

September 2009 • Issue 1

RedbridgeLife

a better place to live

www.redbridge.gov.uk



On the beat

Crime on Redbridge buses cut by 15 per cent **P5**



Summer fun

What Redbridge did this summer **P10 & 11**

Schools exam success

Redbridge students are proof that hard work pays off as they achieve the best ever GCSE and A Level exam results.

Results for GCSEs are up on 2008: nearly two thirds of students gained five or more A* to C grades including English and Maths. 78% of

students gained five or more A* to C grades across all subjects and there was a significant increase in students with five or more A* to G grades.

These results build on the glowing announcements for sixth form students, with early indications showing over three quarters of post-16 entries being awarded grades A to C.

“I’m ecstatic with my results! It feels as though two years of grief, pain, sweat and tears has all finally paid off.”

Shafqat Batchelor

We had a record number of students taking post 16 qualifications this year and they have done themselves and the Borough proud. Ten of the Borough schools also improved their performance on their previous year’s results.

“I really wasn’t expecting these results. I am overjoyed and these four As mean that I got into my first choice University.”

Tahmida Huq

Students and Teachers from Seven Kings High School celebrating their exam successes

Redbridge in Bloom



Residents of George Davis Lodge Extra Care Housing Scheme are celebrating their win in this year’s Redbridge in Bloom. Maureen Smith and her husband Eric have lived at the lodge for six years and help look after the garden. She said, ‘I’ve always liked gardening and my husband

used to be a gardener. When we came here the gardens were full of old bushes that had gone woody so we decided to do something about it and have been doing the gardens ever since’.

Other winners in the popular competition included: The Cricketers, Woodford Green

for Best Public House, Claybury Hall, Repton Park won Best Community Display, Best Container Park went to Mrs M Shylaja from Newbury Park while three green fingered residents shared the top spot for best front garden.

News In Brief

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Saving water

The Council's energy and water saving programme has helped save over £35,000 during the past year by reducing water consumption in Council buildings by an average 6 per cent. The programme includes adding water saving devices to toilets, fixing leaking taps, ensuring new Council buildings are water efficient and promoting water saving through the Environment Champions programme.

Do you have a family member with a learning disability?

The Redbridge and Waltham Forest Learning Disability Partnership has launched a consultation, running until 6 November, to ask families what services they need to give them a short break from their caring responsibilities. For more information visit Redbridge i at www.redbridge.gov.uk and search for Learning Disability Partnership.

ff FACT FILE**Pool plans unchanged**

A recent letter in the local media suggested the Council was going back on plans for a new swimming pool at Cricklefields in Ilford, to build an Academy instead. Readers are reassured that the Council is still exploring options for a new pool and the Academy development will not affect this.

Produced by Redbridge Council

The editor can be contacted on **020 8708 3765** or email: redbridge.life@redbridge.gov.uk
London Borough of Redbridge, PO BOX No.2, Town Hall, 128-142 High Road, Ilford, IG1 1DD. It comes out on the first Monday of the month. This issue cost 4p to produce.
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Distribution problem?

Contact 020 8708 3765 or email redbridge.life@redbridge.gov.uk

Keeping you informed about life in Redbridge

Reduced costs and more information about events and services across the Borough...
Welcome to the new Redbridge Life.

You may have noticed some changes in this issue of Redbridge Life. NHS Redbridge and the Police have become partners to help keep you informed about all the services available to you and what is going on in Redbridge.

We have new printers and distributors - greatly reducing the cost of production.

We have updated our layout to make key information stand out, make navigation easier and allow more picture led features. There are more events in the Out and About section and more of the stories you wanted - community safety, green, and health.

We hope you enjoy the new Redbridge Life.

“It comes out on the first Monday of each month and is distributed that week”



Redbridge Life will now cost less than 10p a copy to design, print and deliver to every household in the Borough

Contact us

The Editor,
Redbridge Life, Lynton House, 255-259 High Road, Ilford IG1 1NF.
redbridge.life@redbridge.gov.uk or phone **020 8708 3765**



“I would like more about events, courses and other useful information...”

Redbridge Life – Readers Survey

Thank you to everyone who took part in our readers' survey. Over 1,200 of you responded. The survey results informed the changes that we have made. Headlines from what you told us about Redbridge Life are:

- 86 per cent say it contains a lot of useful information
- 79 per cent say stories are about the right length
- 91 per cent find it easy to understand
- 78 per cent of you find out what is going on from Redbridge Life

Making homes in Redbridge greener

An innovative new pilot project is being launched in Redbridge to make 20 homes energy efficient.

Greener Homes for Redbridge will bring 20 properties up to new sustainability standards. It is hoped the new green features will result in lower energy bills.

The scheme will use a range of different technologies such as meters for residents to measure how

much energy they're using, solar panels, solar hot water systems and energy efficient timber frames.

The refurbished properties, to be completed in March 2010, will be tested to measure the impact of the changes on energy consumption. The findings will help shape how older homes are made more energy efficient. The homes will be allocated according to

housing need through Redbridge Council's housing team.

The project is funded by the Homes and Communities Agency and Redbridge Council with additional support from the Building Research Establishment, Thames Water and Essex and Suffolk Water, NPower and Dimplex. It is being coordinated by East



Thames Housing Association and Redbridge Council, building contractor Wates, and construction consultancy Pellings.

Tragedy on Orchard Estate

In the early hours of Sunday 9 August, a serious incident involving one of the lifts in Lambourne Court, in the Orchard Estate, Woodford Green, resulted in the tragic death of Mrs Christine Allen.

Following the incident, all lifts on the Orchard Estate have received a precautionary inspection by Redbridge Home's insurers Zurich.

We would like to reassure residents that lift engineers

carry out maintenance of all the Borough's lifts monthly and inspections are completed every six months.

A police and Health and Safety investigation into the incident is ongoing and therefore neither Redbridge Homes nor Redbridge Council can comment further on this incident at this stage.

If you have any concerns please call Redbridge Homes on 020 8518 2400 or email on enquiries@redbridgehomes.org

Facelift for South Woodford Town Centre

South Woodford Town Centre will get a £1.7million facelift thanks to funding from Transport for London.

The scheme focuses on George Lane, the second largest shopping centre in the Borough and is a major boost for South Woodford.

This significant investment will see new lighting, bins and benches, facilities for cycle parking and improved crossing points at the roundabout. George Lane will be completely re-paved, new signs and CCTV cameras will be installed and the roundabout will be re-surfaced. Businesses along George Lane that have private forecourts will be offered the opportunity to have them re-paved, free of charge.

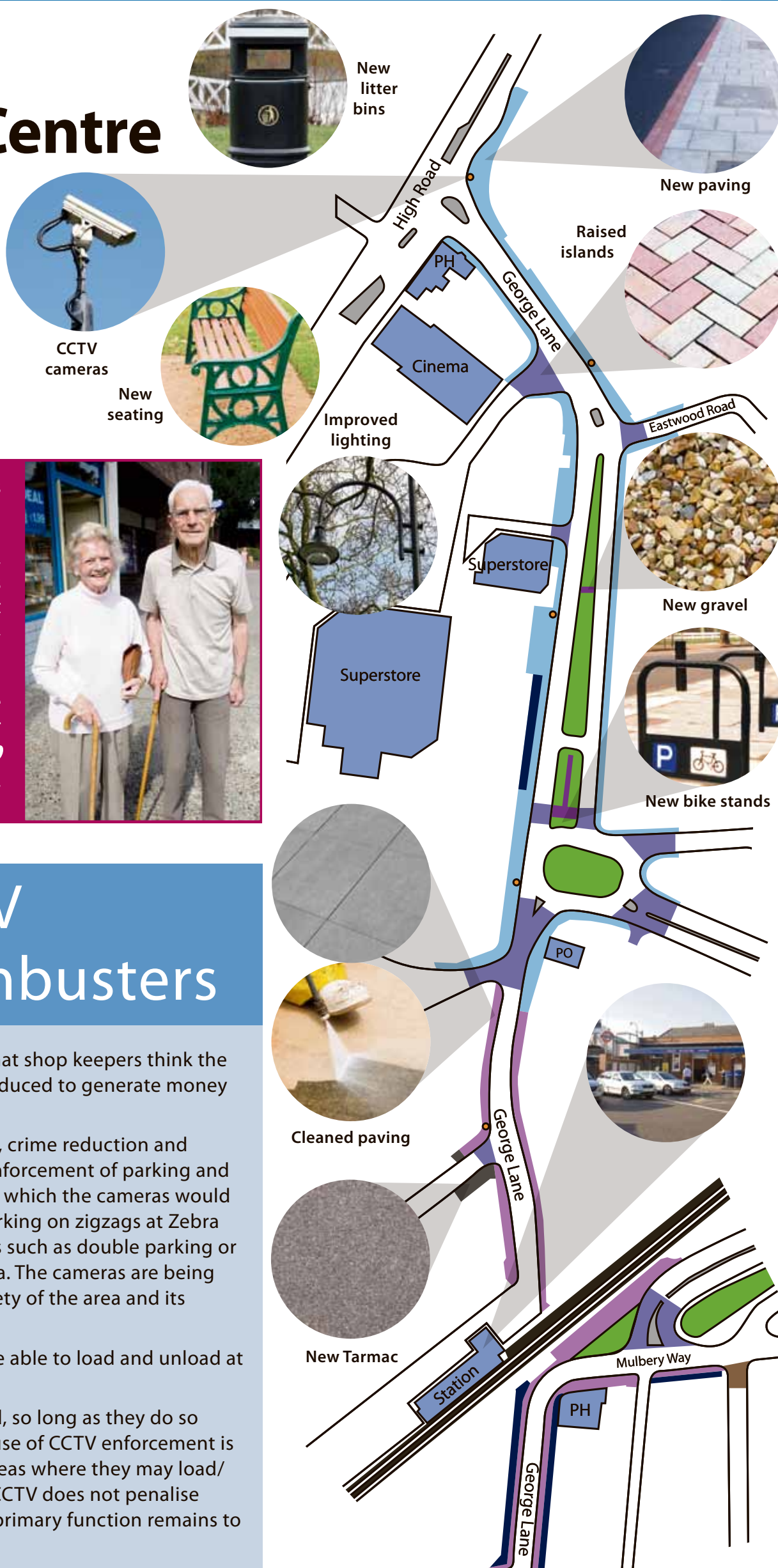
The scheme aims to improve the general

appearance of the area making it more attractive to residents, shoppers and visitors.

Works to the Town Centre will be complete by Spring 2012.

“Any improvements to the area are a good thing, the re-paving will be a real benefit to us, even with walking sticks we sometimes find it a bit difficult to get around, we both look forward to seeing the results and we are sure it will make the Town Centre a much nicer place to shop and visit”

Mr Ford of Jubilee Court, Woodford



CCTV Mythbusters

Myth: You may have read in the local press recently that shop keepers think the CCTV cameras in South Woodford are only being introduced to generate money from parking fines.

Fact: The cameras are being installed for public safety, crime reduction and prevention but will also be available, if required, for enforcement of parking and some moving traffic offences. The most likely offences which the cameras would be used for are parking on double yellow lines and parking on zigzags at Zebra Crossings, they might also be used to enforce offences such as double parking or footway parking should these be a problem in the area. The cameras are being provided first and foremost to improve the overall safety of the area and its attractiveness to visitors.

Myth: Shop keepers are concerned that they won't be able to load and unload at their shops if the CCTV cameras are there.

Fact: Shop keepers will be allowed to load and unload, so long as they do so legally and adhere to existing restrictions. In fact the use of CCTV enforcement is likely to assist the local businesses by ensuring that areas where they may load/unload are not occupied by illegally parked vehicles. CCTV does not penalise those members of the public obeying the law and its primary function remains to protect the public from serious crime.

Looking for Local Heroes

Safer Communities
AWARDS

Do you know someone who deserves an award for making your community a safer place to live?

Redbridge Safer Communities Partnership want to recognise the outstanding contributions made by people in Redbridge to make the Borough a safer place to live.

Our awards recognise continuous, outstanding, unpaid and voluntary work carried out for the benefit of the community as a whole.

There are six Awards:

Young Safer Communities Award:

recognising the voluntary contribution made by under 18s to prevent crime or anti-social behaviour (parental consent is required for this one)

Individual Safer Communities Award:

for individuals who have volunteered to make their neighbourhood safer.

Group Safer Communities Award:

for those volunteering through a recognised voluntary, community group or business, who help to make their community or area safer.

Safer Communities Community Cohesion Award:

for someone who has volunteered to improve relations between different communities within Redbridge.

Safer Communities Extra Commitment Award:

for someone going 'beyond the call of duty' in their line of work to make Redbridge safer.

Mayor's Special Safer Communities Award:

for a volunteer who has, over a long period of time, made an extraordinary contribution to the safety of their neighbourhood or Redbridge.

If you know someone who deserves one of these Awards please complete the form online at:

www.redbridge.gov.uk

Or phone **Valerie Baxter** on: **020 8708 3757**

The closing date for nominations is

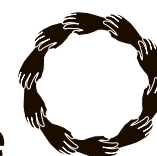
18 September 2009.

In partnership with



Redbridge

Safer Communities Partnership



meditation courses

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UK Registered Educational Charity No: 1061185



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Comments from Students about our affordable courses:

"I have tried, Yoga, Pilates and Reiki – but nothing compares to the deep relaxation and life transforming capabilities of this non-denominational meditation system"

"I have become so much stronger and in tune with my feelings. I have confidence and self esteem which I never had before"

"I lived on my nerves before meditation and now I am always calm and in control and it's a great place to be"



CENTRES:

Clayhall: 07930 400223 Chigwell: 020 8500 7462

Woodford: 020 8559 0657 Chingford HQ: 020 8523 3133

E: Courses@fisu.org
www.fisu.org

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ads@redbridge.gov.uk

New bobbies

Ilford Town Centre is benefiting from an extra team of dedicated police officers

Three new officers and a new sergeant are now on the beat helping to make the area a safer place to live and shop.

This move allows for a greater response to town centre problems, a visible deterrent and helps lower the fear of crime in Ilford.

The extra police officers are funded by Ilford Business Improvement District and organised by the Council.

Marc Myers, Chairman of the BID, said, 'When we were looking to establish

the BID it was highlighted that extra police officers would reassure people.

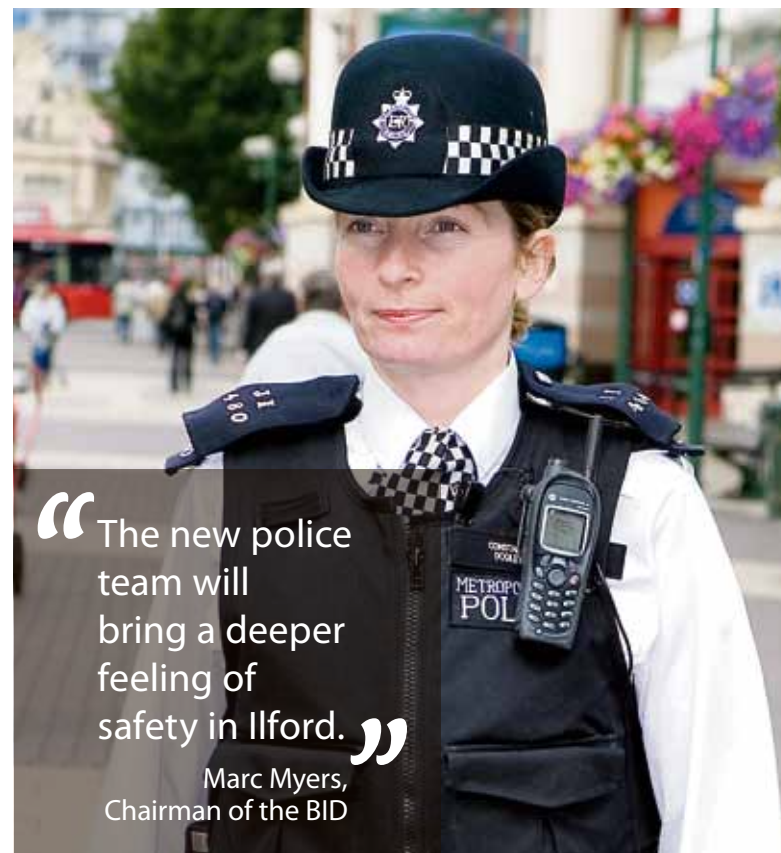
'The new police team will bring a deeper feeling of safety in Ilford which can only benefit residents, shoppers and businesses.'

The BID sees businesses in the area given the power to invest in local improvements by contributing a small levy (1.2 per cent) on top of their business rates. The money raised, around £1.5million over the five-year life of the BID,

will be spent by businesses on improvements and enhanced services to the town.

The new officers will only police the BID area and will be in addition to the Borough's general policing response.

Chief Supt Peter Terry, Borough Commander, said, 'Three additional police officers will be an extra visible reassuring presence in Ilford Town Centre and make a vital contribution to the BID's aim of making Ilford Town Centre a safer place.'



“The new police team will bring a deeper feeling of safety in Ilford.”

Marc Myers,
Chairman of the BID

On the beat

Crime on Redbridge buses cut by 15 per cent

The nine-strong Transport Hub Team patrol on and around the bus network near Ilford British Rail Station. The Redbridge team has driven crime down by 15 per cent – and thanks to teams London wide, crime on the buses is at its lowest level for five years.

Bob Tachauer, of the Safer Transport Team said, 'The Hub Team work very closely with our established Safer Transport Team, which covers the whole of Redbridge. These outstanding figures demonstrate the effectiveness of our patrols in disrupting criminal activity on public transport. We are determined to maintain this downward trend and will continue to improve safety for bus passengers and staff.'



Safer Neighbourhoods provides a team of officers dedicated to every London neighbourhood giving you a more accessible, more visible, more accountable Police service. You get a say in deciding the priorities for your area.

Valentines SNT
Police are winning the trust of youngsters at The Bathurst Road Children's

Home by playing football with them. Each game is more competitive than the last.

Newbury SNT
Advice on reporting crime and crime prevention has been given to The Asian Women's Disabled Association at the Downshall Centre. The women say they now feel more confident when dealing with the Police and in securing their homes. PC Raichura speaks three

different languages and this has helped break down language barriers.

Bridge SNT
Five youths were arrested during a three-month operation to tackle graffiti.

Operation Payback
This is a joint scheme between the Met, The Probation Service and Redbridge Council. Offenders do unpaid work as part of their community service

and have been clearing up graffiti. Operation Payback tackles issues identified by the local community, such as fly-tipping, graffiti and vegetation clearance.

Get involved

If you know anywhere that might benefit from **Operation Payback** contact your local **Safer Neighbourhood Team** on: **0300 123 1212** or **www.met.police.uk/redbridge**

Upcoming events

Each month the **Safer Neighbourhood Teams** organise many events, street briefings and drop-in surgeries:

- **Clayhall SNT – Street Briefing**
Saturday 12 September, 12noon to 1pm
Whitney Avenue, Ilford
- **Roding SNT – Drop-in surgery**
Tuesday 15 September, 3pm to 4pm
Orchard Estate Housing Office
- **Barkingside SNT – Drop-in surgery**
Friday 18 September, 2pm to 3pm
Gants Hill Library, 490 Cranbrook Road, Ilford
- **Wanstead SNT – Drop-in surgery**
Thursday 1 October, 12noon to 2pm
Nationwide Building Society, 4 Clock House Parade, High Street, Wanstead
- **Monkhams SNT – NIK UR REG**
Sunday 11 October, 1 pm to 5pm
Woodford Police Station, 509 High Road, Woodford Green



**METROPOLITAN
POLICE**

Working together for a safer London

For more information

Or a full list of events call: **0300 123 1212** or visit **www.met.police.uk/redbridge**

News In Brief

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Have your say

Scrutiny committees review and make recommendations about specific issues or services. This year the Council's eight scrutiny committees will look at:

- Dementia
- School places
- Community Safety
- Transport service
- Health and Homelessness
- Park facilities
- Local Development Framework
- Communications

To take part or for more information tel: Maureen Colledge on **020 8708 2469**, email: scrutiny@redbridge.gov.uk or write to: Scrutiny Committees, PO Box 2, Town Hall, 128-142 High Road, Ilford, Essex, IG1 1DD.

Library teen area

South Woodford Library's new teen area opens this month complete with 2000 new books, four computers with free internet access, 14 study spaces and a seating area, as well as events taking place on Friday evenings. For more information, visit Redbridge.gov.uk.

Easy way to pay Council Tax

Paying your council tax by Direct Debit saves time, worry and late payment penalties, and with a choice of payment dates, it's also one of the most flexible ways to pay. To find out more visit Redbridge.gov.uk



Decent Homes Funding

There have been many reports in local newspapers about Decent Homes funding for Redbridge Homes. While the £39 million funding has been deferred, the Government has assured Redbridge Council that the money will be received once Redbridge Homes achieves a two star rating from the Audit Commission. This funding is for improvements to kitchens and bathrooms to the Council's housing stock and doesn't affect the normal repairs service for tenants.

Special events to celebrate UK Older People's week

To help celebrate the huge contribution older people have made to the local community, Redbridge Council, Redbridge 50+ Forum and Age Concern will be celebrating the third annual 'UK Older People's Day' on Thursday 1 October.

Residents can mark the occasion by taking part in a week-long programme of events and activities across the Borough, including musical nostalgia in Fullwell Cross, afternoon tea and cake in Aldersbrook, an IT open morning in Goodmayes, a craft workshop in South Woodford, chair-based exercise in Hainault, art, greeting card and flower exhibitions and much more commencing on Monday 28 September.

On Thursday 1 October, an open event will take place in Ilford High Street with a range of information stalls from health, voluntary organisations, adult social services, the Exchange, local fire service, Police Safer Neighbourhoods Team as well as others.

To find out what events and activities are taking place in your area during

"I'm very pleased that the Council, voluntary sector organisations and older people's groups in Redbridge are working together to celebrate the contribution older people make to our Borough."

Ram Bhandari
50+ Forum and Age Concern Redbridge

UK Older People's week, please visit your local library, care centres or Redbridge i.

Get involved

If you're interested in the Redbridge 50+ Forum contact Liz Jones on **020 8708 5168**



Big Care Debate

Redbridge Council is taking part in the Big Care Debate, a national consultation, to ask for feedback and views on the way care services should be delivered. Redbridge will be holding two consultation events where residents can discuss and share their views on care services:

- Tuesday 13 October, 7pm, Gloucester/York

Rooms, Central Library, Ilford

- Wednesday 4 November, 10am, Sir James Hawkey Hall, Woodford Green

Get involved

For more details and to confirm your attendance please call **020 8708 5295**

Don't let burglars ruin your festival!



Police in Redbridge are warning homeowners to lock up their jewellery over the festive period.

At this time of year burglaries usually rise due to religious events held by the Asian communities. These events often mean valuable jewellery is removed from banks and other places of safety for display and to wear at ceremonies.

Tips for keeping valuables safe during religious celebrations:

- Keep jewellery covered until you are inside the venue
- Keep valuables in a bank or buy a safe and make sure it's secured
- Lock your property
- Use timers to operate lights when you are away

Get involved

For further advice contact the Crime Prevention Unit on **020 8554 9264**

Don't let your green garden go to waste

Green-fingered residents can put out their hedge cuttings, flowers, plants and small branches and the Council will collect them free of charge.

Just put your garden waste in untied sacks by 7am the next working day after your refuse and recycling collection day. Leave them at the boundary to your property nearest the street and they will be collected. There is a maximum of 20 bags per collection.

Redbridge Council is committed to making Redbridge a cleaner, greener place to live and this service makes it even easier for residents to recycle. Composting is nature's way of recycling and by turning garden waste into compost less rubbish will end up in landfill.

Since the introduction of the weekly green garden waste service in April, Redbridge Council

has collected 2,703 tonnes of waste from residents, which is over double the amount collected last year during the same period. So keep up the good work.

John Platt from Newbury Park, a regular user of the green garden waste service said, 'I can

honestly say the service is excellent and always carried out in a professional manner with all the bags neatly returned. It's great that during the summer months, when I'm busy in my garden, I can put my cuttings out knowing they will be collected every week.'



FACT FILE

Weekly green garden waste collection runs until 31 October, after this date you will need to pre-book your free collection by calling 020 8554 5000.

For more information about recycling visit Redbridge i at www.redbridge.gov.uk

New constitutional arrangements >> Have your say on how the council is run

A new government act requires local councils to change the way they are run. We would like your views on the new options.

At the moment the Council has a Leader and Cabinet which are both elected by Full Council annually. The Leader can be removed by a vote of no confidence. Council decides who will exercise executive functions.

The new options are:

1

A 'new style' Leader and Cabinet – Full Council would elect a Leader for a fixed term of four years and the Leader would select a Cabinet and decide who exercises executive functions. Council may decide to keep the powers to remove the Leader..

2

Directly elected Mayor and Cabinet – residents would vote for a Mayor for four years who could not be removed in that time. The Mayor would select a Cabinet of up to 9 Councillors and would decide who exercises executive functions.

There are a number of Council functions called 'local choice functions'. They are set out in the Council's constitution. The Council can choose whether it or the new Leader/Mayor will be responsible for these under the new arrangements.

Please let us know which of the two options you prefer, whether it should be possible to remove a Leader during their term of office, and any views you have on the local choice functions.



Further information

on these options is available from your local library, on **Redbridge i** or by calling: **020 8708 2019**

Send your comments in writing to: **Policy Team, Town Hall, PO Box 2, Ilford, Essex IG1 1DD** or email **strategic.services@redbridge.gov.uk**

Closing date: **Friday 16 October 2009**



SEPTEMBER 2009

Area Committee Dates

Do you have suggestions about how to improve your local area? Area Committees have budgets to address issues such as:

- Traffic and parking
- Parks and leisure facilities
- Environment
- Community

Area 1 Committee
(Snaresbrook & Wanstead)
Monday 21 September
7.15pm at Snaresbrook Primary School, Meadow Walk, South Woodford, E18 2EN

Area 5 Committee
(Chadwell, Goodmayes & Seven Kings)
Monday 21 September
7.15pm at Barley Lane Primary School, Huxley Drive, Chadwell Heath

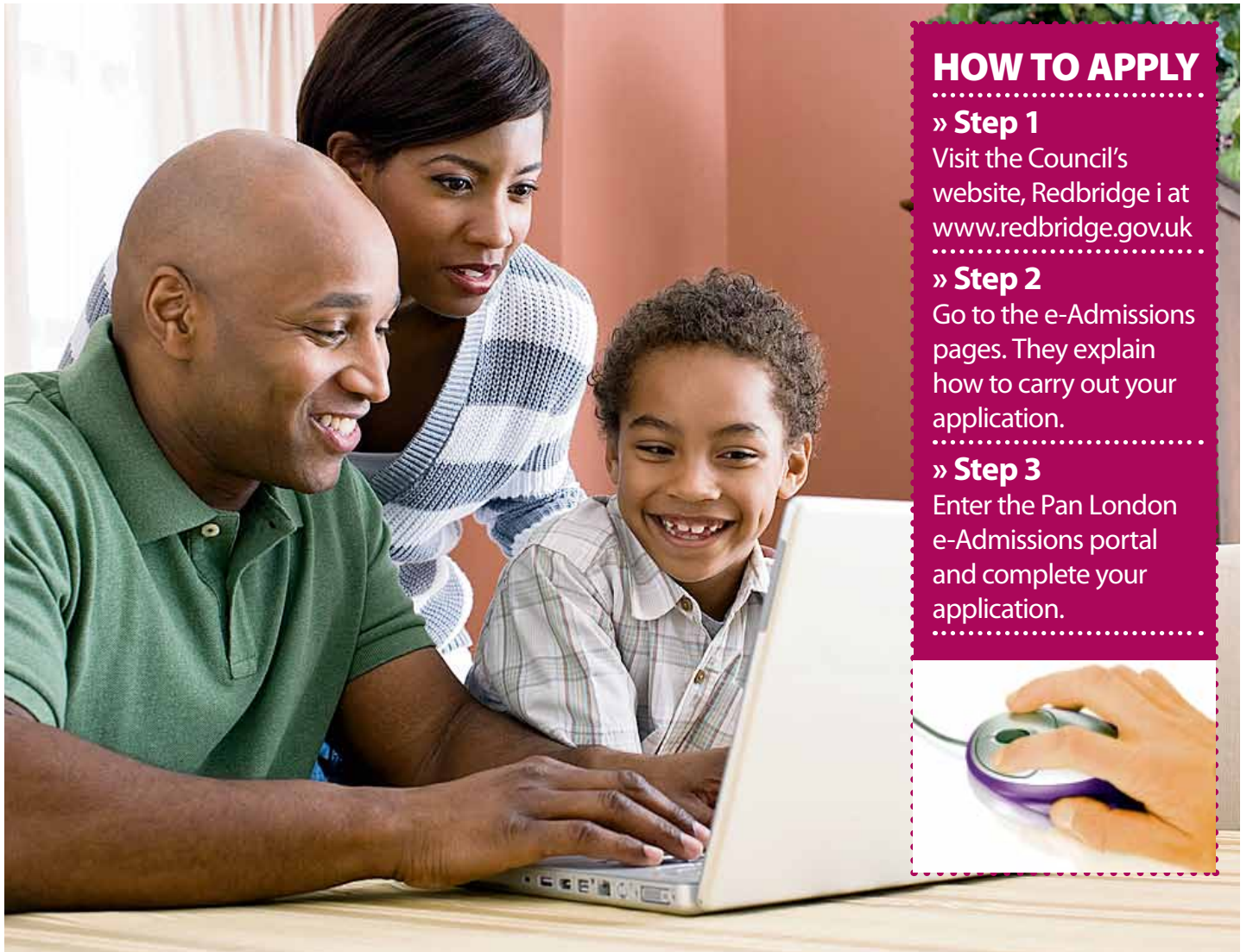
Area 3 Committee
(Fairlop, Fullwell & Hainault)
Wednesday 23 September
7.15pm at Hainault Forest Community Association, 100b Manford Way, Hainault

Area 6 Committee
(Clementswood, Loxford & Mayfield)
Wednesday 23 September
7.15pm at Central Library, Ilford

Area 4 Committee
(Aldborough, Barkingside & Clayhall)
Thursday 1 October
7.15pm at Redbridge Jewish Community Centre (formerly Sinclair House), Woodford Bridge Road, Clayhall

Get involved

Contact **Antoinette Davis** on **020 8708 2352** or visit **Redbridge i**



HOW TO APPLY

» Step 1

Visit the Council's website, Redbridge i at www.redbridge.gov.uk

» Step 2

Go to the e-Admissions pages. They explain how to carry out your application.

» Step 3

Enter the Pan London e-Admissions portal and complete your application.



e-Admissions – the quick and easy way to apply for your child's school place



As children across the Borough go back to the classroom, parents are being encouraged to sign up for e-Admissions, the quick and easy way to apply for your child's place at school.

If your child is starting primary school for the first time in September 2010, or transferring from primary to secondary school at that time, you can now apply for admission to your preferred schools through the Council's award-winning website Redbridge i.

Applying online is simple, secure and comes with lots of added benefits. Those who apply online won't have to wait for the post and will be able to find out the result of their application by checking the E-admission website in March 2010.

They will also have the advantage of amending

their application as many times as they like before submitting it, finding information on schools and being able to check for errors on the application form.

If you apply after the deadline, or no application is received for your child, you could miss out on getting the school you want!

ff FACT FILE

In 2008, 805 parents applied online for a reception place and this increased to 1150 in 2009.

The Council received 644 online applications in 2008 for transfer to secondary school and received 933 applications in 2009.

Online applications opened on Tuesday 1 September.

Closing dates:

- **Friday 23 October** for transfer to secondary school
- **Friday 11 December** for Reception applications.

Get involved

Find out more by going onto the Council's website Redbridge i at www.redbridge.gov.uk



School place shortage is tackled head on

To meet the unprecedented growth in the number of young people going to school in Redbridge, the Council is increasing the number of school places.

Thirteen new reception classes have been opened at primary schools over the last few years and the Council is also discussing the option of creating two temporary secondary school classes and six new permanent classes over the next four years, as well as increasing classes at Loxford School of Science and Technology.

Plans for a new sixth form Academy in Ilford are also progressing well.

The Council will continue to monitor the population in Redbridge to manage the pressure on school places.

ff FACT FILE

Last year Redbridge Council received a total of 3294 applications for secondary school places and 91.4 per cent of pupils received one of their top six schools.

The total number of primary school applications was 3643 and 92.6 per cent received a place at one of their top three preference schools



Redbridge parks fly the Green Flag!



Elmhurst Gardens and Hainault Forest Country Park have both received the prestigious Green Flag award, the national standard for parks and green spaces in England and Wales.

The two parks went through a rigorous judging process and were judged positively in a number of areas including safety, security, cleanliness, facility management, signage and access.

The Green Flag Award is run by Keep Britain Tidy alongside environmental charity GreenSpace and the British Trust for Conservation Volunteers (BTCV).

Elmhurst Gardens in South Woodford has seen a series of improvements recently, including a new 'resting area', which was landscaped earlier this year with a range of shrubs and bulbs, making it a perfect place to sit and relax.

“It's really been a real team effort and we are all thrilled. With a lot of hard work from Council officials, the park keeper, local residents and schools – all working together the park has been transformed.”

Claire Marriott,
Chair of The Friends of
Elmhurst Gardens



“Hainault is a truly beautiful park, our children enjoy the play area and because it has lovely open spaces, it's completely safe. We love visiting the animals in the free zoo!”

Alison Norman and
Cathy McClean

Hainault Forest Country Park

This is the second time **Hainault Forest Country Park** has received a Green Flag after being awarded one in 2006/2007. The park covers more than 300 acres and is popular with visitors due to its many attractions including a fishing lake, zoo, a new adventure play area, a nature trail and visitor centre.

A new cafe for Hainault Forest Country Park!

Visit the new café, which has an indoor seating area, a varied menu, and wonderful views of the City of London on one side and the country park on the other.

More parks and open spaces

There's more good news for the Borough's green spaces as Claybury Park was formally transferred to the Council in July. The 70 hectare park has been managed by the Council since 2006. The formal transfer from developer Crest Nicholson means the park will be maintained by the Council for the benefit of residents and will create a legacy for future generations.

Redbridge has some of the best parks and open spaces in London. They offer lots of sports amenities, and are ideal for healthy walks.

Our parks offer children's activities, community events, concerts and access to nature. Visit Redbridge i at www.redbridge.gov.uk to find your nearest park.

What a great Summer! Thousands of families enjoyed our fantastic entertainment over the holidays!

Our Summer fun programme was jam packed with stories, theatre performances, face painting, art and crafts workshops, and sports courses including Active Camps. There was lots to do for everyone including free music events in parks, play activities and nature walks.

Here are some of the highlights!



Olympic Inspiration

More than 7,000 residents helped Redbridge celebrate the London 2012 Open Weekend at Inspiration 09.

Visitors were treated to a variety of acts including Kabaddi demonstrations, Chinese lion dancers, circus performers, singers and performances from IROKO theatre. There were also taster sessions and workshops running across the day including circus skills, silent disco and street dance.

Redbridge's Summer

“It’s really good that there are events like this. In the run up to the Olympics, it’s important that sport and arts activities are offered to our children. We’re spoilt for choice!”

Amanda Fisher, with children, Harry, 4, and Samuel, 11



Family Owl Display

Families met European Eagle Owls and were treated to a fantastic flying display!



Bushcraft!

Children joined survival experts, and learnt how to find food in the wild.



Summer of fun



Summer Uni

Young people took part in more than 50 free courses ranging from arts and music, to sports and media, at our popular award-winning Summer Uni programme. Courses this year included gig and party promotion, carnival arts, TV presenting, kickboxing, jewellery making, spray art, and Bollywood Dance.

Play for all!

Play rangers provided free activities including arts and crafts, team games and face painting in our parks!

Library reading quest!

Our bookworms showed off their reading skills by taking part in Libraries' Summer Reading Challenge. Children earned lots of rewards including stickers, medals and certificates for reading six books.

“ I like to read a lot and liked collecting the stickers and getting my certificate. ”

Seneha Umesh, 8



Kite flying

Children designed and made kites and then learnt flying techniques at Hainault Forest Country Park.



Forest Art

Children created artworks only using materials found in Claybury Woods.



Autumn Highlights

There's lots going on this autumn – look out for:

- September**
Wanstead Festival
Woodford Festival
London Week of Peace

- October**
Make a Difference Week
Black History Month
Word of Mouth Festival

- November**
Green Events
Christmas Lights Switch On
- December**
Christmas Events at Valentines Mansion



For more information

on what's on this month see Out and About p18 and p19
For full events information go to Redbridge i at www.redbridge.gov.uk



Coming soon on Redbridge i your neighbourhood online

all service pages updated . . . planning applications now online . . . the new 'MyNeighbourhood' feature!



www.redbridge.gov.uk

THEATRETRAINⁱⁿ

The company that loves to perform

Professional training in the Performing Arts for young people aged 6-18 years. All students perform in our local and West End shows including **The Royal Albert Hall**

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Patrons: Sir Derek Jacobi KBE, Alfred Molina,
Kate Williams, Francis de la Tour, Catherine Tate.

MAKE A DIFFERENCE

Redbridge Homes is a diverse organisation providing social housing within Redbridge. We are in a period of challenging, yet exciting times, whilst working to achieve the two star status and to provide decent homes for our residents. Our Board are at the heart of our organisation supported by our highly skilled and extremely focussed Management team.

CHAIR AND BOARD MEMBERS

c£7.500 (chair only)

We are looking for a Chair and Board members to help ensure effective focus on goals and enable us to turn vision into reality. You will have strong leadership qualities, excellent communication and interpersonal skills.

You will be committed to a high standard in governance and have strong board level experience, with an understanding of the environment in which we operate. We are looking for outstanding candidates who can demonstrate strong commercial and business acumen in property development; financial and treasury management or commercial property law. These will also be underpinned by the broader commitments to equality and diversity and customer service.

These roles will require a commitment of 12 to 15 days which will include attending evening meetings, occasional daytime meetings and / or Saturday Board away days.

For an informal discussion please ring Sharon Standell,
Chief Executive on: **020 8708 7610**

For an information pack visit www.redbridgehomes.org
Or call: Jan Roddy on **020 8708 8301**
Or email: hr@redbridgehomes.org
Closing date: **Friday 25th September 2009**

www.redbridgehomes.org

Transport Services for all

Vehicle & Mechanical Maintenance

We Do It All!

In our well equipped workshop on Ley Street Ilford, our IRTEC licensed technicians service and repair all makes of cars, vans and specialist plant equipment (mowers / tractors)

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Transport Services are an 'Investor in People' supporting Redbridge young people with an apprenticeship scheme



Dilwar Hussain, our first APSE finalist

For more info or to book contact us on:
020 8708 5116

active 4 life



let's get active

Active Families

Are you concerned about the weight of your family? Active Families is a weight management programme for young people aged 8-11 and their families. It takes place after school - two hours a week for six weeks.

There are three strands to the programme:

- Physical activity sessions
- Family cookery sessions
- Theory – The truth about your food and lifestyle... fact or fiction?

Learn why it is important to be active, and get practical tips on how to get active in your daily routine.

Learn how to cook exciting, easy and healthy recipes! Topics include: preparing healthy snacks, party foods and how to cook meals on a budget.

Active Families also includes free weekly swimming for a whole year, as well as advice and direction on other activities, and clubs that you may wish to join.

if you think this is for you or you want to talk it over contact the food in schools team on 020 8708 0811.

ACTIVE FAMILIES



- Nutritional advice given by qualified nutritionalists
- Qualified sports coaches delivering programme
- Free swimming for a whole year
- Prizes include: smoothie makers, hand blender and sports equipment
- Great value for money – all food that is cooked is provided in cost of programme

Healthy Living
in a Lunchbox

Lunch Box Menu of the Month:

- Banana sandwich
- A handful of unsalted cashew nuts
- Strawberry and kiwi salad (this could be any fruit though)
- Rice pudding
- Pure Apple juice

It can be easy to rely on processed foods such as crisps, biscuits and chocolate bars, but, health experts warn of the long term dangers of feeding these foods regularly to children. Here are some tips on what could be included in a healthy lunchbox:

Tips:

- Breads, pastas or rice (wholegrain varieties are the best) to give energy throughout the day.
- A small amount of protein such as meat, fish, beans, eggs or nuts, as well as low fat dairy products.
- Lots of fruit and veg. This is filling, tasty and good for you! Remember dried fruits count as well!
- Avoid sugary squashes and fizzy drinks. Instead put in water, milk or pure fruit juices.
- Healthy sweet treats such as dried fruit and nuts, fruit cake or banana bread are great.

Walk to School on Wednesdays

Fifty one Redbridge schools are taking part in **Walk on Wednesday (WoW)** and children joining in will receive badges on the theme of nature.

Redbridge is holding 'BIG WoW' days on 23 September and 30 September, which include field trips and special nature lessons.

International Walk to School Week is from 12 to

16 October. Fifty Redbridge schools are taking part. The theme is 'Count Me In' with a focus on helping pupils discover how easy it is to reach the five times 30 minutes target for physical activity each week.

Redbridge rates poorly in Health Profile statistics which show 11 per cent of the Borough's children are obese and 17 per cent physically inactive. Walking to school is one way children can get more exercise.

If your school would like to register for **Walk to School**, receive resources, or join the **WoW campaign** please contact: **Elaine Goad** on **020 8708 3695** or **elaine.goad@redbridge.gov.uk**



Your guide to Swine Flu



What is Swine Flu?

A respiratory disease caused by a new strain of influenza believed to have originated in pigs. The first case was in Mexico earlier this year. Its effects are similar to seasonal flu and most people recover within a week.

How is it spread?

Coughing and sneezing spreads the infection. Infected droplets are inhaled or transferred to shared surfaces such as door handles, telephones, keypads and cutlery. It is important to wash your hands regularly.

Have I got it?

The symptoms are generally the same as seasonal flu. This can include: a high temperature, cough, runny nose, headache, sore throat, aching limbs and joints, diarrhoea and vomiting.

If your symptoms correspond with Swine Flu you will be given a reference number which can be taken to a designated pharmacist and exchanged for Tamiflu. Get a family member, friend or neighbour to collect Tamiflu on your behalf. Please do not go to your GP or A&E unless it is an emergency.

What else can I do?

Stay at home, get plenty of rest and drink plenty of fluids. Paracetamol can help reduce your temperature and help with aches and pains. It is also sensible to stock up on basic foodstuffs.

What is Tamiflu?

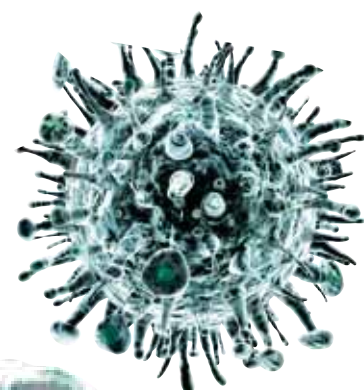
Tamiflu is an antiviral that will lessen the length and severity of the illness. Tamiflu will not prevent you getting swine flu.

Are antivirals safe for babies and young children?

Yes. Children over one can take a reduced dose. If your child is under one, please consult your GP first.

How can I avoid getting Swine Flu?

Follow simple hygiene rules including washing your hands regularly, putting used tissues in a lidded bin, wiping down communally used surfaces with a mild disinfectant and not sharing cups and cutlery.



Find a 'flu friend', says NHS

People are being encouraged to find a 'flu friend' to pick up Tamiflu on their behalf if they fall ill.

NHS Redbridge, who are co-ordinating the local response to the pandemic, informs people diagnosed with swine flu to stay at home to help minimise the spread of infection.

Latest figures show more than 4,000 cases of Swine Flu in Redbridge although the figure is likely to be higher as many people take traditional flu remedies, such as paracetamol.

A flu friend can be a friend, family member or relative who can collect medicine on your behalf, buy food and other supplies and generally check you are okay.

If you are diagnosed with swine flu you will be given a reference number which can then be taken to a designated pharmacist and exchanged for the antiviral Tamiflu. Tamiflu helps you

recover more quickly from the virus.

It is important you stay at home and get your flu friend to visit the pharmacy. Your flu friend will need to produce the following:

- The Tamiflu reference number
- Personal ID (driving license, passport, household bill)
- ID of the patient on whose behalf they are collecting Tamiflu

If you do not produce the above mentioned items, the pharmacist will not be able to provide Tamiflu.

If you think you have Swine Flu, ring the Swine Flu helpline on 0800 1 513 100 or log onto www.direct.gov.uk/pandemicflu



Who is most at risk?

People with:

- Chronic lung, kidney, heart and neurological diseases
- Lowered immune systems
- Diabetes
- Asthma
- Pregnant women
- People aged 65 and over
- Under-fives

**What about a vaccine?**

A vaccine is being developed and should be available in September. It consists of two shots and will be administered by your surgery at a three week interval.

If the Swine Flu virus mutates into a new form, then people who have already had Swine Flu could catch it again. Vulnerable people should be vaccinated as a precaution. You will be informed when vaccinations are ready.

When will the pandemic end?

It is impossible to say, but it is likely to last between 6 to 12 months unless it mutates into a more virulent strain.

News In Brief

>>

**Out-of-hours service**

If you are feeling ill and need to see a doctor outside surgery hours contact PELC after 6.30pm on weekdays and round the clock on the weekends, bank holidays and during Christmas and New Year periods. Ring your local surgery and you will be connected automatically.

If you need a dentist ring the helpline on 020 7377 7151 between 6.30 to 10pm on weekdays, 7.30am to 3pm on weekends and 7.30am to 8pm on bank holidays. This service is for emergencies. At any other time, ring NHS Direct on 0845 4647

If you have more questions or think you have Swine Flu

Ring the national flu helpline on **0800 1 513 513 (information)** or **0800 1 513 100 (treatment)**.

Or log onto **www.direct.gov.uk/pandemicflu** for online advice.

NHS Redbridge is reminding people who ring up the national helpline for Swine Flu to **state that they live in London**, not Essex, when being given a prescription number for Tamiflu.

Discrepancies in the national system mean anyone quoting Essex may be given pharmacy collection points as far afield as Colchester and Southend. At present, more than ten pharmacies distribute Tamiflu in Redbridge and patients should collect their medication from these locations.

NHS
Redbridge

This is a magnified image of a flu virus. It looks scary, but you can easily control it: catch it, bin it, kill it.

RedQUIT
Stop smoking in Redbridge

Quit smoking

RedQuit offers a free smoking cessation service. You're four times more likely to quit cigarettes with RedQuit. For information, ring call 0800 988 8872 or text RED to 82010.

Chlamydia alert

Chlamydia is one of the commonest sexually transmitted infections in young people but few people know they have it. If left untreated, it can lead to long-term health implications and even infertility. The good news is it is easily treated. To order a free test kit, please text 078 8163 3803 or ring 0845 1221 200.



Redbridge Cycling Centre is shortlisted for top award

Redbridge Cycling Centre is up against Sandown Park Racecourse, Chelsea and Arsenal Football Clubs in the Sports Tourism section of the national BT Visit London Awards.

Redbridge's £4.5 million cycling centre was built by the London Development Agency and was opened in August 2008 by Mayor of London Boris Johnson, making it the first piece of physical legacy from the London 2012 Games.

Redbridge Cycling Centre has had more than 20,000 visitors since

opening. It offers high quality facilities for cyclists including a superb road circuit and off-road tracks. The centre also recently purchased specialist bikes for adults and young people with physical disabilities helping to promote cycling in the

run up to the 2012 Paralympic Games. Ian Drake, CEO of British Cycling,

said, 'I'm delighted the Redbridge Cycling Centre has been shortlisted for this prestigious award from Visit London. It is a modern and exciting purpose-built facility for cyclists of all ages and abilities which is serving its community extremely well.'

Winners will be announced at a ceremony on Thursday 5 November.



**For more
information**

www.visitlondon.com/awards





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www.theenglishacademy.co.uk

Paralympian gets award

Ilford resident is one of three Olympians recognised by Brunel University

Brunel University have awarded Redbridge paralympian **Ann Wild** their **Outstanding Achievement Award 2009**.

Ann said, 'I am delighted to have received this award from Brunel University, it is particularly important to me as I studied my degree there, it is good to be recognised for the work that I have done for Paralympic sport and hope to encourage more young athletes to take part and enjoy sport in the run up to 2012.'

Ann began Wheelchair

Basketball at the age of 10 and became a Paralympic athlete at the age of fourteen. She competed in the Seoul and Atlanta games, and Captained the British Team in the Sydney and Athens Paralympics. Beijing was her last games.

Brunel also presented honorary degrees to Dame Kelly Holmes, the first British female athlete to win Olympic gold in both the 800m and 1500m, and Kelly Southern, a leading heptathlete and Olympic bronze medallist.

At the ceremony Kelly Holmes told the audience her secret to winning gold, 'Get knocked down seven times, stand up eight, because on the eighth time, you never know what will happen.'



Youth Games success



'Team Redbridge' came second in this year's Balfour

Beatty London Youth Games, only 17 points behind the winners, Havering. Over 21,000 participants from all 33 London Boroughs competed against each other. Our Team competed in 45 of the 49 events, with over 700 young people taking part.

The team won:

- **five gold medals**
Girls Cricket, Girls Squash, Boys Karate, Badminton, Netball
- **five silver medals**
Boys Cricket, Girls Karate, Boys Volleyball, Girls Hockey, Indoor Rowing
- **three bronze medals**
Archery, Cycling, Boys Hockey

Redbridge finished in the top ten in 29 of the sports entered – a fantastic achievement. Individual successes included:



Left: Emma Skingsley & Rob Sheeham; right: Josh Green, Kieran Billen, James Madgewick, Matthew Madgwick

- **Becky Hewitt**
Gold in Female Youth Aquathlon and Bronze in Cycling
- **Aaron Josiah**
Gold in 200m and Bronze in 100m relay
- **Chloe Michaud**
Gold in Netball and Silver in high jump
- **Georgina Ferrari**
Silver in the 800m
- **Adam Dower**
Gold in Disability Swimming 50m Backstroke
- **Charlotte Ince Wright**
Gold in Disability Javelin, Silver in Disability Shot Put and Silver in Disability 50m Freestyle Swimming
- **Kirsty Smith**
3rd overall in Trampolineing

Active Young People

Half-price on selected sessions. For more information please contact the **Sport and Physical Activity Team** on 020 8708 0952.



Redbridge FC Fixtures

Saturday 26 September, 3pm

Redbridge FC v Tilbury

Tuesday 13 October, 3pm

Redbridge FC v Northwood

Entry: £8 (Concs: £4; Under 16s: £1)

The Oakside Stadium, Station Rd, IG6 1NB

www.redbridgefc.com

100th Birthday

Congratulations to Barkingside resident Mary Edmonds who has celebrated her 100th birthday. Mary lives at George Davis Lodge and said, 'I am pleased to be celebrating my 100th birthday, my loving family, good food, walking and my carer Angie have all helped me to celebrate this event.'



Employment support for over 50s

Are you over 50 and looking for work? Thinking about a career change? Thinking about returning to work?

Age Concern Redbridge is providing guidance on employment, volunteering and training opportunities to unemployed people aged 50 and above.

Sam, now 50, is one of the people who found work thorough Age Concern. The Employment Adviser helped Sam apply for a part time post as Library Assistant in London and gave further advice when she was short listed for the interview.

Sam said, 'What I found most helpful was getting an idea of what the interview would be like.'

Further information

If you would like to find out more about the **Employment and Opportunities 50+** project or to book an appointment contact **Andreea** at **Age Concern Redbridge:** 020 8220 6000 or email andreea.albu@acredbridge.co.uk





**Sunday 13
September to
Sunday 25 October**

FOLLY



Sarah Cole and Anne Eggebert present their first collaboration in an exhibition at Valentines Mansion featuring new video, photographs and drawings made in response to a fragment

of wallpaper found in the servants' quarters of the house.

The wallpaper, showing 1950's vignettes of a romantic Venice, became the starting point for a journey to find the 'real' church, bridge and market square. The people they encountered became the subject of their work.

A gondolier navigates the waterways, a free runner flows with ease across multiple surfaces, and a market stall parasol unfurls across the view of the wallpaper's Rialto.

Valentines Mansion is open Tuesdays, Wednesdays and Sundays, 10am to 4pm. Entry to the mansion is free.

Valentines Mansion
Emerson Road, Ilford, IG1 4XA
www.valentinesmansion.com
020 8708 8100

The new
autumn
programme is
available now



Regular Activities

Wednesdays (term time)

Redbridge Marquetry Group
Pictures made entirely from wood veneer. Tuition FREE, 7pm to 9pm. Beal School, Woodford Bridge Road, Ilford IG4 5LP.
Tel: 020 8554 6546

Information

Tuesday 8 September

Redbridge Institute Information and Advice day

Learning and career opportunities, courses, advice, financial advice, enrolment, refreshments. Redbridge Institute, Gaysham Avenue, Gants Hill, Ilford, Essex, IG2 6TD
Tel: 020 8550 2398

Thursday 10 September



Meet Mr Adams the Regency Butler

Come and find out about fine dining in the time of King George III and Jane Austen. 7pm to 9pm, £7.50 (includes a glass of wine or soft drink). Valentines Mansion, Emerson Road, Ilford IG1 4XA. **To book: 020 8708 8100**

Saturday 12 September

HOSPITAL CHAPEL OPEN DAY

Guided tours, with memorabilia, stalls, refreshments etc. 10am to 4pm. Free. Ilford Hospital Chapel, Ilford Hill IG1 2AT
Tel: 020 8590 2098

Monday 14 September

The Ilford & District Aquarists & Pondkeepers Society

Gary Steptoe talks about amphibians (including newts). 7.30pm, Wanstead Library Hall, Spratt Hall Road, Wanstead E11 2RQ



Education in Londinium

West Essex Archaeological Group illustrated talk by Mark Hassall, Roman archaeologist. 7.45pm, Woodford County High School, Sixth Form Block, Woodford Green IG8 9LA.
Tel: 020 8989 9294

Friday 18 September

Wanstead & Woodford Cine & Video Club

8pm. Free. St. Paul's Church Hall, Woodford Bridge. **Tel: 020 8504 9430**

Sunday 20 September

A Guided Tour of Valentines

London Open House weekend. 11.30am to 12.30pm and 2pm to 3pm. Free. Valentines Mansion, Emerson Road, Ilford IG1 4XA
To book: 020 8708 8100

Monday 21 September

Warships to Olympics: A History of the Lower Lea Valley

Woodford Historical Society – an illustrated talk by Peter Lawrence. 7.45pm, £2. Trinity Catholic High School, 14-16 Mornington Road, Woodford Green IG8 0LQ
Tel: 020 8505 0443

Tuesday 6 to Saturday 17 October

9.30am to 8pm
Paint The Town Red
Central Library Ilford
An annual art exhibition – last year 80 pieces by 30 local artists were exhibited.

Thursday 8 October
10am to 3.30pm
World Mental Health Day
Town Hall, Ilford
An annual event to raise

Newbridge School Fete



Newbridge School is holding a fete to raise funds to buy a minibus for the school. Newbridge is a school for children and young adults with severe learning difficulties and special educational needs, including physical disabilities.

The school also has support from Newbury Park Sainsbury's which has selected it as their charity of the year.

The fete is on Saturday 10 October, 2pm to 5pm, at its Barley Lane campus.



by William Shakespeare

**Thursday 15 to
Saturday 17 October**

"Stars hide your fires – let not light see my black and deep desires"

Shakespeare's classic play about the discovery of evil.
A Wanstead Players Production
Tickets: £8 (Concs: £6)
Kenneth More Theatre

KENNETH MORE THEATRE

Oakfield Road, Ilford IG1 1BT • Box Office: 020 8553 4466



Thursday 10 to Sunday 13 September THE SECRET GARDEN

The much loved novel becomes an enchanting musical
Tickets: £13 (Under 16s and matinee: £9)

Saturday 19 September

LET'S FACE THE MUSIC AND...
Stageworks song and dance student show
Tickets: £10

Sunday 20 September REDBRIDGE BRASS: Magic of Musicals

London's Champion brass band give an exciting afternoon concert
Tickets: £8.50 (Concs: £6.50)

Thursday 24 to Saturday 26 September WHO GOES BARE?

A hilarious 'Carry On' style farce
Tickets: £11 (Concs: £9)

Sunday 27 September THE GREAT AMERICAN SONGBOOK

Four decades of American popular song, from Irving Berlin and Gershwin to Al Jolson, Judy Garland and Frank Sinatra
Tickets: £13 (Concs: £9)

Wednesday 30 September to Thursday 1 October SHAKESPEARE SCHOOLS FESTIVAL

The UK's largest youth drama festival comes to London
Tickets: £7.50 (Concs: £5.50)



Friday 2 October BEATLEMANIA

A superb live show featuring classic Beatles songs from 1962-1970
Tickets: £13 (Concs: £11)

Saturday 3 October A NIGHT OF GYPSY MAGIC

Traditional East European Gypsy music and dance
Tickets: £10 (Concs: £8)

Sunday 4 October MATTHEW FORD & THE SWING LEGENDS SHOW

Big Band Singer of the Year performing swing era hits.
Tickets: £12.50

17 December to 23 January PANTOMIME

EARLY NOTICE: SNOW WHITE
Weekdays 2.30pm and 7pm, Sat and Sun 1pm and 4.30pm
Book early to avoid disappointment.

Art, History and Talks

Until October

Art Exhibition

Mon to Sat, 9am to 6pm and Sun, 11am to 4 pm. JKB Designs Art Gallery, 3rd Floor Harrison Gibson building, 193-207 High Road, Ilford

Celebrating Mental Health and Well-Being

One in four people in Redbridge will experience a mental health problem. These events are an opportunity to find out more about the issues:

Tuesday 22 September

Baptisms and Fonts in Parish Churches
A National Trust illustrated talk by Jane Kelsall. 8pm. £2 for non-members. Sir James Hawkey Hall, Broomhill Road, Woodford Green IG8 0BG. **Tel: 020 8505 3501**

Wednesday 23 September

Project Evening
East of London Family History Society. 7pm. Visitors: £2. Wanstead Library, Spratt Hall Road, Wanstead E11 2RQ. **Enquiries: 020 8530 4514**

Ken Crowther

An Ilford horticultural Society talk by the Radio Essex gardener. 8pm. Fullwell Cross Library, 140 High Street, Barkingside, Ilford IG6 2EA. **Tel: 020 8252 0138**

Saturday 26 September

Who was the greatest monarch?
Ilford Historical Society - a lively historical debate - choose between Caratacus, Elizabeth I and George VI. 7.30pm. Tickets: £4 (£3 members). Ilford Hospital Chapel, Ilford Hill IG1 2AT. **Tel: 020 8599 1397**

Tuesday 29 September

Redbridge Music Society Talk
David Bird gives an illustrated talk on conductor Otto Klemperer. 8pm. Tickets: £4, Lambourne Room, Town Hall, 128-142 High Road, Ilford, IG1 1DD

Friday 2 October

Wanstead & Woodford Gne & Video Club
Club film competition. 8pm. Free. St. Paul's Church Hall, Woodford Bridge. **Tel: 020 8504 9430**

Saturday 3 October

Redbridge Art Group
An Exhibition, paintings for sale (commission donated to St. Mary's). St. Mary's Parish Church, South Woodford E18 2PA

Friday 9 October

Friends of Valentines Mansion
Lecture by Ruth Goodman (star of BBC2's 'Victorian Farm'). 7.30pm. **Tel: 020 8554 2414**

Saturday 10 October

Hospital Chapel Open Day
Guided tours, with memorabilia, stalls, refreshments etc. 10am to 4pm, Admission Free, Ilford Hospital Chapel, Ilford Hill IG1 2AT. **Tel: 020 8590 2098**

Monday 12 October

The Ilford & District Aquarists & Pondkeepers Society
A talk on Marines, 7.30pm. Wanstead Library Hall, Spratt Hall Road, Wanstead E112RQ

Tudor Playhouses in London

West Essex Archaeological Group - illustrated talk by Julian Bowsher of the Museum in Docklands, 7.45pm Woodford County High School, Sixth Form Block, Woodford Green IG8 9LA **Enquiries: 020 8989 9294**

Dance

Wednesday 16 September



Tea Dance

Dance the afternoon away with Mr Wonderful. 1.15pm. Tickets: £4. Sir James Hawkey Hall, Broomhill Road, Woodford Green, IG8 0BG. **Tel: 020 8708 3044**

Entertainment

Thursday 10 and Friday 11 September

At War with Churchill by Peter Wolf
Commemorating 70 years since outbreak of WW2 and his 'finest hour'. 8pm. Tickets: £8.50 (Concs: £5). The Lovegrove Theatre, Redbridge Drama Centre, Churchfields E18 2RB. **Tel: 020 8504 545**

Sunday 13 September

Wanstead Festival
Entertainment: jazz, blues and indie, climbing wall, volleyball tournament, community exhibits, childrens' arts, crafts and live theatre. 11am to 5pm Christchurch Green, Wanstead. **Tel: 020 8708 2858**

Tuesday 15 September

The Emanuel Ensemble
Flautist Anna Stokes, cellist Andrew Joyce and pianist Simon Callaghan perform chamber music from Baroque to Contemporary. Redbridge Music Society, 8pm. Tickets: £8 (Concs: £6). Lambourne Room, Town Hall, 128-142 High Road, Ilford, IG1 1DD. **Tel: 020 8554 8067**

Thursday 17 September

Rigged by Ashmeed Soho
2pm & 8pm. Tickets: £8.50 (Concs: £5). The Lovegrove Theatre, Redbridge Drama Centre, Churchfields E18 2RB. **Tel: 020 8504 5451**

Sunday 20 September

The Esprit Ensemble
A classical concert including Beethoven's Septet. Soloist - Michael Collins on clarinet. 7.30pm. Christ Church, Wanstead Place, Wanstead E11 2SW. Tickets: £15 (Concs: £12). **Tel 020 8530 7241**

Tuesday 22 September

East Side Jazz Club
Stan Sulzmann (saxes), Liam Noble (piano), Mark Hodgson (bass), Clive Fenner (drums). 8.30pm. Admission £5. The Lord Rookwood pub, 314 Cann Hall Road, Leytonstone, E11 3NW. **Tel: 020 8989 8129**

Thursday 25 September

Forgotten Things by Emma Adams
2pm and 8pm. Tickets: £8.50 (£5 concs). The Lovegrove Theatre, Redbridge Drama Centre, Churchfields E18 2RB. **Tel: 020 8504 5451**

Sunday 27 September

Picnic by the Peace Pole
For everyone believing we can live together in peace and harmony. Big Peace will happen! Bring food, instruments, games and poetry - for yourself and to share. The American Gardens, near the Great Cedar Tree, Valentines Park. For more information visit www.redbridgepeacepole.org.uk or call 020 8554 2553

Thursday 1 October

Kinerix
Parkours meets circus meets theatre 8pm. Tickets: £8.50 (Concs: £5). The Lovegrove Theatre, Redbridge Drama Centre, Churchfields E18 2RB. **Tel: 020 8504 5451**

Saturday 3 to Sunday 11 October



WOODFORD FESTIVAL
See back page for details

Tuesday 6 October

Duets by Vaughan Williams and Benjamin Britten
The mezzo soprano Christine Petch accompanied by Brian Parsons (tenor). 8pm, Tickets: £8 (Concs: £6) Lambourne Room, Town Hall, 128-142 High Road, Ilford IG1 1DD

Tuesday 6 October

At War with Churchill by Peter Wolf
Commemorating 70 years since outbreak of WW2 and his "finest hour". 8pm. Tickets: £8.50 (£5 concs). The Lovegrove Theatre, Redbridge Drama Centre, E18 2RB. **Tel: 020 8504 5451**

Thursday 8 October

All Fall Down by En Masse
1.30pm and 7pm. Tickets: £8.50 (£5 concs). The Lovegrove Theatre, Redbridge Drama Centre, Churchfields E18 2RB. **Tel: 020 8504 5451**

Friday 9 October

All Fall Down by En Masse
10.30am. Tickets: £8.50 (£5 concs) The Lovegrove Theatre, Redbridge Drama Centre, Churchfields, E18 2RB. **Tel: 020 8504 5451**

Sunday 18 October

Piano Masterpieces
David Silkoff's 60th birthday celebration concert featuring Bach, Beethoven, Chopin, Rachmaninov, Mussorgsky. 7.30pm. Tickets: £10 (Concs: £8; Children: £5). Kenneth More Theatre, Oakfield Road, Ilford. **Box Office: 020 8553 4466**

Fairs, Markets and Fetes

Sunday 27 September

Farmers' Market
11am to 3pm. Free. Valentines Mansion, Emerson Road, Ilford, IG1 4XA. **Tel: 020 8708 8100**

Saturday 10 October

Annual Autumn Fete
Games, orchestra, jewellery, bric-a-brac, toys and more. 2pm to 5pm. Newbridge School Hall, Barley Lane Campus IG3 8XS

Autumn Stamp Fair

Leytonstone, Wanstead and District Philatelic Society, 10am to 4.30pm, Free. United Reform Church Hall, Wanstead. **Tel: 020 8989 2885**

Bat Walks



Join the Nature Conservation Rangers to see these protected and mystical creatures. Wear suitable clothing, sturdy footwear and bring a torch. Places limited. Not suitable for under 7 years.

- **Friday 11 September: 7.30pm**
Goodmayes Park
- **Monday 14 September: 7pm**
Valentines Park, Ilford
- **Friday 18 September: 6.45pm**
Hainault Lodge Local Nature Reserve, Forest Road, Hainault
- **Wednesday 23 September: 6.30pm**
Claybury Woods, Tomswood Hill
- **Wednesday 29 September: 6.30pm**
Hainault Forest Country Park, Visitor Centre, Romford Road, Chigwell
- **Friday 2 October: 6.15pm**
Fairlop Waters, Forest Road, Hainault

Tel: 020 8501 1426

Green Activities

Thursday 10 September

Riverside Clean up
Come and help us clean up the riverside. Bring your wellies. Roding Valley Park, meet at the bus stop outside Tesco on Southend Road. **Tel: 020 8501 1426**

Saturday 12 September

Try Orienteering
Chigwell Orienteering Club launch the newly designed course. New maps will be available to purchase for £1. 10am to 12noon. Free. Hainault Forest Country Park, 2nd Car Park, Romford Road, Chigwell, IG7 4QN. **Tel: 020 8500 735**

Sunday 20 September

Autumnal Equinox Walk
Come and see the beautiful autumn colours. 11am to 1pm, Free, Hainault Forest Country Park, 2nd Car Park, Romford Road, Chigwell, Essex, IG7 4QN. **Tel: 020 8500 7353**

Send in your events

listings@redbridge.gov.uk



awareness of mental health, with activities, information stalls, free health checks, entertainment, music, massages, raffles and refreshments.

Sunday 11 October

Apple and Arts Day
Forest Farm Peace Garden. The day includes: apple pressing, apples for sale,

wood carving, face painting, music, local organic fruit and veg for sale, a freshly harvested lunch. For further info: www.forestfarmpeacegarden.org or Tel: 079 1308 9979

Thursday 15 October

Madness & the Moving Image
Valentines Mansion. A selection of film clips

and debate with Dr Nathan Abrams, Director of University of Bangor. Booking required - Tel: 020 8925 2435

INTERESTED?

Further information is available on the Redbridge Concern for Mental Health website:
www.rcmh.org.uk



Coming soon... "The Word of Mouth Festival"

This October, Redbridge Libraries will host the month long 'Word of Mouth Festival' celebrating Black History Month, National Poetry Day, Older People's Day, National Knitting Week and much more!

Look out for:

- Kate Mosse, international best-selling novelist
- Artist Karen Ross, hosting a Watercolour Painting workshop
- Andrew Martin, Stav Sherez and R.N. Morris, hosting a thrilling crime afternoon

Find out more at your local library

Redbridge Live >

Want live updates? Register now at: www.redbridge.gov.uk



Jobs & Training Fair

Thursday 17 September

Town Hall, Ilford 10am to 4pm



If you're looking for a new career or the chance to improve your skills then you'll want to attend the Redbridge Jobs and Training Fair.

Bhupinder Singh Sandhu, 62, attended the fair last year and it helped him back into work.

He said, 'There were lots of different types of vacancies on offer and a variety of opportunities. I was attracted to one of the vacancies at the Redbridge Homes stand and decided to apply. I was able to secure the job and now I am back in full time work.'

The fair, in association with the Ilford Recorder,

will see local employers advertising full and part-time vacancies and experts offering guidance on training opportunities and assistance on how to apply for jobs. There will also be a number of helpful workshops.

Martin Baulch, 19, landed a trainee position after leaving college.

He said, 'I visited the fair last year without much

hope that it would land me a job but that's exactly what it did.

'I spoke to a few people and decided to apply for a trainee position of Health & Safety and Facilities Apprentice. I got the job and I really enjoy my work.'

So whether you're looking for a job, advice, or help setting up a business then Redbridge Jobs and Training Fair is the place to be.

For more information visit
www.redbridge.gov.uk



Recorder
More than a local newspaper



London Borough of
Redbridge

Woodford Festival 2009

Saturday 3 to Sunday 11 October

The second Woodford Festival taking place throughout the greater Woodford area promises to be even bigger and better than last year's.

During the nine day Festival, people will be able to choose from over 90 events covering a wide variety of music: classical concerts, jazz, folk, choir performances, even Gilbert & Sullivan. There will be: walks and talks, cultural events in churches and other places of worship, theatre productions, art exhibitions, film screenings, book signings, beer fests, food tastings and much more.



For details on all events and a downloadable programme, please see website:
www.woodfordfestival.org.uk

For more information contact
Anny Wortley-Millek
on 020 8505 9274 or email
annywm@onetel.com



London Week of Peace 2009

Go on, spread a little peace!

The London Week of Peace is a series of events designed to raise awareness of community safety issues and help to reduce crime and the fear of crime.

This year the theme is 'Unity' and there are some great events for you to attend in Redbridge. Go on, spread a little peace!

Saturday 26 September

5-a-side Football Tournament

12 to 5pm. Powerleague, IG6 3HJ

Sign up a team (under 16 or under 19, boys or girls):
fiveaside@theK2group.co.uk

Sunday 27 September

Street Cricket Tournament

2pm. Loxford Park, IG1. Sign up a team of 6 (under 14s, 14 & over):
johir@londontigers.org

Tuesday 22 September

Peace Building in Redbridge

Workshop, Ilford Community Centre, IG1 2UE. 6pm. 020 8708 2478

Wednesday 23 September

Planting for Peace

Forest Farm Peace Garden, IG6 2XN. 11am to 2pm. 07913 089 979

Sunday 27 September

Picnic by the Peace Pole

Valentines Park. 2pm.

020 8554 2553

Friday 25 September

Peace Mural – Spray Art

5pm. Loxford Park, IG1. 020 8708 8089

All week September

Story Time for the Under Fives

Contact your local library for more information.



For more information visit
www.redbridge.gov.uk
and search for 'London Week of Peace 2009'

