



TARACC NEWSLETTER

May – Aug 2022

WELCOME! TO TARACC UPDATES

We are delighted to bring you all the latest news on Events and Activities being planned at TARACC. We hope there'll be something for everyone. The new Events Sub-Committee have put together an interesting calendar of events and activities for the next few months. Suggestions for future activities are also welcomed.

For more information or enquiries please go to www.taracc.co.uk
Email us at info@taracc.co.uk
Phone enquiries on - 07752306342
Visit our Facebook page @taracc.uk

WOMEN'S HOUR

Women's Hour is a safe, supportive space for women to come together to reflect, share experiences and develop tools to enhance their lives. These monthly confidential sessions will inspire and build us up. Following the pilot last year and the positive feedback afterwards, the new sessions start on Thursday 26th May (and last Thursday of the month).



**LAST THURSDAY OF
THE MONTH**
7.00 – 8.15p.m

Facilitator: Angela Protain,
Certified Master Coach
Zoom ID. **81365120951**
Passcode: **727120**

UPCOMING EVENTS

Woman's Hour

Redbridge Talking
Therapy Sessions

Finance Wellbeing
Workshops

Windrush Exhibition

Walking Groups

Coffee Mornings

Healthwatch Redbridge
Community Network
Event

Family Picnic/Games
in Valentines Park



FACE TO FACE MEETINGS ARE BACK

Our new venue for meetings and events is the Redbridge Sports and Leisure Centre, Forest Road, Ilford IG6 3HD. Most Meetings and Events will be held there, with a just a few taking place on Zoom.

TWO NEW SUBCOMMITTEES

Events Subcommittee will plan and deliver events and activities.

Funding, Branding and Marketing Subcommittee will secure funding, raise TARACC's profile and get representation of people from the community within relevant institutions.

RECENT HIGHLIGHTS

TARACC MOBILE NO.
07752306342
For enquiries only

FINANCIAL WELLBEING

We've invited an expert to share information on Investments, Inheritance Tax, Finance Protection, Pensions & Retirement Planning, Life Insurance and Trusts, Being Tax Efficient. Lots of useful information to help us take control of our financial affairs.

Thursday 23rd June
7.00 – 8.30p.m.
Redbridge Sports & Leisure Centre



WINDRUSH EXHIBITION

This event is in collaboration with Redbridge Central Library. It's a good opportunity to showcase Windrush stories, exhibition, crafts and steel pan.

TARACC will have a stall with publicity material and volunteers to talk about us. More information to come.

Saturday 25th June
12.00 – 2.00p.m.
Redbridge Central Library, Ilford.

HEALTHWATCH REDBRIDGE COMMUNITY NETWORK EVENT

We recently became members of Healthwatch Redbridge Community Network and will be participating in this event on **Thursday 28th June at Redbridge Central Library, Ilford from 10a.m to 2.00p.m.**

We are excited about this because they will be launching a Community Network Fund and there's an opportunity for us to apply for funding.



PASTORAL OUTREACH

At TARACC we have a new Pastoral Officer, Rev. Jacqueline Clarke, offering outreach to any member who needs a kind, understanding and empathetic listening ear. Everything shared with the Pastoral Officer is kept strictly confidential. Enquiries about this service, please call TARACC's mobile 07752306342



REDBRIDGE TALKING THERAPY SESSIONS

TARACC in conjunction with Redbridge Talking Therapy Service will be running a series of free information sharing workshops on understanding how some of life's challenges can cause a change in how we cope from day to day. These talks will inform us how to access support and treatment to improve and cope better. The first session will look at Anxiety and Low Moods.

**Tuesday 19th July
7.00 – 8.15p.m.
On Zoom**



KEEP WALKING GROUPS on Monday and Saturday mornings have grown since they started back in 2020 lock down. These continue to provide opportunities for members to work on staying fit and healthy, while building social networks. New walkers are always welcomed.



The walks take place in Valentines Park.

Mondays - 10:00 a.m.
Saturdays - 09:30 a.m.

COFFEE MORNINGS are straight after the walks; we meet for coffee, a chat and late brunch, if you're feeling peckish. You can still join us even if you don't go on the walk. From Saturday 29th May we will be relocating to a new venue: The Great Spoon of Ilford - Wetherspoon Pub, 114-116 Cranbrook Road IG1 4LZ at 11.30a.m



FAMILY PICNIC AND GAMES IN THE PARK

SUNDAY 21ST AUGUST

1 – 5P.M.

VALENTINES PARK, CRANBROOK RD, ILFORD

Lots of fun, food and an amazing surprise appearance on the day. Bring family, friends and food for your picnic. Don't miss this!