

Community

June 2017

newsletter for the community and voluntary sector in Redbridge

Health and Wellbeing Buddies set to extend their service

Four years ago we started building a team of Health Buddies – now they are about to expand their role to work one-on-one with local people as Health and Wellbeing Buddies.

Health and Wellbeing Buddies are local residents with an understanding of their communities. They work with RedbridgeCVS raising awareness of a range of health and wellbeing topics like tuberculosis, latent tuberculosis, HIV, diabetes and domestic abuse. Buddies are employed on a paid casual basis and hold awareness sessions in community settings like lunch clubs, voluntary groups, faith places, schools, colleges and libraries.

Diversity

Redbridge is the fourth most diverse borough in London, and this gave us the opportunity to work with Buddies from different backgrounds and train them to improve the health of residents. They deliver sessions in community languages, which makes information accessible for people who don't speak English as their first language.

Success

The Health Buddy model has been a real success. An external evaluation by the

University of East London found it to be “very effective” – researchers found that because of Health Buddies' ability to link into existing community networks, they are able to reach more people than other ways of working. You can read the report



Health Buddies at Ilford Hindu Centre

at www.bit.ly/UELEvaluation
and RedbridgeCVS's report on
the Health Buddies' work at
www.bit.ly/HealthBuddyReport

Expanding the work

We are now preparing to expand the Health Buddies' role into a "Health and Wellbeing Buddy". Buddies will work on a one-to-one basis with local residents who are affected by social isolation, low level mental health problems or diabetes. Buddies will support them in accessing local community services to improve their health and wellbeing. We will share more details of this "Social Prescribing" project at its launch on 5 July.

What Health and Wellbeing Buddies say

Buddies say that working on the project has made a big difference for them. One of the Buddies said that the experience had had a "huge, huge impact on my life". She said that "I was going downhill until I took this opportunity..." and now described herself as "thriving... It has had a huge impact on my health. Because when I was ill, I was at home sitting, on laptop... tired all the time... with HB something just clicked... I became more active... built up confidence, less depressed... more open."

Another Buddy explained that the training she received could be used in other areas of her life. She has already done a presentation to hospital consultants about the lessons she had learnt about TB – "I was standing in front of the consultants and presenting. And that was amazing. And when I went home, I told my daughters. And they said Mum you are doing well now (laughter and much smiling)".

Moving forwards

We're delighted that the Buddies way of working has been such a success – both for Buddies themselves and, more importantly, for people receiving services. So we're excited that our Social Prescribing project will develop the work further. We hope to see lots of you at the launch!

For more information about our new service, contact Swati Vyas on 020 8514 9626 or at swati@redbridgecvs.net

"It has given me a great opportunity in my life to move forward."



Safaa Sayid explains the project to Duncan Selbie, Chief Executive of Public Health England

"I was standing in front of the consultants and presenting. And that was amazing."

Social Prescribing Launch Event

1pm, Wednesday 5 July

**5th floor, RedbridgeCVS
Forest House, 16-20
Clements Rd,
Ilford IG1 1BA**

All welcome

RedbridgeCVS is moving

RedbridgeCVS is moving to new premises in August.

We'll be leaving our current home in Clements Rd on 23 August and moving to newly refurbished premises at 103 Cranbrook Road, just a few minutes' walk from the train station. We'll be located on the first floor of the building where Age UK are already situated on the fourth floor: a lift ensures that the office is accessible. Our phone numbers and email addresses will stay the same as now.

We'll deliver most of our services from our new premises, which include a training room where we can deliver most of our courses. Unfortunately the training room is smaller than our current one, so it won't be large enough for well-attended courses or the monthly meetings of the Voluntary Sector Network.

We're confident that the new office will provide

a base for us to continue supporting the voluntary and community sector in Redbridge for many years to come. If you have any questions about the move, please contact Liz Pearce, our Operations Manager, on 020 8514 9613.

Voluntary Sector Network Meetings

These meetings will now take place in the

**York Room
Redbridge Central Library
Clements Rd
Ilford
IG1 1EA**

The dates of the meetings have also changed. Meetings will take place on the second Wednesday of the month (except December):

- **Wednesday 13 September**
- **Wednesday 11 October**
- **Wednesday 8 November**
- **Wednesday 20 December**



Council and local Muslim groups make joint statement after Finsbury Park attack

The Leader of Redbridge Council and the Chair of Federation of Redbridge Muslim Organisations issued a joint statement calling for the community to remain united, and for people to be vigilant.

Cllr Jas Athwal, Leader of Redbridge Council and Farouk Ismail, Chair of Federation of Redbridge Muslim Organisations, said:

"We know that the dreadful terrorist events in Finsbury Park in the early hours of the morning have led to concerns among our community and in particular within our Muslim community.

"The safety of our residents is extremely important and we want people to feel they can go about their daily business without living in fear. We are working together and with other community and faith groups as well as with the Police to monitor the feeling in the Borough and to increase police patrols.

"Ramadan is a particularly important time for our Muslim community, a time of peace and reflection and is of course when more of our Muslim community will be attending prayers in local mosques. So it's important we continue to speak to one another and look out for each other.

"We know that terror attacks like this seek to divide us as a community but in Redbridge we are strong



and resilient and stand as one. We urge local residents to send out a clear message to those who seek to break us by carrying on as normal, but to remain vigilant and aware.

In Redbridge we have a strong community spirit which knows no boundaries. We know every day that people help each other out, show compassion and care for their neighbours and fellow communities and this is demonstrated across all religions and faiths.

We stand together as a one and will continue to support one another. Our heartfelt thoughts are with everyone affected by the appalling attack in Finsbury Park."

Any Redbridge resident who experiences hate crime, hate incidents or community tensions in their area can report this to the Police via the Police's 101 number.

Redbridge Disabled Women's Welfare Association wins royal award

RDWWA have won the Queen's Award for Voluntary Service - the equivalent of the MBE for community groups.

RedbridgeCVS sends RDWWA our congratulations. The award will be formally presented at a ceremony in July.



Photo of RDWWA with the Mayor by Ilford Recorder. We'll have coverage of the ceremony next month.

“We Are Redbridge”: Community Day, Thursday 3 August: book your group’s stall!

**We’re repeating the successful
Community Day we ran last year.**

The main focus of the day last summer was on helping people keep safe in the borough, and also to meet people from the public and voluntary and community sectors who work in areas relating to crime and community safety.

We had around 45 stalls in the Town Hall which were a mix of local voluntary organisations and council and police services. Police officers served teas and coffees, painted faces, marked bikes and provided activities for children, as well as giving crime prevention advice and stop and search demonstrations.

The fire engine was a great hit with the kids, and dancing in the High Road was also an option! There really was something for everyone.



**We want to do it all again this year
on 3 August, so book your stall now!
Download the booking form from
www.bit.ly/redbridge3aug, fill it in
and send it back. Don’t miss out!**

Deaf-led charity invites community groups to book street party stalls

**Empowering Deaf Society is
organising a deaf street party for deaf
people, children and their families on
22 July in Perrymans Farm Road in
Ilford.**

Empowering Deaf Society is a deaf-led charity in Ilford. Their aim is to make sure all deaf people can access the same rights, opportunities and skills as other people. The street party aims to raise awareness of the deaf community and culture and to promote inclusion.

They are inviting both the deaf and hearing communities to come along and celebrate with them and to get information from several organisations that will be attending the

event. They are also inviting local community organisations to participate in the event by setting up a stall (free of charge) to showcase their services.

Free food and entertainment will be available as well as games, shows and activities. The street party will be a huge event within the deaf community and having your organisation as a guest will help make this event a huge success.

You can contact EDS on 020 8215 4710 or at sylvia@empoweringdeafsociety.org.uk



Funder launches Grenfell Tower appeal

London Community Foundation has launched an appeal which has already raised over £4 million.

LCF are working with the local authorities and community groups to coordinate relief efforts and establish where funds are most needed. They have over twenty years of experience delivering grants to individuals and community groups across London, and expect to provide help with rehoming costs, bills, insurance claims, funeral costs, counselling and legal advice.

How to donate

- You can donate directly into the LCF bank account via BACS – Bank details are CAF BANK Sort Code 405240, Acc No 00009331 (please reference Grenfell).
- Or send a cheque to The London Community Foundation at Piano House,



9 Brighton Terrace, London SW9 8DJ
(please write Grenfell Tower on the back of the cheque)

More information

If you have any questions, contact Cathryn Evans on Cathryn.evans@londoncf.org.uk or 020 7582 5117.

Disabled people getting left behind, say local group

Redbridge Concern for Mental Health has produced a report which highlights the dissatisfaction of local deaf and disabled people with the services they receive.

RCMH write that “In the current economic climate of significant austerity and public services cuts, we strongly believe that fairness matters more than ever. It is incumbent on the Redbridge Health and Well Being Board to ensure that we improve the quality of life for everyone and in particular Deaf and Disabled people. The fact is that whilst at face value we have travelled far, in reality, Disabled people are being left behind in Redbridge.”

RCMH’s report, Redbridge Voice explores the day-to-day experiences of Deaf and Disabled people in Redbridge revealed a wide range of inequalities: lack of equal opportunities in education and employment; barriers to access to transport, health services and housing; the

persistent and widening disability pay gap; deteriorating access to justice; and welfare reforms.

The report is available to download at www.bit.ly/rcmhredbridgevoices



Copying is available at RedbridgeCVS with prices starting at 3p per sheet. Ring 020 8553 1004 for more details.

Funding Diary

Expansion of small charities and social enterprises

The Fore Trust is offering development funding of up to £30,000 and business support to expand the capacity of small charities, social enterprises and community interest companies. Registration for funding is run on a first-come, first-served basis.

More information: www.thefore.org/charities
Opening (not closing!) date: Monday 24 July

Small grants for community groups

Skipton Building Society's Grassroots Giving programme has 164 pots of £500 to give away. To be in with a chance of receiving an award, groups must show a real commitment to their local community and demonstrate how they will make a difference and enhance lives in the neighbourhood. Not open to registered charities.

More information: www.bit.ly/2qEpfdy
Closing date: Monday 31 July

Funding around cancer

Macmillan Cancer Support Grants Scheme aims to fund individuals and groups that support people affected by cancer or campaign to improve cancer care.

More information: www.bit.ly/cY822Ub
Closing date: Friday 4 August

Grass-roots sports, arts and recreation

Postcode Community Trust will provide grants of £500 - £20,000 for projects that benefit communities through grass-roots sports, arts

and recreation programmes and healthy living initiatives that improve a community's physical and mental health. Applications open 1 August.

More information: www.bit.ly/2tX0BGU
Closing date: Friday 18 August

Grass-roots sports, arts and recreation

Postcode Community Trust will provide grants of £500 - £20,000 for projects that benefit communities through grass-roots sports, arts and recreation programmes and healthy living initiatives that improve a community's physical and mental health. Applications open 1 August.

More information: www.bit.ly/2tX0BGU
Closing date: Friday 18 August

Work with disadvantaged young people

Funding are available for young people experiencing illness, distress, abuse, neglect, disability, behavioural or psychological difficulties or deprivation. There are different procedures for small grants (below £10,000) and larger ones (above (£10,000).

Small grants: www.bit.ly/22L9R54V
Larger grants: www.bit.ly/22FSyoAh
Closing date: Friday 1 September

Funding for work which holds those in power accountable

Funding is available from Joseph Rowntree Foundation to support projects that challenge how power is concentrated, shared and used and how it is changing through globalisation, new technology, new channels of communication, extreme inequality and other factors.

More information: www.jrct.org.uk/power-and-accountability
Closing date: Monday 4 September

More information

Full information about all of these opportunities is available in the Members' area of our website. Log in and go to the menu headed For Members. If your organisation isn't a member yet, it's free to join. For more information go to www.redbridgecvs.net/members

RedbridgeCVS exists to support voluntary and community groups in the London Borough of Redbridge.

RedbridgeCVS is a charity which exists to support other local voluntary groups. Our services include:

- **information** about local groups, events, jobs and funding, delivered through our website, our weekly email newsletter and our bimonthly publication Community
- support with **fundraising** and help for local groups to get organised and develop
- **training** on the topics that are really important for small groups, in small, friendly groups, with discounts the more you book
- help from Volunteer Centre Redbridge with **finding volunteers** for your group, and helping your group to work with them effectively
- **representing** voluntary groups in meetings with bodies like Redbridge Council and the NHS
- **meetings** where you can get to know other local groups and share best practice
- **advice** about the policies and procedures you need, and how to plan your work
- affordable and good-quality **room hire** and **photocopying**
- projects to help local communities improve their **health and fitness**

Join RedbridgeCVS

Membership is free: we invite all community groups to join if they are based in Redbridge or work with Redbridge people. Some of our services are only available to members, and members get a discount on fees, such as those for training or room hire.

More about RedbridgeCVS

See our website at

www.redbridgecvs.net

or ring us on

020 8553 1004