

The Lions Club of Fairlop donate beds to local hospital

This Christmas the Lions of Fairlop donated 14 parent beds to King George Hospital in Goodmayes. This was just one of the charitable acts by this active local community group. They also funded Christmas parties for disabled children in Redbridge and helped schools educate children about the dangers of drugs and alcohol abuse.

The Lions Clubs International is the world's largest service organisation. It raises funds for charities and other good causes, supporting projects abroad and in the UK. It has a membership of 1.3 million members in over 200 countries around the world.

They also sponsor young people in national and international competitions such as football, peace posters, young ambassador award and a European Musical competition (this year they are seeking a young Redbridge trombonist to sponsor). The Lions Club of Fairlop has been active since November 2004 raising and donating £85,000 to local, national and international causes.

For more information write to:
 The Lions Club of Fairlop, 277 Iford Lane, Iford, Essex, IG1 2UF
 Or email: pchak@robinsonsterling.com



Keep fit grants up for grabs

Community groups can now get in shape with Fit for Fun, which offers grants of up to £750 to groups interested in improving their health.

Grants are available for activities including keep fit, tai chi, salsa, kick boxing and bhanga. It is the latest to encourage people to adopt healthier lifestyles and exercise a regular part of their lives.

Local GP Dr Richard Price said, 'Regular exercise and a good diet can help you have a healthier, longer life.'

Project Co-ordinator Tracy Andrews said, 'We're pleased to hear from any group, but especially groups in L. Clementswood, Mayfield, Goodmayes, Newbury, Clayhall, Fullwell and Hainault. We can help with a grant and you could receive funding within five weeks.'

For more information and an application form, contact Tracy Andrews at Redbridge CVS on 020 8514 9618 or email: tracy@redbridgecvs.net



Could you be a care ambassador?

If you are a carer, if you receive adult social care services, or if you work in the care sector and have a couple of hours a month to spare, why not give some thought to becoming a care ambassador?

Redbridge Council Adult Social Services is looking for experienced

They might be asked to give a talk to a group of students in a classroom, talk to individuals who visit a job or career fair or to be part of an interactive event. Care ambassadors will receive full training and will be able to choose for themselves which events they would like to be involved in.

Older Carers in Redbridge need your help

This year local charity Redbridge Carers Support Service is urgently looking for people to come forward and help the many older carers that need support and a listening ear.

Redbridge Carers Director, Glynis Donovan said, 'We need more volunteers to extend our Befriending Service to Redbridge's unpaid carers.'

Redbridge Carers is a charity based in Iford

greatly appreciated by local carers. Volunteers regularly receive compliments. 'I get down and think nobody can get a call and it makes all the difference. A little chat but it helps.'

If you would like to volunteer please contact:

Redbridge Carers Support Service
 3rd Floor, 17 Station Road, Iford, Essex
 Email: office@rcss.org.uk