

REDBRIDGELIFE

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Looking for something to do this autumn?

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

www.redbridge.gov.uk/events



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

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www.instagram.com/redbridgecouncil



Twitter

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YouTube

Keep up to date with our latest videos by subscribing to our YouTube Channel.

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 will be online. See our website for information and links to join.

Council Meetings

26 November 2020 - 7.15pm

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

10 September 2020 – 7.15pm 22 October 2020 – 7.15pm 16 November 2020 – 7.15pm 15 December 2020 – 7.15pm

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

Due to COVID-19, there are currently no councillor surgeries. Please contact councillors by email or over the phone www.redbridge.gov.uk/councillors or call 020 8554 5000

Scrutiny Committees

Overview Committee

9 September 2020 **7.15pm**21 October 2020 **7.15pm**12 November 2020 **7.15pm**14 December 2020 **7.15pm**

People Scrutiny Committee

19 October 2020 **7.15pm** 3 December 2020 **7.15pm**

Place Scrutiny Committee

20 October 2020 **7.15pm** 30 November 2020 **7.15pm**

Education Scrutiny Panel

29 September 2020 **7.15pm**

Health Scrutiny Committee

1 October 2020 **7.15pm** 5 November 2020 **7.15pm**

Strategy and Resources Scrutiny Committee

19 October 2020 **5.30pm** 11 November 2020 **7.15pm**

External Scrutiny Panel

7 September 2020 **7.15pm** 25 November 2020 **7.15pm** 7 January 2021 **7.15pm**

Joint Health Overview and Scrutiny Committee

16 September 2020 **5pm**

Planning Committee

4 September 2020 **7.15pm** 15 October 2020 **7.15pm** 19 November 2020 **7.15pm** 17 December 2020 **7.15pm**

Extraordinary Council

24 September 2020 **7.15pm**

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

Join us for the first Redbridge Landlord Forum

Tuesday 6 October 2020 From 7pm to 8.30pm



Are you complying with your legal requirements for rented properties in Redbridge?

Want to know more about housing enforcement? Unsure about your responsibilities as a landlord? increase awareness of legislation, policy and procedures

access training and information

come and discuss your concerns with experts



To register your free place and receive instructions on how to access the meeting please e-mail **Prslicensing@redbridge.gov.uk**

Produced by Redbridge Council

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Next issue out in December

LEADER'S MESSAGE



A lot has happened since our last edition. The coronavirus pandemic has tested us on every level – our health and well-being, our work as a council and our normal way of life. I'm proud of how resilient, compassionate and supportive local people have been in the face of such unprecedented challenges.

I want to personally thank all of my neighbours in Redbridge for following national guidance and caring for each other during what continues to be a difficult and lifechanging time.

I'm very proud of our community's response during the pandemic. Neighbours stepped up to help neighbours, children put up posters in their windows thanking our NHS heroes, local schools made life-saving masks and face visors. Hundreds of local people volunteered across Redbridge.

Our council reorganised services, creating new ways to support local people in need, like our Wellbeing Service which delivered more than 2,500 food parcels and regularly called 1,900 vulnerable residents. We delivered PPE to care homes and frontline workers, food to school children in need, and medicine to those shielding.

We truly showed that Redbridge is stronger together, and I have never been so proud to live and work in our borough.

Our work to keep Redbridge safe continues. Our council is teaming up with local businesses to make sure everyone can shop locally with confidence and we've put down distance markers on our high streets to help with social distancing.

Welcome to September's edition of Redbridge Life



During Eid, Cllr Rai and I delivered PPE to local businesses

Throughout the pandemic, I've been working closely with local police and public health officials. Last month, I held the first in a series of regular online public meetings on community safety with our Borough Commander, Detective Chief Superintendent Stephen Clayman. We talked about tackling crime, domestic abuse, antisocial behaviour and drug dealing. More recently, we have announced a new joint taskforce which will make this work possible.

As schools open up this month, I know many local people remain apprehensive. I've been working closely with all our local schools so I've seen first-hand the lengths teachers and staff have gone to in order to make schools as safe as possible. If you are a concerned parent, please get in touch with your child's school, if you haven't already, for more information on the safety measures they've implemented.

We have come a long way since the pandemic took hold in March, however, it is critically important that we keep being careful, take precautions and follow public health advice. The only way we can keep ourselves, our neighbours and our friends and family members safe is if we continue to practise social distancing, wash our hands regularly, avoid crowded spaces and get tested as soon as we have any symptoms of COVID-19.

I have made sure that we have one of the first and largest permanent testing centres in London, right here in Ilford, so please make use of it if you need to and help us manage the spread of coronavirus. It's quick and easy – you can read more about it on page 30.

Take care, keep safe and please watch out for your neighbours.

Cllr Jas Athwal

Leader of Redbridge Council

Keep Redbridge Safe

After a poll showed 56 per cent of Londoners don't know how to get a test, the Leader of Redbridge Council, Councillor Jas Athwal, said: "I cannot stress enough how important it is that we all continue to do whatever is necessary to keep the number of COVID-19 cases down in Redbridge and across the rest of London.

"We're still on a real knife-edge, and we mustn't forget that. You only have to look at other regions in the UK or to our neighbouring countries to see how delicate the balance is. Please keep safe by ensuring you maintain social distancing (keep 2 metres apart), wash your hands frequently and thoroughly, and wear a face covering if you're in shops, on public transport or in a confined space.

COMP-19: - D + M

"If you have any COVID-19 symptoms, please stay at home and get tested as soon as possible and follow the instructions of NHS Test and Trace if they contact you."

Walk-through testing centre opens in Ilford

A permanent walk-through coronavirus testing facility is now open at Mildmay Road Car Park, Ilford, following pressure from Redbridge Council to improve coronavirus testing accessibility for local communities.

Anyone with coronavirus symptoms, however mild, can get a free swab test that takes less than a minute. Tests should be booked or ordered as soon as symptoms begin at **nhs.uk/coronavirus** or by calling 119.

The testing facility is open seven days a week and you can turn up without a pre-booked appointment – although booking is advisable.

A simple swab test, taking less than a minute, can be taken at the site if you have any of the following coronavirus symptoms:

- a new continuous cough
- a high temperature
- a loss of or change in normal sense of smell or taste.

However, for the test to be effective, it must be done within **five days** of your symptom(s) starting.

Council housing programme hits milestone

Our ambitious council house building programme reached another major milestone this summer when Cabinet Members gave phase 3 the green light.



Cllr Athwal, recently met with new council tenant, Syeda Rakib, who is delighted to be moving in to her new family home

Our council has committed to building 600 new, permanent, affordable council homes for rent on existing council-owned sites by 2022. Funding amounting to £20 million was secured from GLA Building Homes for Londoners to help deliver these homes. The new homes will be for Redbridge families on the housing waiting list and will be rented at London Affordable Rent levels.

Phase 1, which is already on site, will build 129 homes. Phase 2 was agreed in 2019, and resident consultation is currently underway. Phase 3 will deliver the remaining homes to meet the 600-home target.

Construction recently finished on brand new local council houses in Newbury Park, providing much needed affordable permanent homes for Redbridge families. The development in Wessex Close, includes six 3-bedroom homes that have already been let to local families.

Ten 2-bedroom flats in Kielder Close, Hainault, have also been completed, while a further 26 council homes at Old Mill Court, South Woodford, are due to finish construction shortly.

Quiet Streets consultations launched

We have received more than £500,000 of funding from Transport for London (TfL) to help make our area a far greener, healthier and more enjoyable place to live and travel in. We would like your views and ideas on our current proposals.

The programme is part of an emergency response to the COVID-19 crisis, as the need for social distancing is likely to remain for some time. Government advice is to avoid public transport and to walk or cycle wherever possible. This project aims to both make following Government advice easier and encourage active and healthy lifestyles in Redbridge.

What changes are happening?

Between August and October, we will deliver Redbridge Quiet Streets, a series of Low Traffic Neighbourhoods. Streets will feel much safer, with less traffic danger and deadly air pollution.

The changes will be made on a trial basis, which means that for three months, we will monitor the way the new layout is working, and seek feedback from residents.

Before the end of the trial period, we will ask for more feedback and make a decision on whether to make the scheme permanent.

The changes in the first of the Quiet Streets, Barkingside South scheme, include filters in the form of wooden planters, that are placed in carefully selected points across the area to stop vehicles passing through.

Tell us what you think and find out more about the other schemes.

Visit: redbridgequietstreets.commonplace.is



The Quiet Streets programme will:

- enable all local people to walk, cycle, play and live healthier lives
- stop rat running on residential streets
 Cranbrook Road and Horns Road, particularly down Hamilton Avenue
- prevent dangerous speeding on Ashurst Drive, Otley Drive, Headley Drive and Springfield Drive
- reduce traffic accidents on Ashurst Drive and Donnington Avenue
- make our streets quieter, greener, healthier and safer
- improve local air quality
- enable our children to walk, wheel or cycle to school reducing traffic while improving health, air quality and safety.

Email: ourstreets@redbridge.gov.uk

London's drivers asked to turn off engines

Redbridge Council is to participate in a new London-wide campaign encouraging businesses to tackle air pollution caused by idling engines.

The Idling Action Project has been running since 2016. Redbridge will join forces with 29 other London authorities and City of London Corporation in a bid to cut dangerous vehicle emissions.

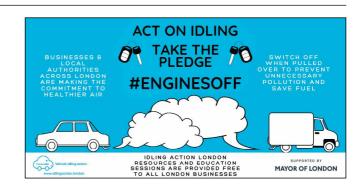
The renewed call for action comes amidst emerging evidence that air pollution is linked to poor recovery and higher infection rates of COVID-19 due to the damage pollution causes to the lungs.

Idling Action's #EnginesOff campaign asks businesses to pledge that their drivers and other employees will not leave their engines on when parked. As well as asking businesses to take part, Redbridge Council's own drivers have also taken the #EnginesOff pledge in addition to extra training on pollution reduction.

As part of the council's pledge, we are asking all of our employees and fleet drivers to switch off their engines when they are parked on our premises or if parking while they travel to or from work or operating vehicles on our behalf.

Idling Action offers London drivers free training and provides a toolkit of resources to businesses whose operations involve vehicle fleets, professional drivers, or employees who travel by car to work.

Councillor John Howard, Cabinet Member for Civic Pride, said: "As Redbridge recovers from



COVID-19, it's vital that businesses in the borough consider the health of others and take this simple but vital step towards cutting air pollution.

"At the same time, it's also essential that we as a council lead by example by playing our part to reduce air pollution in Redbridge. It's essential that everyone does what they can to improve air quality in this great borough."

To find out more about the #EnginesOff Campaign and sign the pledge, as well as learning more about how the London boroughs are tackling air pollution, visit:

www.idlingaction.london

Redbridge community projects get £176k cash injection

Redbridge Council granted more than £176,000 in 2018/19 to grassroots community projects in the borough through the Community Infrastructure Levy (CIL).

The CIL is a charge collected from new developments, which funds facilities such as roads and transport, education, medical facilities and sport, recreation and open spaces. A percentage of the CIL money also goes towards community projects at the local level.

The funding was allocated to various community projects, all of which have contributed to making Redbridge a better place for local people.

Some of the key projects that have benefited from the CIL include the new family-friendly changing facilities in the Exchange Ilford. This flagship project was delivered at a cost of £60,000 and offers families a more pleasant experience during their visit to the Exchange.

The play equipment at Churchfields Recreation Ground in South Woodford, in partnership with the Parks Team in Vision RCL, has undergone significant improvements thanks to nearly £17,000 of funding, while we'll also be giving away over 40,000 spring-flowering bulbs to the community to get Redbridge blooming.

30 defibrillators and cabinets were installed in key areas across the borough, and 15,000 trees were planted last November, as part of National Tree Week in conjunction with our strategic partner, Trees for Cities and Vision RCL. Hundreds of eager residents and volunteers rolled up their sleeves to create 10,000m² of new woodland in Goodmayes Park and Orchard Playing Fields. This biodiverse woodland will increase wildlife habitats and build resilience against pests, as well as climate change.

Box Up Crime – a ground-breaking initiative that provides social innovation through sports to inspire, educate, and develop young individuals – also received funding of £70,000.

We are also pleased to announce we will be entering into a partnership with Spacehive. This well-known crowdfunding company brings local places to life: everything from sprucing up the park, or improving a playground, to starting a street market.

The partnership will help distribute neighbourhood funding to local communities in a much more efficient and quicker way.

Community projects will need to demonstrate they have community backing by securing a percentage of their total cost in donations



before being considered for a CIL funding contribution by the council.

The Deputy Leader of Redbridge Council Councillor Kam Rai said: "We're so pleased that the Community Infrastructure Levy contributions have helped finance so many worthwhile community projects throughout the borough.

"We're also excited to announce our partnership with Spacehive which will empower local people to have a say over which community projects they want to see funded."



STRONGER TOGETHER

The Big Question – what services matter to you?

During the pandemic, we protected Redbridge with

4.25m

items of PPE sourced by the council





1,700

packed lunches delivered to vulnerable children



157
rough sleepers
helped off the streets



867



200 pharmacy pickups



801 food parcels delivered Cllr Kam Rai, Deputy Leader of the Council and Cabinet Member for Finance and Poscursos said:

"The government has put us in an impossible position. We are committed to delivering the services that our residents need most, but ongoing cuts and now this loss of promised funding means that we now need to make difficult decisions about how to meet ongoing local need. I would encourage everyone to attend a budget event and have your say."

We're holding a series of virtual events to give residents the chance to tell us what services matter most to them, before we need to make difficult decisions on potential changes to the local services we offer.

Like more than 300 councils in the UK, we have faced years of cuts to the public purse. We have made £180m of savings over the last 10 years. However, we remain one of the best councils in London for delivering high quality, value for money services that make a positive difference to our residents. We always balance our budget.

The government pledged to repay local authorities for their work keeping local people safe during the pandemic. However, we have, so far, received only £18m of the estimated £61m forecast to be spent. This leaves a potential forecast gap of £43m – equivalent to the council's entire service budget (excluding social care).

More than 4,000 people have signed our petition, calling on the government to deliver its funding promise because the council delivers vital local services. Please also sign the petition so we can continue to deliver services that matter most.

Visit www.redbridge.gov.uk/protectredbridge

We know that the UK is on the brink of a hard recession and it will affect everyone. We want to make sure that the services we provide meet local needs and support our communities through an ongoing tough time.

So, the big question is – what services matter most to you? Please tell us by completing this short survey **www.redbridge.gov.uk/haveyoursay** and attending one of our virtual public sessions.



LOCAL EDUCATION

Back to school

Children and young people return to school.

We have been working closely with schools in the borough over the summer, making careful preparations to ensure they are well-prepared to manage the transition back into school life for children and young people. We're doing everything we can, so they feel recharged and excited about the academic year ahead.

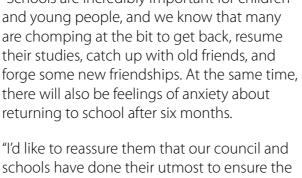
We'll be in a unique and unprecedented situation where most children will be walking into a classroom for the first time in six months. For many, this will be the first time they've come into contact with children other than their siblings. The council and schools in the borough appreciate that some children will take longer than others to settle back in after such a prolonged period. We also acknowledge that many children and parents will need additional support and our local schools are well prepared to make the transition as comfortable as possible.

Councillor Elaine Norman, Cabinet Member for Children and Young people said: "I've been extremely conscious of the impact this whole episode has had on our children and young people's mental health and well-being.

"Schools are incredibly important for children and young people, and we know that many are chomping at the bit to get back, resume their studies, catch up with old friends, and there will also be feelings of anxiety about returning to school after six months.

school environment is as safe as possible. We wouldn't take any chances where their safety is concerned.

"When we speak about school curriculum, we often think about maths, science and English classes. One of the key themes in every school's curriculum this year will be about recovery. This will be vital in helping children and young people ease back into the school environment. We have every confidence in our teachers and school staff who are doing an incredible job."





Schools have implemented a range of safety measures to keep children and staff safe:

- implementing staggered school start and finish times to reduce the number of parents and children entering and leaving school grounds at any one time
- · developing specific timetables for cleaning, hand-washing, and hygiene breaks as part of the school day
- access to quick COVID-19 testing
- using non-pupil days for additional preparation and vital staff training where necessary, before opening-up
- implementing daily deep cleaning programmes after pupils leave school grounds
- stringent risk assessments completed by schools and reviewed by the council
- encouraging walking or using bicycles to travel to school by minimising use of public transport, particularly at peak times
- schools have access to all necessary PPE
- windows/doors kept open where possible all day (except fire doors etc).



HEALTH IN REDBRIDGE

Stay well this winter

In a normal year, flu hospitalises and kills thousands of people in the UK. It is clear that this is anything but a normal year.

The flu virus is similar to COVID-19 in the way that it spreads. It spreads from person to person, even amongst those not showing any symptoms, and it can cause significant complications for those aged 65 and over, those living with long-term health conditions (such as Diabetes, Chronic Obstructive Pulmonary Disease, or Chronic Kidney Disease), and women who are pregnant.

The evidence is clear that the best protection against the virus is to get a flu jab if you are eligible. The vaccine is free to those in Redbridge who are in 'high risk' groups. It is easy to get your jab at a time that is convenient at GP practices or local pharmacies.

Yet in Redbridge last year, only 56 per cent of those eligible decided to get vaccinated.

It is vital that we do all we can to protect ourselves and others from the flu virus this winter. I encourage Redbridge residents who are eligible for their free flu jab to speak to their GP practice or visit their local pharmacy.

Dr. Anil Mehta

Chair, Redbridge Clinical Commissioning Group



What you can do to stay well this winter

It is important that we all do what we can to stay well, and out of hospital this winter. It will help alleviate pressure on the NHS should we face a second wave of coronavirus.

While there is no vaccine for coronavirus at present, there are effective vaccines and therapeutics (antivirals) for flu. The flu vaccine can protect you against being adversely affected by flu, including developing pneumonia.

- 1. To reduce coronavirus infections, continue following national guidance. Remember, if you have coronavirus symptoms and need to self-isolate, the self-isolation period has increased from 7 to 10 days.
- 2. A flu vaccine is the best protection from seasonal flu. Parents are encouraged to ensure eligible children have their flu jab and other vaccines.



Who is eligible for a free flu vaccine?

- Everyone aged 65 and over.
- Everyone under 65 years of age who has a medical condition (speak to your GP), including children and babies over six months of age.
- All pregnant women, at any stage of pregnancy.
- All two- and three- year-old children (provided they were aged two or three years old on 31 August of the current flu season).
- All children in primary school.
- All Year 7 secondary school children.
- Everyone living in a residential or nursing home.
- Everyone who cares for an older or disabled person.
- Household contacts of anyone on the NHS Shielded Patient List.
- All frontline health and social care workers.

For advice and information about the flu vaccination, speak to your GP, practice nurse or pharmacist.

Useful link:

www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine

If you don't qualify for a free flu jab, you can pay for one at many pharmacies and supermarkets.

REDBRIDGE COMMUNITY

Redbridge community spirit shines bright



At the height of the coronavirus pandemic, our borough had to quickly adjust to new ways of living, including lockdown, which kept us apart from family and friends – but our greatest strength has always been our community spirit.

It came as no surprise when communities, organisations and neighbours across the borough found ways to support one another through the global health crisis.

Earlier in the year when lockdown put the brakes on the 'Aldersbrook Contact Elderly Tea Party' group continuing to host their tea parties and chats for elderly members, they found another way to keep the party going.

Instead, the team took to the phones and regularly called their elderly members to keep the chats going, and even surprised them with doorstep deliveries of homecooked teatime treats during lockdown.

While in other parts of the borough, people gave their time to act as community reporters – helping the council shine a spotlight on the uplifting stories and efforts of local people going above and beyond to help their neighbours.

Danya Lakshman volunteered as a community reporter to give back to the borough in a time of crisis.

The 18-year-old said: "We have all been impacted by the virus, but it was amazing to see the willingness of people to help each other. I felt it was important to share those stories and find ways to support the community in whatever way I could." The council's frontline Wellbeing Service – created to directly help those most at risk from coronavirus – also became a beacon of volunteering success in the community.

Local firefighters also got onboard, supporting the service by delivering food parcels, prescriptions and other essential items to vulnerable residents at the height of the pandemic in spring.

There was no stopping the resourcefulness of the local community when it came to helping our borough navigate its way through the pandemic.

REDBRIDGE COMMUNITY

Other residents stepping up to help

Local hero, Karina, from South Woodford, put her sewing skills to the test – kitting out our NHS workers in handmade scrubs.

In Wanstead, Julie Harvey and James Paterson teamed up to roll out the 'Tin in a Bin' scheme to help some of the borough's most vulnerable residents. The scheme enabled people to donate non-perishable food into special bins outside the homes of volunteers, leading to over 5 tonnes of food being collected for Redbridge Foodbank and homeless shelters at the height of the pandemic.

Following the outbreak, we also set up a volunteer network in partnership with Redbridge CVS, specifically to deliver support to local people suffering, as a result of the pandemic.

The feedback from local people was incredible with hundreds immediately signing up to help.

Even former residents of the borough came to the rescue when Redbridge needed volunteers. Ashleigh Duhrig had moved away but found her way back to the borough when she was given an opportunity through Volunteer Centre Redbridge – a well-established local service that has placed more than 2,000 people in volunteer roles across Redbridge since it started.

Ashleigh took on the role of delivering food and medicine to some of the borough's elderly residents during the pandemic.

The 27-year-old teacher said:

"I grew up in Redbridge and this was the perfect opportunity for me to give back to the community. It gave me the chance to share a doorway chat with those who otherwise may not have seen anyone else for weeks during lockdown. I think it's important to do what we can to help one another. After all, we're all in this together." Garry Twitchett gave up a paid job in 2013 to become more involved with volunteering opportunities in the borough. At the height of the pandemic, Gary volunteered as a delivery driver at the council's Wellbeing Service.

The 64-year-old retired police officer from Clayhall said: "It's been an incredibly rewarding experience. I've been able to help some of the most vulnerable people in the borough who haven't been able to leave their home, and I'm grateful for the part I can play in helping out.

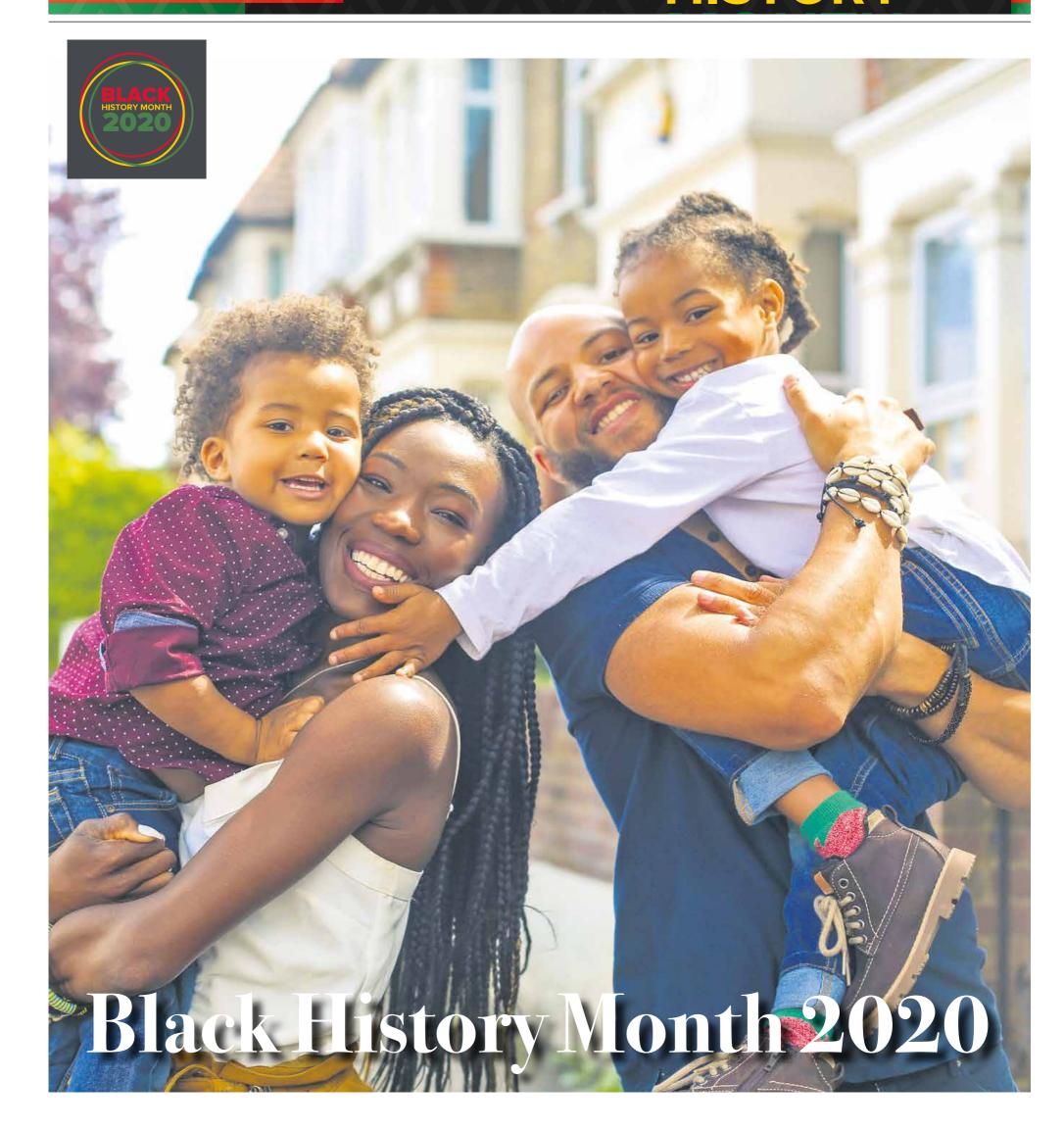
"Volunteering feels like my second chance at life, and I love doing it. I've also made some wonderful new friends and widened my social circle. Being a volunteer works both ways. You can get as much out of it as the people you are helping."







BLACK HISTORY



MONTH

Why is it important, and why is it celebrated in October?

October is Black History Month in the UK, and it's been celebrated nationwide every year for nearly 40 years. Redbridge has a longstanding and proud history of supporting Black History Month.

Black History Month was initially founded to recognise the contribution that people of African and Caribbean backgrounds have made to this country over many generations.

Now, Black History Month has expanded to include the history of not just Afro-Caribbean people, but all black people. For the entire month of October, events celebrating African and Caribbean cultures and histories will take place up and down the country.

This year's celebrations will be particularly poignant, following the terrible events that unfolded earlier this summer in the United States with the tragic and senseless killing of George Floyd.

This single event has once again brought to the fore the shocking inequality in modern-day society. It has also seen the worldwide emergence of the Black Lives Matter movement – a cause that Redbridge has put its unwavering support behind. As London's second most diverse borough, we're very proud of the communities that make Redbridge such a close-knit and wonderful place.

During the unforgettable summer of 2020, we've supported the Black Lives Matter cause in several ways, included the lighting up of our town hall as a show of solidarity. We also hosted a special event run by the Leader of the Council, ClIr Jas



Athwal, and attended by senior community figures, where we discussed how we could move towards a more equal society.

This Black History Month, our libraries will be hosting an exciting programme of events and activities. While we hope to stage some that people can attend in person, we're not in a position at this stage to offer any confirmation on those, due to the ongoing COVID-19 pandemic.

That said, we fully intend to build on the success of last year and will be taking the opportunity to base some of our events online, to give access to a much wider audience. Our activities will be highlighting the contribution that black Britons have made to our history and society.

This includes showcasing the best of local Black British art. We'll be streaming author talks and





webinars, highlighting the latest suggested reading lists by black authors and working with local community groups, such as The Association of Redbridge African Caribbean Communities, to ensure that all distinguished achievements and work from the black community are recognised and commemorated.

Please don't forget Redbridge Central Library will be highlighting the local black businesses that you can support on Black Pound Day on Saturday 3 October 2020.

To keep updated on our Black History Month events programme, please visit:

www.visionrcl.org.uk/events/black-historymonth

We have safe spaces where all our communities can learn, create, and thrive. We aim to contribute to this movement through inclusion, education, and continued learning.

Please explore our anti-racism resources including literature that celebrates diversity and inclusion, lived experience through film and the compelling storytelling of black authors and the heritage of Redbridge's local communities by visiting:

www.visionrcl.org.uk/libraries-learning/ black-lives-matter



STAY SAFE

Help avoid a local lockdown

Areas across the UK have had to go back into lockdown as a result of local spikes in COVID-19. Let's work together to keep Redbridge safe.

Testing:

If you need a test in Redbridge, you can book an appointment to visit the permanent walk-in testing facility, the drive-in mobile testing unit or order a home testing kit.

Walk-through testing

A permanent 7-day per week, walk-through coronavirus testing facility is open at Mildmay Road Car Park in Ilford. You are encouraged to pre-book your test online: **www.redbridge.gov.uk** or by calling 119. You can also turn up at the Mildmay site without an appointment to be tested on the day, or as early as possible, depending on how busy the centre is.

What could a local lockdown look like?

Local lockdowns may be different in different areas but it might mean:

- non-essential shops closing again
- bars, restaurants and hairdressers closing
- schools closing to children, except vulnerable children and children of key workers
- people who have been shielding being asked to fully shield again
- people being advised to stay at home as much as possible
- all travel apart from essential travel being advised against
- more support for testing and tracing from Public Health England.

Top tips to keep you and your family members safe



Keep your distance from people outside your household and try and stay two metres apart at all times.



Continue to wash your hands well and regularly for 20 seconds, use sanitiser when outside of your home and avoid touching your face.



Avoid crowded spaces and plan ahead when you can to avoid travelling on public transport at peak times.



Wearing a face covering is now compulsory on public transport and in other enclosed public spaces, such as shops.



If you go to pubs, restaurants and cafes, enjoy yourself but be sensible; show respect for others, follow Government advice and don't do anything that puts you or others at risk.





Redbridge Town Centres

Redbridge has a diverse range of town centres and shopping parades, so you have lots to choose from. Take a look at this list before planning your visit and you may find more than one favourite place.

Ilford

Ilford is Redbridge's metropolitan centre situated in the south of the Borough and is a significant commercial and retail centre.

for me for you for all

The Town Centre is continuing to grow and has the capacity to provide further office and commercial space, including flexible and affordable managed workspace, and cultural and creative activity.

Ilford is home to the busy Exchange shopping centre, and the town centre will be further enhanced by a new street market that will be operational once the Ilford Public Realm Improvement Scheme has been completed. The market will offer a wide range of goods and opportunities for local people and the local economy.

The Ilford Business Improvement
District, which champions the interests
of town centre businesses and visitors
to Ilford alike, have been a key partner
to the council in managing the impact
of the pandemic and ensuring that town
centre visitors and businesses have:

- · public sanitiser stations
- social distancing signage and message boards, including the importance of wearing a face covering
- social distancing traffic flow systems
- social distance queueing floor stickers
- templates and business support webinars on working safely during 'lockdown' and throughout the 'easing off' period
- deployed trained security personnel to educate and reinforce the importance of social distancing.

Regeneration of the Cultural Quarter has been kickstarted with part of the Town Hall converted into gallery space and artist studios by SPACE studios, opened in December 2019. Mercato Metropolitano's covered food market is in development and due to open late 2020.

Ilford Lane



Ilford Lane lies just south of Ilford Town Centre and offers a specialist cultural shopping and dining experience. The area reflects the vibrant multicultural character of Redbridge with over 200 independent retailers selling goods from every corner of the globe. The high street has a rich array of independent retailers selling South Asian fashions, fabrics and bespoke jewellery. The restaurant offer is extensive and provides authentic international cuisine.

The high street is a hive of entrepreneurial creativity and trading is vibrant throughout the day and evening. Ilford Lane is a popular destination at culturally significant times of the year such as Ramadan. Ilford Lane is a perfect complement to the borough's metropolitan town centre, Ilford.

Barkingside

Barkingside is in the centre of the Borough and is a vibrant town centre served by two London Underground Central Line Stations at Barkingside and Fairlop. The high street offer includes a mix of independent shops alongside branded retail, coffee shops and supermarkets. The iconic and uniquely designed library with adjoining leisure centre and town square attract residents from across the borough. The shopping experience covers a wide range of needs including bespoke local goods/services offered by the many independent retailers.

The town centre offers a safe shopping environment with wide footpaths; comparably large retail units that make it easier to maintain social distancing; free on-street parking and a good representation of banks and national retailers. The town centre is ideal for a 'family-experience' and caters for visitors from varying age groups.



South Woodford

With over 160 high street businesses, South Woodford is an attractive town centre focussed around George Lane and its rich mix of independent and artisan shops. South Woodford has retained its "village" feel.

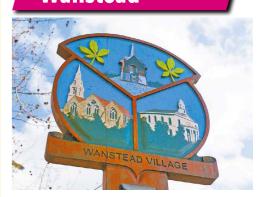
The town centre is well-located with good public transport access. The area has a vibrant mix of independent and national retailers and a range of a bars and restaurants that make South Woodford both a daytime and evening destination.

The family orientated feel of the town centre is underlined by the centrally located 'green space' with children's flower art and benches. The Sainsburys supermarket is a popular destination with subsidised parking and an extended retail offer (including Argos and Timpson) on the complex. There is also an M&S and Waitrose in the town centre to add to the variety of choice. The town centre also boasts a pay and display car park, free on-street parking for 1 hour, and a local mobility provision.

South Woodford is further enhanced by the local market that takes place on the third Sunday of each month on George Lane.



Wanstead



In 2016, Wanstead was named as one of the country's best high streets in the annual Great British High Street competition. The high street was named in the top 5 of the London category, just missing out on going through to the public vote to decide the winner.

The high street has wide pavements, and village appeal. The lengthy linear high street has excellent public transport provision, served by Wanstead and Snaresbrook Central Line Underground stations at either end. Wanstead features a range of high quality independent shops and cafés.

Wanstead Farmer's Market takes place along Wanstead High Street where visitors can purchase organic produce, ethically reared meats, free range eggs and handmade desserts. The range and quality of food related businesses in Wanstead ensure the town centre is a popular destination for the evening and night time economy.

Gants Hill

Gants Hill in the south of the Borough is based around its renowned Art Deco Underground Station. It is a well-connected town centre, being on the Central Line and served by major roads, including the A12.

Gants Hill features a mix of independent retail, cafés, bars and restaurants, creating a thriving destination during the day and evening.

The town centre has fantastic provision including banks, offices, specialist independent shops, and a variety of community amenities.

Seven Kings, Goodmayes and Chadwell Heath

This area forms the 'Crossrail Corridor' and features three key centres, all of which have significant growth potential and will benefit from improvements to the area around the station.

The planned development of the state-of-the-art Seven Kings Community Hub will create potential to co-locate business and community services alongside new homes close to station facilities.

Seven Kings and Goodmayes are key local centres that have developed around the route of the ancient Roman Road between London and Colchester. Chadwell Heath is situated in the south east of the borough. These centres have a mix of small independent retailers, restaurants and a retail park with large well-known outlets selling a variety of goods.

Manford Way

Manford way is a small local centre located in the north of the borough that serves the community in Hainault. This shopping parade consists of more than 30 retailers offering goods and services that are popular with the surrounding residential community.

It has a nice mix of independent and national retailers including hair salons, coffee shops, convenience stores and a supermarket.

A wide footpath and free on-street parking make it a safe and accessible parade for visitors and locals alike.

Redbridge Business Directory-It's local!

Looking for products and services in Redbridge? Visit our online directory It's Local Redbridge

If you are looking for a new hair style, specialist products, a plumber, electrician, other goods and professional services, or a place to enjoy a nice cup of coffee in your area, search for what you are looking for in the It's Local Redbridge Directory as there is always something to meet your expectations.

You can find businesses by name or using a key word to find the right product. It is fully integrated with Google Maps, directions and Street view and includes direct links to businesses' websites and social media including Facebook, Twitter, LinkedIn, Google Plus.

Can't find your favourite business on the list? Well, share the news about the directory and invite them to register and make the most of this free service. More information online at www.itslocalredbridge.co.uk

Shop Safe Redbridge

Redbridge is open for business and we want to make sure that our residents feel safe when visiting our Town Centres. We are providing businesses with resources and information about legal requirements and good practice to keep their employees and customers safe. We want you to enjoy the experience and support your local shops by:

- supporting our local business campaigns
- let us know about a business in your local area doing a great job
- Shop Local.

If you are a business in Redbridge, visit our website to find more information about the resources available Shop Safe, Shop Redbridge.

A message for food vendors

Some things have changed for restaurants and other food outlets and we want to help businesses be prepared for the changes.

Businesses that serve food and drinks and want to provide safe eating areas outside may be eligible for a fast track pavement licence to add a seating area outside. Businesses must follow the government guidance to keep the place safe for their staff and customers.

You can find more information on our website search coronavirus business support.



Redbridge Business Support

Our business advice and support service is available to all businesses, providing information and advice on how to start or grow your business. We can provide direct help and also signpost you to specialist organisations and business partners that can guide you through your journey.

If you are running a business in Redbridge or planning on opening one, contact the team: business.enteprise@redbridge.gov.uk

Work Redbridge

The council's Employment Support Service offers help in finding employment to all residents. We know that many jobs have been affected by COVID-19. You may have been unemployed for some time or you may have recently lost your job, or working reduced hours, or are at risk of being made redundant or are self-employed and struggling.

The team at Work Redbridge is here to help support you in finding work and make the whole process easier for you. They can give you impartial information, advice and guidance and help you apply for the jobs you want. The Work Redbridge service is open to any Redbridge resident aged 16 or older.

For further information please contact us on workredbridge@redbridge.gov.uk or call 020 8708 2298





Redbridge Business News

Redbridge Business and Enterprise News



If you are running a business in the borough and would like to keep up to date with business news and informed about the support programmes available for local businesses, register to receive our regular business news

www.redbridge.gov.uk/business/sign-up-for-redbridgebusiness-news







NEW All one year level 3 qualifications are now FREE for eligible learners.

DBRIDGE INSTITUTE FOR LEARNING Theen working

hard to ensure our learners can return safely to the courses they enjoy in a safe way.

We have put in place a range of protective measures:

- small groups of learners in workshops and craft studios
- online courses and blended learning
- social distancing and screens
- regular cleaning.

Classes, studios and workshops are now open

We look forward to welcoming you to our learning community.

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

www.redbridge-iae.ac.uk

020 8550 2398 enquiries@redbridge-iae.ac.uk Follow us: @rediae











MAYOR OF LONDON





Redbridge institute secures funding for English language programme



Redbridge Institute of Adult Education has been successful in securing the maximum level of funding from the £6.5 million Ministry of Housing, Communities and Local Government (MHCLG) competition to help residents improve their English skills.

With nearly £250,000 of funding, the project, English for Every Day, will help 500 Redbridge residents with little or no English fulfil their potential and increase their positive participation in the wider Redbridge community. The new project will build on last year's successful ministry-funded project.

It will deliver high-quality language teaching using a mix of small groups and online courses while social distancing restrictions remain in place. The project will improve an individual's connection and contribution to their local area and encourage social mixing with people outside their immediate social circles.

The project will run from July 2020 – March 2021 with courses beginning in September 2020.

Joni Cunningham, Principal of Redbridge Institute said:

"We are very excited to have won this funding which will enable us to continue to take English language teaching into the heart of our communities. Supporting people to take their first steps in learning English informally will break down barriers and raise ambitions to carry on learning, helping people make more of their lives. The Creative Clubs will be a great way to support social mixing through shared interests and activities."

For further information on these courses, please contact 020 8550 2398 or enquiries@redbridge-iae.ac.uk

Grow Zones in Redbridge

We're developing a network of wild areas across our borough to provide new habitats for plants and wildlife. We're already fortunate to have large areas of meadow in our parks and open spaces, including Roding Valley Park and River Roding, Fairlop Plain, Hainault Forest, and Epping Forest. We're keen to expand on these existing wild sites and make sure Redbridge is a haven for wildlife.

Areas in the Grow Zones will only be mown once a year in late summer or autumn to allow the grass to grow into beautiful meadows and natural flowers to establish while improving local biodiversity.

If you'd like to find out more about the Grow Zones project, please contact The Nature Conservation Ranger Team

nature.conservation@visionrcl.org.uk 020 85592316





Starting School	Infant to Junior Transfer	Secondary Transfer
APPLICATIONS OPEN 1 September 2020	APPLICATIONS OPEN 1 September 2020	APPLICATIONS OPEN 1 September 2020
APPLICATIONS DEADLINE 15 January 2021	APPLICATIONS DEADLINE 15 January 2021	APPLICATIONS DEADLINE 31 October 2020
NATIONAL OFFER DAY 16 April 2021	NATIONAL OFFER DAY 16 April 2021	NATIONAL OFFER DAY 1 March 2021

Do not assume your child will be allocated a school place automatically. You must apply online using the eAdmissions application form and name the six schools you prefer.

If your child is starting school for the first time in September 2021, transferring from infant to junior school in 2021, or transferring from primary to secondary school in September 2021, you must apply online at

www.redbridge.gov.uk/eadmissions from 1 September 2020.

All secondary school applications must be submitted by **31 October 2020**.

Primary and Infant to Junior school applications must be submitted by **15 January 2021**.

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

You can find more information on how school places are offered and how to apply online, on the Redbridge website:

www.redbridge.gov.uk/eadmissions

Tell us what you think about the proposed Redbridge community schools' Admission Arrangements from September 2022!

We will be asking you **soon** to tell us what you think about a proposed change to the admission arrangements for all applications for a school place from September 2022 to July 2023.

Look out for the **consultation information and dates** on the Redbridge and FiND websites and make sure that you let us know your views by filling in the **online survey**, which you can complete on the **Redbridge website**, **www.redbridge.gov.uk** once it is open. You can talk to your local Children's Centre or school about this annual consultation and the best way for you to tell us what you think.

REDBRIDGE CARERS

Redbridge is #ProudToCare Could you be a care hero for our borough?

Care workers continue to play a vital role, looking after some of our most

vulnerable residents as our frontline heroes.

In Redbridge, nearly 2,300 residents are being looked after through a range of care providers commissioned by the council.

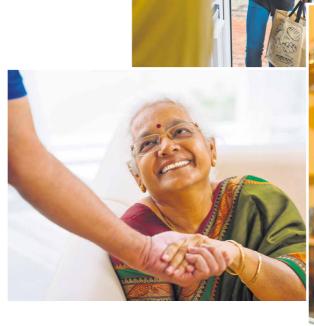
A care worker can come in many forms, including supporting people with personal care needs in their home, providing 24-hour nursing care within a residential home, palliative care, and becoming a carer to look after a vulnerable loved one.

But they all have one thing in common – care workers and carers provide a crucial support system for the people who need it the most, and now more than ever, we need more of them.

We are backing #ProudToCare – a pan London campaign to recruit more care workers across the capital in response to the pandemic.

The campaign has already generated 83 new applications for care roles in Redbridge.

In support of #ProudToCare, we are calling on those with an interest in the care sector to apply for a range of roles that provide support to the elderly, or vulnerable within the community.







This can be done through

www.proudtocareLondon.org.uk

Crystal Forster has been a care worker in Redbridge for over three years through Chosen Care Group – one of the home care providers working closely with the council to deliver care and support to the elderly and adults with learning disabilities and associated health needs.

The 33-year-old has been providing regular support to four residents in the borough, helping with personal care such as dressing and washing, and ensuring they take their medication on time.

Speaking about her role, Crystal said: "For me, the people I care for are an extension of my family, and over the last four years, I've built a close bond with them. Since the COVID-19 outbreak, I've felt the need to be there for them more than ever.

"I wanted to do whatever I could to make sure the people I looked after didn't feel isolated at the height of the pandemic.

"Being a care worker means having empathy and working from the heart. It's a challenging job but also one of the most fulfilling and rewarding jobs you could do.

"We really need more care workers right now, so if you're thinking about a career in care - do it! You won't regret it."



CLEAN & GREEN

Love Your Park



During lockdown, our parks became a lifeline for many residents.

To help keep our green spaces clean and tidy for everyone, we ask all visitors to please take their rubbish home with them if our bins are full.

To help combat the surge in litter left in our parks, we created a summer poster competition for children aged 5-11 years old and received more than 70 amazing designs.

The winner was Iris Wan from Redbridge Primary School. Judges were impressed by Iris', 'If the bin is full, take your litter home with you' message. Iris's poster is now displayed at 67 locations in the borough.

Our runners-up were Iris's brother Aidan, whose effort proved that artistic talent runs in the family, and 11-year-old Eakaspal Kohli from Eastcourt Independent School.

Huge thanks to all the children who took part. It was great to see just how important our parks are to so many local children.

Visit the largest outdoor gym in London

We have supported parks by investing £1.6m over four years in new play equipment and outdoor gyms. In July, we installed a new children's play park at Uphall Rec, and opened the largest outdoor gym in London at Valentines Park. Seven Kings Park, Christchurch Green and Brocket Way open spaces are also in line for new children's play equipment to be installed later this year.



The Leader of Redbridge Council, Cllr Jas Athwal, officially opens the largest outdoor gym in London

Sign up for a Community litter pick



Support your local park by getting involved in a community litter pick. Many of our parks run weekly or monthly community get togethers where residents of all ages help clear litter, and get involved in new ways of beautifying their park. From planting new flower beds, to tending to seasoned shrubs, find out which community litter picks are taking place, visit visionrcl.org.uk/litter-picking



Deputy Leader Cllr Kam Rai joined Pingalwara community litterpick in Goodmayes Park

CLEAN & GREEN

Fly-tippers hit with fines totalling nearly £40,000



An initiative to crack down on fly-tipping in Redbridge has led to a string of offenders getting busted in the borough, and £38,950 being paid out in fines.

Under the initiative, Redbridge Enforcement Officers teamed up with colleagues in Street Cleansing to run a day of joint action each week in June, targeting fly-tipping hotspots around the borough.

Together they investigated and cleared over 300 fly-tips as part of the weekly operations, which also resulted in 79 fines for fly-tipping, totalling £31,600, and 49 fines for littering, totalling £7,350.

Redbridge Enforcement Officers waded through mountains of mess, including furniture, mattresses and bags of clothing to find the evidence needed to track down the culprits responsible for dumping their mess on the borough's streets.

One officer even made a gruesome discovery of a pig's head among the filth left behind by selfish fly-tippers.

The majority of fines handed out for fly-tipping following the June operation were issued in Loxford, Goodmayes, Clementswood and Ilford Town.

Following its successful spring launch, the initiative is now being rolled out regularly over the next few months.

Residents can report fly-tips in the borough via: www.redbridge.gov.uk/report-it

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

Spruce up your neighbourhood with the Big Bulb Giveaway!

Does your corner of the borough need a little sprucing up? We have an idea that's bound to grow on you!

We're giving away over 40,000 spring-flowering bulbs to the community over the next few weeks to get Redbridge blooming.

Among the plants being offered for free are daffodils, tulips and crocuses.

Whether you're after some snowdrops for Seven Kings or grape hyacinths for Gants Hill, be quick as the plants are only available in limited amounts and will be given out on a first-come, first-serve basis.

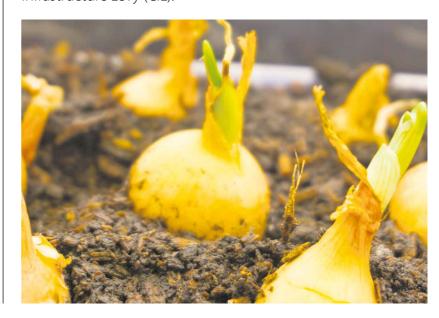
Community groups, residents, gardening clubs and schools can request bulbs by completing an online form by Sunday 20 September 2020.

The bulbs are being given out in time for Redbridge's Big Planting Weekend taking place between 16-18 October 2020.

The October borough-wide planting movement encourages local people to plant their bulbs in spaces that benefit the local community, such as public shrub beds and raised planters, within the grounds of schools, community and faith centres.

To apply for the bulbs and for more information, visit: www.redbridge.gov.uk/springbulbs

The Big Bulb Giveaway is funded by the Community Infrastructure Levy (CIL).





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 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

Growth Commission for Redbridge

Redbridge Council has launched its Growth Commission, an independent body set up to help the borough make the most of the economic, social and environmental opportunities presented by growth.

'Growing A New Redbridge – A Partnership Plan for 2025' sets out a vision for growth in Redbridge based on a Brave New Towns approach. It aims to deliver regeneration that benefits all our residents, with a key focus on affordable housing and reducing homelessness.

Whilst 'Growing A New Redbridge' was developed by a range of partners with input from over 1,600 residents, many local people are anxious about the impact of growth.

The Leader of Redbridge Council, Cllr Jas Athwal, said: "The challenges we face in Redbridge in relation to growth are wideranging and familiar: external pressures to deliver housing, residents concerned at the prospect of over-development, worries about infrastructure and change, and so on.

"The Growth Commission is an opportunity for Redbridge to do something different. The Commissioners we've appointed can lead a meaningful conversation with our communities, with those who have a direct stake in our borough, and with the types of individuals and organisations who will have an important role in delivering growth."

GROWING REDBRIDGE TOGETHER I Washington Facility of Super States Bulled: States Bulled: States Bulled: States Bulled: States Bulled: Rethis MeMeil

The Growth Commission will focus on how to shape growth to ensure that it works for local people, including by addressing in particular:

- the council's role in shaping and controlling development
- the role and responsibilities of the council and the private sector in engaging residents and delivering social value
- the role and nature of quality in the built environment, placemaking and areas of focus for the Commission
- what most concerns local people about development
- how local people want to be involved in the process, including reviews of developer-led engagement
- mechanisms for changing or improving how growth happens.

The Growth Commission will be led by an independent group of six Commissioners:

- Sophia de Sousa (Chair) CEO, The Glass-House Community Led Design
- Bethia McNeil CEO, Centre for Youth Impact
- David Ubaka Founder, DUP Limited
- Imandeep Kaur Director, Civic Square
- Sir Steve Bullock DL
 Former Mayor of Lewisham and independent consultant
- Yashmin Harun BEM Chair, Muslimah Sports Association



Annual canvass: please look out for voter registration details in the post

Make sure you and your family members don't lose your right to vote. Complete the electoral canvass form and return it to Electoral Services as soon as possible. The form can also be filled in online by going to

www.redbridge.gov.uk/voting-and-elections

By law, every council must conduct a full canvass of all residential properties every year to keep the Register of Electors accurate and complete. If residents don't respond, the council must send a reminder and make a phone call, as well as potentially visiting each property to confirm that they have all the required information to keep the Register of Electors up to date. Save time by responding online, by phone or via text message.

If you're not currently registered, your name will not appear on the form. If you want to register, the easiest way is online at **www.gov.uk/register-to-vote**, or we'll send you information explaining how to do this in the post.

If you have moved house recently, make sure you keep a eye out for your form and check the details.



If you have any questions please contact **electoral.services@redbridge.gov.uk** or contact **0208 708 7171**

COMMUNITY SAFETY

First joint crime webinar announces new Street Watch community initiative

During July, almost 200 residents tuned in to watch Council Leader, Cllr Athwal and Borough Commander Stephen Clayman co-host their first joint crime webinar. The new initiative gave local people an opportunity to be involved in a live Q&A session, and find out more about the borough's joint crime prevention strategies. Residents also learnt how the council and police are working together to tackle violent crime, drug dealing, domestic abuse and burglary in Redbridge.

During the event, Cllr Athwal announced the launch of Street Watch, a new community partnership led by members of the public who kindly volunteer their time to patrol their neighbourhoods in high visibility jackets to create safer, more cohesive neighbourhoods.

The voluntary programme is run by the community and provides support for the Police and Redbridge Council via the increased visibility of people who care about safety in their neighbourhood. They also help quickly report crime, suspicious activity, anti-social behaviour and street-care issues.

Signing up to Street Watch is a fantastic way to keep our local communities safe, learn new skills and get to know our neighbours.

If we all play our part, we can help tackle crime like fly-tipping and antisocial behaviour, keeping our streets safe and clean.

High visibility volunteer patrols are an excellent deterrent to crime and also provide a reassuring presence in our neighbourhoods.

For further information and to apply to become a street watch volunteer, visit **www.redbridge.gov.uk/street-watch**



All applicants need to complete a free DBS check. If you require any further information, email **StreetwatchDBS@redbridge.gov.uk**

Stay tuned for the next crime webinar later in the year.

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

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

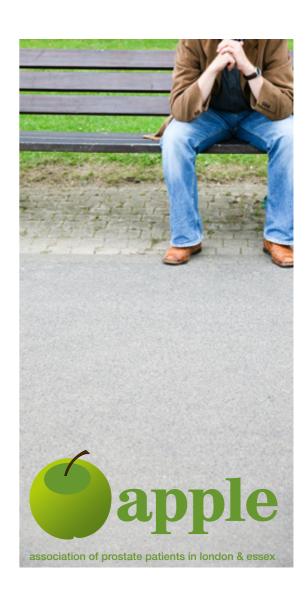
The most common symptoms of Prostate Cancer are:

- 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



COMMUNITY SAFETY

New taskforce cracks down on | Lift Lock crime in Ilford Town Centre



A new multi-agency taskforce has been launched in the borough, providing a dedicated frontline team to tackle crime and anti-social behaviour in and around Ilford Town Centre.

Comprising of six Redbridge Council Enforcement Officers and 11 police officers, the team will provide high visibility evening and late-night patrols, seven days a week, targeting prostitution, street crime and anti-social behaviour.

It is the first taskforce of its kind in the borough to be sanctioned with a wider range of powers, including arrest, and will operate in addition to strengthened enforcement across Redbridge.

The team, which is jointly funded by the council and the Police, will provide an immediate response to illegal activity, cracking down on aggressive begging, street scammers, bogus traders, street drinkers and late night anti-social behaviour.

The officers will also focus on Ilford Lane to help tackle prostitution and pop-up brothels in the area.

Working closely with the council's CCTV team, licensing enforcement, and other enforcement units, the dedicated taskforce is an additional support to the borough's already established Neighbourhood Teams, who carry out various enforcement action throughout the borough.

Leader of the Council Cllr Jas Athwal said:

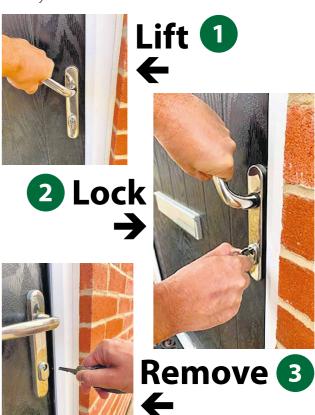
"Tackling crime and anti-social behaviour is a top priority for our council and local people. We're committed to investing in extra resources on the frontline of the fight against criminal behaviour.

"The team are now patrolling our streets, increasing our capacity to address some of the biggest concerns in our community.

"They also have greater powers to help stamp out the illegal elements in and around Ilford Town Centre – making them a unique asset to our borough."

and Remove

Follow the police's three Step Protect advice to keep your home safe from burglary and protect your valuables. Whenever you go out, always leave your home secure.



Here's what we recommend you do before you go out.

- Close and lock all your doors and windows, even if you're only going out for a few minutes.
- Double-lock all doors.
- Make sure that any valuables are out of sight.
- Keep handbags away from the letterbox or cat flap and hide all keys including car keys, as a thief could hook keys or valuables through even a small opening.
- Never leave car documents or ID in obvious places such as kitchens or hallways.
- In the evening, shut the curtains and leave lights on.
- If you're out all day, then it's advisable to use a timer device to automatically turn lights and a radio on at night.
- Set your burglar alarm.
- Make sure the side gate is locked.





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

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£125.00		
Mice£125.00		
Cockroaches £156.00		
Bedbugs£215.00		
Pharaoh Ants£165.00		
Garden Ants£97.00		
Wasps1 nest 69.00		
Waspssubsequent nests £40.00		
Fleas£133.00		
Commercial premises starting from (non-food premises only)£180.00		



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





To advertise in Redbridge Life contact: redbridgelifeads@redbridge.gov.uk













Funeral Plans from your local, family run funeral director



A thoughtful way to plan ahead

Save your family worry and expense with a Funeral Plan from Harold Wood Funeral Services. It's an easy, thoughtful way to plan ahead and beat rising costs.

Chigwell & Hainault 45 New North Road IG6 2UE 020 8501 1735

Collier Row & Havering-atte-Bower 309 Collier Row Lane RM5 3ND 01708 724064



Peace of mind for you and vour family



Specify your wishes in advance

Protection against rising funeral costs

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

Harold Wood & Hornchurch 43 Station Road RM3 OBS 01708 343286

CULTURE & LEISURE

Local gyms and pools opening up safely

Vision Redbridge Culture & Leisure (RCL) was delighted to welcome back its customers to local leisure facilities after four months of closure.

Having the swimming pools and play areas open again was the biggest relief for parents, especially with the hot weather. A new timetable allowing time for cleaning is working well and making people feel more confident about using the facilities.

We're pleased that customers are adapting to the new way of visiting the leisure centres, and by booking online, they know they are guaranteed entry, so no disappointed children!

Like many others, leisure centres are currently operating a phased reopening of all facilities and offering limited services in line with the government's guidelines.

However, leisure centres are pleased to report that their customers are happy with the safety measures that have been put in place and have been gradually returning.

As part of the government Test and Trace service, leisure centres will be keeping a temporary record of customer contact details for 21 days as the NHS Test and Trace service may request that information.

Leisure centres have introduced hand sanitiser stations within all of their facilities to ensure visitors clean their hands on entering buildings.

While using facilities in parks and open spaces, everyone needs to come prepared with hand sanitiser to wash hands before and after using any equipment.

For more information on the reopening of Vision facilities and services, visit:

www.visionrcl.org.uk/
covid-19-impact-on-services

The Vision library service has also introduced a phased reopening of four libraries, including Redbridge Central library. To minimise numbers, some changes have been made including:

- lucky dip bags of pre-selected books for children
- select and collect
- a drop and return service.

All of these measures have been well received by customers.

It is now mandatory to wear a face-covering in all Redbridge Libraries and other indoor heritage or cultural sites such as Redbridge Museum and Kenneth More Theatre.









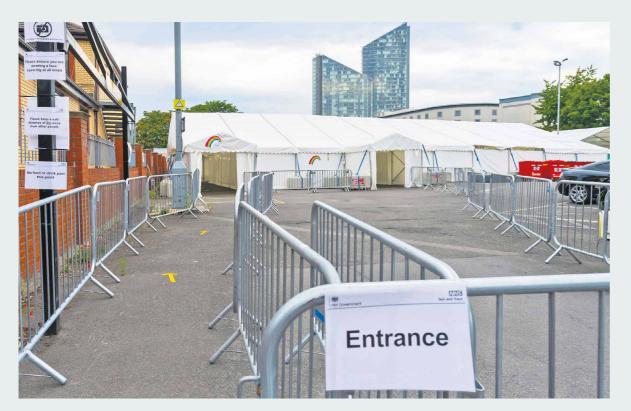






Testing in Redbridge

If you need a test in Redbridge, you can book an appointment to visit the permanent walk-in testing facility, the drive-in mobile testing unit or order a home testing kit.



Mildmay testing site

Walk-through testing

A permanent 7 day per week, walk-through coronavirus testing facility is open at Mildmay Road Car Park. Please visit the Mildmay testing centre page for full information on getting tested.

When to get tested

You need to get tested within the first five days of developing symptoms to be effective.

What the test is

The test for coronavirus involves taking a swab of the inside of your nose and the back of your throat using a long cotton bud. It tests if you currently have coronavirus.

If you test positive you must share information about your recent contacts through the NHS test and trace service.

Booking options

The options for testing are:

- Home test kits
- Drive through test centres around London
- Walk-through test centres
- Temporary Mobile Test Units

You can book a test online or via your employer. If you book through your employer, only the drive-through test centre option is available.

Mobile testing units are operating across London. Slots are limited but if you are eligible, you can apply and book a slot at the nearest available unit.

Questions

If you have any questions or need more information, visit the government's testing pages or contact the Coronavirus Testing Call Centre.

• Telephone: 0300 303 2713 (open daily, 8am to 8pm)

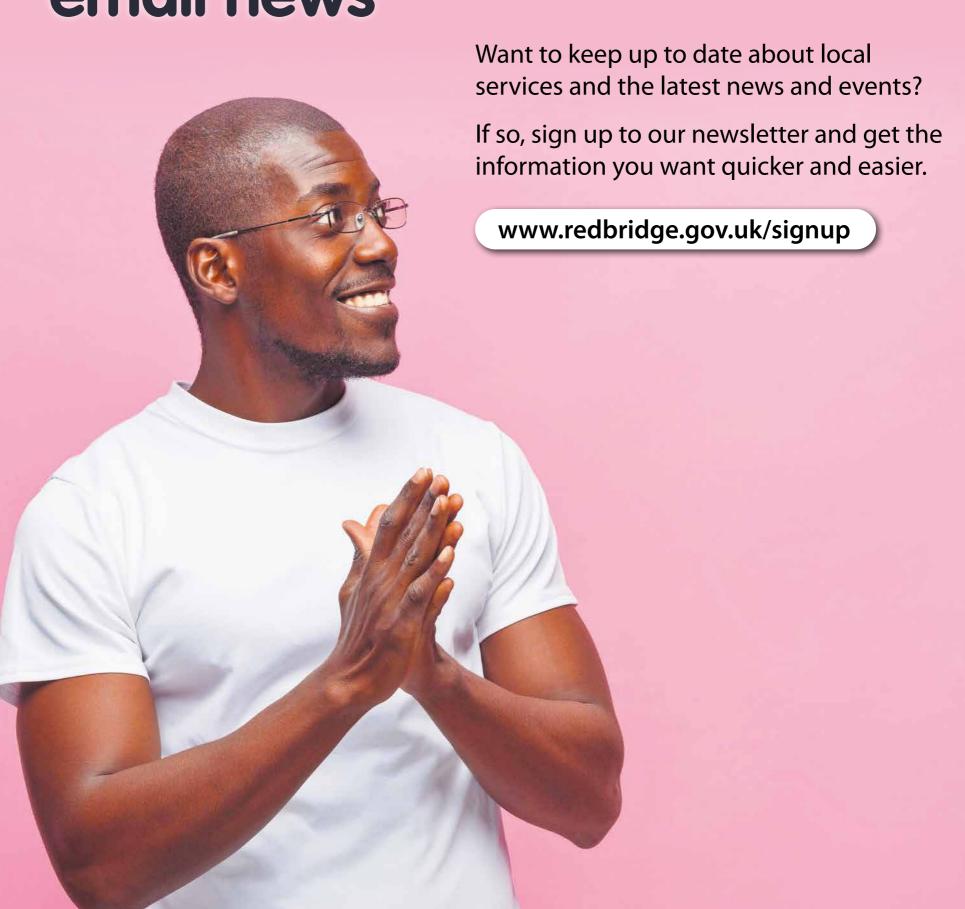
Apply for a test Apply to get tested online.

You will apply for a test by providing your name and telephone number. If you are applying as an essential worker, you will be asked why you are getting tested.

You will then receive a text message confirming if you have been allocated a slot for a COVID-19 test and you will receive a link to an appointment booking form.

If you are unable to book online or have difficulty with the online portal, you can ring 119 to book your test.











GOT SYMPTOMS? NEED TO GET TESTED?

- visit the permanent walk-in testing facility Mildmay Road Car Park, Ilford IG1 1DT
- visit the drive-in mobile testing unit
- or order a home testing kit.

QUESTIONS

visit the government's testing pages or contact the Coronavirus Testing Call Centre.

Telephone: 0300 303 2713 (open daily, 8am to 8pm)

www.redbridge.gov.uk/gettested

Protect your friends and family