Trax Training. The project is designed to support residents interested in starting a career in the digital and technology sector. Over the three-day Camp, participants will complete a range of learning modules, interact with employers and be set a challenge to come up with an innovative digital solution to a local problem. Employers supporting the project include Amazon, BT Openreach and Bombardier.

Once residents have completed the training, they will be supported to find employment opportunities with local businesses.

The Career Camp project is open to anyone living in Redbridge with an interest in working in the technology sector. If you would like to find out more, call Work Redbridge on 020 8708 2298



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Visit www.redbridge.gov.uk/workredbridge



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