

# REDBRIDGE **LIFE**

DON'T LET  
BURGLARS RUIN  
YOUR CHRISTMAS

Page 5



NEW YEAR,  
NEW YOU  
IN 2023

Page 10



FLY-TIPPERS  
CAUGHT THANKS  
TO RON

Page 13



## Season's Greetings from everyone at Redbridge Council



COVER (L-R): Cllr Kam Rai, Deputy Leader of Redbridge Council; Cllr Thavathuray Jeyaranjan, The Mayor of Redbridge, Cllr Namreen Chaudhry, the Deputy Mayor of Redbridge, and Cllr Jas Athwal, The Leader of Redbridge Council at November's Christmas Lights switch-on in Ilford.

# Christmas 2022 and New Year changes to bin collections

**OUR STREETS**

Help us create great streets and neighbourhoods

**Due on**
**Collected on**

Monday 26 December	Wednesday 28 December
Tuesday 27 December	Thursday 29 December
Wednesday 28 December	Friday 30 December
Thursday 29 December	Saturday 31 December
Friday 30 December	Tuesday 3 January

**Due on**
**Collected on**

Monday 9 January	Tuesday 10 January
Tuesday 10 January	Wednesday 11 January
Wednesday 11 January	Thursday 12 January
Thursday 12 January	Friday 13 January
Friday 13 January	Saturday 14 January

Monday 2 January

Wednesday 4 January

Tuesday 3 January

Thursday 5 January

Wednesday 4 January

Friday 6 January

Thursday 5 January

Saturday 7 January

Friday 6 January

Monday 9 January



## HAVE YOUR SAY AT COUNCIL MEETINGS

All meetings will be available to view online, and some meetings will be held in person at the Town Hall, High Road, Ilford, IG1 1DD. Visit [www.redbridge.gov.uk](http://www.redbridge.gov.uk) for information, agendas and links to join online.

### Council Meetings

Thursday 19 January **7.15pm**  
 Thursday 23 February **7.15pm**  
 Thursday 23 March **7.15pm**

To ask a question at a council meeting, please send a written notice of your question to the council questions mailbox at [councilquestions@redbridge.gov.uk](mailto:councilquestions@redbridge.gov.uk)

### Cabinet Meetings

Thursday 22 December **7.15pm**  
 Wednesday 25 January **7.15pm**  
 Thursday 9 February **7.15pm**  
 Tuesday 28 March **7.15pm**

### Scrutiny and Overview Committees

**Overview Committee**  
 Wednesday 21 December **7.15pm**  
 Tuesday 24 January **7.15pm**  
 Monday 27 March **7.15pm**

**People Scrutiny Committee**  
 Monday 19 December **7.15pm**  
 Monday 6 February **6.30pm**  
 Tuesday 14 March **7.15pm**

**Place Scrutiny Committee**  
 Tuesday 20 December **6.30pm**  
 Monday 23 January **7.15pm**  
 Monday 6 February **8pm**

**Strategy and Resources Scrutiny Committee**  
 Wednesday 21 December **6pm**  
 Tuesday 7 February **7.15pm**

### External Scrutiny Panel

Monday 30 January **7.15pm**  
 Monday 27 February **7.15pm**

### Education Scrutiny Panel

Wednesday 1 March **7.15pm**

### Health Scrutiny Panel

Wednesday 11 January **7.15pm**  
 Thursday 16 March **7.15pm**

### Committee Meetings

**Planning Committee**  
 Wednesday 7 December **7.15pm**

**Pension Fund Committee**  
 Friday 17 February **11.30am**

**Governance and Assurance Committee**  
 Tuesday 31 January **7.15pm**

**Health and Wellbeing Board**  
 Monday 20 February **2.15pm**

### Customer Contact Centre opening hours over Christmas and New Year

19 – 23 December	OPEN 8am – 6pm
24 – 28 December	Closed
29 – 30 December	OPEN 8am – 6pm
2 January	Closed

From 3 January opening times return as normal

Our face-to-face service at Lynton House will be open on the above dates during the hours of 9am – 4pm

[www.redbridge.gov.uk/contact-us/](http://www.redbridge.gov.uk/contact-us/)

For urgent enquiries call 020 8554 5000

### Produced by Redbridge Council

The editor can be contacted via email, at: [redbridge.life@redbridge.gov.uk](mailto:redbridge.life@redbridge.gov.uk)

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Next issue out in March

# LEADER'S MESSAGE

## Welcome to the Winter edition of Redbridge Life

### Dear neighbours,

Christmas is a time for coming together, celebrating with our loved ones, and giving back to our communities.

This December, we're hosting events across Redbridge so we can all get into the Christmas spirit and make new treasured memories with the people who mean most to us.

Whether you want to pick up something special at a Christmas market, enjoy fantastic performances at our very own Redbridge pantomime, or try out ice skating at our new rink in Fairlop Waters – there is something for everyone in Redbridge this winter. Find out more on pages 6-7.

Instead of travelling into Central London, why not stay local for your Christmas shopping this year? By shopping locally, we support our high streets and small businesses, reduce our carbon footprint and help to boost our local economies – all while picking up a bargain or two.

As well as celebrating, Christmas is also a time for compassion and giving back to our communities. With the rising cost of living hitting local families hard through the holidays, Redbridge Council is stepping up support to help those most in need this winter. In addition to providing direct support payments and assistance with benefits, our council is working closely with local foodbanks and has opened a network of warm spaces. For more information, see pages 14-15.

In Redbridge, we have always been known for our community spirit and compassion for our neighbours, something we demonstrated in abundance throughout the pandemic. As we face the new challenge of the rising cost of living, I know that together we will once again rise to the occasion as a community. Already so many of our neighbours have volunteered to help out at Redbridge foodbanks as well as donating food. If you would like to help, find out how by visiting: [www.redbridge.foodbank.org.uk](http://www.redbridge.foodbank.org.uk)

Unfortunately, continued cuts to government funding and the rising cost of bills and essentials

has had a huge and detrimental impact on our council, but despite this we are continuing to work hard to provide the best possible services and support we know local people need and deserve. Our staff are working around the clock to make less money go further for our borough and I am proud to work alongside them.

Wishing you and your family a wonderful Christmas and a Happy New Year.

**Councillor Jas Athwal**  
Leader of Redbridge Council



## 'Redbridge in Conversation' launches in Loxford

The first Redbridge in Conversation event at Loxford Polyclinic attracted more than 200 local people.

We held our first Redbridge in Conversation event at Loxford Polyclinic attended by 200 residents.

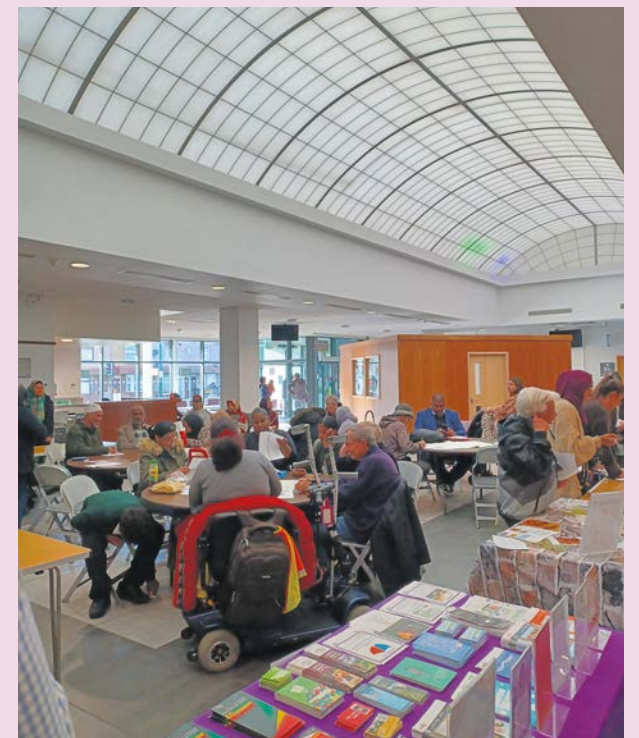
The session was organised to help empower local people to have their say on issues that matter most to them, discuss the rising cost of living, and learn more about what Redbridge Council is doing to improve the local area.

Council officers were on hand to provide guidance on support available for people struggling with bills and help with Housing Support Fund applications.

At the event, officers from Redbridge Council took part in a Q&A session.

Following the huge success of the first Redbridge in Conversation event, Redbridge Council will be running regular sessions, bringing local people together to discuss a whole range of important issues impacting our borough.

To get involved or find out more, please visit our website: <https://letstalkredbridge.uk.engagementhq.com/>



# Permanent memorial unveiled to remember those lost in pandemic

We have officially unveiled the latest features of the Covid-19 Memorial Garden in Valentines Park in a ceremony attended by Leader of the Council, Cllr Jas Athwal and Deputy Leader, Cllr Kam Rai.

The garden opened to the public last year and is situated at the Valentines Park bandstand. The focal point of the Memorial Garden is a trail containing hundreds of memory stones that form a perimeter around the bandstand. It serves as a fitting and long-lasting memorial to the hundreds of local people who sadly passed away during the Covid-19 pandemic.

The garden now also features a plaque, newly planted trees and plants, while a memorial stone takes pride of place at the front of the garden, inscribed with a special tribute to those who lost their lives.

Everyone is welcome to visit the garden and pay their respects by writing a personal message on a memory stone. Please remember to bring a marker pen.

### Speaking at the event, Deputy Leader of Redbridge Council, Cllr Kam Rai, said:

"The idea for the Covid-19 memorial garden was conceived during the pandemic so that there would be a space where local people could remember those we lost.

"I hope the memorial garden goes a little way in providing some comfort to those grieving by



making sure that those who are no longer with us are never forgotten, and that it signals Redbridge's gratitude to all who worked tirelessly to keep us safe and served the community when we were most in need. This is a community memorial in the truest sense, shaped by the community for the community."

## Get cost of living help in Hainault

Two drop-in sessions to offer local people support and advice to cope with the soaring costs of living are taking place in Hainault.

Staff from the various council services, including housing, benefits, Work Redbridge and the anti-poverty team will be on hand with advice and support. No need to book, just turn up.

The first takes place on 15 December at Hainault Library, 100 Manford Way, from 12pm – 2pm.

The second event is on 17 December at the same location, between 10am – 4pm.

For this session, the orange debt-buster bus from Debt Free London will be parked outside the library to offer specific support. Expert advisors will be on-hand to give free and confidential advice on debt, benefits, welfare and financial management.

Inside the library, a drop-in session around cost of living help will also take place.

### Dedicated debt support over festive period

Debt Free London has re-launched its 24-hour helpline to assist people with the cost of living crisis and post-Christmas debt. The helpline number is: **0800 808 5700**.

The Christmas and New Year period is an expensive time for most households, especially families. A typical household in the UK spends just over £2,500 a month, with many spending £740 more in December to celebrate the festive season, according to Citizen's Advice Bureau.

The council has launched a new website to help residents through the cost of living crisis. Visit: <https://costofliving.redbridge.gov.uk>

## Get cost of living help in Hainault

Thursday 15 December, 12pm - 2pm

Thursday 17 December, 10am - 4pm (Orange Debt Bus outside venue)

Hainault Library, 100 Manford Way, Chigwell IG7 4DD

<https://costofliving.redbridge.gov.uk>



No need to book, just drop in.

# Don't let a burglar ruin your Christmas

**SAFER**  
Redbridge

Whenever you go out, it's important to leave your home safe and secure, especially through the darker and longer winter evenings.

**To make sure you and your family enjoy a safe and happy festive season, follow these crime prevention tips from the Metropolitan Police:**

- Always lock (or double lock) your doors and windows before leaving the house and before going to bed.
- Keep valuables out of sight.
- Dispose of all boxes and packaging carefully, particularly from expensive presents.
- In the evening, shut the curtains and leave a light on.
- Set your burglar alarm, and if possible, invest in a smart doorbell.
- Burglars can hide behind tall hedges, allowing them to reach your home unseen by others, so keep them trimmed low if you can.
- If you are visiting the shops this Christmas, be careful how you leave your car. Invest in a steering lock if you can and do not leave valuables or shopping on display.



For more information on how to keep your property and valuables secure, visit: [www.met.police.uk/burglary](https://www.met.police.uk/burglary)

## Help us to drive down vehicle crime

Now the clocks have gone back and longer hours of darkness have returned, we are reminding local people about simple steps they can take to protect their vehicles from criminals.

A total of 4,266 motor vehicle crimes were reported between November 2021 and October this year across Redbridge. Of those crimes, 1,279 vehicles were reported stolen, 2,471 reported thefts from motor vehicles, and 495 reported cases of vehicle interference and tampering. This is up 11.6 per cent on the previous year.



**CLr Khayer Chowdhury, Cabinet Member for Crime, Safety and Community Cohesion (left) with Neighbourhoods Inspector, Mohamed Noori out and about advising residents about the benefits of steering locks.**

Anyone with information about vehicle crime is being asked to report it by calling the Metropolitan Police on 101 or online via the Metropolitan Police website: <https://www.met.police.uk/ro/report/>

**Here are some top tips from the Metropolitan Police to improve your car's security:**

1. Park in a **well-lit area**.
2. Always **lock your car**.
3. **Remove valuables**.
4. Use a **steering lock**.
5. **Have an immobiliser installed** – these work by having a transponder installed in the key (or as a separate fob) and a receiver within the car itself. If the receiver is unable to detect the key, the car will not be able to start.
6. Invest in a **signal blocking pouch** if you have a key fob.
7. **Install CCTV** at your property.
8. Install a **motion sensor light** at your property.



# 'Tis the season to be jolly and see Santa

Christmas is coming and there's no need to travel into central London to get into the spirit. Redbridge has everything you and your family need to get festive!



## Visit Santa's Grotto!

It's the news all kids have been waiting for. Santa and his elves will be visiting Ilford's magical grotto from Sunday 27 November. Cue excited squeals!

Bring your children to meet Santa, share their Christmas wish list, and receive a gift. There will be daily slots until Christmas Eve. Book now to avoid disappointment by visiting: [www.bookfatherchristmas.co.uk/ilford](http://www.bookfatherchristmas.co.uk/ilford). Up to four children can meet Santa at the same time, and it's £1.50 per child.

Santa's Grotto will be located on Level One next to the Wild Cubs play area in Ilford Exchange.

There will also be a fun snow play area next to the grotto where children aged over three and under 10 can enjoy 20 minutes playing in the snow, without the freezing temperatures!

You can buy a ticket for £1.50 at the Grotto. Get ready for some cute photo opportunities.



## Be a Genie-us and stay local for some fun family entertainment

You don't need to travel far to enter a whole new world this Christmas.

Aladdin, the pantomime, will be coming to town from Thursday 1 December – Sunday 8 January at Kenneth More Theatre in Ilford.

Can street rat Aladdin win the heart of Princess Jasmine? He might need the help of a magic carpet and three wishes by a friendly Genie, especially with evil Abanazar lurking around as he plots to rule the world.

Local actor, Darren Hart, who returns to the theatre for a fourth year in a row, will be playing the much-loved Genie. He is also making his debut as assistant director to share his creative ideas.

Darren said: "Pantomimes are a special time for families to come together and be free. You get fully immersed in pantomimes because they encourage the audience to be loud, and cheer, and boo. It's the most fun you can have at the

theatre. It's also most children's first theatre experience so it's a fun and lasting memory."

With Darren's charm and fun-loving nature, he's sure to make a spectacular Genie! Make sure you pop down and get involved. As Darren says: "What are you waiting for? Kenneth More Theatre is waiting to embrace you with open arms!"



**We've got two family-of-four tickets to give away. Oh no you don't! Oh yes we do!**

To be in with a chance of winning, enter our free competition.

Email: [redbridge.life@redbridge.gov.uk](mailto:redbridge.life@redbridge.gov.uk) with your answer to the following question:

**Which actor voiced the Genie in Disney's 1992 animated film production of Aladdin?**

The two winners will be selected in a draw. Please make sure you include a daytime telephone number. The competition will close on 15 December. The editor's decision is final.

To book tickets for the pantomime, visit: [www.visionrcl.org.uk/kmt](http://www.visionrcl.org.uk/kmt) or call the box office on: **020 8708 8800**.



# Enjoy our Christmas Market and see Santa perform

Buy some stocking fillers and festive goodies from our Christmas Market, which will be open every weekend from Saturday 3 December to Sunday 18 December on Ilford High Road.

Santa and his elves will be entertaining the public with a surprise performance between 1pm – 3pm on Saturday 10 and 17 December. There will be an opportunity to take photos with Santa afterwards.

**Don't miss out!**

## *Make it a night to remember...*

*New*

### *Twilight Ceremonies at Valentines Mansion.*

Perfect for couples dreaming of a magical winter wedding, take your vows surrounded by romantic candlelight.



Call us to find out more on  
020 8708 8100  
[www.valentinesmansion.com](http://www.valentinesmansion.com)  
Emerson Road, IG1 4XA

 @ValMansion  ValMansion  valentines.mansion

  
VALENTINES  
MANSION  
& GARDENS

# It's time to **get your ice skates on**



Why travel far to have fun on the ice this December when a fabulous ice rink is right on your doorstep?



The Fairlop Winter Village has its own ice skating rink for 150 people to whizz and stumble around – depending on how good your balance is!

James Swash, Director of Fairlop's Winter Village said: "Our state-of-the-art real ice rink returns alongside Santa's express train, a funfair, food and more. We hope to see as many of you as possible this Christmas and get you in the festive spirit."

Tickets are £14.50 for adults and £9.50 for children. Put your warm socks on, gather your friends and family, and book now by visiting: [www.fairlopwintervillage.co.uk/bookings](http://www.fairlopwintervillage.co.uk/bookings)  
The ice rink will be open from 12pm – 9pm until Monday 2 January 2023.

After skating, you can visit Santa's Grotto and join an interactive workshop with his elves – best day out ever! Visit: [www.fairlopwintervillage.co.uk/santa-s-grotto](http://www.fairlopwintervillage.co.uk/santa-s-grotto) to book your memorable moment by Saturday 24 December.

Finish the day with a bite to eat, a mulled wine and a cheeky visit to the doughnut truck.

A magical, musical adaption of a classic tale for all ages to enjoy!

30th Nov-17th Dec

Redbridge Creates presents

## The Pied Piper


All Tickets £11.50  
Family Ticket £40

REDBRIDGE DRAMA CENTRE

REDBRIDGE CREATES

Redbridge Drama Centre  
Churchfields, South Woodford, E18 2RB  
Box Office: 020 8708 8800  
[vrcl.uk/piedpiper](http://vrcl.uk/piedpiper)

Vision  
Redbridge Culture & Leisure

Magical pop-up forest, kids corner, free winter warmers  and we're selling.....

# Christmas Trees

Christchurch Green, Wanstead

Daily from late Nov & throughout December

Free entry

TREE AMIGOS  
Find your fairytale Christmas tree

[www.treeamigos.org](http://www.treeamigos.org)





People  
Powered



**ILFORD Limited:**  
Analogue Stories



Mary Davis (Former Ilford Ltd. Worker) © Eddie Otchere, 2022

**5 December 2022 - 12 March 2023**

A new display exploring the working life of employees of the former Ilford Limited photographic factory. Featuring portraits by renowned photographer Eddie Otchere and local young people alongside material from the collections of Redbridge Museum & Heritage Centre.

**Free display**

Mon-Fri: 10am to 8pm

Sat: 10am to 5pm

Sun: Closed

Redbridge Central Library  
Clements Road  
Ilford, IG1 1EA  
[visionrcl.org.uk/museum](http://visionrcl.org.uk/museum)



Art Fund\_



Funded by The National Lottery Heritage Fund and Art Fund

# New year, new you in 2023!

**HEALTHY**  
Redbridge

If you are motivated to kick-off the new year with a resolution to get fitter and healthier, there are plenty of free and inexpensive options available in Redbridge to help you achieve your goals. Here are five great ideas.

**Cllr Kam Rai, Deputy Leader of the Council and Cabinet Member for Finance, Leisure, and Culture, said:**

"We know that with the cost of living rising, lots of local people are having to make decisions on their spending. In Redbridge, we're making sure that there are lots of free and low-cost ways to start exercising or to take your fitness to the next level with 11 free-to-use outdoor gyms, great parks to run and walk around, seven local leisure centres featuring a range of exercise facilities, including swimming pools, gyms, fitness classes, and our fantastic outdoor cycling track that local people can use occasionally or join as members."



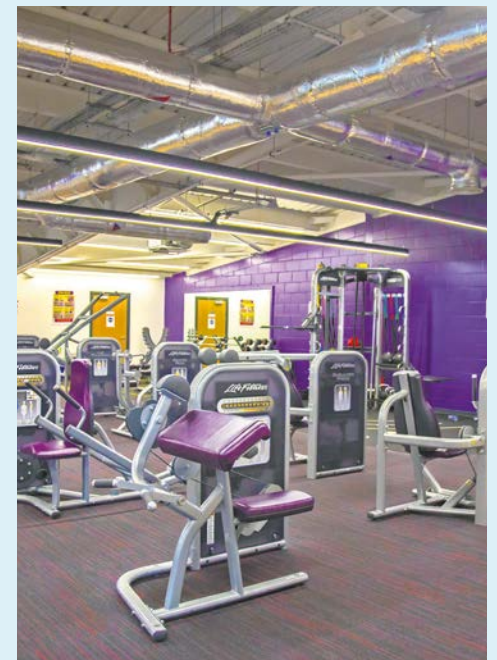
## 1. Join your local leisure centres

Our Redbridge leisure centres have everything you need to get fit and healthy, and feel better, with gyms, classes and swimming pools on offer.

With seven leisure facilities to choose from, we're sure you'll find the perfect workout for you nearby.

After working up a sweat, we think you deserve some 'me' time to relax, which is why our spa facilities are free for three months when you become a member today.

Plus, you'll get the first month on us when you sign up for six months. Visit: [www.visionrcl.org.uk/join](http://www.visionrcl.org.uk/join) for more details.



## 2. Enjoy the great outdoors with an open-air workout



Keeping healthy doesn't have to come at a cost – we have 11 free outdoor gyms across Redbridge waiting for you! Enjoy a break from the house, get some fresh air, and warm up whilst walking or jogging to your local outdoor gym. Even better, you can work out with as many friends or family members as you want so you can keep each other on track to hit those 2023 fitness goals.

Find your local outdoor gym by visiting: [www.visionrcl.org.uk/parks-outdoor-spaces/outdoor-gyms/](http://www.visionrcl.org.uk/parks-outdoor-spaces/outdoor-gyms/)

## 3. Get your steps in and meet your neighbours with parkrun

If you enjoy running (or walking) and would like to meet more people in your neighbourhood, then add parkrun to your calendar. Parkrun organises weekly community runs in local parks and outdoor spaces.

The whole family can join 5k runs every Saturday morning as they're open to adults and all kids aged four and over. Who's going to be the fastest in your family?

Roding Valley Parkrun hold junior parkruns (four to 14-years-old) which are 2k long and take place every Sunday morning.

There are currently four local parkruns; Wanstead Flats, Valentines Park, Barking Park and Roding Valley Recreation Ground.

Register free at: <https://www.parkrun.org.uk/> to meet more of your local community and get your steps in.



## 4. Soak up the health benefits of going dry this January

Start the year off with better sleep, more energy and more money to spend by going alcohol-free for 31 days.

Who doesn't want more money in their pocket? 86 per cent of people who have taken part in Dry January have saved money. No hangovers and better finances; win win!

Taking a break from drinking can also have many health benefits as more than 60 health conditions are linked to alcohol consumption. Research shows that most people who go dry for the month whilst using Alcohol Change UK's free Try Dry app continue having a healthier relationship with alcohol six months later. By drinking less alcohol long-term, you can reduce your risk of developing several cancers, high blood pressure, and pancreatitis.

Give your liver and purse a break this January and join thousands by going dry with Alcohol Change UK – <https://alcoholchange.org.uk/>

## 5. Swap meat for greens this Veganuary

Have you thought about going vegan but not sure where to start? Veganuary, a national campaign inspiring people to go vegan in January (and perhaps longer), provides all the resources you need to start your journey. You'll have free access to easy meal plans, a celebrity cookbook, coaching emails, and a nutritional guide.

What more do you need? An incentive? Studies show that vegans are less likely to develop heart disease, type 2 diabetes, or become obese. Plant-based foods are full of antioxidants, fibre, and minerals, and therefore a vegan diet can also reduce the risk of developing certain cancers and lower cholesterol.

Visit: [www.veganuary.com](http://www.veganuary.com) to get involved.



# Veganuary



Are you feeling low and would benefit from some 'me' time?  
 Do you need support to be more active?  
 Are you looking to improve your wellbeing?

## Active Body Healthy Mind

If you have answered 'Yes!' to any of the above, come and get involved. You can find a full programme of activities in various locations across Redbridge.

- Booking required
- Age 16+
- Taster sessions
- FREE

→ To view the programme timetable and to find out more about this project

Visit: [www.visionrcl.org.uk/activebodyhealthymind](http://www.visionrcl.org.uk/activebodyhealthymind)  
 Email: [active.redbridge@visionrcl.org.uk](mailto:active.redbridge@visionrcl.org.uk)



PAY AS YOU GO  
or  
MEMBERSHIP OPTIONS  
available

CLASSES ONLY  
£5-£7!

## the Studio

active • alive • achieve

### GROUP EXERCISE CLASSES

Do you fancy getting fit and healthy whilst also having fun? Our group exercise classes could be just what you are looking for, classes include:

- ✓ Zumba and Clubbercise
- ✓ Step and HIIT
- ✓ Yoga and Pilates
- ✓ Bootcamp

... PLUS SO MUCH MORE!

In your local area, including:

- Fullwell Cross Leisure Centre
- Redbridge Central Library
- Fullwell Cross Library
- South Woodford Library & Gym
- Loxford Children's Centre
- Wanstead Leisure Centre, Youth Centre and Library
- Mayfield Leisure Centre

# Challenger is clocking up the miles to keep people safe

**SAFER**  
Redbridge

The Challenger, our mobile CCTV vehicle, was introduced one year ago to stop crime and support efforts to keep people in our borough safe.

We have rapidly expanded the number of cameras installed across the borough, and The Challenger vehicle enhanced our mobile camera capabilities.

From deterring prostitution on Ilford Lane to challenging beggars in Hainault and Woodford, this vehicle has played a key role in tackling issues identified by residents.

The Challenger has:

- ✓ Visited **2,027** hotspot locations since its launch.
- ✓ Driven **7,000** miles to keep local people safe.
- ✓ Recorded **2,400** hours of footage.
- ✓ Identified and responded to **eight** live serious incidents that needed police support.
- ✓ Deterred prostitution on Ilford Lane.
- ✓ Captured footage of an aggressive beggar assaulting an enforcement officer.



"We've worked hard in Redbridge to crack down on anti-social behaviour and make our streets safer for local people, using innovations like The Challenger vehicle.

"It's been fantastic to see how many local people have engaged with The Challenger over the past year, and how many appreciate its presence in hot spot areas.

"We are doing all we can as a council to keep our community safe, but we still need our local people to report crime and anti-social behaviour on the Met Police website. When local people report crimes, we gain intelligence on where The Challenger can visit to prevent further crimes from occurring and make Redbridge a safer place for everyone."

**Cabinet Member for Crime, Safety and Community Cohesion, Cllr Khayer Chowdhury**

## Darren's in the driving seat

Darren Howe, lead officer for The Challenger, talks about his first year.

### Q How long have you worked for Redbridge Council?

**A** I have over 34 years of community safety experience, and I've worked for Redbridge CCTV since January 2012.

I have been driving The Challenger vehicle since it was launched in November last year. It was a welcome change to be back out on frontline patrols after having been working behind the screens for 10 years in the CCTV control room.

### Q What does a day in the life of The Challenger look like?

**A** My day starts with system and vehicle checks to ensure cameras are operating and recording correctly.

During my daily CCTV duties, I carry out single manned patrols of areas that have been highlighted for ongoing anti-social behaviours issues and fly-tipping hotspots.

On Friday and Saturday evenings, I am tasked with working in partnership with Redbridge enforcement officers where we will target

our patrols to Ilford Lane in response to sex workers.

We will also provide a high visibility presence around the town centre, whilst also responding to any calls to anti-social behaviour issues across the borough.

### Q How does The Challenger work with the CCTV control room?

**A** The CCTV Challenger vehicle works in tandem with the control room and is in constant radio communication via the town centre radio system.

CCTV officers in the control room monitor any incidents we may be dealing with and monitor camera coverage for our safety.

The CCTV footage can be sent directly to the police control room so they can view incidents live.



### Q Has there been an experience in The Challenger you will always remember?

**A** I remember once during an afternoon assisting Redbridge enforcement officers at the mobile enforcement hub. We were parked opposite a primary school.

I was approached by a young boy and his guardian; the boy wanted to have his picture taken next to The Challenger with myself. I obliged and we took up our positions for the picture. Within seconds there was a line forming of more school children who wanted to have their pictures taken, that was a fun afternoon.

## Report It

To report a crime to the Metropolitan Police, use their online tool at:  
<https://www.met.police.uk/ro/report/>



# Ron is on frontline of tackling grime crime

Ron Clayden can be spotted out and about in the community, helping keep the borough safe, clean, and tidy.

**CLEANER**  
Redbridge



As part of the Redbridge enforcement team, Ron is often first on the scene, ready to investigate when members of the public report a grime crime.

One of his recent cases involved tracking down the culprits responsible for dumping more than 50 bags of rubbish next to a children's play area in South Park, Ilford. The investigation uncovered the fly-tip was linked to a nearby household, leading to enforcement action against the offenders.

Ron said: "I was absolutely infuriated by the sight of those bags next to where local children play, and couldn't believe people would do something like that. It just made me more determined to find those responsible. I was like a dog with a bone that day. I spent hours going through the rubbish trying to build up a mental picture of who would do such a thing while looking for anything that could help me track down the culprits."

But being an enforcement officer doesn't always mean enforcement action, as Ron explains.

"We're not fine busters, trying to fine as many people as we can. A big part of our role as enforcement officers is getting to know the community and working with them – often sharing information and advice so local people know what the right thing to do is, for example around waste disposal, or keeping house frontages tidy so laws aren't broken in the first place," he said.

Ron's career in enforcement spans more than two decades and is something he feels very passionately about.

Ron said: "The main thing that drives me is the belief I can make a difference to the community. I've built great relationships around the borough with local people who are proud of their neighbourhoods. My role as an enforcement officer is an opportunity for me to represent those people and act as a voice for them when dealing with the lawbreakers and culprits whose actions are causing a blight on the community."

## A day in the work life of Redbridge enforcement officer, Ron Clayden

### 7.40am–8am

I log on, go through emails, and check for updates on my current investigations. There's just enough time to squeeze in a tea to kick off the day!



### 9.15am

First job of the day – a fly-tip. Sleeves up, gloves on, camera at the ready. There's lots of food waste – I take a breath and dig deep. Oh wait, what do we have here? This could be something. I'll be pursuing that line of enquiry when I'm back in the office.

### 2pm

Lunch time.



### 2.40pm

Back at my desk to review the evidence from today and start pursuing lines of enquiry. Updating case files and completing evidential statements takes me to 5pm.

### 8.15am

Briefing time. Our daily jobs are allocated, and intelligence is shared amongst the team. Our residents are great at letting us know what's going on in the area.

### 8.30am–9am

I plan my job route for efficiency, then inspect and prepare my vehicle before heading off.



### 12.30pm

My allocated jobs take me to about 12.30pm. Now on to proactive patrolling to help keep the streets safe, clean and tidy. Whether it's highway obstructions, unlawful waste carriers, illegal advertising, or fly-tippers, I'm on to them.

### 5.10pm–5.30pm

Last job of the day is giving the vehicle a jet wash and tucking it into a charging bay ready for the next team. I feel good about what I've achieved today. Time to head home.

# Cost of Living Crisis: We're here for you

We know times are tough right now for households across our borough, and that the rising cost of living is affecting everybody in different ways. We're here to help and support local communities to navigate these incredibly challenging times.

Our website of dedicated support <https://costofliving.redbridge.gov.uk> provides access to an extensive network of services, information and advice, in partnership with the local community.

## Find out about:

- **Help with your income:** Household Support Fund, support with energy bills, community foodbanks and free school meals, Universal Credit, benefits and benefits calculator.
- **Help with bills:** Debt and money advice, and support with energy bills including the energy bills rebate.
- **Housing costs:** Council tax support, discretionary housing payments, problems paying your rent or mortgage, and concerns around becoming homeless.

There's also lots of advice and information around mental health and wellbeing, accessing support around domestic abuse, help finding a job, and how to access a computer if you don't have one.



Find out more on all the support available:  
<https://costofliving.redbridge.gov.uk/>

## Can you lend a helping hand?

Redbridge has always enjoyed an abundance of community spirit, with our neighbours never failing to pull together to help one another. Could you be a community hero for Redbridge by volunteering your time to help others this Christmas? If you are interested in volunteering in Redbridge, find out more on: <https://www.redbridgecvcs.net/>

## Help support Redbridge Foodbanks

The Trussell Trust, a national foodbank charity, operates four foodbanks across the borough, providing much-needed food, essential items and toiletries to local people in need. If you can support Redbridge foodbanks this winter by volunteering or donating essential items, please visit: [www.trusselltrust.org](http://www.trusselltrust.org) for more information.

Find out what items are suitable for donation for an emergency food parcel: <https://www.trusselltrust.org/get-help/emergency-food/food-parcel/>

## No child goes hungry this Christmas

Redbridge Council is continuing to fund free school meals through the holidays to help make sure no child goes hungry over Christmas or February half term.

Eligible families will be entitled to £30 per pupil to cover the two-week Christmas holiday, and £15 per pupil for the February half term week, and can use the vouchers in their chosen supermarket. Schools will provide the information needed directly to the council for vouchers to be issued to families.

The council has set aside £630,000 from the Household Support Fund to cover the extension of school meals support to help local families navigate the rising cost of living.

**Deputy Leader of Redbridge Council, and Cabinet Member for Finance, Leisure and Culture, Cllr Kam Rai said:**



"It's a tough time for many families across the borough right now who are facing growing financial pressures as the cost of living continues to rise.

"We want to do all we can to help ease that pressure, which is why we've extended our school meals support to cover the Christmas holiday and February half-term.

**Charlene Butler from Woodford Green is one of the community heroes supporting Redbridge foodbanks by volunteering. She said:**



"It is a delight and a pleasure to volunteer at the foodbank, it really has changed my life. Just seeing the willingness and selflessness of volunteers has enriched my life – the kind-heartedness of people has inspired me."

"It's vitally important that no child goes hungry in our borough as families navigate their way through the cost of living crisis."

For more information on free school meals, visit: <https://costofliving.redbridge.gov.uk/>

# Stay warm with help from HEET

HEET is a not-for-profit organisation working with communities in Redbridge to help reduce fuel poverty and tackle carbon emissions.

HEET Surveyor Alex Hodson, who provides advice to Redbridge households, offers five top tips to help keep an eye on how you're using your energy:

- **Understand your heating controls if you have them.** Using a timer programme, rather than leaving heating on constant helps reduce energy usage, saving you money. Central heating programmers can be set to meet your needs.
- **Switch electric appliances off when not in use.** Did you know many appliances, including TVs and computers can use almost as much energy on standby mode, as when in use? Using low energy lightbulbs (LEDs), in the home can also help reduce costs.
- **If buying new appliances, go for ones with higher energy efficiency ratings.** Some appliances like tumble dryers and fan heaters use lots of energy so it's worth checking for the most energy efficient products to help save you money.
- **Check your home.** Check to see if your home is adequately insulated, has draught-proofing, and other energy efficiency measures in place to reduce heat loss and warm up cold areas.
- **Find out if you are eligible for discounts on gas, electric or water bills.** If you are on a means-tested benefit like Universal Credit, Employment Support Allowance, Jobseeker's Allowance, Income Support or Tax Credits, or on a low wage, you might be able to get a discount on winter energy bills or on your water bill. Ask HEET for help.



## Help from HEET:

HEET have partnered with LEAP – the energy and money saving service – to help local households save money on fuel bills and keep homes warm this winter.

**Eligible households will get a FREE home visit from a qualified adviser who can:**

- Help check if you are on the cheapest energy tariffs.
- Install FREE, simple energy saving measures.
- Give you day-to-day energy efficiency tips and ensure your heating system is set up to keep you warm and save money.
- Arrange a FREE telephone advice service to help with benefits, debt, and other money problems.
- Refer you for further energy efficiency improvements, such as loft insulation or a new boiler.

**You may be eligible for a visit if you:**

- Have a low income.
- Receive housing benefit.
- Receive an income or disability-related benefit.
- Have a long-term illness or disability.

Contact HEET for more information:  
[www.theheetproject.org.uk/contact](http://www.theheetproject.org.uk/contact)  
or call: 0208 520 1900



## Christmas cost savers

Many households will be thinking about a cost-conscious Christmas this year to cut back on expenses. To help run a budget friendly Christmas we've found some money saving cheats to help with those festive treats.

### Money saving apps and websites

Looking for Christmas gifts? The apps Vinted and Depop can help you find pre-loved clothes and accessories at reduced prices.



**Beth Mathieson, one of our neighbourhood engagement and education officers, is a big fan of pre-loved fashion. She said:** "Most of what I wear is pre-loved fashion from Vinted and Depop. You can find designer and store brands on there – often at a fraction of the original price and everything I've bought has been passed on in fab condition from the previous owner. It's worth looking on there for your Christmas outfits and gifts as it could save you quite a bit of money."

### Trolley

The supermarket comparison website compares prices across 15 stores, helping save as much as 30 per cent on grocery shopping. Keep an eye out for the daily deals, at [www.trolley.co.uk](http://www.trolley.co.uk)

### Kitche

Use this app to scan your supermarket receipt to keep track of the food you bought. It suggests recipes and reminds you when food is about to expire. Visit: [www.kitche.co](http://www.kitche.co)

### Olio

Give and get free stuff, as well as borrow and lend household items – all directly from your community. Visit: [www.olioex.com](http://www.olioex.com)

# Are you looking for a job? Ever thought about a career in care?



Work Redbridge helps residents to get into work. With the help of a qualified advisor, they can create a job search action plan, improve their CV, prepare for interviews, and find training courses and local employment opportunities.

Work Redbridge partners with Care Providers' Voice (CPV), an organisation set up by care providers dedicated to improving the care sector. CPV has supported 260 Redbridge residents since March 2022.

Anya Sansoa, 22, from Newbury Park, found herself unemployed earlier this year. With help from Work Redbridge and CPV, she started working at Broomhill Lodge Care Home in September.



**Anya said:** "I lost my job at a Covid-19 lab in March due to government cuts and contacted CPV in June. I already had a good CV, but I struggled with getting to interview stage. There are a lot of people who struggle with this and the support I got helped me massively. In school, I did health and social care at GCSE and A Level, and I really enjoyed it, so I wanted to explore it in a more serious role."

"The job brokerage officer from CPV helped me to prepare for interviews and got me interviews. She went over my CV, gave me feedback after my interviews and kept in touch."

Through CPV, Anya went for four interviews and received two job offers from care homes, before

deciding to work at Broomhill Lodge as a support worker, helping seven residents with disabilities.

She said: "My work revolves around housekeeping; making sure the house is safe for the residents, sitting down with them, watching TV together, lunch preparation, music therapy and engaging with them. I enjoy getting to know the residents better, their interests or sports. A few of them like snooker, so we have watched snooker matches on TV together."

Anya is enjoying her job, and it is a surprising thing that gives her the most satisfaction.

"This might sound silly, but the most satisfying part of the job for me is cooking and meal preparation. I ask them what they want, and they are always happy with the result. I've made spaghetti and roast dinners. I had never made a roast dinner before, I was proud," she said.

Anya wants more people to come and work in social care. Social care is one of the biggest growth sectors with roles ranging from activity coordinators, administrative roles, chefs, cleaners, finance roles, handy persons, health care assistants, nurses, receptionists, wellbeing coordinators and more. CPV has over 170 open job vacancies at the moment.

**Another candidate, Florence says:** "I am so happy I met with CPV. I met Esther (a CPV job broker) at a time when I was struggling to find work and had never considered working within the care sector."

"Esther was very supportive and positive, and she helped me to understand working in social care was not limited to care roles. Within one week of meeting Esther she had already arranged an interview for me and I was offered the role shortly after despite having no previous experience within the sector."

Clare Thurlow, registered manager of Maple House for adults with learning disabilities, also wants more people to come forward to consider social care as a career.

**She said:** "Qualifications are a bonus, but we are looking for caring and nurturing people in this industry. We just need caring people who want to make a difference to people's lives. There is training and support on the job, work shadowing and online training."

To find out more, register at Care Providers' Voice website, at: [www.cpvnel.co.uk](http://www.cpvnel.co.uk). CPV runs monthly 'Inspired to Work in Care' sessions where you can find out more information on a career in care. To contact CPV, email: [hello@cpvnel.co.uk](mailto:hello@cpvnel.co.uk)



## Work Redbridge

Work Redbridge supports local people to get job-ready in many ways, and can also help you find temporary and permanent roles in the borough.

To find out more:

Visit: <https://www.redbridge.gov.uk/jobs/work-redbridge>

Email: [workredbridge@redbridge.gov.uk](mailto:workredbridge@redbridge.gov.uk)

Call: 020 8708 2298



# Cost of living support for new parents from children's centres



## Do you have a child under five or are you expecting a baby?

Expert staff at Redbridge children's centres are here to help you with free advice, support and information on your child's health, development, education, and care. They also offer a range of activities, courses, and access to free services.

They can also provide you with one-to-one support to help you through tough times. Just drop into a children's centre, or email: [childrens.centres@redbridge.gov.uk](mailto:childrens.centres@redbridge.gov.uk)

### Key support includes:

- Orchard Baby Bank where you can get baby essentials, open every Wednesday 9am – 12pm at Orchard Children's Centre, Liston Way, Woodford Green, IG8 7BL. Tel: **020 8708 8344** or email: [orchardcc@redbridge.gov.uk](mailto:orchardcc@redbridge.gov.uk)

- Peabody Toddler Clothes Bank provides toddler essentials – open on a fortnightly basis on Fridays from 9.30am – 3.30pm. You need to book an appointment by calling: **020 8708 5800**, or emailing: [thackeraydrivecc@redbridge.gov.uk](mailto:thackeraydrivecc@redbridge.gov.uk)
- Access to Foodbanks and other relevant services.
- How to apply for Healthy Start Vouchers.
- Help with applying for two-year-old funding, finding childcare and nursery places, and other services from the education and inclusion department.

- Access to free adult education and volunteering to help you boost your skills and find new job opportunities.
- Our new 'healthy cooking on a budget' courses delivered in partnership with ISS, public health and the healthy eating team, are coming soon.

To find your local centre, please visit:

<https://find.redbridge.gov.uk> and search 'childrens centres'. Or scan the QR code above.

## NEW YEAR, NEW CHALLENGE

# Foster for Redbridge

Make a new year's resolution which will change a life

- ✓ I will save more money
- ✓ I will eat more healthily
- ✓ I will foster for Redbridge

Over 300 children are unable to stay with their families in Redbridge each year and need a loving, secure, stable and nurturing home. If you have a place in your heart and home and would like to know more about fostering for Redbridge Council:

Visit [www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering)

Call us **020 8708 6068**

Email us [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)

London Borough of  
Redbridge



# Reduce and Recycle

One of the easiest ways we can all play a part to help tackle climate change is to reduce the amount of household waste being produced in the borough, and recycling as much as we can of whatever waste is left.

This festive season, discover clever ways to reduce your waste, which could also save you money, at: <https://www.redbridge.gov.uk/our-streets>

Don't forget to use our recycling services either for Christmas cards, cardboard boxes, paper wrapping, (no glitter or foil wrap please), and more. Worried you might have too much? Our crews will happily take any extra recycling you have, and if you don't have enough recycling boxes, just place additional recycling in clear bags or cardboard boxes and leave for collection as normal.

You can also take items to the Chigwell Road Reuse and Recycling Centre, and remember to check opening hours over the festive period: <https://eastlondonwaste.gov.uk/chigwell-road/>



There will be a change to your normal household waste and recycling collection day over the festive period, so don't forget to jot down your revised collection dates:

**Don't forget to:**

- Present your waste by 6am at the boundary of your property.
- Ensure your waste fits inside your official Redbridge wheelie bin with the lid fully closed.

## Christmas tree collection

Once the festivities are over we'll collect real Christmas trees, for FREE, for recycling. To ensure collection:

- Leave your tree at the boundary of your property by 6am on 9 January.
- Remove all decorations.
- Ensure your tree is clearly visible.



We'll be collecting between Monday 9 – Friday 20 January. Alternatively, you can take your Christmas tree to Chigwell Road Reuse and Recycling Centre:

[www.eastlondonwaste.gov.uk/chigwell-road](http://www.eastlondonwaste.gov.uk/chigwell-road)



## Not sure what can and can't go in your recycling boxes? Check out our handy guide:

**How to recycle in Redbridge with your boxes**

Box 1 Mixed Recycling	Box 2 Paper and Card recycling
<b>Yes please ✓</b>	<b>Yes please ✓</b>
Glass bottles	Newspaper and magazines
Food jars	Catalogues
Plastic bottles <i>rinse, squash and replace lid</i>	Egg boxes
Plastic pots, tubs and trays (e.g. yogurt pots, margarine tubs, food trays)	Loo and kitchen roll tubes
Drinks cans	Junk mail and envelopes (including window envelopes)
Food cans	Cereal and food boxes
Empty aerosol cans	Greetings cards
Clean aluminium foil and foil trays	Cardboard packaging
<b>No thanks ✗</b>	<b>No thanks ✗</b>
Black plastic trays	Takeaway food boxes
Drinks glasses and Pyrex	Food waste
Broken glass and crockery	Drinks cartons and cups - recycle at Chigwell Road RRC
Plastic food pouches, bags and crisp packets - check local supermarkets for recycling	Nappies - try reusables
Polystyrene	<b>! If in doubt, leave it out of the recycling box</b>
Broken toys	<b>Need another recycling box? Please visit <a href="http://www.redbridge.gov.uk/bins-waste-and-recycling">www.redbridge.gov.uk/bins-waste-and-recycling</a></b>
Food waste - try composting	

**NEVER** dispose of batteries in household waste bins or recycling boxes as they could be a fire risk. Store and take to a library, supermarket or larger store as most have collection points for safe, responsible battery recycling.

## Green garden waste collection

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



# Don't get knocked out by flu this winter: make sure you keep jabbing



If you haven't done so already, getting your flu and Covid-19 vaccines are two of the most important things you can do to keep yourself and others around you safe this winter.

## Protect against the flu

This year, the free NHS flu vaccine is being offered to those most at risk from flu first.

To protect against the flu, pregnant women, young children, primary school-aged, and some secondary school-aged children will also be offered protection.

You can book an appointment for a flu vaccine at your GP practice or pharmacy.

People aged 50 to 64 who are not in a clinical risk group can also get a free flu vaccine.

If you're not eligible for a free flu vaccine, you can pay for one at your local pharmacy. Prices range from £10 to £15.

## Protect against Covid-19

People aged 50 years and older, residents in care homes for older people, those aged five years and over in a clinical risk group, and health and social care staff will be offered a booster of the Covid-19 vaccine this winter.

Once invited, you can book your seasonal Covid-19 vaccine using the online booking service by calling 119 or finding a local vaccination walk-in site.

For maximum protection, your Covid-19 vaccination must be at least three months after your previous dose. Our fantastic colleagues in the NHS will let you know when it is your turn to come forward for your Covid-19 vaccine.



**Cllr Mark Santos, Cabinet Member for Adult Social Care and Health, said:**

"Please help keep yourself and those around you safe this winter by getting vaccinated when invited.

"Eligible people should come forward as soon as possible when it's their turn for extra protection ahead of winter. Local people who get their jabs now will also be helping to reduce pressure on vital frontline health services in the borough as the NHS enters what will be a very tough seasonal period."

Visit: [www.nhs.uk/wintervaccinations](http://www.nhs.uk/wintervaccinations) for more information on eligibility and how to book.



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Ilford, Essex IG1 2JJ**

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[info@tclreuse.org.uk](mailto:info@tclreuse.org.uk)**



SCAN ME

# We're giving violence against women **the red card**

**SAFER**  
Redbridge

During the global 16 days of activism campaign, communities came together to show their support for ending gender-based violence.

The global 16 days of activism campaign – launched at the first Women's Global Leadership Institute in 1991 – has been used worldwide to call for the elimination of gender-based violence.

The campaign runs annually from 25 November, International Day for the Elimination of Violence Against Women, to 10 December, International Human Rights Day. The aim is to establish a world without violence and to celebrate the power of collective action to end violence against women.

Redbridge Council is committed to improving the safety of all women and girls in our borough. We all deserve to feel safe, wherever we live, and it is unacceptable that many women in Redbridge and across the world have experienced harassment, abuse and in some cases, violence based on their gender.

On 25 November, we marked the start of 16 Days of Activism with White Ribbon Day, addressing the causes of violence against women and girls. The Leader of Redbridge Council, Cllr Jas Athwal, raised the White Ribbon Flag outside Redbridge Town Hall and Redbridge staff handed out white ribbons to residents.

The start of the football World Cup coincided with 16 days of activism, so on 26 November, the council held a five-a-side football tournament to raise money to support work to end gender-based violence in partnership with Frenford Clubs. The event was hugely successful with teams from across the public sector participating and standing together to show violence the red card.



The council also teamed up with the Suzy Lamplugh Trust, the UK's leading personal safety charity, to offer 'stand up against harassment' training to professionals and residents in Redbridge.

## How can you help?

Violence against women and girls can be found everywhere, including in our homes, on our streets, online, in educational institutions and in workplaces.

It is the responsibility of everyone to improve the safety of women and girls. Redbridge Council is working closely with the police, partners such as local schools and businesses, as well as with local communities to take action to improve women's and girls' safety across the borough.

In November, we re-enforced this commitment by launching our Women's Safety Mission Statement which shares our findings from listening to women and girls about their safety in the borough, and sets priorities to improve it. You can read it on our website, at: [www.redbridge.gov.uk](http://www.redbridge.gov.uk)

"As a local resident and champion of women's safety, I am committed to improving the safety of all women and girls in Redbridge. We all deserve to feel safe, wherever we live, and it is unacceptable that many women in our borough and across the world have experienced harassment, abuse and in some cases violence on the basis of their sex or gender.



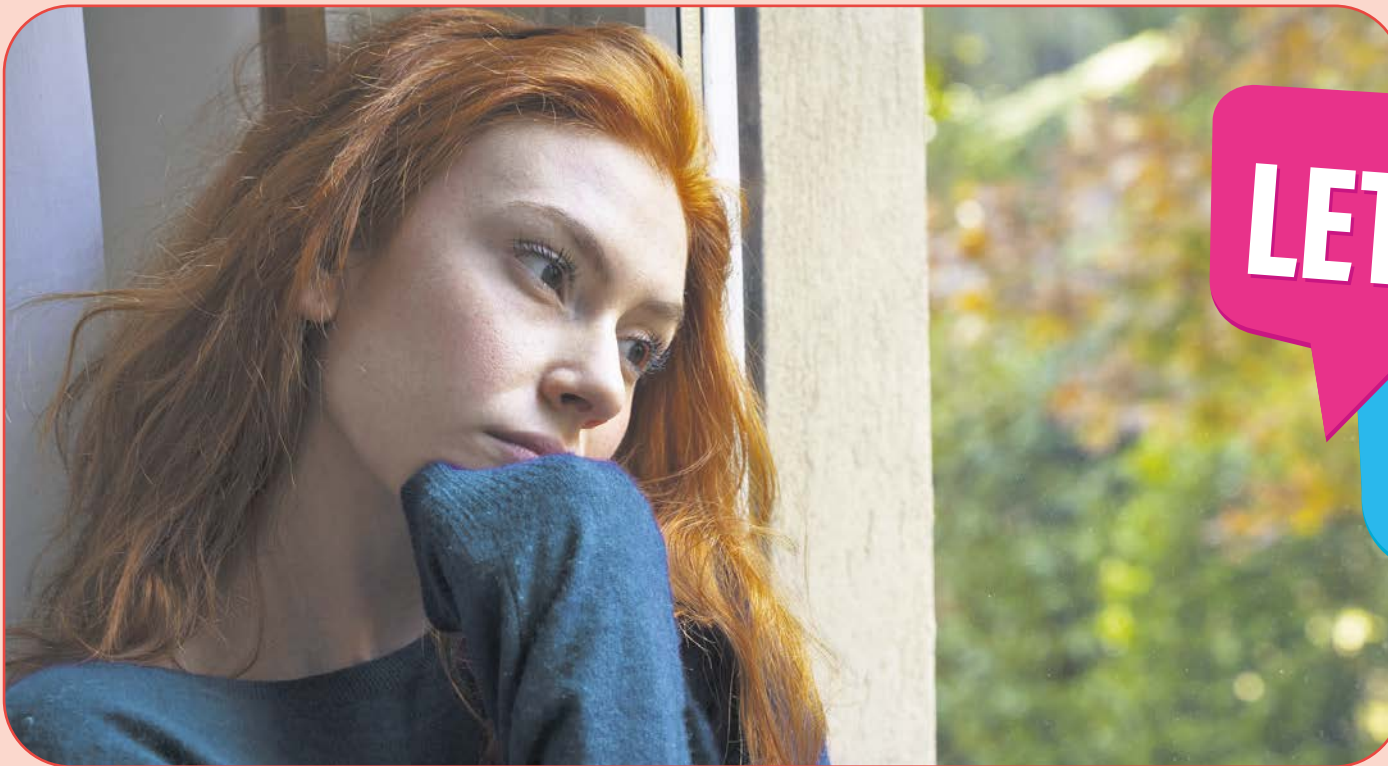
"Our community is still struggling with the shock, fear, and outrage from the violent murders of local residents Maria Rawlings and Zara Aleena, who were killed in separate incidents whilst walking home. Women and girls have the right to a life free of violence and their safety is everyone's responsibility.

"Violence against women and girls is not a problem for women and girls alone – this is a problem that affects and involves all of us, regardless of our sex or gender, and we must all recognise and acknowledge the underlying inequalities and attitudes that perpetuate it, and work together to make Redbridge a safer place for our community."

**Women's Safety Champion for Redbridge, Cllr Saima Ahmed**



Officially launching our Women's Safety Mission Statement before the full council meeting in November (above) and the charity football tournament (left).



**LET'S TALK ABOUT IT**

## Where to get support

Are you experiencing domestic abuse, or have you suffered from sexual violence or assault? If you or someone you know is being abused by a partner, ex-partner or a family member, there are support services available to help.

### Safe2Talk

Safe2Talk is a non-judgmental space for women and girls who have experienced sexual assault, harassment, or abuse, to come and speak one-on-one with female experts including a police officer, a domestic abuse specialist, a housing officer, and a lawyer.

#### Upcoming sessions at:

Fullwell Cross Library,  
140 High Street,  
Barkingside,  
IG6 2EA

#### Wednesday 28 December

2pm – 6pm

#### Monday 30 January

2pm – 6pm



## Refuge

Refuge is a free service for anyone, regardless of gender, living in Redbridge who has experienced, or is at risk of abuse, including victims of sexual abuse and violence.

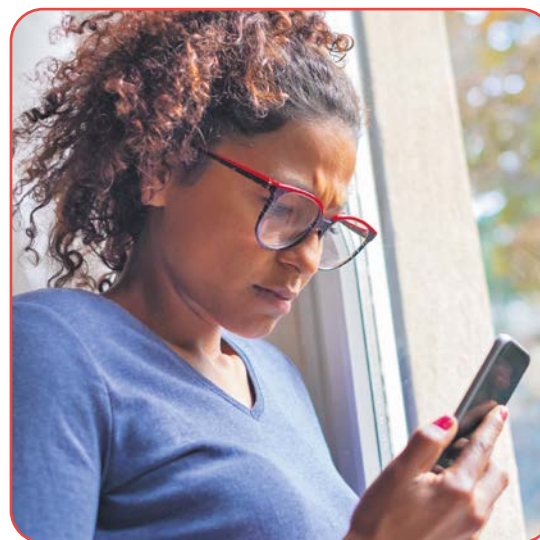
Call: **0800 169 7759**

(Monday 9am – 7pm and  
Tuesday to Friday, 9am – 5pm)

Email: [redbridgevawg@refuge.org.uk](mailto:redbridgevawg@refuge.org.uk)

## National Domestic Abuse Helpline

Call the National Domestic Abuse Helpline on **0808 2000 247**, 24 hours a day, 7 days a week.



## Reach Out

Redbridge Council runs a support service for adults in Redbridge who are being abused or fear being abused. The service provides help whether you wish to remain with your partner or need support to separate.

Call: **0800 1456410**

Email: [reachout@redbridge.gov.uk](mailto:reachout@redbridge.gov.uk)

Opening hours: Monday – Friday,  
9am – 5pm excluding bank holidays.

## Nia

Nia is a support service for women and girls who have been subjected to sexual and domestic violence and abuse at any time in their lives.

Call: **0800 160 1036**

Email: [rapecrisis@niaendingviolence.org.uk](mailto:rapecrisis@niaendingviolence.org.uk)

If your call is unanswered, leave a message with a safe telephone number and the best time to call you, and they will call you back.

# Ilford becomes new **culinary capital with restaurant boom**

Three new eating places have opened on Clements Road boosting Ilford's reputation as an emerging destination for food lovers.



On 22 November, the award-winning restaurant Royal Nawaab opened its doors. The new restaurant employs over 70 people, many of whom live locally, and serves freshly prepared and authentic cuisine, drawing on influences from India and Pakistan.

Royal Nawaab joins Haute Dolci, a luxury dining space offering delicious food, indulgent desserts, and moreish brunches, and Big Moe's Diner and Smokehouse, an American themed 50's style diner.

The launch of Royal Nawaab was attended by the Leader of Redbridge Council, Cllr Jas Athwal and Deputy Leader, Cllr Kam Rai, who enjoyed a delicious buffet in the stunning surroundings of the beautifully renovated dining space.

"It is fantastic to welcome new businesses to Ilford, boosting our local economy and providing jobs for local people. Ilford is becoming a real destination, with exciting new restaurants opening, our brilliant Kenneth More Theatre thriving, SPACE art gallery and studio plus a whole array of shops across the town centre."

**Cllr Jas Athwal, Leader of Redbridge Council**



## Re-imagining Gants Hill for the future

Nearly 150 local people from around Gants Hill joined Redbridge Council and local organisations to share their ideas on how to create a vision for the future of the area.

Local people led five themed workshops and spoke about why the themes they had chosen were important, including women's safety, making the area more attractive and cleaner, supporting young people and bringing people together.

The group came up with creative ideas for change and discussed how to make their vision a reality together with Redbridge and local partners. Action plans have been created based on the discussions and local groups are busy bringing them to life. In Spring 2023, the Community Hubs team will be holding a celebratory event to showcase progress and launch the shared vision for Gants Hill.

Local organisations that hosted the events included Redbridge Institute, Frenford Clubs and Gants Hill Library. One of the energetic workshops at Frenford Clubs saw young people get involved to share what support looks like for them.

**15-year-old Gants Hill local, Imaan Idris, said:**

"The event was really amazing because it allowed young people to finally have a say on how we can be helped, which is not an opportunity we often get. I feel listened to and heard!"



The action plans put together at the workshops will feed into the development of the future Gants Hill Community Hub, which will provide local people with access to services on their doorstep and a flexible space to run their own activities. The Hub is being co-designed with local people, and Redbridge Council will be recruiting more residents to take part in the next co-design process in early 2023. To get involved or to be kept up to date on Gants Hill Hub activities, register at:

**<https://letstalkredbridge.uk/engagementhq.com/gants-hill-community-hub>**

# Awards ceremony celebrates people who shape extraordinary lives

Do you know someone working in education who is having a positive impact on the lives of young people in Redbridge?

If you do, why not show your gratitude by nominating them for recognition in the Redbridge Education Awards, set up to celebrate the people who support young people to achieve extraordinary futures.

There are 14 award categories, including teacher of the year, inclusivity award, and champions for change – nominations are open now and close on Monday 9 January 2023.

The shortlisted nominees will be invited to a ceremony in April 2023 for an evening of entertainment, dining, special guests and speakers.



**Cllr Jas Athwal, Leader of Redbridge Council, said:**

"We launched the Redbridge Education Awards to recognise and thank the teachers, support workers and caregivers who make such a profound difference to the lives of children and young people in our borough.

"They work tirelessly to set our children and young people up for success, and it is so important that their amazing work is recognised and celebrated. I want to give a huge thank you to all our incredible nominees for the invaluable work they do."

Anyone who lives in Redbridge can nominate in one or more of our categories, by visiting: [www.redbridge.gov.uk/redbridge-education-awards](http://www.redbridge.gov.uk/redbridge-education-awards)

## Nominations open for Mayor's Community Awards

**Is there a hero in your family, on your street, or in the local community?**

Or do you know about a group or organisation that has made a positive and selfless contribution to the lives of local people across Redbridge? If 'yes' is the answer, why not enter them into our community awards this year?

**Award winners could be:**

- An individual, group or organisation whose service to the community is worthy of special recognition.
- An individual, group or organisation who deserves recognition for their supreme effort, strength, bravery or achievement.
- An individual, group or organisation who has achieved something which benefits the neighbourhood or even the whole of our borough.

It doesn't matter how small or big their achievements are; we would love to hear from you.



**Mayor of Redbridge, Cllr Thavathuray Jeyaranjan, said:**

"The awards are a fantastic opportunity to recognise the heroes in our communities who make such a big difference to the lives of others, but who might otherwise remain anonymous. Redbridge is full of kind, thoughtful and caring people, and groups who take enormous pride in their neighbourhoods and do their utmost to make the borough a great place to live. Please help shine a spotlight on our local heroes by nominating groups or individuals deserving of these awards."

Nominees must live or work in Redbridge. Entries should be less than 200 words, and self-nominations will not be accepted.

To submit your entry, please vote via the following link: <https://eforms.redbridge.gov.uk/mayors-award-nomination-form/>

The judging panel is made up of councillors, council officers and people from the local community.

The closing date for nominations is Saturday 31 December. The winners will be contacted and invited to attend a ceremony in March 2023.



# Mears' partnership goes from strength-to-strength

Redbridge Council's repairs contractor Mears is working in partnership with the council to deliver more than fixes.

Over the past 12 months, the company has demonstrated the strength of its commitment to the borough by creating jobs and apprentices for local people in the area.

Since April 2022, Mears have recruited 15 new members of staff from Redbridge and surrounding boroughs through online applications and job fairs at Ilford jobcentre.

Louis is one of two multi-trade apprentices from Redbridge recently recruited by Mears, having attended one of those job fairs.

He said: "At first, I was nervous that I wasn't going to be able to handle the work or learn. However, the field workers at Mears Group have given me the confidence to be myself and learn how to interact with others whilst enjoying my work."



**Cllr Vanisha Solanki, Cabinet Member for Housing and Homelessness, said:**

"Our partnership with Mears and other similar organisations will continue to help strengthen our local workforce and economy which is paramount in the current climate."



To find out more about careers at the Mears Group, visit the 'find a job with Mears' pages of its website, at: [www.mearsgroup.co.uk](http://www.mearsgroup.co.uk)

# Can you help us shape our future housing strategy?

Redbridge Council is asking local people help it develop a new five-year housing strategy and action plan.



The current strategy, which was developed in 2017, needs to be refreshed to respond to changing housing needs.

We have witnessed significant events that have impacted our housing services over the past few years, including the Grenfell fire tragedy, the Covid-19 pandemic, and the cost of living crisis, which has changed the landscape for many of our services.

Despite these events, our current housing strategy resulted in notable achievements, including:

- The start of our affordable homes programme, including the delivery of 178 new council homes, with 330 more being built in the next year.
- More than 600 new homes built by housing associations, including 400 shared ownership homes delivered since 2017-18.
- A successful bid for Greater London Authority (GLA) funding to buy back 10 former council homes for use by rough sleepers, and funding to convert Ryedale care home into 40 flats.

- Accommodating over 300 people in response to 'Everyone In' during the Covid-19 pandemic.

Now we need to determine how our housing services will be shaped over the next five years, and we would like local people to give us their views on four key areas.

1. Increasing the supply of housing.
2. Housing and homelessness.
3. Improving the quality of homes.
4. Putting residents first.

**Cllr Vanisha Solanki, Cabinet Member for Housing and Homelessness, said:**

"Our new five-year housing strategy will aim to respond to the many challenges we face as a borough, such as homelessness and increasing the supply of housing, whilst building on the foundations and achievements of our last strategy."



To find out more about the housing strategy and how you can take part in engagement around it, please visit: <https://engage.redbridge.gov.uk/housing-strategy> from 9 December until the closing day for responses on 10 March 2023.

"The new strategy will build upon key evidence and data that underpins our objectives and intended actions, and feedback we receive from this consultation. It's important everyone gets the opportunity to have their say, which is why I strongly encourage both residents and stakeholders to respond with their views to help shape the direction for housing in Redbridge."



# Rising cost of living hitting councils hard

The rising cost of living is having a huge impact on households across the country, with energy bills and food costs soaring, and inflation hitting a 40-year high.

As well as impacting local people and businesses, rising costs are hitting councils all over the UK hard.

A decade of Government austerity has meant settlement grant funding to councils has been cut by an average of 63 per cent since 2010; that's over 50p in every £1 of settlement grant funding gone from council budgets.

To make ends meet, councils have had to make tough decisions, reducing costs and increasing revenue where possible.

In Redbridge, we have worked hard to keep services going and continue to support local people despite relentless cuts to our funding. Following on from austerity, the rising cost of living is now set to gravely impact councils, including Redbridge. Record inflation is responsible for causing the biggest pressure on Redbridge Council's budget.

This increase in costs is affecting all services, particularly those reliant on vehicle fuel, gas and electricity. The rising cost of petrol has meant that for many Redbridge families, filling up the tank has become much more expensive recently. Redbridge Council manages hundreds of vehicles in our fleet, including dustcarts, vans, minibuses and small lorries. It means the council is facing the financial pressure of filling up 275 fuel tanks.

Energy bills have soared and as a result many households are being more careful, switching off lights and limiting their heating. For Redbridge Council, turning off our street lights isn't an option when we're trying to keep our streets safe for local people. While local families are bearing the brunt of the increased expense of lighting up their houses, Redbridge Council is contending with the increased cost of lighting up around 21,000 street lights across the borough.

Soaring inflation is also creating cost pressures for capital investment projects which are already under way, such as the new swimming pool in Wanstead and council housing schemes across the borough. To keep essential council services going and continuing to support local people, we will need to weigh up changes to council spending. Redbridge will continue to be financially prudent, careful with all its funding, and thoughtful when we invest, but with costs spiralling, difficult decisions must be made.

We want local people to help us make decisions about what matters most in our borough, what services they care about and where we can tighten our belts. Please visit our website to fill in our short budget survey on what matters to you and join our campaign to fight for fair funding from Government.

**Cllr Kam Rai, Deputy Leader of Redbridge Council, said:**

"There are trying times ahead for all of us in Redbridge due to the cost of living crisis. It's becoming increasingly difficult to balance rising costs and demand for our services against cuts to our Government funding. We are among the lowest funded London boroughs and while we have been forced to make £230 million of savings because of austerity, we will rise to the challenge and keep fighting for local people and the services they deserve."



## Help us fight for fairer funding

Higher costs affect councils too and we are asking the Government to fund us fairly.

Please visit our website to fill in our short budget survey on what matters to you, and join our campaign fighting for fair funding from the Government, at: <https://engagement.redbridge.gov.uk/strategy/your-priorities>



Redbridge Council lights up around

**21,000 street lights**



Redbridge Council fuels

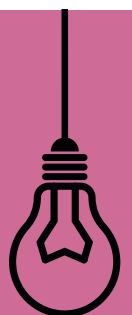
**275 vehicles**

including dustcarts and minibuses



Heating and lighting our libraries and leisure centres will cost an extra

**£300,000 per year**



# Help us improve the quality of rented homes in Redbridge

The council are consulting on proposals to renew selective licensing in Redbridge. We want to hear your views.

We want to make sure that rented properties are safe, well managed and well maintained. Whether you are a landlord, private tenant, resident, business, voluntary/charitable organisation or other stakeholder in or outside of Redbridge, please let us know your views.

You can tell us your thoughts by completing the online questionnaire (QR code opposite).



Areas proposed to be covered by Selective licensing



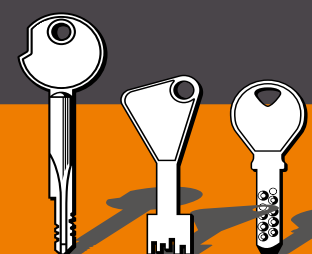
London Borough of Redbridge



**HAVE YOUR SAY!**

The consultation runs to 31 January 2023

scan to complete the survey



[www.redbridge.gov.uk/licensingconsultation](http://www.redbridge.gov.uk/licensingconsultation)

# Do you use electric to heat your home?



The Home Upgrade Grant can provide grants of up to £25,000\* for properties that do not have a gas boiler system and heat their homes using other fuels such as electric, oil, LPG or coal.

\* The amount of funding awarded will largely depend on the outcome of the property survey and the current Energy Performance Certificate (EPC) rating.

## The scheme can offer the following measures:

- external wall insulation
- cavity wall insulation
- underfloor insulation
- loft insulation
- solar panels (alongside insulating measures only)

Other remedial works may be offered but this will be dependent on the existing condition of the property.

To be eligible for a grant, your property will need **\*\*an Energy Performance Certificate rating of D, E, F or G and a household income of less than £30k per year.**

\*\* If no EPC in place this will be assessed as part of the property survey.

Owner occupiers, landlords and tenants are eligible for funding. In the case of rental properties, the income eligibility applies to the tenant and not the landlord.



Property after solar panel installation.

To apply, visit: [www.redbridge.gov.uk/go-green](http://www.redbridge.gov.uk/go-green) or email: [Housing.Standards@redbridge.gov.uk](mailto:Housing.Standards@redbridge.gov.uk)



## Tackling rogue landlords in Redbridge

**LICENCE ONLINE  
AVOID THE FINE.**

### Are you operating a rental property or HMO without a property licence?

Landlords are reminded to take their legal responsibilities seriously. As well as making sure you have a property licence in place if you need one, you also need to keep up to date and comply with all the relevant regulations.

Landlord responsibilities fall under a variety of legislation which include The Housing Act 2004, Housing and Planning Act 2016, Homes (Fitness for Human Habitation) Act 2018, and more recent regulations under the Electrical Safety Standards in the Private Rented Sector (England) Regulations 2020 and the Energy Efficiency (Private Rented Property) (England and Wales) (Amendment) Regulations 2019 and comply with The Management of Houses in Multiple Occupation (England) Regulations 2006.

The council has powers to issue hefty fines of up to £30,000 as an alternative to prosecution for non-compliance with legal responsibilities. If you are found guilty, your details will appear on the Rogue Landlord Database register and you could be deemed not fit and proper to obtain a property licence.

### LANDLORDS!

To find out more about the type of licence you need, visit: [www.redbridge.gov.uk](http://www.redbridge.gov.uk) and search 'Private Rentals'

To check if your property is located in a licensable ward, visit: <https://my.redbridge.gov.uk/map/property-licensing> and enter your postcode.

VISION REDBRIDGE CULTURE AND LEISURE PRESENTS

**The family panto to make all your wishes come true!**



# ALADDIN

**1 DEC 2022 - 8 JAN 2023**

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Box Office 020 8708 8800**

