

What is Redbridge MyLife?

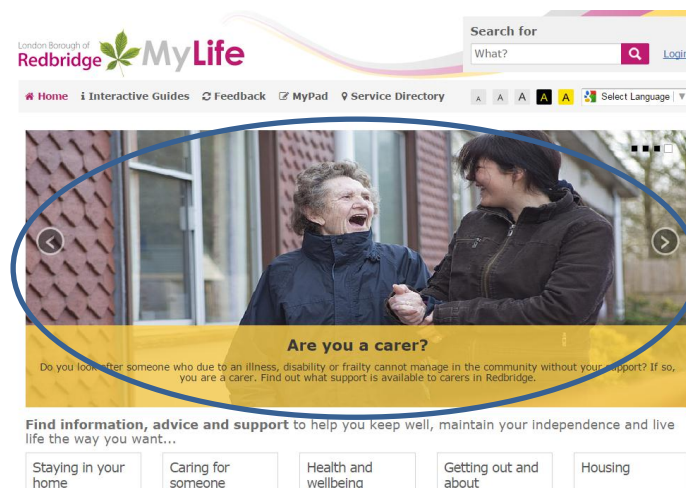
Welcome to Redbridge MyLife, an online adult information website for people looking for information, advice or support services in Redbridge.

You will find lots of information and advice from keeping healthy, leisure activities and employment to care and support. MyLife holds information from the Council, government and local and national organisations to help you make the right choices in your life or in times of need.

Here is how you can make the most out of MyLife and its main features.

Carousel

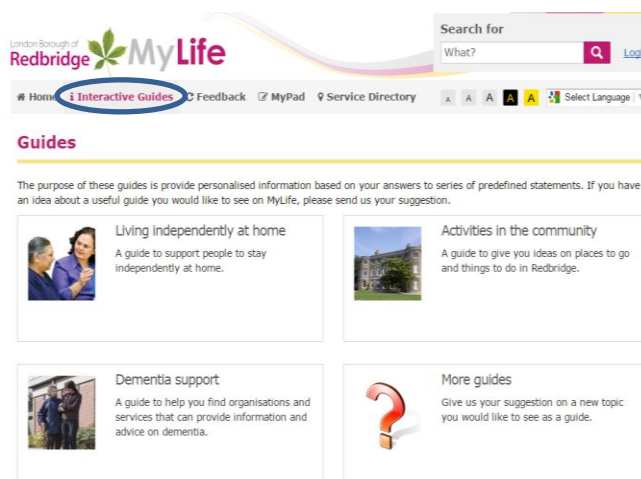
These four tabs at the top of the homepage are used to promote events in Redbridge and raise awareness of information that you need to be aware of. When you click on each of tabs, it will open up a new page for more information.



Interactive Guides

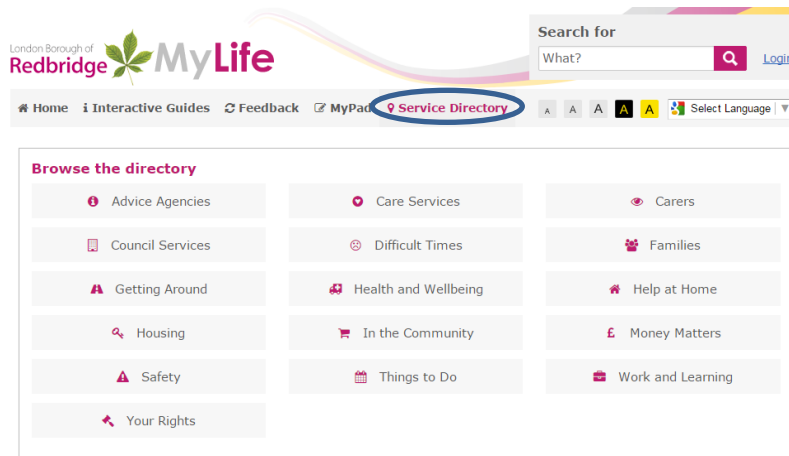
This allows you to build information sheets tailored to your needs. MyLife will gather all the information together and present it in one place.

All you need to do is select the guide you want more information on, answer some simple questions and then view the guide. You can print, save or email this guide to yourself or to the 'MyPad' area. Currently, guides are available on dementia, living independently at home and activities in the community. If you have an idea about a useful guide you would like to see on MyLife, please send us your suggestion.



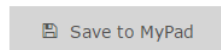
Service Directory

If you want to find specific services or organisations click on the different headings in the directory section. You will be able to filter the results by keyword or postcode, or choose only to look at results within a certain radius.

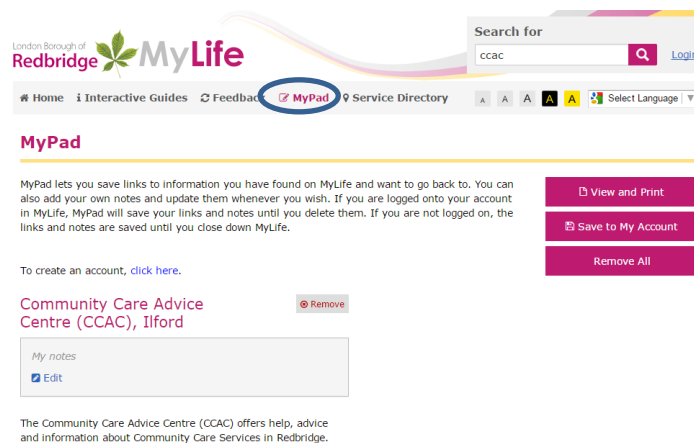


MyPad

MyPad will let you save the information you have found on MyLife. You click on the 'Add to MyPad' button alongside the service or organisation's details and add any notes you want.



If you are logged onto your account in MyLife, MyPad will save your information and notes until you delete them. If you are not logged in, the information will only be available for the time you are on the website.

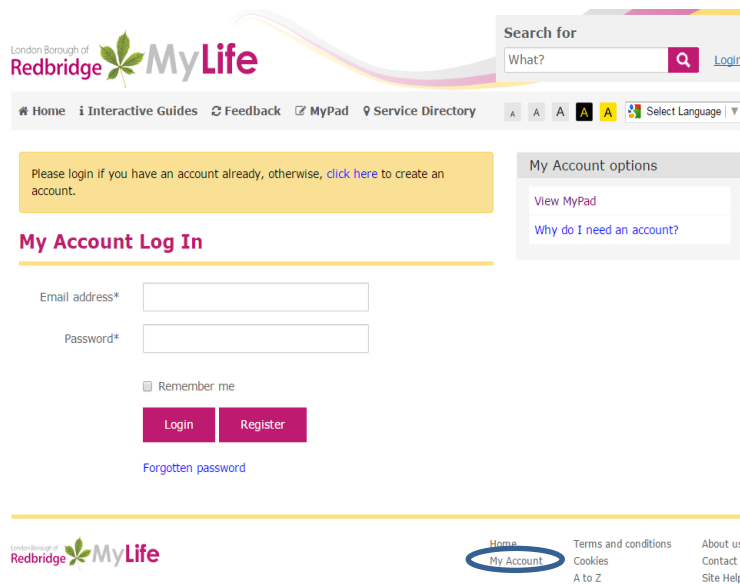


My Account

You can login if you already have an account or create a MyLife account here. To set up an account all you need is an email address and it will only take a few minutes. When you have completed the online registration, an account activation code will be sent immediately to the email address you have given. Simply type this into the box on the registration page and your account is ready to use.

You do not need to have a MyLife account to access the information on the website, however it is a useful place where you can save the information you have found. It is a

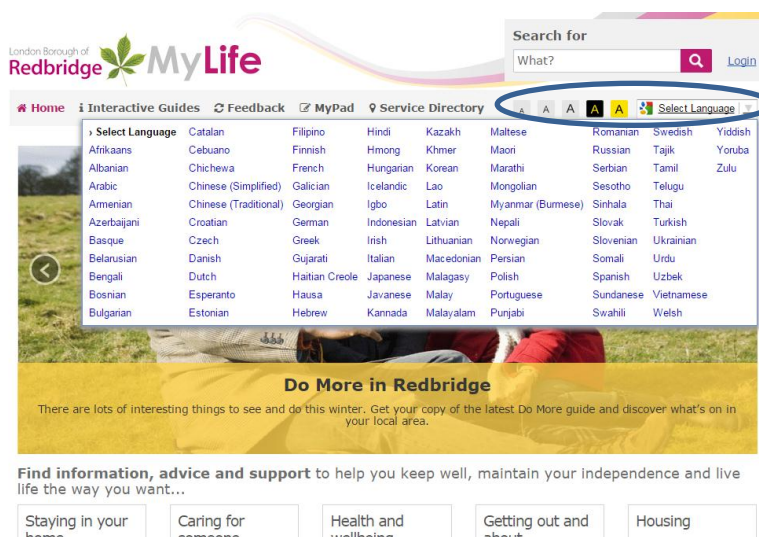
secure area and can only be access by your password which means only you can see the information.



Accessibility Buttons

If you are finding it difficult to read the information on MyLife, you can make the size of the text bigger and change the screen colour. The three buttons on the top of the website allows you to change the size of the font on the page and the two buttons next to it lets you change the colour of the screen and text to either yellow on black or black on yellow.

If English is not your first language and you need assistance with information on MyLife, there is a translation button on the top of the website. The pages can be translated in various languages such as French, Arabic and Hindi.



Search Box

You can enter names of services and organisation or keywords to get the information stored on MyLife.



Site Help

Frequently asked questions to help you use MyLife and an area for you to ask a question and get an answer from us.

How do I use MyPad?

How do I make a page easier to read?

How do I give feedback on MyLife?

What to do if you don't want cookies to be set

Type in your question, and we'll find some answers

Characters left: 2000

Then enter your email address*

we'll email you with an answer when we've got one

Website version: 3.2.1.22115

Home
My Account

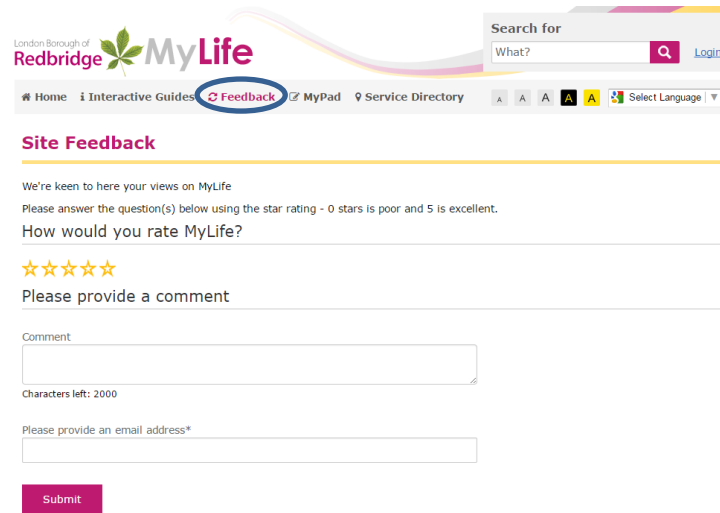
Terms and conditions
Cookies
A to Z

About us
Contact us
Site Help

Feedback

We want to hear what you think about MyLife and what we could improve on. If you would like to leave a comment or suggestion, please enter it into the box below and click the 'Submit' button.

You can leave a rating for MyLife by clicking on the stars below. Five stars means you found MyLife very useful and easy to use. One star means you think MyLife could be a lot better.



The screenshot shows the 'Site Feedback' page on the MyLife website. At the top, there is a search bar and a navigation menu with 'Feedback' highlighted. The main content area includes a star rating system (five stars), a text input field for a comment, and an email address field. A 'Submit' button is located at the bottom of the form.

London Borough of Redbridge MyLife

Search for What? Login

Home Interactive Guides Feedback MyPad Service Directory

Site Feedback

We're keen to hear your views on MyLife
Please answer the question(s) below using the star rating - 0 stars is poor and 5 is excellent.
How would you rate MyLife?

☆☆☆☆☆

Please provide a comment

Comment

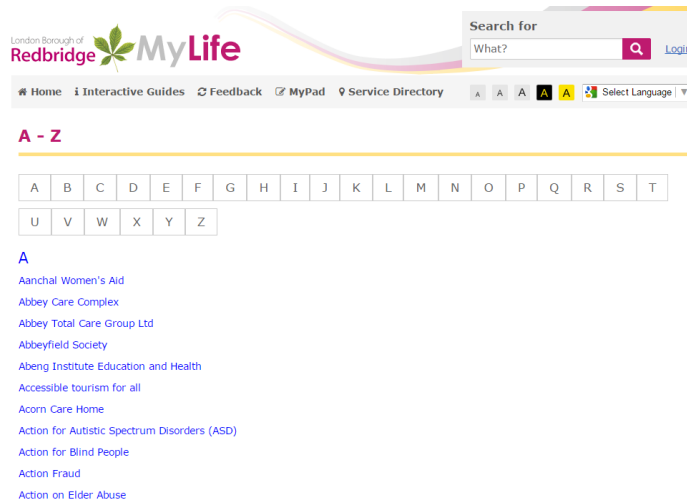
Characters left: 2000

Please provide an email address*

Submit

A to Z

Here you will find an alphabetical list of the content available on MyLife.



The screenshot shows the 'A - Z' index page on the MyLife website. It features a search bar and a navigation menu. Below the navigation, there is an alphabetical list of links for each letter from A to Z. The 'A' section is expanded, showing a list of services and organizations.

London Borough of Redbridge MyLife

Search for What? Login

Home Interactive Guides Feedback MyPad Service Directory

A - Z

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T
U	V	W	X	Y	Z														

A

- [Aanchal Women's Aid](#)
- [Abbey Care Complex](#)
- [Abbey Total Care Group Ltd](#)
- [Abbeyfield Society](#)
- [Abeng Institute Education and Health](#)
- [Accessible tourism for all](#)
- [Acorn Care Home](#)
- [Action for Autistic Spectrum Disorders \(ASD\)](#)
- [Action for Blind People](#)
- [Action Fraud](#)
- [Action on Elder Abuse](#)