



**Charity Reg No: 1118675**

**c/o Redbridge Town Hall, Room 16, Ground Floor, 128 - 142 High Road,  
Ilford IG1 1DD**

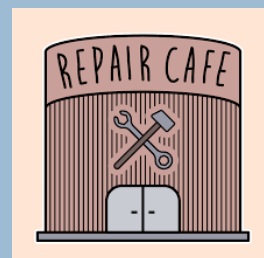
**Redbridge Faith Forum warmly invites you to our next  
Network Open Meeting on the topic :-**

**Getting help with WORK OPPORTUNITIES  
and DIY SOLUTIONS!**

**DATE : TUESDAY 30<sup>th</sup> JANUARY 2024**

**TIME: 12.30pm - 1.45pm**

**VENUE : BUDDHIST VIHARA, 9 BALFOUR ROAD ,  
ILFORD IG1 4HP**



Finding employment can be difficult especially if you or a family member or friend has a health condition, disability, needs skills updating or have financial problems that may prevent you from accessing job interviews. These and more will be addressed at our Network Meeting and you will also have an opportunity to have your questions answered by a DWP specialist.

In this age of recycling and also watching our pennies it is important to know how to conserve energy and also find out what is available to help us repair rather than replace. Transition Ilford will demonstrate how they can help with their Repair Café and Energy Café

**Please join us for an informative session on topics close to our hearts.**

Light refreshments will be available.

Please email Saira at [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) to book your free place or contact the office