



# 50 Steps News

Issue 14 / July 2022



## Welcome

Welcome to the July issue of the 50 Steps newsletter. This edition is all about our first strategy for Ageing Well in Newham as part of Priority 3: Supporting people around the determinants of their health, and particularly Step 14: Supporting residents to age well and maximise quality of life.

We hope to see lots of you at our launch events this month! Please help us spread the word and let us know your news.

In this issue you can read about:

- Newham's first Ageing Well Strategy
- Ageing Well Priorities
- "What Ageing well in Newham means to me" – Newham resident stories
- Ways to get involved
- Ageing Well Strategy launch events
- Newham joins the UK network of Age Friendly Communities
- Older People's Reference Group
- Changemakers of the month

## Newham's first Ageing Well Strategy

We are delighted to announce the launch of Newham's first Ageing Well Strategy to improve the health and wellbeing of Newham residents aged 50+ and to reduce health inequalities.

We want Newham to be a place where all residents can be healthy and age well, and the strategy and action plans provide a comprehensive approach to achieving this. Most importantly, they have been co-produced in partnership with local health and care services, community organisations, and many Newham residents.

### Why 50+?

- 1 in 5 Newham residents are aged 50+ (approx. 80,000 people)
- By 2050, Newham will be home to around 140,000 residents aged 50+
- Over 7 in 10 Newham residents aged 50+ have one or more long-term health condition and COVID-19 disproportionality affected older people
- After the age of 50, residents are currently more likely to experience ill health and disability, and might need new or different types of services and support to live well and stay healthy
- 50 years old is a good time to start preparing and planning to stay well and independent in the years ahead.

The Ageing Well Strategy will help to ensure the Council and its partners deliver meaningful changes to make Newham a place where all residents aged 50+ can be healthy and age well.

WE ARE  
AGEING WELL.

WE ARE  
NEWHAM.



Improving the health and wellbeing of residents aged 50+ and reducing health inequalities

[www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell)



## Share your news with us

Please do let us know what you've been up to in support of one of the 50 Steps.

We would love to include your stories in future news updates. Send any stories or photos to Aine Fuller at [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk).






# Ageing Well Strategy

## Ageing Well Priorities

To inform the strategy and action plans, we spoke to a wide range of residents and partners, including the local NHS and community, faith and voluntary sector. We wanted to understand:

- How residents aged 50+ rate Newham as a place to grow older;
- What is working well and priority areas for improvement.

A fantastic number - 1,500 people - responded to our survey and we held focus groups, workshops and consultations with residents and stakeholders. Through this engagement and feedback, we identified five priority areas for the strategy:

	<b>Priority 1</b> <b>Information and communication</b>
	<b>Priority 2</b> <b>Home</b>
	<b>Priority 3</b> <b>Finance, employment, volunteering and retirement</b>
	<b>Priority 4</b> <b>Community, connection and neighbourhood</b>
	<b>Priority 5</b> <b>Planning and preparing for later life</b>

Each area has its own dedicated action plan, based on data and consultation with residents and partners. The plans will be reviewed and updated on an annual basis, with reports on outcomes every year to ensure that they are meeting the specific needs of residents and that assistance is reaching those who need it the most.

Look out for the action plans which will be available from August 2022 at [www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell)



## What is Ageing Well?

According to the World Health Organisation: Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives. Everybody can experience healthy ageing. Being free of disease or illness is not a requirement for healthy ageing, as many older adults have one or more health conditions that, when well controlled, have little influence on their wellbeing.

Residents told us what Ageing Well means to them:

- Feeling **independent**, with the right support when needed
- Having good physical and **mental health**
- Having a **good standard of living**
- Being **financially comfortable**
- Feeling **safe** at home and in the community
- Having a sense of **purpose** and feeling **useful**
- Having good social **support** networks and relationships

# Resident stories

## “What Ageing Well in Newham means to me” – residents’ stories

### Peter

“ Try and resist the temptation to sit around watching TV all hours, but get yourself into a weekly action routine, whatever that may be. My routine includes attending the chat session at East Ham Library with scrabble afterwards, taking part in the Newham Poetry Group, writing pieces for Newham Voices newspaper and attending Council consultations.

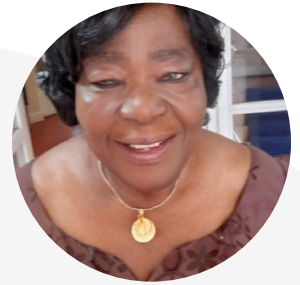
As for computers, if you are aged 50+ and afraid of using them - I tell you I am the prince of impracticality and I can just about manage...”



### Joyce

“ Taking part in shaping services for older residents. Even though I am not mobile, at 81 I am blessed to still have my capacity. I can't move around as much as I used to but I believe that those who still have a voice should share it with those who have less or no voice.

Ageing Well is having access to information about activities and events out there in the community. There is plenty going on but knowing about them can be tricky for older residents. Ageing Well means knowing where to go to make a will. I have put certain things in place and I am grateful for that. We should all have access to this.”



### Sarifa

“ For me, Ageing Well in Newham means having your mental health and wellbeing nurtured. The pandemic did not help matters and led to many people being isolated. So if you need to, it is really important to talk to someone about how you are feeling and have access to these services in place.

Newham is such a diverse borough and Ageing Well needs to include different ways of being communicated to, in various accessible formats. Also, it's important to me that Ageing Well includes improving our environment. Air quality isn't great in Newham and as an asthmatic I have definitely felt the difference over the years.”



### Mary

“ Ageing Well in Newham means living as well as I can despite the ageing process. I like making the most of life now, and if the time comes where I am not as mobile as I am now, I want to be respected and valued.

Ageing Well is also about planning ahead for the future. I was lucky enough to have a friend who was a financial advisor. Before I retired he advised me about what to put in place in my last few years of work, and it really helped me.

Finally, key to Ageing Well in Newham is accessibility for all but especially for residents with disabilities. From our public offices and our new builds to our high streets, we all need to think more about accessibility.”



# Resident stories

## “What Ageing Well in Newham means to me” – residents’ stories

### Isatu

“Ageing Well to me means having somewhere to live that meets my needs because of my disability. I have lived in Newham since 1989 and I want to continue to keep my independence at home. As well as feeling safe.”



### Yvonne

“For me Ageing Well in Newham means maintaining a good quality of life by preventing social isolation. Having a social life is so important and community groups are a lifeline to many older residents to meet and catch up.”



### Ways to get involved:

There are many ways residents can get involved in shaping services:

- Join the Ageing Well Strategy Resident Advisory Group
- Represent your community at an Ageing Well Working Group
- Sign up to receive information about Ageing Well services, activities or events.

For more information or to get involved, contact: [ageingwell@newham.gov.uk](mailto:ageingwell@newham.gov.uk) or call 020 3373 8915.

### Ways for stakeholder organisations to get involved:

- Sign up to be on the mailing list to hear about Ageing Well news and opportunities
- Work with us to deliver one or more actions in the action plans (the action plans will be available at [www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell) from August 2022), including joining an Ageing Well Working Group

For more information or to get involved, contact: [ageingwell@newham.gov.uk](mailto:ageingwell@newham.gov.uk).

For more info about the strategy and the launch visit:

[www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell)

## Events to launch Newham's first Ageing Well Strategy

Residents are invited to a series of events in July 2022 to mark the launch of our first Ageing Well Strategy. The events will provide the opportunity to find out about services and activities to help with ageing well, and get involved in shaping services.

Each event is linked to one of the five priority areas in the strategy:

- **Mature Money**  
Wednesday 13th July (3-7pm)  
Highway Vineyard Church, 88a Romford Road, E15 4EH
- **Ageing Well Community Festival**  
Tuesday 19th July 2022 (11am-4pm)  
Central Park, E6 3HW
- **Planning and Preparing for Later Life**  
Wednesday 20th July (10am-3pm)  
Canning Town Library, 18 Rathbone Market, E16 1EH
- **Ageing Well At Home**  
Thursday 21st July (3-7pm)  
The Resource Centre, 200 Chargeable Lane, E13 8DW
- **Ageing Well and In the Know**  
Friday 22nd July (3-7pm)  
Beckton Globe Library, 1 Kingsford Way, E6 5JQ

The events are drop-in style and free refreshments will be provided at each event. For more information and to get involved in shaping services for residents aged 50+ visit [www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell) email [ageingwell@newham.gov.uk](mailto:ageingwell@newham.gov.uk) or call 020 3373 8915.

## Newham joins the UK network of Age Friendly Communities

Last month Newham Council became a member of the UK Network of Age-friendly Communities, part of a World Health Organisation initiative, which has more than 1,000 members worldwide.

The network was established in 2010 and aims to ensure that older people are valued, supported, and recognised in communities.

Joining the Network provides Newham with access to national resources and a UK community to help inform and support our work in Newham.

Our new membership status is a result of working together with stakeholders including existing Resident and Community Forums, voluntary, community and faith sector partners and other partnership meetings to ensure a diversity of residents had the opportunity to take part.

Cllr Neil Wilson, Lead Member for Health and Adult Social Care, said, "Newham is fully committed to working towards improving the health and wellbeing of Newham residents aged 50+ and reducing health inequalities.

Healthy Ageing is one of Newham's strategic priorities and joining the network is part of our commitment to ensure that residents aged 50+ are supported locally and continue to have the same human rights as other age groups".

## Older People's Reference Group

Local residents aged 50+ are invited to join the Older People's Reference Group.

The group works together with Age UK East London, Newham Council, health partners and providers to make sure the views of older people are heard.

Meetings are held online and in person and take place every six weeks, with guest speakers from a range of service providers.

For more information complete this online form: <https://forms.office.com/r/fcJuJQ1fVq> or contact [Adam.Butler@ageukeastlondon.org.uk](mailto:Adam.Butler@ageukeastlondon.org.uk) on 020 8981 7124 or 07384 511701



# Changemakers of the month



## Step 13: Jacqui Pringle, Community Neighbourhood Link Worker (CNLW)

Jacqui works in adult social care. One of her main roles is to reduce social isolation and loneliness in the borough. **CNLW** explore activities, groups and support available in a local area and discuss ways to reconnect an individual to their community. Jacqui mostly works with older and disabled residents, putting together a six-week action plan, and monitoring progress by tracking improvements in the person's health and wellbeing. Click [here](#) to read more about Jacqui and Step 13.



## Step 14: Jaswinder Jutle, Retired Business Owner and Active Newham Volunteer

Following Jaswinder's retirement in 2008 as a self-employed shop keeper, she has been an active volunteer in Newham. Her volunteering has included supporting people with dementia as well as helping out at the 2012 Olympics and stewarding at the London Marathon.

Click [here](#) to read more about Jaswinder and Step 14.



## Step 19: Dr Muhammad Naqvi, Chair of Newham Clinical Commissioning Group and GP

Muhammad has worked in Newham as a GP for 20 years. He is North East London Clinical Lead for Inequalities and Co-Chair of the Newham Health and Wellbeing Board as well as being involved in patient care.

Click [here](#) to read more about Muhammad and Step 19.



## Step 37: Mala Muthu

Mala is a projects manager at Skills Enterprise, a charity that supports vulnerable and marginalised people. One of their main services is digital inclusion. Mala feels strongly about the impact a lack of digital skills can have on a person's life – it can lead to poorer health and lower life expectancy, increased loneliness and social isolation and limited access to jobs and education.

Click [here](#) to read more about Mala and Step 37.



## Get involved

Read more about the 12 priorities and steps on our website [www.50steps.co.uk](http://www.50steps.co.uk) or contact [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk) for more information.

We want to make sure that we fill our newsletter with things you want to hear about. Please let us know if there is anything you'd like us to include more of, or less of, just email [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk).

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