

Community

March 2017

newsletter for the community and voluntary sector in Redbridge

Major health consultations get under way

Two consultations are in progress, one by Redbridge CCG and the other by the Health and Wellbeing Board.

Redbridge CCG

The CCG (Clinical Commissioning Group) is part of the NHS. It's made up of GPs and decides what services the local NHS should provide.

Resources are limited, and the CCG is consulting about whether it should spend money on:

- IVF (in vitro fertilisation)
- Male and female sterilisation
- NHS prescribing – including gluten-free food prescriptions, over-the-counter prescribing, soya-based formula milk and travel vaccinations
- Cosmetic procedures
- Weight loss surgery

You can find details of the proposals, and have your say, at www.bit.ly/spendingmoneywisely

The closing date for the consultation is 5pm on Thursday 18 May.



Health and Wellbeing Board

The Health and Wellbeing Board is part of Redbridge Council. It brings together key strategic partners involved in health and social care. It aims to improve health outcomes for local people and reduce health inequalities.

The Board has written a draft Health and Wellbeing Strategy, setting out their overarching ambitions for improving health and reducing health inequalities locally in 2017-2021. They are seeking feedback on the draft strategy and whether residents agree with the ambitions and how they will be achieved.

You can find details of the proposals, and have your say, at www.bit.ly/redbridgehealthwellbeing

The closing date for the consultation is Monday 12 June.

We are planning to discuss these two consultations at the Voluntary Sector Network meeting on Wednesday 3 May. See our website for details.

Sea Rangers help keep Fairlop Lake litter-free

Ilford Sea Rangers SRS Barnehurst took part in the Redbridge Spring Clean on 4 March 2017 at Fairlop Lake.

The organised Spring Clean gave the Sea Rangers a chance to see Fairlop lake close up and personal. The object of their litter picking was to fish out as much rubbish from the water in three hours as possible. Fairlop Lake is a haven for leisure and wild life, an amazing facility to enjoy. However, litter collects on the shoreline and in the shallows. Any plastics, bio-degradable or recyclable, left to deteriorate in waterways are toxic to wild life and the environment. Armed with pickers and gloves, eight girls in canoes cleared five black sacks of rubbish from the water - including bread bags, plastic sheets, spoons, food boxes, face wipes, plastic bags, bottles, buckets, cans and two stray coconuts!

Fairlop Lake is part of a longer water course that connects several Redbridge parks and waterways, flowing south into the River Roding. Ilford Sea Rangers have enjoyed summer

boating on Friday evenings at Fairlop since 1963.

In winter the girls follow a practical nautical program at their winter headquarters at Gants Hill Methodist Church Hall. Sea Rangers welcome girls aged 10-17 who enjoy messing around in boats and older volunteers who would like to help girls reach their full potential. If you're interested in joining, contact:

- Skipper Jenny Colclough - 07791222 271 or jcoclough23@gmail.com or
- Crew No 1 Julia Austin - 01992 813 563 or juliaaustin000@gmail.com



Local charity leader meets the Queen

Leading Indian classical violinist Jyotsna Srikanth, who plays a central role in local charity Dhruv Arts, was recently invited to Buckingham Palace and met with Her Majesty the Queen.

Jyotsna told us:

"I was invited by Her Majesty The Queen of England and the Duke of Edinburgh to mark the official start of the UK-India Year of Culture at the Buckingham Palace, London on Monday 27 February.

I had a chance to talk to her Majesty and Prince Philip about the work Dhruv Arts and its associated entities were doing and reiterated how arts can exemplify cultural awareness.

I was introduced to her as a violinist and composer who has been bridging the two



Jyotsna meets Her Majesty

cultures through music and my work with the London Philharmonic, an Indian Violin Concerto which I presented at Wembley Stadium in November 2015 during the UK visit of Hon Prime Minister of India, Shri Narendra Modi."

Spot the signs of Child Sexual Exploitation

Child Sexual Exploitation (CSE) is a form of child abuse where a young person under the age of 18 is encouraged, forced or coerced into a sexual relationship or situation by an adult.

Redbridge Local Safeguarding Board say that CSE often involves the young person being offered something in return for performing sexual acts, such as alcohol, cigarettes, gifts, money, drugs and affection. They can also be coerced into sending sexually explicit images of themselves or taking part in sexual activities via a webcam or smartphone.

CSE can happen to any child from any background so it's important to be alert to the signs:

- going missing for periods of time, returning home late or staying out all night
- skipping school or being disruptive in class
- appearing with unexplained gifts or possessions
- being secretive about who they are talking to and where they are going
- having severe mood swings and changes in temperament
- using drugs and/or alcohol
- showing signs of unexplained physical harm, such as bruising or cigarette burns
- sudden changes in their appearance or wearing more revealing clothes

GoodGym helps out the Foodbank

GoodGym is a community of runners who combine getting fit with doing good.

Here they are helping Redbridge Foodbank move their heavy stocks of food. For more information see their website at <https://www.goodgym.org/areas/redbridge>



Photo by Oliver Symens, Creative Commons, flickr

- using sexual language that you wouldn't expect them to know
- spending less time with their usual friends
- appearing controlled by their phone or switching screens on a computer

What you can do

If you are worried about a young person who may be experiencing exploitation, you should get in touch with Redbridge Child Protection and Assessment Team (CPAT) for support and guidance.

- Email CPAT.referrals@redbridge.gov.uk
- Call 020 8708 3885 9am to 5pm weekdays
- Call 020 8708 5897 after 5pm and at weekends.



Could your group support a refugee family?

You can help welcome people who have suffered terribly into our community.

In recent years many people have become refugees because they have had to flee their homes in countries like Syria as a result of war or persecution. Many ordinary people in faith and non-faith communities in Redbridge are deeply concerned about this and would like to find ways to welcome refugees into our community. That is why Redbridge Citizens, an alliance of six faith and education organisations representing 9,500 local people, built a campaign to bring five refugee children from the camps in Calais to join us in the borough. As a result, there are now six children living with us in safety.

In July 2016 the government announced the introduction of a Community Sponsorship scheme to resettle refugees in the UK. The National Refugee Welcome Board and Citizens UK played a key role in working with the government to make this happen. Following this up, Citizens UK Refugee Welcome Team in Redbridge would like to find out if there is interest in forming a community sponsorship team, like similar teams from Fishguard, Edinburgh and Merton, to welcome a refugee family to Redbridge.

The role of the sponsoring team would be to help a family to settle into the borough over a two-year period. This would include finding them accommodation, helping the children to find places in schools, providing help with English if requested and so on.

Redbridge Citizens recognise that sponsorship of a family would be a big commitment for one group to undertake and so they are proposing that it might be undertaken by more than one group working in partnership and sharing the responsibilities between them.

If this is something that your faith or community group might consider joining, then please contact Ruth Musgrave at ruth.musgrave52@gmail.com or on 07816 068 947.



Support around pregnancy, childbirth and early parenthood

The NCT is a national organisation which provides support in pregnancy, birth and early parenthood.

The Redbridge branch covers postcodes E11, E18 and IG1-11. They offer antenatal classes, coffee mornings, Bumps and Babies groups, a monthly knitting group and Nearly New Sales twice yearly.

To find out more about NCT, see www.facebook.com/NctRedbridge



RedbridgeCVS Training Courses

Safeguarding Adults, level 1

Thurs 20 April

All employees and volunteers who come into contact with service users in their work have a duty of care to safeguard and promote their welfare.

The vast majority of people who work with service users aim to provide a safe,

supportive environment. However, tensions and misunderstandings sometimes occur and can give rise to allegations of abuse, which are inevitably distressing and difficult for all concerned. Equally, some allegations will be genuine, and some people deliberately seek out, create or exploit opportunities to abuse service users. It is essential that all possible steps are taken to safeguard service users, and to ensure that individuals working with them are safe to do so.

Book now at
www.redbridgecvs.net/training

RedbridgeCVS launches leaflets on hate crime and domestic abuse

Know your rights and support others!

Domestic Abuse

More than 1 in 4 women experience domestic abuse in their lifetime, and 1 in 12 experience it in any given year. Abuse can be physical, but also sexual, emotional or financial. Help is available from the police, Redbridge groups and national organisations.

For more information about our work on domestic abuse and to get leaflets, contact Terry James on 020 8514 9617.

Hate Crime

Thousands of hate crimes take place in London every year, where people are targeted because of their ethnicity, their religion, because they are lesbian, gay, bisexual or trans, because they are women, disabled or for some other reason.

It's important for people who experience hate crime to report it to the police. Working with Redbridge Council, we've produced a leaflet telling people how to do that – you can phone, go online or visit your local police station. For copies of the leaflets contact Liz Pearce on 020 8514 9613 or at liz@redbridgecvs.net



Still using Windows Vista? Take action now!

Microsoft will stop supporting Windows Vista on 12 April. If you're still using it, you need to stop, and consider your options.

How important is this?

Not many computers still use Windows Vista – it was the unpopular version of Windows that came between two popular versions, Windows XP and Windows 7. Microsoft stopped selling it in 2010. But the occasional Vista computer is still in use, and if you use one the end of Microsoft support is a big deal. It means that security problems with Windows Vista will no longer be addressed by updates. Machines running Vista are now insecure – and any well-run organisation needs to take computer security extremely seriously.

How old is the computer that's running Vista?

Most machines that run Vista will be between eight and ten years old. That's as long as you can reasonably expect a computer to last. It may well be that your Vista computer is too old to run a more recent version of Windows, such as Windows 7 or Windows 10. (Windows 8 was never popular, and there's no such thing as Windows 9.) Even if you can get your old machine to cooperate, you can expect it to break down fairly soon, so it's a waste of time to go to the trouble of upgrading it. You could buy a new computer, which will cost at least £350. If you can't afford that, consider a machine from an organisation like Computers for Charities – they sell refurbished machines with Windows 10 installed, with prices starting from £75. (For more information, see www.computersforcharities.org/lowcost).

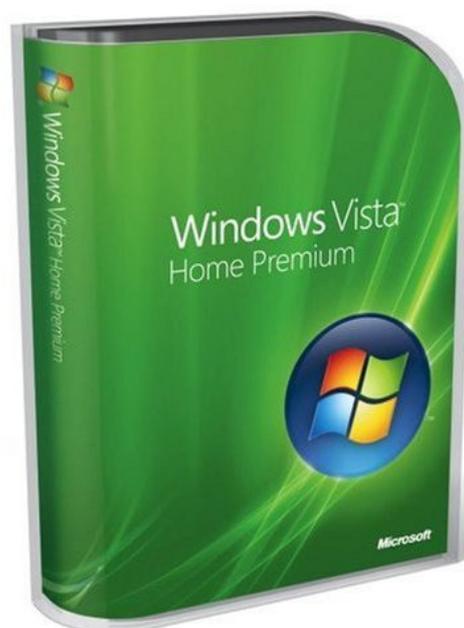
Can't I upgrade my computer to run Windows 7 or Windows 10?

Some Vista machines are (just about) capable of running a more recent version of Windows. But upgrading is technically complex, and if you were the kind of person who is really into technology you probably

wouldn't have a Vista machine in the first place. So, unless you have a friendly techie who is willing to spend some time dealing with various possible teething troubles, this probably isn't a good solution. If you do have a computer expert on hand, or you're determined to have a go yourself, check out the Guardian article at www.bit.ly/2AA95tVH – it explains some of the relevant technical issues.

So I just have to keep on buying new computers every few years?

The truth is that computers only last so long. Parts fail. New software is produced, hopefully more powerful and easier to use than the old stuff. It's always easiest to stick with the mainstream in terms of hardware and software – trying to keep an old machine alive is a technically complex, time-consuming and sometimes expensive business. If you can, replace your computers periodically – a maximum lifetime of six years is sensible. Whatever you do, keep in mind that the machines you have now won't last for ever, and try to make some plan for the future.



More help with IT

If you're a RedbridgeCVS member, we have five free IT Guides in the members' area on our website.

Funding Diary

Funding to run athletics events

The Mayor of London, in partnership with England Athletics, has launched a new fund for organisations to deliver athletics-based activities to coincide with London's hosting the IPC and IAAF World Athletics Championships this summer. The Mayor is inviting organisations to apply for a share of £400,000 to run athletics sessions and community events to promote their activities. Organisations can apply for up to £20,000.

More information: www.bit.ly/2naXuu3q
Closing date: Monday 17 April

Funding for groups facing discrimination

The Edge Fund supports communities, campaign groups and activists struggling for social, economic and environmental justice. Groups facing discrimination and injustice because of their class, ability, gender, race, religion, sexual orientation, or other factors can apply for grants to challenge injustices and create just and healthy communities. The maximum grant for groups is £3,000.

More information: www.bit.ly/2mY4iZ5
Closing date: Monday 17 April

Volunteering in disadvantaged communities

Grants of up to £50,000 per year for up to three years are available for projects that deliver new volunteering and social action opportunities for people over the age of 20 that live in economically disadvantaged communities. These could range from inner-city areas with high levels of crime and social exclusion to remote rural areas with few services. The Fund aims to get more people active across

England and recognises the importance of volunteering in changing the lives of those giving their time and its importance in helping to get others active. The fund involves a two stage application process, and is open to any organisation that can demonstrate their ability to deliver quality volunteering opportunities.

More information: www.bit.ly/2ngCK3S
Closing date: Monday 24 April

Support for children and young people

Registered Charities can apply for grants ranging from a few hundred pounds up to £30,000 per year for up to two years that are working in the areas of education or health with one of the DM Thomas Foundation's three chosen focus groups: children who are disabled, sick in hospital or life-limited.

More information: www.bit.ly/1RUSYH4
Closing date: Tuesday 9 May

Helping people access health services

Funding for projects that will benefit people experiencing significant barriers to health. Grants to registered charities in London working with people with long-term health conditions, mental ill-health or addictions. Grants of up to £10,000.

More information: www.bit.ly/2nMyQ41
Closing date: Thursday 25 May

Disadvantaged/disabled children

Grants available of up to £10,000 per year for up to three years through the BBC Children in Need Small Grants programme. Work should focus on illness, abuse, neglect, disability, behavioural difficulties or deprivation.

More information: <http://bit.ly/22LKR54V>
Closing date: Thursday 1 June

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** – our Community Fundraiser has helped local groups raise almost a million pounds.
- **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