

NEWHAM

NEWS

Friday 15 July 2022

Extreme heat and Covid advice

South Asian Heritage Month

Internal volunteers programme

and more ...

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Extreme heat advice



For the first time temperatures of 40°C have been forecast in the UK and the Met Office has issued the first ever [Red warning for exceptional heat](#).

Exceptional heat is expected to affect a large part of England early next week, with temperatures likely in the high 30s °C in some places and perhaps even reaching 40°C.

[NHS advice on how to stay safe in the heatwave>](#)

Please also look at the advice from the [London Fire Brigade about BBQs](#) and other precautions to prevent fires over this dangerous period

Work from home next week if you can. Try to avoid unnecessary journeys, but if you do have to travel, be sure to follow TfL advice's to stay hydrated as much as possible and carry a water bottle with you on your trip.

Covid-19 latest advice



The number of people testing positive for COVID-19 is rising across the country.

For this reason, we, alongside other medical experts, are recommending people take sensible precautions.

[Find out more>](#)



Newham celebrates South Asian Heritage Month from **Monday 18 July**
– **Wednesday 17 Aug** with a vibrant programme of events, including:

South Asian Games

Central Park, Saturday 30 July, 12pm

Ahimsa Gandhi: The Power of the Powerless Film Screening and Q&A

Stratford East Picturehouse, Thursday 4 August, 6.30pm.

An Evening of Qawwali

Stratford Town Hall, Wednesday 17 August, 6.30pm

The free programme will give residents a chance to learn and engage with South Asian heritage, with a focus on the theme 'Journeys of Empire'.

[Find out more>](#)

(Content may be blocked, if so simply choose the override restriction option).

Performance Development Scheme (PDS) - deadline extension to 31 July

We all need meaningful performance conversations to recognise how well we have done so far, plan our development and agree work objectives to help us maximise the impact of what we do for our residents and colleagues. **Before Sunday 31 July**, if you haven't already done so, please:

- **complete your PDS 2021/2022** - the process starts with your self-evaluation
- **agree your first 2022/2023 objectives** - you can amend and add objectives throughout the year
- **record** both on Fusion.

CMT are provided with weekly reports on PDS completions and will follow up with those managers who have not completed.

SMR graded mandatory budget objective – all SMR budget holders must have [this finance objective](#) added to Fusion. The objective can be selected from the objectives library (search for 'finance').

For further help and guidance join one of our live PDS Conversations & How to Record on Fusion sessions:

[Monday 18 July, 10:30](#)

[Wednesday 20 July, 11:30](#)

Alternatively, [read out Performance Development Scheme guidance and information](#)

Or contact HRLearning@onesource.co.uk.

LGBTQ+ Staff Network Social



Tuesday 26 July, 17:30-20:00

Come and meet your LGBTQ+ colleagues and allies for a picnic hang out. All welcome!

We will be in the area in front of La Gelatiera East Village (E20 1DH) from 5:30pm

Have an ice cream at [La Gelatiera](#) or pick up something from the numerous shops and restaurants nearby.

For more details contact Kay Hyatt and Simon Ware on Lgbt+StaffNetwork@newham.gov.uk.

Internal Volunteers Programme



London Borough of Newham's internal Volunteers Programme has a pool of local volunteers and opportunities which local residents, staff and services will be able to tap into.

If you think your service requires volunteer support or you yourself would like to volunteer in one of our many opportunities, then please feel free to get in contact with the Resident Engagement & Participation Team on volunteers@newham.gov.uk or call 02033731104/3216.

Our experienced team will be on hand to support and advise you on your volunteering needs.

Ageing Well launch events



Councillor Neil Wilson, our Cabinet Member for Health and Adult Social Care, is inviting residents to our Ageing Well launch events that began this week. Come along and find out about how we're working with residents to improve the health and wellbeing of residents aged 50+ and to reduce health inequalities.

[Find out more information about support to Age Well in Newham or how to get involved in shaping services >](#)

[Read the latest 50 Steps Newsletter](#)

[Watch Cllr Neil Wilson talk Ageing Well Strategy and its aim of improved health outcomes in Newham for residents aged 50 and over >](#)

Due to the current heatwave we are postponing the Ageing Well Festival Community Event, scheduled for **Tuesday 19 July 2022** in Central Park E6. All the remaining Ageing Well events this month will go ahead. We apologise for any inconvenience caused.

Reboot and restore

Wednesday 20 July, 09:30-10:00

This webinar highlights the importance of taking time off and learning how to switch off when it matters most.

- Why taking time off matters
- Unhealthy workplace culture
- The benefits of time off work.

PAM's Health & Wellness Team are all subject matter experts within physiology, psychology, nutrition, mental and public health.

[Find out more>](#)

Improving sleep



Thursday 21 July, 18:30-19:45

Join us for a confidential online workshop to talk about:

- The sleep stages & how much sleep we need
- Common sleep problems & the causes of common sleep problems
- Techniques to improve sleep.

[Sign up now>](#)

Or contact elft.nttworkshops@nhs.net to register.



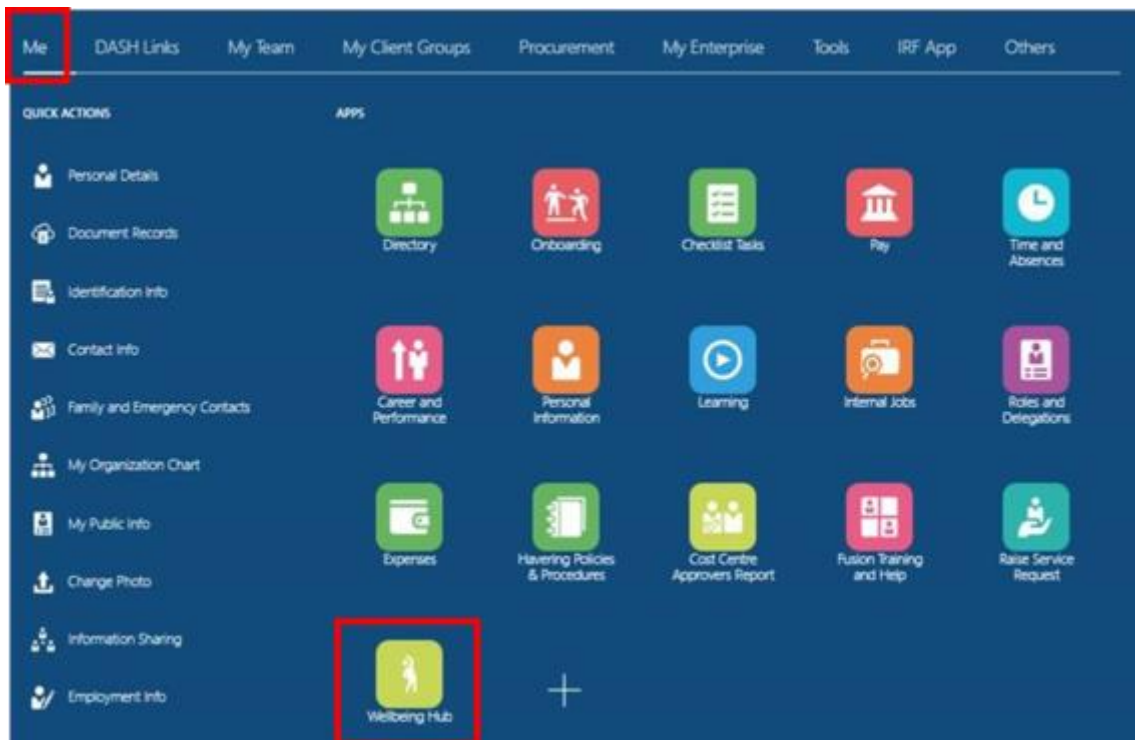
Menopause is not a dirty word.

**Come along to the first official event of the London
Borough Women's Network, focusing on the Three
M's: Menstruation, Menopause and Maternity.**



**Tuesday 19 July 12-2pm
Online (Microsoft Teams)**

Access Wellbeing on Fusion



You can now access our Wellbeing Hub and resources via your Fusion account.

You will find a Wellbeing Hub menu tile directly under 'Me' when you log in to Fusion. This will take you into our [Wellbeing SharePoint Hub](#) where you can access all resources including Mental Health First Aid, PAM, Thrive and our Virtual Exercise Programmes.

Free sign language qualification opportunity



[Enabled Living](#) are offering 2 FREE places on their British Sign Language Level 1 Qualification to adults who work or live in Newham.

BSL Level 1 will introduce you to fingerspelling and basic signs. This course will cover everyday conversations and will give you confidence when communicating with deaf people. At the end of the course you will receive a Level 1 qualification in BSL.

Course start date: **22 September 2022**

Weekday: Every Thursday

Time: 15:00-17:00

Duration: 32 weeks

Venue: The Enabled Living Lounge, The Resource Centre, 200 Chargeable Lane, Plaistow E13 8DW

If you are interested and are able to commit to 6 months of training and complete the exams at the end of the course please contact

Rukshana.Ahmed@enabledlivinghealthcare.co.uk.

News highlights - our latest press releases

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