



# UPDATE YEAR 2

## Well Newham

# 50 Steps to a Healthier Borough

Health and Wellbeing Strategy  
2020-2023

# Foreword



Now that the 50 Steps to a Healthier Newham strategy is entering its final year, it's fantastic to see the enormous progress that has been made since the 50 Steps was launched in November 2020.

We have seen many improvements and progress across all of the 12 priority areas of work as more organisations, residents and individuals are helping to improve health and wellbeing across Newham.

In May, I was re-elected on a manifesto to support our residents in these tough times. Our mission to build a fairer Newham has never been more vital for our communities. The 50 Steps to a Healthier Newham is a key element of our Building a Fairer Newham Corporate Plan. This two-year update report shows how we are translating the commitments in the Manifesto into a set of tangible actions and measures to improve health in Newham.

As we continue to recover from the effects of Covid-19 and face the added challenges that the cost of living pressures bring on so many of our residents, our focus on working together to build a fairer landscape of opportunities to improve health and wellbeing for all in Newham is so essential.

This report shares some of the ways in which we continue to tackle inequality and the preventable differences in health and wellbeing that are experienced by many people across Newham. The 50 Steps to a Healthier Newham promotes many ways to tackle these unfair differences and many great examples are shown here.

While it's fantastic to see the improvements we have achieved together over the past two years, much remains to be done as we enter into the final year of the 50 Steps strategy. There are still many ways to get involved and help to shape Newham to be one of London's healthiest boroughs. We look forward to working with all our partners, changemakers and champions to help make this a reality.

**Mayor Rokhsana Fiaz OBE**  
**Chair Newham Health and Wellbeing Board**

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# Introduction

This report presents our progress in the second year of Newham's 50 Steps strategy to improve health and tackle health inequalities.

There is much to celebrate in the collaboration, innovation and investment that our borough has seen in the past year. However this has been against a context of unprecedented challenge.

From when this strategy was first developed in the second half of 2019 we have been through deeply turbulent times for health, wellbeing and inequalities. The strategy was launched just prior to a devastating second wave of Covid-19; one year later the Omicron variant of Covid-19 brought another significant wave of poor health and disruption. Since then, supported by very high levels of vaccination, Covid-19 has in many ways become just one of the many health challenges Newham's population faces. However we have had no chance to celebrate the end of the pandemic. As Omicron faded, a cost of living crisis emerged with inflation we had not seen for a generation, meaning for those who struggle to make ends meet the task became significantly harder; this will have health impacts for years to come. At the same time, our health service is still recovering from the pandemic, with long waiting lists, staff shortages and high levels of healthcare need, made worse by the impacts of the past two years. We have faced new threats from infections, including MPOX and polio, necessitating swift action across the system to protect residents' health. We have also welcomed large numbers of refugees and people seeking asylum to the borough, those fleeing war or persecution in Ukraine and many other parts of the world. Many of these challenges, and their impacts on people's health and health inequalities, remain unrelenting.

These challenges, alongside the financial context public services face, make the approach of the 50 steps ever more vital.

We can characterise the approach of the 50 steps in a number of ways, all drawing on the best evidence about what makes a difference to promote health and tackle health inequalities



We know that health is strongly shaped by economic and environmental determinants. Many of the steps in the strategy seek to address these, recognising these issues – such as poverty, housing, air pollution – are long term and have no easy fix. These issues are central to Newham Council's Building a Fairer Newham strategy.

We try and ensure public services are as effective as possible with a particular focus on issues of equity and ensuring that services more effectively meet the needs of Newham's diverse population.

Where there are gaps in provision we try to find resources to fill them. This is clearly more possible in some areas than others.

We work to catalyse support through Newham's amazing voluntary, community and faith sectors who do so much to support residents' health, including 1000s of individual change-makers active in many different ways. We bring people together in alliances, increasing the resources they have and building capacity and expertise.

We are creating a workforce across the borough that can support people's health holistically – equipping staff who engage with communities to support residents' health and wellbeing, recognising needs and understanding where support is best located in the community.

These combined approaches are all about making the most of the assets we have as a borough. There are no easy solutions but the past two years have taught us that we can achieve so much more through collaboration.

Across the 12 priorities of the 50 Steps we highlight the many areas of progress that have been made over the past year as well as some of the challenges for the year ahead. Some of the highlights are listed below.

The cumulative impact of the 50 Steps can be seen in the indicators below. Of our 35 indicators, 29 have seen improvement over the past year. 6 have not progressed as much as we would have hoped or have reversed and warrant renewed focus over the coming year.

Over the next 12 months we will be continuing to pursue these 50 steps while developing 50 steps 2.0, a next iteration, recognising our progress and challenges - enduring and new - and galvanising a renewed approach for the next few years. This will be a borough-wide conversation about how to improve the community's health and narrow inequalities within Newham and, more significantly, between Newham and other places. We look forward to you joining us in that thinking.

# Progress highlights

## PROTECTING OUR HEALTH IN RESPONSE TO POLIO

**17,189**

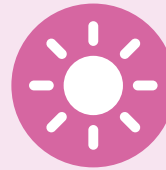
polio vaccinations given in a vaccination booster campaign



## SUPPORTING THE HEALTH OF OUR OLDER RESIDENTS

**28,000**

bottles of vitamin D supplements were provided to older residents



Over **55,000**

food parcels were provided last year to residents aged over 65 years

## FOOD GROWING IN SCHOOLS

**11**

new schools developed gardens for growing their own food



**£225k**

of grant funding is helping to implement innovative Sustainable Drainage Systems for food growing gardens in 14 schools

## IMPROVING DENTAL HEALTH

**1,413**

children taught good tooth brushing habits



**1,800**

Brush for Life kits were handed out to families supporting good oral health

## SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH AND KEEPING THEM SAFE

**427**

children and young people with mental health difficulties were supported by a new partnership



**427**

at-risk children and young people completed the Mentoring for Success programme in schools

**600**

children and young adults accessed mental health and wellbeing roadshows across 12 schools and community centres



Over **200**

vulnerable children engaged in targeted holiday activities to keep them safe.

**SUPPORT TO FAMILIES**

Newham was 1 of 75 boroughs to be awarded

**£4.5m**

funding for Family Hubs

Newham Baby Feeding Helpline supported

**650**

parents with breastfeeding and infant feeding advice



Over **5,600** free bottles of Healthy Start vitamins were given out to families

Over **4,000** households are supported every week through the use of surplus food which is worth over £5.4 million per year



**WELCOMING MIGRANTS TO NEWHAM**

Our Welcome to Newham event saw

**250**

people from Ukraine and 8 families from Afghanistan receive support to help establish new lives

**461**

people trained to give immigration support to those newly arriving in Newham



Welcome Newham One-Stop Shop supported over

**100**

people who have arrived from Ukraine since August 2022

**£100k**

given as Welcome Newham Small Grants to 15 local voluntary and community organizations to support refugees and people seeking asylum.

**RAISING LEVELS OF ACTIVITY IN PRIMARY SCHOOLS**

**RAISING LEVELS OF ACTIVITY THROUGH IMPROVING CYCLING FACILITIES**

**3,500**

children took part in a Skipping for Fitness programme



**5**

new cycle hire docks



Cycle training to

**1,255**




children and

**1,252**

adults







**32**







new cycle hangars

<p><b>PROVIDING ADVICE, GUIDANCE AND INFORMATION</b></p>	<p><b>SAFER RETAILING</b></p>	<p><b>IMPROVING DENTAL HEALTH</b></p>	
<p><b>200</b> training sessions provided to 1,400 people so they can give better support to residents</p>	<p><b>£250k</b> worth of illegal and potentially harmful vapes and tobacco products seized</p>	<p><b>1,318</b> smokers in Newham registered with Quit Well Newham for help to stop smoking</p>	<p><b>640</b> of these smokers had stopped smoking at 4 weeks</p>
<p><b>FIGHTING POVERTY AND SUPPORTING THOSE MOST IN NEED</b></p>			<p><b>PREVENTING HOMELESSNESS AND ROUGH SLEEPING</b></p>
<p><b>1,428</b> donated items of clothing, footwear and household items were distributed to residents in need</p>	<p>Holiday food vouchers provided to almost <b>2,000</b> school children</p> 	<p>Over <b>£250k</b> of immediate assistance to families with food and energy, and residents helped to get an additional £600,000 of unclaimed benefits</p>	<p>The number of people sleeping rough (street count) fell from <b>68</b> to <b>5</b> over the year</p> 
<p><b>£120k</b> was given as small grants to 15 voluntary and community sector organisations to improve the mental health and wellbeing of residents</p>	<p><b>17</b> Warm Havens opened across the borough where anyone can come for a hot drink in a warm place</p>	<p>More than <b>1,000</b> Cost of Living Champions provide information to residents about how to get support</p>	<p><b>60</b> former rough sleepers have been employed through the BEAM and Bounce Back programme and 952 rough sleepers have been supported by services</p>
<p><b>LONDON LIVING WAGE</b></p>	<p><b>CLIMATE, AIR QUALITY AND HEALTH</b></p>		
<p><b>66</b> organisations are now accredited as paying the London Living Wage, 30 of these joined in the last year</p>	<p>Newham now has <b>19</b> Healthy School Street sites</p> 	<p>These schemes improve air quality during the school day, and we have seen reductions in levels of nitrogen dioxide of up to <b>29%</b> as a result</p>	<p>The Council's catering partner Juniper changed the proportion of their menus that are vegan or vegetarian from <b>33%</b> to <b>49%</b> to lower the carbon footprint</p>



# Summary of KPIs

PRIORITY	INDICATOR	YEAR 1	YEAR 2	CHANGE
<b>1</b> 	MMR coverage in children by 2 years	81.1	81.5	0
	MMR coverage in children by 5 years	71	89	25%
	Number of families receiving Healthy Start vitamins	2,456	5,670	131%
	Oral health Brush for Life kits distributed	1,965	2,374	21%
<b>2</b> 	Schools achieved Healthy Schools Bronze award	28	46	64%
	Schools achieved Healthy Schools Silver award	5	7	40%
	Young people receiving mental health support	184	480	161%
	Number of Young Health Champions	72	-	-
<b>3</b> 	Number of people attending Social Welfare Alliance sessions	1,383	2,227	61%
	Number of organisations in the Social Welfare Alliance*	128	193	51%
<b>4</b> 	Number of referrals to Live Well Newham	2,901	2,891	0
	Proportion of residents from minority ethnic groups completing NHS Health Checks	75%		
	Proportion of eligible patients receiving NHS Health Check (%)	45%	80%	78%
<b>5</b> 	Number of residents supported by Connect Newham Befriending	230	544	137%
	Number of women and children supported by refuges	52	62	19%
	Number receiving community-based domestic abuse support	849	826	-3%
	Number of new patients screened for HIV in GP practices	1,157	2,352	103%
	Number of HIV cases diagnosed late (%)	29	35	-17%
<b>6</b> 	Number of Newham Food Alliance partners*	33	38	15%
	Number of certified healthier food settings	68	69	1%

PRIORITY	INDICATOR	YEAR 1	YEAR 2	CHANGE
7 	Number of healthy school street sites*	6	19	217%
8 	Number of leisure centre attendances	281,177	754,196	168%
	Number of residents engaged in community activity programmes	5,118	7,038	38%
	Number of high-quality and appropriate play, sports/leisure facilities*	10	13	30%
9 	Number of Social Welfare Alliance training topics provided*	28	47	68%
	Number of Social Welfare Alliance training sessions delivered	111	128	15%
	Number of individuals registered with Anti Poverty Alliance		117	0
10 	Referrals made to Newham's Stop Smoking Service	747	2,061	176%
	Number of smokers who set a four week quit date	363	1,019	181%
	Number of smokers who have quit	166	536	223%
11 	Number of residents supported with their energy needs	417	5,608	1,245%
	Affordable homes** buildings started	201	551	204%
	Affordable homes** buildings completed	18	111	612%
	Number of children in temporary accomodation	7,822	8,095	-3%
	Number of people in temporary accomodation	174	180	-3%
12 	Number of organisations with London Living Wage accreditation	47	66	40%

\* Cumulative total over 2 years

\*\* Affordable Homes for Newham Programme

**UPDATE:**

**STEP 1:**

Ensure we put health in all policies, using all our tools as partners of the Health and Wellbeing Board, to maximise the health of Newham's population





Because the places in which we live, learn and work have a huge influence on our health and wellbeing, Newham's Corporate Plan (Building a Fairer Newham) forms a key approach to implementing the 50 Steps to a Healthier Newham by placing health, wellbeing and happiness at the centre of the Council's priorities.

This ensures that all policies and plans maximise their impact on improving our health, and other aspects of life such as employment, housing and our environment which directly affect residents' health and wellbeing. While Building a Fairer Newham sets out the Council's plan, working in partnership with the NHS and the voluntary, community and faith sector is essential to improve our health and wellbeing. The NHS and Council are working together to develop new neighbourhood and community approaches at the local place that support healthier lives. Newham's Health and Wellbeing Board plays a key leadership role in this.

The Priority updates throughout this report give details of work going on across the Council and among system partners to improve health and address health inequalities through considering health in all policies. Below are just some examples of these achievements.

Despite the large improvements in tackling deprivation and poverty, Newham remains amongst the most deprived boroughs in England. The cost of living emergency exacerbated these problems and is disproportionately affecting Newham residents because of embedded structural inequalities. The Council is working with partners across the system to lessen the impact of these problems such as providing:

- Holiday food vouchers to almost 2,000 school children
- Over £250,000 of immediate assistance to families with food and energy, and helping residents to get an additional £600,000 of benefits

Read more about Newham's cost of living response on page 93.

Good work and meaningful jobs are a key aspect of people's health and wellbeing. Our Newham Learning, Our Newham Work and Our Newham Money jointly support residents to get the skills, jobs and income – a cornerstone of health and wellbeing. We continue to see more local employers accredited as London Living Wage employers so that more residents can benefit from better paid jobs. In the last year another 30 organisations joined, bringing the total to 66.

As a part of our commitment to see children thrive, the Council and schools work together to improve health through the Healthy Schools programme, including work to improve mental health, create health-promoting campuses, and make streets around schools healthier. In 2022 the number of Healthy Schools grew from 28 to 46. Newham's Young People's Charter and Plan, created by young people, makes clear how as a system we can provide the best support to what is most important to young people in staying safe, happy and healthy and being prepared for adult life.

Well Newham seeks to address wider social and economic determinants of health, including through social prescribing. The Council is using its planning policy in partnership with the NHS to create GP practice hubs and to help create more health-promoting spaces and places.

Health is a key goal in the Council's work to make Newham's streets more people-friendly. For example, creating low-traffic neighbourhoods and making it easier to travel actively and sustainably will increase physical activity, reduce harm from air and noise pollution, reduce road danger, and make Newham a place where people and communities can be more connected. All this will benefit health and health inequalities in the long term, as well as addressing climate change which is a major public health issue in itself.

Through adopting a Health in All Policies approach, Newham is transforming into a borough that supports residents to improve their health and wellbeing. We want to see Newham as a place where we can all thrive, and benefit from the best possible health and wellbeing.

**UPDATE:**

**STEP 2:**

Working together to limit the impact of the COVID-19 pandemic on our residents, both through direct impact of infection and the indirect impact on other aspects of physical and mental health, and social and economic wellbeing





- 2022 was a year of transition in the COVID-19 pandemic. It started with a surge in COVID-19 levels driven by the Omicron variant. While causing a fresh wave of infections, thankfully for most people Omicron and subsequent variants did not bring as severe an illness as in past waves. This was in large part due to protection from COVID-19 vaccinations.
- Newham's COVID-19 vaccination programme saw a multi-award nominated collaboration between the NHS (primary and secondary care), public health, and voluntary, community and faith organisations delivering lifesaving vaccinations to residents.
- 50 Steps Changemaker and Newham GP, Dr Muhammad Naqvi, played a key role in leading the partnership response while also delivering vaccinations in the community. The COVID-19 Champions, together with trusted community and health messengers, promoted the vaccination programme, helping to inform and enable residents to take up the vaccine and protect their health.
- Over 600,000 COVID-19 vaccinations were given in Newham between the start of the programme and March 2023. These collaborations also built closer working relationships and developed our understanding of how, in partnership, we can deliver health services that better reach Newham residents.
- 2022 also saw the government's Living with COVID-19 strategy transition us away from large-scale COVID-19 testing and isolation. In April 2022, Newham's COVID-19 testing programme came to an end. This programme had been the result of a collaboration between the Council, NHS, schools, colleges and universities, and many voluntary, community and faith organisations, distributing tests to residents and reaching those who might otherwise not have access to testing. Since the programme started in December 2020, Newham's testing programme distributed 260,481 boxes of lateral flow tests.
- With the removal of isolation requirements, Newham's COVID-19 Response Service closed its doors after 18 months in operation, from December 2020 to May 2022. Over this time the service supported residents to isolate with financial support, food, befriending, employment rights, and more, reaching over 30,000 residents. When Russia invaded Ukraine, the team transferred their experience, tools and approach to form Welcome Newham, which has since supported over 250 Ukrainians through the Homes for Ukraine scheme.
- The devastating impacts of COVID-19 will continue to be felt for years to come. We are now seeing an increase in hospital admissions for conditions such as heart disease and stroke likely to result from fewer people being diagnosed during the pandemic.
- Through Newham's whole-system crisis response, we have developed experiences, skills and relationships that make us better equipped to improve health into the future, and more prepared and resilient to future emergencies. Newham's cost of living response and Ukraine response are two examples of how we are building on our strengths and assets to tackle new challenges. We will continue to do this together to build a healthier and fairer Newham.

## **UPDATE:**

# **PRIORITY 1:**

## **Enabling the best start through pregnancy and early years**

### **Step 3:**

Promote and support healthy pregnancies, childbirth and post-natal care for parents

### **Step 4:**

Give every child in Newham the best start to life

### **Step 5:**

Improve rates of childhood immunisations

### **Step 6:**

Support school readiness for all children

### **Step 7:**

Strengthen partnerships across local authority, Clinical Commissioning Group, maternity, and Voluntary, Community and Faith Sectors to ensure a joined up approach to support families



## PROGRESS HIGHLIGHT

### Polio boosters



The discovery of polio virus in north and east London saw an extraordinary system response to protect children in Newham from infection. The NHS, voluntary and community sector partners, the Council and Newham residents pulled together to deliver 17,189 polio vaccinations, with uptake in Newham outperforming the North East London average.

## Achievements/successes (since the last progress report)

PROJECT	DESCRIPTION
<b>Step 3: Promote and support healthy pregnancies, childbirth and post-natal care for parents</b>	
<b>Child Death Review Process (CDRP)</b>	<ul style="list-style-type: none"> <li>● The Child Death Review Process (CDRP) contacts every family who experiences a child death and offers support throughout the child death review process.</li> <li>● Families are also offered access to bereavement support.</li> <li>● The process also aims to identify ways in which child deaths may be prevented in the future.</li> </ul>
<b>OCEAN</b>	<ul style="list-style-type: none"> <li>● Funded by ELFT, a new integrated maternity and mental health service was introduced, named OCEAN, which stands for: Offering Compassionate Emotional Support for those Living Through Birth Trauma and Birth Loss.</li> <li>● It aims to address health inequalities and create safe spaces that all women and birthing people feel comfortable and confident to access.</li> <li>● This service has supported women through perinatal loss and birth trauma, by offering individual talking therapy, therapeutic groups and peer support provided by Women's Health and Family Services (WHFS).</li> <li>● It is currently providing a space for Black women to connect around their maternity experiences in partnership with Mummy's Day Out and Maryland Children centre. The plan is to create more partnerships and spaces for minoritised communities in the near future.</li> </ul>

### PROTECTION AGAINST INFECTIOUS DISEASES.

Students in Year 9 are being offered vaccines to protect against Diphtheria, Tetanus, Polio and Meningitis (DTTP/MenACWY) from now until July 2022.

From September, students in Year 8 will be offered the human papillomavirus vaccine (HPV).

**These are serious infectious diseases which can be fatal.**

When you receive a letter about these vaccines, you must complete the online e-consent form (one for each child) so your child can be vaccinated. If you need a paper consent form, please speak to your child's school.

If your child has missed their school clinic, email [newham@v-uk.co.uk](mailto:newham@v-uk.co.uk) or call 020 8214 1393/1935 for information on catch-up clinics located throughout the borough.

For more information visit [www.schoolvaccination.uk](http://www.schoolvaccination.uk)

**WE ARE NEWHAM.**

People at the Heart of Everything We Do

## HEALTHY TEETH, HAPPY FAMILY!

Did you know that one in four five-year-olds in Newham has tooth decay?

**NHS dental care is free for all children under 18 and 19 if you are in full-time education.**

**Top tips for keeping your teeth healthy:**

- Limit sugary food and drinks
- Brush your teeth twice a day for two minutes with fluoride toothpaste
- Spit your toothpaste in the sink, but don't rinse your mouth with water
- Change your toothbrush every 3 months
- Take your child for regular dental check-ups - all children should see a dentist by the age of one

**Find a dentist near you by searching "NHS find a dentist" in your web browser.**

**Fluoride varnish**

Did you know that fluoride, when applied to the teeth by a dentist helps to strengthen children's teeth?

**Fluoride varnish is offered to all children in Newham who are in nursery, reception and year 1. It is also offered to all children who attend one of Newham's special schools.**

To sign up, please complete the consent form that is provided to you by your school.

For more information about how to look after your teeth, scan the QR code.

You can also talk to your school nurse.

**WE ARE NEWHAM.**

People at the Heart of Everything We Do



PROJECT	DESCRIPTION
<b>Genetic risks service</b>	<ul style="list-style-type: none"> <li>● Newham has received funding from NHS England to develop and implement a culturally competent genetic service.</li> <li>● The service will increase knowledge and support families around genetics and the familial risk of inherited conditions so that they can make informed decisions about intrafamilial relationships.</li> </ul>
<b>Smoking cessation for maternity patients</b>	<ul style="list-style-type: none"> <li>● Barts Health NHS Trust have developed a new inpatient tobacco dependence service for pregnant women, which provides specialist support to help quit smoking.</li> <li>● Between 1st October and 12th December 2022, the service received 74 referrals, with 21 referrals continuing to engage. 8 pregnant women have remained smokefree since their quit date.</li> </ul>
<b>Dads and non-birthing partners</b>	<ul style="list-style-type: none"> <li>● NHS North East London commissioned the National Childbirth Trust to provide a mental health peer support service for men to provide dads with support for mild to moderate mental health concerns.</li> <li>● The service offer is currently being co-produced with dads and partners with a focus on finding ways to dispel myths and reduce stigma around mental health and promote engagement with other mental health services across Newham. The programme aims to have supported 60 dads by the end of September 2023.</li> </ul>
<b>Step 4: Give every child in Newham the best start to life</b>	
<b>Family Hubs</b>	<ul style="list-style-type: none"> <li>● Newham is one of 75 boroughs selected to be a Family Hubs Development borough and has received government money to develop an all-age whole family offer.</li> <li>● This will help enhance Newham's existing offers across 4 areas: (1) infant feeding (2) parenting (3) early language and home-learning environment and (4) perinatal mental health and parent-infant relationships – aiming to bring services together to improve access, improve connections between families, professionals, services, and providers, and put relationships at the heart of family support.</li> </ul>
<b>Healthy Start vitamins</b>	<ul style="list-style-type: none"> <li>● In Newham, all pregnant women, new mothers and children under the age of 4 can access free Healthy Start vitamins to help their body work properly and stay healthy.</li> <li>● In addition to the 10 children centres and 12 health centres where families can collect their vitamins, Newham University Hospital now offers vitamins to all women and their newborn baby before they are discharged from hospital.</li> <li>● Over the last year, over 5,600 bottles of vitamins were given out to families.</li> </ul>
<b>Infant feeding</b>	<ul style="list-style-type: none"> <li>● Over 97% of health visiting staff attended infant feeding training in 2022 / 23, with a focus on core skills assessing and supporting breast and bottle feeding.</li> <li>● Four audits of health visitors' knowledge and skills in supporting women around infant feeding took place across 2022, attended by 85% of staff. The audit demonstrated that knowledge and skills had improved.</li> <li>● Over the past year Newham Baby Feeding Helpline has supported 650 parents with breastfeeding, bottle feeding, starting solids and weaning. Feedback from over 98% of mums stated they were either likely or very likely to recommend the Baby Feeding Helpline to friends and family if they needed similar care.</li> </ul>
<b>Early years nutrition and oral health</b>	<ul style="list-style-type: none"> <li>● Last year, early years staff completed 174 nutrition training modules to support achievement of Newham's Early Start Nutrition Award. Completion of the training has supported nurseries, childminders and children's centres to ensure that children get healthy, balanced and nutritious food and drinks, and to improve children's health.</li> <li>● 236 families attended the Weaning Your Baby and Toddlers Meals and Snacks webinars. Parents' confidence to plan nutritious meals increased from 40% pre-webinar to 97% post-webinar.</li> <li>● 32 early years providers engaged in supervised tooth brushing, supporting 1,413 children to integrate tooth brushing into their daily routines. Staff who took part gained confidence in discussing the importance of tooth brushing and good oral health practices with families so they can continue these good habits at home.</li> <li>● To complement this, 1,800 Brush for Life kits were handed out to families, which provided children with a toothbrush and toothpaste so they could continue good oral health practices at home.</li> </ul>

PROJECT	DESCRIPTION
<b>East London Research School (ELRS)</b>	<ul style="list-style-type: none"> <li>● At the end of 2022, Sheringham Nursery School and Children’s Centre was selected to lead the new East London Research School (ELRS), funded by the Education Endowment Foundation.</li> <li>● The ELRS aims to bring evidence-informed practice closer to schools and early years settings to help improve the life-chances of children and young people, especially those who face disadvantage.</li> <li>● It develops early years professionals’ knowledge and skills in best practice and how they can use evidence-based practice in their work.</li> </ul>
<b>Step 5: Improve rates of childhood immunisations</b>	
<b>Childhood vaccinations</b>	<ul style="list-style-type: none"> <li>● Following the discovery of the polio virus in sewage in north and east London, 100% of children in Newham under the age of 9 were contacted and offered a polio booster in 2022 – just under 40,000 children.</li> <li>● Newham’s GP Federation, Newham Health Collaborative (NHC), played an instrumental role in getting children vaccinated along with other teams. NHC set up 40 polio booster clinics across the borough and supported 20 GP practices by supplying immunisation nurses to support the programme. NHC nurses administered polio boosters to 1,020 children.</li> <li>● As part of this campaign, NHC’s Care Coordinators contacted 1,400 families, making over 3000 phone calls, which led to 500 families booking an appointment for the polio booster.</li> <li>● As of January 2023, 17,198 polio vaccinations have been provided by GPs and outreach clinicians to children in Newham. This was higher than the North East London average.</li> <li>● The programme protected thousands of children against polio infection and raised awareness of the importance of childhood immunisations. As a system, Newham also learnt more about effective ways to reach children for these essential vaccinations.</li> </ul>
<b>Step 6: Support school readiness for all children</b>	
<b>Ofsted ratings</b>	<ul style="list-style-type: none"> <li>● In December 2022, 98% of Newham’s Private, Voluntary or Independent (PVI) early years settings were rated ‘good’ or ‘outstanding’ by Ofsted.</li> <li>● 97% of childminders were rated as ‘good’ or ‘outstanding’ and 100% of nurseries within children’s centres were rated as ‘outstanding’.</li> </ul>
<b>Early years entitlements</b>	<ul style="list-style-type: none"> <li>● There are several government-funded ‘free early education entitlements’ (FEEE), including the 2 year FEEE which is targeted at vulnerable children from low-income families.</li> <li>● The Council took steps to increase uptake among eligible families, including introducing a dedicated phone line, developing films and material in community languages, posting letters to eligible families, introducing a referral process for SEND children, conducting outreach work to cultural and community organisations, and spreading the word through the parent champions scheme.</li> <li>● In 2021, 46% of eligible families were taking up the offer; by autumn 2022 this had increased to 74%.</li> <li>● Higher uptake means that more children are accessing quality education to support them with their learning and development and overall readiness for school.</li> </ul>
<b>Step 7: Strengthen partnerships across local authority, Clinical Commissioning Group, maternity, and Voluntary, Community and Faith Sectors to ensure a joined up approach to support families</b>	
<b>Cost-of-living support</b>	<ul style="list-style-type: none"> <li>● Across the academic year, Children’s Centres provided lunch to 388 children who were at risk of hunger, as part of the Council’s Household Support Fund.</li> <li>● Most recently, Children’s Centres have distributed vouchers to help with energy bills, food and other essential items for young children to hundreds of families struggling with the cost of living crisis.</li> <li>● This included families with no recourse to public funds and those newly arrived to the country.</li> </ul>

PROJECT	DESCRIPTION
<b>Support for refugees and asylum seekers with children under 5</b>	<ul style="list-style-type: none"> <li>● A borough wide partnership group was established to support young refugee and asylum seeking families living in emergency hotel accommodation. The partnership includes Family Navigators, Maternity services, Health Visitors, Children Centres, social care, voluntary sector partners and Public Health services.</li> <li>● Since the partnership was established in November 2022: <ul style="list-style-type: none"> <li>● 73 families have been supported, including 97 children under the age of 5.</li> <li>● 96% of families have been registered with a GP.</li> <li>● 28 families have been connected to a health visitor.</li> <li>● 4 pregnant women have received from support from Newham University Hospital's Maternity Unit.</li> <li>● 17 families have been supported to register with a children centre.</li> <li>● 39 families have been referred to voluntary sector organisations for additional support.</li> </ul> </li> </ul>

## Next steps

PROJECT	DESCRIPTION
<b>Step 3: Promote and support healthy pregnancies, childbirth and post-natal care for parents</b>	
<b>Child Death Review Process (CDRP)</b>	<ul style="list-style-type: none"> <li>● The CDRP team is translating child death review leaflets into other languages to make the service more accessible to Newham's diverse communities.</li> <li>● Plans are in place to set up a peer-to-peer support group to support bereaved parents.</li> </ul>
<b>Genetic risks service</b>	<ul style="list-style-type: none"> <li>● Partners will be co-producing a genetic literacy programme to increase knowledge and support families to understand the basics of genetics and risks associated with intra-familial relationships.</li> <li>● Newham NHS maternity services will be recruiting a close relative marriage/liaison midwife.</li> </ul>
<b>Perinatal mental health</b>	<ul style="list-style-type: none"> <li>● As part of the family hubs offer, more investment will be given to perinatal mental health, with a focus on preventative support services, including peer to peer support.</li> </ul>
<b>Step 4: Give every child in Newham the best start to life</b>	
<b>Family Hubs</b>	<ul style="list-style-type: none"> <li>● Core family hubs will be established in four parts of Newham: Stratford &amp; West Ham; Manor Park; East Ham; and Canning Town &amp; Custom House.</li> <li>● The first pilot will open at East Ham Library in spring 2023 and another at Shipman Youth Centre in autumn 2023.</li> <li>● Families will be invited to help shape this transformational journey.</li> </ul>
<b>Healthy Start vitamins</b>	<ul style="list-style-type: none"> <li>● The number of settings where families can go to collect their free Healthy Start vitamins will increase to include places such as food banks, faith organisations and other voluntary organisations.</li> </ul>
<b>Infant feeding and early years nutrition and oral health</b>	<ul style="list-style-type: none"> <li>● As part of the new Family Hubs model, more investment will be put into the infant feeding offer, including the introduction of community-based peer support.</li> <li>● The Health Visiting service is working towards Unicef Baby Friendly Initiative Stage 3 accreditation, to recognise good practice in this area.</li> <li>● The Early Start Nutrition Award will be relaunched alongside the Healthy Early Years London Award early in 2023. These awards will help early years providers take a whole-setting approach, engaging children, staff and parents in good health and wellbeing practices, so that children are supported to live happy, healthy lives.</li> <li>● The Public Health Team will work with system partners on an oral health needs assessment to better understand oral health among children and young people in Newham. This will inform a Newham oral health action plan.</li> </ul>

PROJECT	DESCRIPTION
<b>East London Research School (ELRS)</b>	<ul style="list-style-type: none"> <li>● The East London Research School (ELRS) will deliver the second part of the Newham Communication Project (NCP). NCP is a professional development programme for practitioners, enabling practitioners to give children the help they need to bounce back from the COVID-19 pandemic and develop as strong, confident communicators.</li> <li>● The ELRS will also be leading London's Early Years Stronger Practice Hub (SPH), which will support COVID-19 recovery and aim to address the differential impact of COVID-19 on communities. The goal is to help children who are potentially most at risk of poor health, emotional wellbeing and development, so they can overcome early disadvantage and thrive in their early years.</li> </ul>
<b>Step 5: Improve rates of childhood immunisations</b>	
<b>Childhood vaccinations</b>	<ul style="list-style-type: none"> <li>● Partners will review the children and young people immunisation action plan and continue with its implementation.</li> <li>● Newham's GP Federation, Newham Health Collaborative (NHC), will develop a Top Tips for GP practices to support childhood immunisation uptake, using the learning from recent vaccination programmes.</li> <li>● NHC will support practises on how to best use immunisation recording systems to ensure correct data recording, which is essential for monitoring and addressing issues around uptake and equity.</li> </ul>
<b>Step 6: Support school readiness for all children</b>	
<b>School readiness</b>	<ul style="list-style-type: none"> <li>● Partners will be exploring how to strengthen Newham's approach to school readiness and how the new family hubs may be able to assist with this.</li> <li>● Consideration will also be given to the role that integrated reviews between health and education can play in making sure that every child is ready for school.</li> </ul>
<b>Step 7: Strengthen partnerships across local authority, Clinical Commissioning Group, maternity, and Voluntary, Community and Faith Sectors to ensure a joined up approach to support families</b>	
<b>Cost-of-living support</b>	<ul style="list-style-type: none"> <li>● Professionals and residents will be co-producing a one page visual map to help families understand what services are available to them from preconception through to age 5.</li> <li>● Children's centres will continue to support families who need help with the cost of living crisis.</li> <li>● Any Newham resident with a child under 5 who is struggling with food and/or energy costs can approach their local children's centre for help.</li> </ul>

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
MMR coverage in children by 2 years	81.1	81.5	0
MMR coverage in children by 5 years	71	89	25%
Number of families receiving Healthy Start vitamins	2,456	5,670	131%
Oral health Brush for Life kits distributed	1,965	2,374	21%

## **UPDATE:**

# **PRIORITY 2:**

## Supporting our young people to be healthy and ready for adult life

### **Step 8:**

Enable schools, youth zones and other young people settings to be health promoting environments

### **Step 9:**

Improve the mental health and wellbeing of children and young people

### **Step 10:**

Develop a public health approach to youth safety

### **Step 11:**

Support children and families in Newham to maintain healthy weight

### **Step 12:**

Enable most at risk children and young people to achieve their full potential and have access to specialist care and support services





## PROGRESS HIGHLIGHT

### new-MAC



Newham's new-Multi Agency Collective (new-MAC) is an innovative approach to supporting children and young people's mental health. It involves 47 partners from across the Council, NHS and community and voluntary sector who, each week, review referrals for children and young people experiencing mental health problems, agrees which organisation is the best fit to meet their needs, and provides support. Since its launch in March 2021 it has supported 427 children and young people.

# Achievements/successes (since the last progress report)

PROJECT	DESCRIPTION
<b>Step 8: Enable schools, youth zones and other young people settings to be health promoting environments</b>	
<b>Healthy Schools programme</b>	<ul style="list-style-type: none"> <li>● The Healthy Schools programme works to improve health and education and to tackle health inequalities by making children, teachers, parents and communities more aware of the opportunities that exist in schools for improving health. Participating schools are recognised and rewarded for their health promoting activities through an accreditation process with the awarding of Bronze, Silver, and Gold Healthy School status.</li> <li>● The Mayor of Newham, Rokhsana Fiaz, launched the Healthy Schools programme in November 2022 at an event attended by over 60 schools. Cabinet members and senior directors from the Council were also present.</li> <li>● Newham's Public Health team supports and motivates schools to progress through the programme, including running Super Bronze and Turbo Charged online workshops to help schools complete their applications.</li> <li>● In summer 2021, 4 schools had achieved Bronze and 1 had achieved Silver. This has risen to currently 46 schools achieving Bronze, 6 Silver and 1 Gold.</li> <li>● In addition, 2 schools are working towards Gold, 13 schools towards Silver and 10 towards Bronze.</li> <li>● By successfully working through the awards, schools are taking steps to directly support the health and wellbeing of their pupils, staff and the wider school community through a practical and well-evidenced 'whole-school approach'.</li> </ul>

**HEALTHY SCHOOLS NEWHAM**

**NEWHAM HEALTHY SCHOOLS LAUNCH EVENT**

Thursday 10 November 2022  
1-4pm  
Old Town Hall, Stratford  
29 The Broadway, Stratford E15 4BQ

We would like to invite you to the Newham Healthy Schools Launch Event. The event is hosted for Headteachers and healthy school leads in Newham to highlight the range of provision available for schools to support the health and wellbeing of pupils and the school community. There will be a market place of stalls to hear more about local services and Public health initiatives that can improve health and wellbeing in school settings.

Mayor Rokhsana Fiaz OBE, Director of Public Health Jason Strelitz among other Directors and Cllrs will be attending to celebrate the schools that have achieved the Healthy Schools London Bronze, Silver and Gold Awards in the borough.

Refreshments and a light lunch will be available. The event is open to two staff representatives from each school. To book a space, click [here](#).

If you have any questions about the event, please direct your email to Rachna Fayad [rachna.fayad@newham.gov.uk](mailto:rachna.fayad@newham.gov.uk) and Amy Hayfield [amy.hayfield@newham.gov.uk](mailto:amy.hayfield@newham.gov.uk)

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PROJECT	DESCRIPTION
<b>Young Health Champions Programme</b>	<ul style="list-style-type: none"> <li>● This programme is delivered as a partnership between Public Health, the Youth Empowerment Service and HeadStart.</li> <li>● The champions chose to focus on mental health and making people smile in 2022.</li> <li>● They named their campaign #SmileNewham and spent the term painting pebbles, making zines and designing fortune cookies.</li> <li>● At the end of the school year they hid the pebbles around Stratford and handed out fortune cookies to people walking by to engage people, spread their message and make people smile.</li> </ul>
<b>Step 9: Improve the mental health and wellbeing of children and young people</b>	
<b>New-Mac (Multi-Agency Collective)</b>	<ul style="list-style-type: none"> <li>● This is an innovative model of practice where organisations from across Newham offer prompt, holistic mental health and wellbeing support to children and young people. It was developed during the pandemic in response to long waiting times for Children and Adolescent Mental Health Services (CAMHS), and aims to provide person-centred, community-led mental health support.</li> <li>● New-MAC has 47 partners, 24 of which are community and voluntary organisations.</li> <li>● Each week, new-MAC reviews referrals for children and young people and agrees which organisation is the best fit to meet the child or young person's needs. Short-term support is then provided by the chosen service.</li> <li>● Since March 2021, new-MAC has supported 427 children and young people.</li> <li>● Queen Mary's University started an evaluation of this programme in September 2022. The results will inform future development of the model.</li> </ul>
<b>Step 10: Develop a public health approach to youth safety</b>	
<b>Public Health Approach to Youth Safety</b>	<ul style="list-style-type: none"> <li>● The Mayor of Newham's Youth Safety Board work programme was established in March 2019 to support Newham children and young people in leading safe, happy lives that allow them to reach their full potential.</li> <li>● Key achievements across 2021 and 2022 saw Children's Social Care receive an OFSTED rating of Good, the successful delivery of an Adolescent exploitation strategy and Exploitation Prevention Hub (PCEHH), the launch of the Newham Information and Intelligence Partnership briefings that share data and insight to support keeping children and young people safe, and investment across a range of 'test and learn' pilots in schools support programmes (Mentoring for Success, Multi agency specialist taskforce in the PRU, Year 6 to Year 7 Transitions), schools therapeutic support programmes (Your Choice, Vanguard, SAFE) and summer and holiday programmes.</li> <li>● A system-wide, whole Council approach has been adopted towards keeping children and young people safe, with the borough's Youth Safety Action Plan recently refreshed to address this.</li> <li>● To date, key achievements include: <ul style="list-style-type: none"> <li>● Since 2020, the Youth Empowerment Service delivered youth assemblies across a range of topics such as climate change, mental health, wellbeing and youth safety that reached hundreds of children and young people, ensuring the amplification of youth voice, participation and co-production in the development of Newham services.</li> <li>● 427 children and young people identified as at risk of violence, exploitation and exclusion engaged on the Mentoring for Success programme in schools (April 21 to date).</li> <li>● Since 2020, 600 children and young adults have accessed mental health and wellbeing roadshows across 12 schools and community centres, and over 200 vulnerable children engaged in targeted holiday activities to keep them safe.</li> <li>● Over 70 parents and families provided with access to whole family mentoring and DICE training to help parents to understand the risks young people face in modern society.</li> <li>● 150 young women and girls attended community safety event, and workshops were delivered in schools to female students and staff on keeping safe.</li> </ul> </li> </ul>



PROJECT	DESCRIPTION
<b>Step 11: Support children and families in Newham to maintain healthy weight</b>	
<b>Healthy Diet Healthy Weight programme (HDHW)</b>	<ul style="list-style-type: none"> <li>● The Healthy Diet Healthy Weight (HDHW) programme is a whole-system approach, aiming for all residents to be a safe, sustainable and healthy weight.</li> <li>● It includes targeted prevention and treatment services alongside work to make Newham a place where 'healthy choices are the easy choices'</li> <li>● The programme was launched in June 2022 and overseeing delivery of an action plan based on seven core partnership working groups: 0-5s and early years settings; 5-19 and school settings; food environment; leisure and sport; active travel and transport; Well Newham and commissioned services; and adult secondary prevention services.</li> </ul>
<b>Cook &amp; Play programme</b>	<ul style="list-style-type: none"> <li>● In 2022 the Council commissioned Nutrition Kitchen, a local community organisation, to deliver a cook &amp; play programme.</li> <li>● The programme aims to encourage families to try new healthy foods and to teach parents about nutrition and the importance of trying different dishes.</li> <li>● It exposes children and their families to vegetables, fruit and healthy food through play and activity, and pairs cooking with fun play activities to highlight the importance of movement and exercise.</li> <li>● The programme runs in all children's centres and in ten schools.</li> <li>● 754 residents have so far participated in the programme, including 336 parents/carers and 418 children.</li> </ul>

## Next steps

PROJECT	DESCRIPTION
<b>Step 8: Enable schools, youth zones and other young people settings to be health promoting environments</b>	
<b>Healthy Schools programme)</b>	<ul style="list-style-type: none"> <li>● Continue to promote Healthy Schools and support all schools in Newham to progress through the programme.</li> <li>● Use the recently developed range of Silver toolkits, covering the overarching Healthy Schools themes. These provide activity ideas, supporting information and resources for Newham schools who are completing their Silver plan.</li> <li>● Hold a celebration event to celebrate the schools that have achieved the Healthy Schools Bronze, Silver and Gold awards in the borough and share best practice and learning.</li> </ul>
<b>Step 9: Improve the mental health and wellbeing of children and young people</b>	
<b>New-Mac (Multi-Agency Collective)</b>	<ul style="list-style-type: none"> <li>● Develop a more integrated 'front door' for children, young people and families to improve the way children and families can be signposted to, and access, services and support.</li> <li>● Use the evaluation findings to further develop the model.</li> </ul>
<b>Step 10: Develop a public health approach to youth safety</b>	
<b>Public Health Approach to Youth Safety</b>	<ul style="list-style-type: none"> <li>● Continue to develop our whole system approach to youth safety through the development, learning and delivery of projects across the 3 work streams which are Test &amp; Learn, Service Improvement and Systems Change.</li> <li>● Utilise integrated data, insight and intelligence across the partnership to minimise risks and strengthen support children and young people in Newham.</li> </ul>
<b>Step 11: Support children and families in Newham to maintain healthy weight</b>	
<b>Healthy Diet Healthy Weight programme (HDHW)</b>	<ul style="list-style-type: none"> <li>● Continue to develop the whole-system approach of this programme, including the role of the oversight board.</li> <li>● Use Schools Superzones funding to help improve healthy diets through food growing in schools.</li> </ul>





# KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Schools achieved Healthy Schools Bronze award	28	46	64%
Schools achieved Healthy Schools Silver award	5	7	40%
Young people receiving mental health support	184	480	161%
Number of Young Health Champions	72	-	-



## CASE STUDY:

# Healthy Schools: Kensington Primary School

Healthy Schools London recognises good practice in demonstrating and sustaining support for children and young people to achieve and maintain good health and wellbeing.

In May 2022 Kensington Primary School in Newham achieved the Healthy Schools London Gold Award. In order to achieve the Gold Award, a school should:

Kensington's main focus in their Silver plan was: Improving mental health and emotional wellbeing. Building on this, the school development plan for Gold status included:

**'Take care of ourselves and each other: prioritise the wellbeing and mental health of our children and ourselves'**.

As part of their ongoing curriculum development, physical and emotional health became a core area of the curriculum with the school viewing healthy children as the key to achieving successful learning incorporating 4hrs 15 minutes of weekly learning.

To help improve the health and wellbeing of staff tools and resilience to deliver the schools planned activities were developed including laid back lunches, Emotion Coaching CPD, trauma informed school training, staff wellbeing days, staff breakfast mornings and quiz nights.

Activities introduced for pupils included Emotional Health Week every term, talk boxes in classrooms, emotional health journals, regulation corners and meditation afternoons.

The planned activities introduced for parents, included emotion coaching, parent gym (a well-established, six week programme that reveals practical tips and behaviour techniques for parents), celebratory events and parent workshops.



### Impact

Achieving the Healthy Schools London Silver and Gold Awards allowed Kensington to develop the following 4 key focus areas:

- **Increasing pupils' understanding of wellbeing**  
The introduction of their Emotional Health curriculum has allowed children the opportunity to understand the importance of wellbeing, how to manage and regulate their emotions and how to apply this learning to maintain relationships.
- **Supporting pupils to understand their emotions**  
During Emotional Health lessons, children are taught about the emotions and the neuroscience that causes them to feel the way they do. Learning how to regulate helps pupils



develop strategies they can implement when their emotions become overwhelming and so regulation areas throughout the school provide a safe place if needed.

- **Reducing pupils' anxiety levels**

Pupils are taught the term anxiety and like all other emotions, it is completely normal. Through teaching how to identify and regulate this complex feeling, pupils are now equipped with these necessary strategies to help them reduce anxiety levels.

- **Building pupils' personal and social resilience competencies**

Within the curriculum the children are now taught about how they learn, including what it means to have a 'growth mindset', how to develop self-esteem and how self-confidence supports learning. Mistake making is encouraged and children are taught that this is a common part of life. Making goals, celebrating achievements and connecting this to the neuroscience behind learning has further helped to build resilience.

The school now has a number of events to bring in and involve parents and the wider community. This has allowed parents to be involved in their child's learning and celebrate achievements. Through the Emotion coaching and parent gym, parents now have an awareness of how to support their children to regulate their emotions.

### What impact is this having?

80% of staff stated that the health curriculum is having a positive impact on their children's learning. Emotional health journals have proven to be a success as a regulation strategy and a way of expressing feelings. Every classroom has a regulation area which has regulation tools for children to use and the steps of emotion coaching are clearly displayed. All children have been taught regulation strategies and 89% of children are able to use these effectively.

### Quotes & testimonials

Samra Malik, Science Lead at Kensington Primary School:

“The Healthy Schools London programme has been a great tool for Kensington to reflect on the provision that has been put in place to allow staff and children to develop their emotional and mental wellbeing.

The tiered awards gave us a more focused outlook on our end goal. The targets on our silver plan were developed even further as the Emotional Health curriculum progressed throughout the year. It gave us a baseline of results that we needed to achieve.

The Newham Healthy Schools team have been brilliant and are always available to help. I have had countless zoom meetings with them throughout this process and they have always been there to support.”

Year 4 Pupil:

“I understand my feelings much better and I know that there is a place where I can go to regulate myself. Our Emotional Health lessons teach us how to manage our emotions and keep calm. This has helped me to concentrate on my learning and I can solve my own friendship problems.”

Year 4 Teacher:

“It's been amazing to see the school focus so much on well-being, not only for its staff but for the children as well. The new curriculum is already having a great impact on children and it's been really nice to be a part of it. I am a lot happier coming in to work, there is lots to look forward to and support.”

For more information about the Healthy Schools Programme and how your school can sign up to take part, please contact Amy Hayfield  
[Amy.Hayfield@newham.gov.uk](mailto:Amy.Hayfield@newham.gov.uk)

**Together, we hope to make every school in Newham a Healthy School!**

## **UPDATE YEAR 2:**

# **PRIORITY 3:**

## **Supporting people around the determinants of their health**

### **Step 13:**

Support every resident around the determinants of their health through Well Newham

### **Step 14:**

Support residents to age well and maximise quality of life

### **Step 15:**

Create a positive and healthy work environment among our Health and Wellbeing Board employers

### **Step 16:**

Develop health promoting services to maximise the impact of the Well Newham approach





## PROGRESS HIGHLIGHT

### Vitamin D programme



Launched in November 2021, the Newham vitamin D programme aims to improve bone and muscle health in residents aged 65+ by preventing vitamin D deficiency. So far it has given out 28,000 bottles of vitamin D to residents, thanks to the 62 voluntary organisations, faith groups, libraries, GPs and outreach teams who promote the offer and distribute the supplements in the community.

## Achievements/successes

(since the last progress report)

PROJECT	DESCRIPTION
<b>Step 13: Support every resident around the determinants of their health through Well Newham</b>	
<b>Well Newham</b>	<p><b>Directory of Services</b></p> <ul style="list-style-type: none"> <li>The Council started to introduce the new directory of services in 2022. The directory will make it easier for residents to find out about services and activities in Newham and for system partners to refer or signpost residents.</li> <li>Work is being undertaken with colleagues across the borough to ensure that those who may benefit most, and those working with them, will be able to access the directory.</li> </ul> <p><b>Healthier You in 2022</b></p> <ul style="list-style-type: none"> <li>Launched in January 2022, this campaign promoted a range of services helping residents to develop and maintain healthy habits.</li> </ul> <p><b>Personalised Care Research Project</b></p> <ul style="list-style-type: none"> <li>The Public Health Team led this research project in 2022 to review the different personalised care services in Newham, including Social Prescribers, Community Link Workers, Health and Wellbeing Coaches, Community Connectors, Health and Social Care Navigators, and Care Coordinators.</li> <li>The purpose of the project was two-fold: (1) Better understand the personalised care offer in Newham; (2) identify areas where improvements could be made.</li> <li>The results led to recommendations for improvements and a baseline for future work with partners in primary care, adult social care, community health and secondary care.</li> </ul>

**HEALTHIER YOU IN 2022.**

**FEEL BETTER.**

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

**WE ARE NEWHAM.**

People at the heart of everything we do.

**AGEING WELL COMMUNITY FESTIVAL**

**Celebrating International Day of Older Persons**

Sunday 2nd October 2022  
 12-5pm  
 Central Park, E6 3HW

**YOU CAN EXPECT:**

- Activities like drumming, Zumba Gold and judo
- Help and advice about heating, food, work, money and more
- A fun day out
- Free food and refreshments

There will be BSL interpreters at this event

The Ageing Well Community Festival is a free community event and everyone is welcome. Newham's Ageing Well Strategy aims to improve the health and wellbeing of residents aged 50+ and reduce health inequalities.

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

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**FREE VITAMIN D FOR 65s AND OVER**

Vitamin D helps keep bones, teeth and muscles healthy.

It can be hard to get enough vitamin D throughout the year: so doctors recommend taking vitamin D supplements (tablets). If you are a Newham resident aged 65 or over, you can get free vitamin D supplements to help you stay healthy.

To find out how to get your free vitamin D supplements, visit your local library, call the Age UK Helpline on 020 8983 7124 or visit [www.newham.gov.uk/vitaminD](http://www.newham.gov.uk/vitaminD)

**BUILDING A FAIRER NEWHAM**

PROJECT	DESCRIPTION
	<p><b>Well Newham Challenge</b></p> <ul style="list-style-type: none"> <li>● The Well Newham Challenge gets hospital teams involved in addressing social determinants of health alongside clinical care.</li> <li>● In 2022 the Challenge funded six staff-initiated pilot projects at Newham Hospital, which will be completed in 2023. The projects will deliver valuable learning about the role hospitals can play in addressing social factors that impact health.</li> </ul> <p><b>Well Newham Approach</b></p> <ul style="list-style-type: none"> <li>● This programme aims to develop strength-based practice across frontline teams. Strengths-based practice is about enabling people to find the best solutions for themselves, drawing from their strengths, and supporting them in making independent decisions about how they live.</li> <li>● Adult Social Care is implementing the first strengths-based programme as part of transforming adult social care services in Newham.</li> <li>● This approach will strengthen the well-being of residents by offering them a sense of ownership and control over the support they receive.</li> <li>● The adult social care programme will also provide valuable learning that can be applied to other frontline services.</li> </ul>
<p><b>Step 14: Support residents to age well and maximise quality of life</b></p>	
<p><b>Ageing Well Strategy</b></p>	<ul style="list-style-type: none"> <li>● Newham’s first Ageing Well Strategy was launched in summer 2022, aiming to improve the health and wellbeing of residents aged 50 and over and to reduce health inequalities.</li> <li>● Over 1,500 residents were involved in developing the strategy, together with teams from across the Council, NHS partners and local voluntary and community organisations.</li> <li>● The strategy and action plans set out actions to make Newham a place where everyone can age well, focusing on 5 priority areas: (1) information and communication (2) home (3) finance, employment, volunteering and retirement (4) community, connection and neighbourhood and (5) planning and preparing for later life.</li> <li>● To find out more, visit <a href="http://www.newham.gov.uk/ageingwell">www.newham.gov.uk/ageingwell</a></li> </ul>
<p><b>Vitamin D programme for 65+</b></p>	<ul style="list-style-type: none"> <li>● The Council launched this programme in November 2021, offering free vitamin D supplements to residents aged 65 and over.</li> <li>● Since then, over 28,000 bottles of vitamin D have been given out to eligible residents and the programme has reached a diverse range of residents, reflective of Newham’s 65+ population.</li> <li>● The success of this programme would not have been possible without the 62 voluntary organisations, faith groups, libraries, GPs and outreach teams that volunteered to become distribution sites and have promoted the programme to residents.</li> <li>● A recent survey revealed that 93% of sites were either very satisfied or satisfied with their overall experience and that the programme had had a very positive or positive effect on their organisation.</li> <li>● The programme is helping to improve bone and muscle health through preventing vitamin D deficiency, as well as building health-promoting partnerships with organisations across Newham.</li> </ul>
<p><b>Step 15: Create a positive and healthy work environment among our Health and Wellbeing Board employers</b></p>	
<p><b>Workforce Wellbeing Programme</b></p>	<p><b>Free flu vaccines for frontline staff</b></p> <ul style="list-style-type: none"> <li>● This annual programme, delivered by OneSource and Public Health, offers free flu vaccines to frontline line Council staff who are not eligible for one on the NHS. In the 2022/23 flu season around 90 Council staff took up this offer, which protected them against flu.</li> </ul>

PROJECT	DESCRIPTION
	<p><b>Newham Council Staff Awards</b></p> <ul style="list-style-type: none"> <li>● At the annual Council Staff Awards, 15 staff from across the Council won awards for their contribution, commitment and achievements in delivering services for Newham residents. Many more staff across the Council were nominated by their colleagues.</li> <li>● The Awards were led by OneSource and were made possible by staff from across the Council volunteering to take part.</li> </ul> <p><b>Cost of living support</b></p> <ul style="list-style-type: none"> <li>● HR played a key role in providing information to support staff through the cost of living crisis.</li> <li>● The Business Engagement team ensured businesses were aware of the support available to them and their staff.</li> </ul>
<b>Step 16: Develop health promoting services to maximise the impact of the Well Newham approach</b>	
<b>Healthier lives Dynamic Purchasing Vehicle (DPV)</b>	<ul style="list-style-type: none"> <li>● In February 2022, the Adults and Health Commissioning Team established an innovative framework for procuring services to improve health and reduce health inequalities.</li> <li>● It aims to improve the Council's ability to respond quickly and flexibly to local health needs in collaboration with residents, because we realise that 'one size does not fit all' in Newham.</li> <li>● The framework has been used to procure stop smoking, weight management, physical activity and stroke support services with plans to expand to incorporate other community-based services.</li> </ul>

## Next steps

PROJECT	DESCRIPTION
<b>Step 13: Support every resident around the determinants of their health through Well Newham</b>	
<b>Well Newham</b>	<p><b>Directory of Services</b></p> <ul style="list-style-type: none"> <li>● The directory and Well Newham website will be launched in 2023.</li> <li>● It will help increase health literacy, awareness of available health and wellbeing services and simplify access to services for both residents and professionals.</li> <li>● It will also include services which address wider determinants of health, such as housing and financial advice.</li> </ul> <p><b>Well Newham Hubs</b></p> <ul style="list-style-type: none"> <li>● Planned to launch in summer 2023, the Hubs will provide in-person and phone access to the Directory of Services and advise people on the services offered.</li> </ul> <p><b>Personalised Care Research Project</b></p> <ul style="list-style-type: none"> <li>● The recommendations of this project will be actioned, aiming to improve the personalised care offer and data capture in collaboration with health care partners who are responsible for these roles.</li> </ul>
<b>Step 14: Support residents to age well and maximise quality of life</b>	
<b>Ageing Well Strategy</b>	<ul style="list-style-type: none"> <li>● The Council and partners will report in progress on the action plans in October 2023. They will also review and refresh the action plans.</li> <li>● This date coincides with the International Day of Older Persons, when the Council will hold its annual Ageing Well Festival celebrating healthy ageing in the borough.</li> <li>● Throughout the year, residents and stakeholders will play a key role in shaping the delivery of the strategy through the Ageing Well Strategy Resident Advisory Group and the Ageing Well Strategy Stakeholder Forum.</li> </ul>

PROJECT	DESCRIPTION
<b>Vitamin D programme for 65+</b>	<ul style="list-style-type: none"> <li>● Over the next year, the role of the distribution sites will be expanded to inform and support residents in other health topics, such as mental health, diabetes, NHS health checks and housing.</li> <li>● The Public Health team will support sites to develop their knowledge, skills and confidence in offering health information and advice to their resident base.</li> </ul>
<b>Step 15: Create a positive and healthy work environment among our Health and Wellbeing Board employers</b>	
<b>Workforce Wellbeing Programme</b>	<ul style="list-style-type: none"> <li>● Public health will work with HR and other colleagues towards the Healthy Workplace Award from the GLA.</li> <li>● Continue to partner with Newham Hospital and businesses to support workforce wellbeing initiatives and strategies.</li> <li>● Develop a staff Healthy Diet, Healthy Weight strategy and programme with HR and the Workforce Wellbeing Steering Group.</li> <li>● HR, with support from Public Health, is developing a plan to ensure sufficient resources will be made available to improve the wellbeing of staff in 2023.</li> <li>● Public Health will develop an approach to workforce wellbeing that can be applied in the Council and in other local employer.</li> </ul>
<b>Healthier Lives Dynamic Purchasing Vehicle (DPV)</b>	<ul style="list-style-type: none"> <li>● Now that some of the larger contracts have been procured, the focus in 2023-24 will shift to smaller, community-based procurements (co-developed with residents) that are tailored to meet needs in specific geographic areas and demographic groups.</li> </ul>

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of people attending Social Welfare Alliance sessions	1,383	2,227	61%
Number of organisations in the Social Welfare Alliance*	128	193	51%

\* Cumulative total over 2 years



## CASE STUDY:

# Well Newham Challenge



The major impact of non-medical factors such as housing on people's health has been known for some time and was emphasised through the Covid pandemic and cost of living crisis.

The Well Newham programme is developing a system where every Newham resident is effectively supported around the wider determinants of their health and wellbeing in a holistic, strength-based and inclusive way.

As part of the Well Newham programme we are working with colleagues at Newham Hospital to improve the awareness and understanding of the social determinants of health and how hospital staff and clinicians can support residents to address these non-medical factors.

### Two examples of the work that is happening in secondary care:

Dr Tara Mastracci, an endovascular surgeon who works at Newham University Hospital, is very interested in how social prescribing and the social model of care can be integrated into secondary care.

As a way of integrating this approach into the way she cares for her patients, she added the question "Do you ever have difficulty making ends meet at the end of the month?" to her pre-operative consultations.

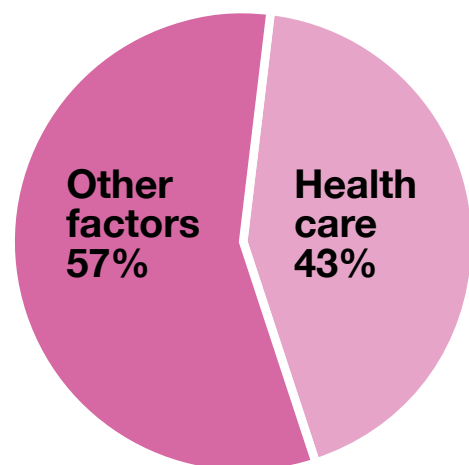
This revealed that a patient who required urgent life-saving surgery was planning to turn down



the surgery due as he couldn't afford to take the necessary time off work to recover. Dr Mastracci referred the resident to the Social Prescriber at their GP practice to support him with accessing financial advice.

Following this the resident decided to go ahead with the life-saving surgery. Knowing that support would be available from the Social Prescriber reassured him that everything would work out and he could afford to take the time off work after the surgery.

### The relative contribution of major determinants to our health



Sources: Canadian Institute of Advanced Research (2012); Booske et al (2010); McGinnis et al (2002); Bunker et al (1994)



Dr Mastracci is also part of the Well Newham Challenge. The Well Newham Challenge is a shared programme between the Council and Newham Hospital. It provides funding up to £5,000 and supports pilot projects initiated by hospital staff. So far, this funding, has supported five projects addressing various social determinants of health:

- Developing a Bangladeshi language carbohydrate-swap diabetes guide with culturally appropriate food swaps.
- Providing translated pharmacy labels in the hospital outpatient pharmacy.
- Developing and translating a flyer promoting the uptake of bowel cancer screening for three populations with low uptake (winner of the Barts Trust We Improve award for addressing health equity).

- Screening and connecting cardiovascular outpatients to support for social determinants of health.
- Developing and delivering a peer support programme for Bangladeshi women with gestational diabetes which offers support and workshops regarding nutrition and physical activity while attending maternity appointments.

## **UPDATE:**

# **PRIORITY 4:**

Developing high quality inclusive services, ensuring equity and reducing variation

### **Step 17:**

Reduce impact of diabetes and obesity in Newham through targeted support to those most at risk

### **Step 18:**

Improve the uptake and impact of early identification and support programmes around cardiovascular diseases and cancers

### **Step 19:**

Improve equity in health and care service provision for all

### **Step 20:**

Service provision reaches the high standards of access and inclusivity to ensure health and wellbeing for all with a particular emphasis on BAME communities





## PROGRESS HIGHLIGHT

### Health Equity Programme



50 Steps Changemaker, Richard Fradgley, Executive Director of Integrated Care at East London Foundation Trust (ELFT) and Public Health are together leading the Newham Health Equity programme. The programme is fostering a culture and way of working across health and care services to put fairness at the heart of what we do, improving services so they work for all Newham residents.

## Achievements/successes

(since the last progress report)

PROJECT	DESCRIPTION
<b>Step 17: Reduce impact of diabetes and obesity in Newham through targeted support to those most at risk</b>	
<b>Reduce Type 2 Diabetes and weight management</b>	<ul style="list-style-type: none"> <li>Completion of DPH report on Type 2 Diabetes in Newham led to a series of multi stakeholder workshops.</li> <li>Launch of comprehensive deep dive improvement review on Type 2 Diabetes prevention pathways led by Changemaker Dr Tamara Hibbert. This will improve uptake and outcomes across the full range of conditions to prevent and optimise management services for Newham’s 28,000 Type 2 Diabetics.</li> <li>Live Well Newham weight management service continues to deliver weight loss outcomes above London averages. 3,442 people have been supported to lose weight.</li> </ul>

Newham London

**WE ARE HEALTHY.**

**WE ARE NEWHAM.**

**FREE VITAMIN D FOR 65s AND OVER**  
[www.newham.gov.uk/vitamind](http://www.newham.gov.uk/vitamind)

BUILDING A FAIRER NEWHAM

COVID-19 HEALTH CHAMPIONS

**“ IT TAKES A VILLAGE**

An external review of the London Borough of Newham’s COVID-19 Health Champions programme  
[www.newham.gov.uk/communityChampions](http://www.newham.gov.uk/communityChampions)

Newham London

**WE ARE VACCINATING.**

**WE ARE NEWHAM.**

**BOOST YOUR IMMUNITY THIS WINTER.**

It is not too late to get **FLU** or/and **COVID-19** vaccines or booster.

Flu and COVID-19 can be life-threatening and spread more easily in winter. Having the vaccine is **FREE** and the best way to protect yourself and others from getting seriously ill or dying.

If you are offered COVID-19 and flu vaccine, it's safe to have them at the same time.

You do not have to be registered with a GP or know your NHS number to have the vaccine.

More information about the flu vaccine and who can have flu vaccine  
[www.nhs.uk/conditions/vaccinations/flu-influenzavaccine](http://www.nhs.uk/conditions/vaccinations/flu-influenzavaccine)

**WHERE:** Rangarita Community Centre, 270 Neville Rd, London E7 9QN

**WHEN:** **Saturday 14 January 11am-3pm, walk-ins only**

**VACCINE:** **COVID-19 for 5+ yrs (1st dose, 2nd dose, booster) and flu vaccines**

BUILDING A FAIRER NEWHAM



PROJECT	DESCRIPTION
<b>Step 18: Improve the uptake and impact of early identification and support programmes around cardiovascular diseases and cancers</b>	
<b>Support programmes around cardiovascular diseases and cancers</b>	<ul style="list-style-type: none"> <li>● Launch and completion of Community Health Conversations prototype with 3 large places of worship. This initiative supported communities to have a weight, BMI and blood pressure check and healthy living advice in their trusted place of worship. Over 30 volunteers were trained.</li> <li>● Collaboration with and support for NHS England research project looking to bring blood pressure, blood sugar and cholesterol checking into community via the Newham Health Equity Programme Primary care group (see step 19).</li> </ul>
<b>Step 19: Improve equity in health and care service provision for all</b>	
<b>Improve equity in health and care service provision for all</b>	<ul style="list-style-type: none"> <li>● Launch of the ambitious Newham Health Equity programme in March.</li> <li>● Over 100 health and care stakeholders came together over three workshops to commit to working to improve equity in health and care service provision and ensuring inclusivity.</li> <li>● Together they co created the Newham Health Equity Routemap. This is a tool for benchmarking and inspiring better equitable practice by organisations and services.</li> <li>● It is fast gaining traction and uptake across both Newham where 2 of the 3 anchor organisations are actively using it to drive change. It is also being adopted more widely across the NHS and boroughs in North East London.</li> <li>● The Health Equity Routemap will help organisations and services address avoidable disproportionality and work towards excellence in addressing equity by creating and adopting tools and promoting and embedding learning about what works in Newham.</li> <li>● This programme is jointly led by Public health and 50 Steps Changemaker, Richard Fradgley, East London Foundation Trust (ELFT) and Public Health.</li> <li>● An average of 32 people have attended Newham Health Equity Learning meetings.</li> <li>● 3 complex multi-partner service delivery pathways are now under review.</li> <li>● 12 equity service projects are in development across the borough.</li> <li>● The commissioner network continues to lead joint working and stakeholder engagement via TRID programme.</li> </ul>
<b>Step 20: Service provision reaches the high standards of access and inclusivity to ensure health and wellbeing for all with a particular emphasis on BAME communities</b>	
<b>Healthy Equity programme</b>	<ul style="list-style-type: none"> <li>● Newham Council members of staff via the Tackling Racism, Inequality and programme (TRID) voted to stop using the term BAME.</li> <li>● Newham's population is 73% Black, Asian or global majority in make-up. Day by day more service partners in Newham are adopting the view that services in Newham should be designed and run in ways that reflect that population make up.</li> <li>● Inclusion is being supported via the Well Newham Approach and moves to support the NHS and voluntary community and faith organisations to use the emerging tools.</li> <li>● Delivering better inclusion and improved uptake and outcomes of prevention services is actively supported by the increasingly widely used ART framework, ACCESS - RELEVANCE – TRUST. This was developed for the COVID vaccination campaign and its use led to Newham having more sites to deliver COVID-19 vaccine than any other borough.</li> <li>● This meant that over 600,000 COVID-19 vaccinations were given in Newham between the start of the programme and March 2023. It also helped us support a greater proportion of residents with a Black ethnic identity to be protected against COVID 19 by vaccination than any other borough in North East London.</li> <li>● The framework is helping Newham partners to understand and improve service design, uptake and outcomes.</li> <li>● The COVID vaccination work and Primary care partnership for equity are led by 50 Steps Changemaker and Newham GP, Dr Muhammad Naqvi.</li> </ul>



PROJECT	DESCRIPTION
	<ul style="list-style-type: none"> <li>● The Health Equity programme will continue to develop, prompting services to undertake equity reviews to create exemplars, share learning and develop best practice.</li> <li>● The programme will be one pillar of the Newham Centre for Health and Care Equity, which will be launched in 2023. The Centre will work to better understand health inequalities in Newham, to create a space where the Council, NHS, voluntary organisations and others partner with communities and with academics to develop and test approaches, to create actionable insights to inform policy and practice, and to share our learning within and beyond Newham to influence and support change.</li> <li>● NHS and Public Health will continue to work in partnership to plan, deliver and improve health services that meet the needs of residents, with a focus on system priorities such as long-term conditions and cancer. Our tools and approaches will include use of evidence, data and insight, strategic coordination and quality improvement.</li> </ul>

## Next steps

DESCRIPTION
<ul style="list-style-type: none"> <li>● The Equity Programme Board is taking a lead in introducing and embedding a culture of curiosity and change towards excellence in equity across the health and care partnership</li> <li>● The Equity programme will support progress and sharing of outputs, methods and challenges to promote learning and change across the health and care system including support by award winning ELFT QI coaching approach.</li> <li>● The learning community will continue developing and sharing local projects and case studies. Outputs from this work will inform and support the planned Newham Centre of Excellence in Health and Care Equity.</li> <li>● We will continue to develop and simplify the Newham Health Equity Routemap and support the wider uptake across services.</li> </ul>

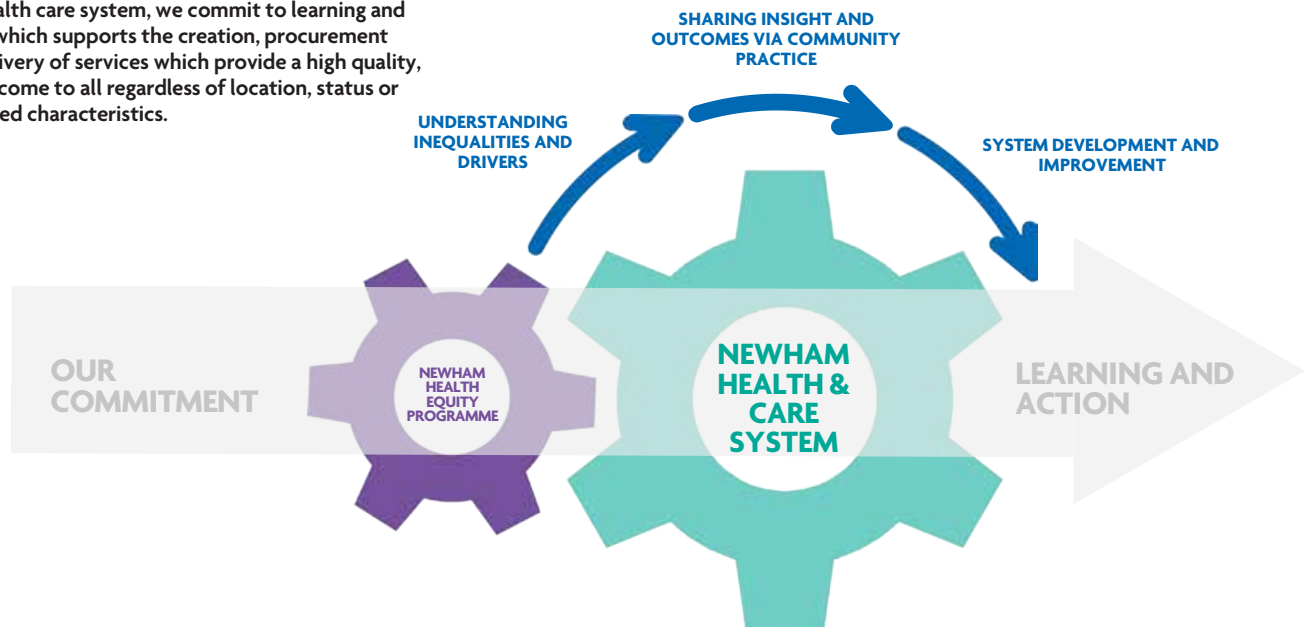
## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of referrals to Live Well Newham	2,901	2,891	0
Proportion of residents from minority ethnic groups completing NHS Health Checks	75%		
Proportion of eligible patients receiving NHS Health Check (%)	45%	80%	78%

## CASE STUDY

# Newham Health Equity Programme (NHEP)

As a health care system, we commit to learning and action which supports the creation, procurement and delivery of services which provide a high quality, fair outcome to all regardless of location, status or protected characteristics.



The Newham Health Equity Programme (NHEP) started in March 2022 and launched in July. The programme is led jointly by Public Health and East London Foundation Trust and is supported by the whole Newham Health and care partnership including Community and voluntary partners.

The Programme goals are to bring high quality inclusive services to all in Newham and reduce inequalities in health outcomes across the health and care partnership.

It achieves this by creating a community of learning and supporting the development of cultures of change, curiosity and excellence compassion among partners, and curiosity and compassion among frontline teams.

The case for change predates COVID-19 and the murder of George Floyd but the disproportionality, racism and inequality witnessed in 2020 has energised and focussed the NHS nationally to offer more support to activity tackling health inequalities. It has also led to a clear

understanding of the role of structural racism in causing bad health outcomes and unpleasant service experiences for Black, Asian and global majority residents and communities.

Since launching, there have been four well attended engaged and vibrant learning meetings sharing learning and inspiration, developing partnerships.

A free Pocket QI training programme is launching for all partners to develop award winning skills to understand and address equity problems in their services.

The Primary Care partnership to reduce variation has delivered success across childhood immunisation campaigns, embedded learning about effective practice across the sector, and supported focussed activity to improve Cancer diagnosis and outcomes across all primary care networks and practices. It will lead to the setting up of the first Newham Cancer Alliance to drive this work forward.



In the short time since launching, the programme plan has been welcomed by the Health and Wellbeing Board; the programme leads have secured resource from and buy in with the NHS and partners at regional level for the process of transformation and learning needed by the programme to drive change across the sector in these two key areas of preventative health improvement activity.

This is a long journey towards excellence in addressing and reducing inequalities in Health and care outcomes rooted in Structural racism – and the Newham Health equity programme has had a great first year, gaining traction

Partners, leads and the public health team are refining, developing and disseminating the tools , learning and processes needed to deliver the aim and ambition of the programme and enrol more into the ART of reducing Health Inequalities, directed by the Newham Health Equity routemap.

Watch this space for more in 23/24!



## **UPDATE:**

# **PRIORITY 5:**

Meeting the needs of those most vulnerable to the worst health outcomes

### **Step 21:**

Support our most vulnerable residents to achieve and maintain relative good health including mental health and overall wellbeing

### **Step 22:**

Support the mental health of our most vulnerable residents

### **Step 23:**

Reduce the impact of domestic violence and promote preventative approaches to risky behaviours

### **Step 24:**

Work to prevent communicable disease with particular focus on hepatitis C eradication, TB and late diagnosis of HIV, as well as COVID-19





## PROGRESS HIGHLIGHT

### Migrant health



Newham is on a journey to become a Borough of Sanctuary, recognising our commitment to supporting people seeking sanctuary in Newham’s communities. In 2022 the Council, NHS, voluntary and community organisations and many others worked together to welcome hundreds of people seeking asylum living in contingency hotels as well as 250 people from Ukraine and 8 families from Afghanistan.

## Achievements/successes (since the last progress report)

PROJECT	DESCRIPTION
<b>Step 21: Support our most vulnerable residents to achieve and maintain relative good health including mental health and overall wellbeing</b>	
<b>Health and wellbeing of refugees and people seeking asylum</b>	<ul style="list-style-type: none"> <li>Newham Council supported 8 families who arrived through the Afghanistan Citizens Resettlement Scheme (ACRS) to find accommodation, build social connections, apply for work, access education and start a new life in Newham.</li> <li>The Council’s Welcome Newham team supported over 250 people who arrived via Homes for Ukraine to make Newham their home. Key highlights included:                     <ul style="list-style-type: none"> <li>Over 200 people visited the weekly One-Stop Shop for help and support with employment, housing, school applications etc.</li> <li>Delivered 6 workshops on private rental housing to provide knowledge about options, challenges and how people can be supported into accommodation.</li> <li>Introduced a top-up payment scheme to encourage sponsors to continue to accommodate people from Ukraine to prevent homelessness.</li> </ul> </li> </ul>

**DOMESTIC ABUSE STRATEGY 2022-2025**

WE ARE NEWHAM. BUILDING A FAIRER NEWHAM

**Newham Suicide Prevention Strategy and Action Plan 2023-2026**

**STAYING SAFE AND CONNECTED LAUNCH**

Wednesday 22 March 2pm-5pm  
Main Hall, Stratford Town Hall  
29 The Broadway, Stratford E15 4BQ

Join us to mark the launch of the new Suicide Prevention Strategy and Action Plan for Newham.

The afternoon will provide an opportunity to learn about the new strategy, including its priority areas, and hear from local experts working to support mental health and prevent suicides in Newham. There will be a range of speakers and presentations, including from the Mayor Dolksana Fiaz, as well as a marketplace of stalls to allow for informal networking and information gathering.

Book your space for the launch on Eventbrite

If you have any questions about the event, please email [Paullette.Higgins@newham.gov.uk](mailto:Paullette.Higgins@newham.gov.uk)

**We look forward to seeing you all.**

WE ARE NEWHAM. BUILDING A FAIRER NEWHAM

**NEWHAM HEALTH & WELLNESS DAY**

**WEDNESDAY 16 NOVEMBER 2022**

10am-3pm  
Carpenters and Dockland Centre  
98 Gibbins Road, E15 2HU

**Come along for free:**

- Health checks
- STI, HIV, BBV testing
- GP registration
- Hairdressing services
- Mindfulness and wellbeing
- Women’s healthcare
- Drug and alcohol use advice
- Covid-19 and flu vaccinations
- Food and refreshments

**Free fun day of activities, workshops, healthcare advice and information.**

Contact: 07939 466377

WE ARE NEWHAM. BUILDING A FAIRER NEWHAM



PROJECT	DESCRIPTION
	<ul style="list-style-type: none"> <li>● Currently 886 people seeking asylum including 144 families are staying in contingency hotels set up by the Home Office in Newham. Key highlights include:               <ul style="list-style-type: none"> <li>● Piloting Early Help Family Navigators who welcome families, support them to access Council and NHS services and local activities and find social connection.</li> <li>● Welcomed 54 people seeking asylum (families) to a welcome event where they signed up to the local library, registered with local GP and had supportive conversations with services including health visitors, school nurses, Newham Nurture, Alternatives Trust and others.</li> <li>● £100,000 given as Welcome Newham Small Grants to 15 local voluntary and community organizations to build capacity to support and provide orientation to refugees and people seeking asylum.</li> </ul> </li> <li>● A Newham Health Partnership Group for Asylum Seekers and Refugees has been set up to improve health and wellbeing of asylum seekers and refugees. It works as place to coordinate and integrate action across the NHS, Council and voluntary and community organisations. Key highlights include:               <ul style="list-style-type: none"> <li>● Developing and testing under 5s referral pathways into Newham Multi-Agency Safeguarding Hub (MASH), Children’s Centre, Health visitors, Maternity services, Newham Nurture and other with the overall aim of improving access to healthcare and health outcomes for families arriving in Newham.</li> <li>● Ongoing work to increase the number of asylum seekers and refugees who receive a health check and GP registration when they arrive, which will ensure people receive the healthcare they need.</li> </ul> </li> </ul>
<b>Health and wellness day for socially vulnerable groups</b>	<ul style="list-style-type: none"> <li>● Held in November 2022, this event targeted socially vulnerable groups, including homeless people, rough sleepers, sex workers and people who misuse drugs or alcohol.</li> <li>● It aimed to facilitate access to health and social support services, including offering COVID-19 and flu vaccinations.</li> <li>● Over 120 vulnerable adults attended – 12 were vaccinated, 26 received sexual health care and two homeless people were taken off the street.</li> </ul>
<b>Step 22: Support the mental health of our most vulnerable residents</b>	
<b>Mental health and well-being community grant programme</b>	<ul style="list-style-type: none"> <li>● £120,000 was given as small grants to 15 voluntary and community sector organisations to improve and support the mental health and wellbeing of residents.</li> <li>● Priority funding areas were informed by a mental well-being impact assessment carried out in 2020, exploring the impacts of COVID-19 including loneliness, trauma, anxiety, grief, fear and distress, with a focus on population groups experiencing disproportionate impacts. Cost of living-related impacts were also included as the cost of living crisis emerged.</li> <li>● Funded projects range from mentoring support for young people to providing translated and culturally sensitive mental health and well-being information to Chinese communities.</li> <li>● The programme is providing opportunities for greater partnership working and shared learning with voluntary and community sector partners to support resident mental health and well-being, for example through a communities of practice network established in January 2022.</li> </ul>



PROJECT	DESCRIPTION
<b>Shared mental health action plan and partnership structures</b>	<ul style="list-style-type: none"> <li>● The Council and health and care partners are continuing to develop a joined-up approach to ensure strong mental health support for all residents.</li> <li>● This includes the formation of an Adult Mental Health Partnership Board, a shared action plan setting out a joined-up delivery approach for health and care partners, and a co-commissioning approach for supported accommodation and the development of a recovery college.</li> <li>● Operational services are building on joint collaborative working to define a vision for a more integrated NHS and social care mental health service across the Council and ELFT.</li> </ul>
<b>Suicide prevention strategy and action plan</b>	<ul style="list-style-type: none"> <li>● The Newham suicide prevention strategy and action plan was approved in November 2022.</li> <li>● It was developed with health, care, voluntary, community and faith sector partners in addition to being informed by a three-year suicide audit and evidence review.</li> <li>● It will set out a comprehensive, preventative approach to reducing the local suicide rate as well as supporting those affected or bereaved by suicide.</li> <li>● Its actions will also strengthen mental health support for a wide range of population groups, which has become more important due to the cost of living crisis.</li> </ul>
<b>Step 23: Reduce the impact of domestic violence and promote preventative approaches to risky behaviours</b>	
<b>Domestic abuse strategy 2022-25</b>	<ul style="list-style-type: none"> <li>● This strategy was launched by the Mayor in November 2022.</li> <li>● It is directly informed by extensive consultation with domestic abuse survivors, residents and a multi-agency partnership that have created a new model for addressing domestic abuse aligning to the needs and ambitions of Newham.</li> <li>● It presents a public health whole community response to addressing domestic abuse and is supported by a comprehensive action plan for year one containing 12 new priorities.</li> <li>● It is intersectional in its approach by providing support for survivors of all genders, identities and cultural heritage.</li> <li>● Residents and survivors are continuing to support the development of the strategy and, through their contribution to the strategic group, will hold the borough accountable for ensuring it meets its priorities.</li> </ul>
<b>Step 24: Work to prevent communicable disease with particular focus on hepatitis C eradication, TB and late diagnosis of HIV, as well as COVID-19</b>	
<b>TB partnership</b>	<ul style="list-style-type: none"> <li>● Newham's TB Partnership has continued its work in preventing the spread of TB and treating and supporting people with TB.</li> <li>● This includes monthly TB case review meetings where the Council connects with the UK Health Security Agency and clinical teams to make links with internal and external support services available to TB patients.</li> <li>● When needed, the Council supports clinical teams to contact people with TB cases and their contacts, which helps these individuals receive the care they need, reducing infection risks to themselves and others.</li> </ul>
<b>Sexual health strategy for North East London</b>	<ul style="list-style-type: none"> <li>● The Council continues to lead on the development of a collaborative strategy for sexual health across the North East London region.</li> </ul>
<b>Hepatitis C treatment and testing</b>	<ul style="list-style-type: none"> <li>● The hepatitis C outreach service is in place and works with peer leads and volunteers from the Hepatitis C Trust to support residents to get tested and treated.</li> <li>● This service offers a monthly hepatitis C clinic at Change Grow Live (Beckton Road and Canning Town) and testing events at a number of hostels and food banks.</li> <li>● This service is improving diagnosis of hepatitis C, especially among people who are at higher risk of the infection, so those diagnosed can get the treatment they need.</li> </ul>



# Next steps

PROJECT	DESCRIPTION
<b>Step 21: Support our most vulnerable residents to achieve and maintain relative good health including mental health and overall wellbeing</b>	
<b>Strength based work programme</b>	<ul style="list-style-type: none"> <li>● Adult Social Care teams, including the Access Team and Mental Health Enablement, are embedding a strength's based approach, which means focusing on 'what's strong' rather than 'what's wrong'. It is about discussing what's important to people and helping them to make use of their strengths to find the best solutions to live their lives well. This is part of the Well Newham approach to health and wellbeing.</li> <li>● Teams are trialling the approach, using tools to develop skills in strengths-based assessment and support planning and taking part in regular case 'huddles' and staff forums to share experiences and learn from others.</li> <li>● The results of this new way of working will be evaluated in 2023.</li> <li>● Work is also taking place to integrate work on trauma-informed approaches alongside strengths-based approaches.</li> </ul>
<b>Improving the health and wellbeing of refugees and people seeking asylum</b>	<ul style="list-style-type: none"> <li>● Deliver an update of Newham's Migrant Community Action plan.</li> <li>● Achieve Borough of Sanctuary status.</li> <li>● Welcome Newham team to pilot a move-on services for people who have recently received their leave to remain.</li> <li>● Complete a health needs assessment for people seeking asylum in contingency hotels.</li> <li>● Ensure that every person who moves into contingency accommodation receives a health check with onward referrals.</li> </ul>
<b>Step 22: Support the mental health of our most vulnerable residents</b>	
<b>Suicide prevention strategy 2023-2026</b>	<ul style="list-style-type: none"> <li>● Launch and deliver the first year of the action plan.</li> <li>● This will include a range of preventative measures around supporting higher risk population groups, reducing self-harm, strengthening mental health and early intervention support, bereavement support and reducing access to the means of suicide.</li> </ul>
<b>Adult mental health partnership board</b>	<ul style="list-style-type: none"> <li>● This was launched in January 2023.</li> <li>● It will evolve over the next year as the new governance of the Integrated Care Board, Integrated Care System and the Mental Health, Learning Disability and Autism Provider Collaborative start to develop and become part of new place-based governance structures.</li> </ul>
<b>Mental health support embedded within cost of living response</b>	<ul style="list-style-type: none"> <li>● This will include information on support services and how to access them, such as through community outreach, available support for mental health care during times of crisis and targeted support for population groups most highly impacted by economic vulnerability.</li> </ul>
<b>Step 23: Reduce the impact of domestic violence and promote preventative approaches to risky behaviours</b>	
<b>Community domestic abuse services</b>	<ul style="list-style-type: none"> <li>● The commissioning process for community domestic abuse services has started and a model will be created to align with the new domestic abuse strategy to meet identified areas of need.</li> <li>● A significant part of the process will include consultation with stakeholders, residents and survivors to support the co-design of service models, placing local people at the heart of our service delivery.</li> </ul>



PROJECT	DESCRIPTION
<b>Step 24: Work to prevent communicable disease with particular focus on hepatitis C eradication, TB and late diagnosis of HIV, as well as COVID-19</b>	
<b>Sexual health strategy</b>	<ul style="list-style-type: none"> <li>● The Council will continue to lead on the development of a collaborative, multi-partner sexual health strategy for North East London, with a focus on improving equity of access and outcomes amongst the most vulnerable and high-risk residents.</li> <li>● This will include a regional approach to HIV prevention via screening and pre-exposure prophylaxis (PrEP) uptake.</li> <li>● A first draft of the strategy is expected to be agreed by April 2023, with follow up development of annual borough-level action plans.</li> </ul>
<b>TB partnership</b>	<ul style="list-style-type: none"> <li>● The Council is working with the UK Health Security Agency to better understand TB rates and how rates are influenced by social, economic, cultural and behavioural factors.</li> <li>● This work will help address TB in under-served populations by identifying those at high risk, ensuring robust identification and follow up, and developing pathways to meet patients' non-clinical needs, particularly where these are complex social care needs or no recourse to public funds.</li> </ul>

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of residents supported by Connect Newham Befriending	230	544	137%
Number of women and children supported by refuges	52	62	-44%
Number receiving community-based domestic abuse support	849	826	-3%
Number of new patients screened for HIV in GP practices	1,157	2,352	103%
Number of HIV cases diagnosed late (%)	29	35	-17%



## **CASE STUDY 1:**

# **Early Help Family Navigators**

In November 2022 the family arrived at a contingency hotel in Newham. On arrival the Family Navigator helped the family with GP registrations and school/college applications for the children. The families' Aspen Card, which provides subsistence support, was late to arrive, so the Navigator assisted the family to chase this up. The family were experiencing a lot of stress and upset due to past trauma so a MASH referral was made, which then led to a Newham Talking Therapies referral to support with emotional wellbeing. The Navigator supported mum and her son to get into ESOL Classes at a local campus. There were some difficulties getting the daughter into college for her studies due to the delay in the family receiving their section 95 documentation, however the Family Navigator liaised closely with the colleges and she was successfully enrolled in February 2023; she is now studying a course that she enjoys. She is also receiving support from a charity that the Navigators work closely with. The son is now volunteering at local charity/organisation while he awaits to begin his college course this September 2023 which he is very much looking forward to.



## **SPOTLIGHT:**

# **Supporting refugees, people seeking asylum and people with unsettled status in Newham**

Newham has a proud history of welcoming people fleeing conflict and persecution in their home countries and protecting the rights of refugees. Asylum seekers and refugees can be vulnerable and have complex health needs. Many experience health problems linked to poverty and the deterioration of mental health as a result of uncertainty, the stress of the asylum process, a lack of autonomy over their lives and fear of homelessness.

Over the last 12 months, the Council has been working across Council departments and with NHS, voluntary, community and faith sector partners to formalise a whole system approach to supporting asylum seekers, refugees and people with unsettled status in Newham (see Diagram 1). This approach allows us to identify and respond to the needs of arrivals – through our local assets and powers as well as through influence at national, pan-London and north east London levels. The approach includes targeted support for refugees and people seeking sanctuary in Newham as well as wider system change, awareness raising and capacity building to make Newham a place where new arrivals are welcomed and supported, now and in the future.

### **Key achievements include:**

#### **1. Targeted support for refugees and people seeking sanctuary in Newham:**

- a. Early Help Family Navigators – the Council is piloting the role of Early Help Family Navigators to provide welcome and immediate support to families seeking asylum placed in hotel accommodation in Newham. Family Navigators help get children into school, support families to register with a GP and address safeguarding concerns. They work shoulder to shoulder with local voluntary organisations including Care4Calais and the Magpie project to support families.

- b. Welcome Newham One-Stop Shop – since its inception in August 2022, the one-stop shop has supported over 100 people who have arrived from Ukraine to establish life in Newham, in particular to help prepare them to live independently and support them around immediate needs. The Council is looking into whether this approach could be useful to people who have recently received their leave to remain and families at risk of homelessness, working with residents around employability, housing and healthcare, to help them establish a new life in Newham.

#### **2. System change:**

- a. Safe Surgeries – through partnership between Doctors of the World and Newham Training Hub, Newham has become the first local authority area where every GP has signed up to be a Safe Surgery. Each practice has committed to addressing the barriers that many migrants face to access healthcare. Practices will soon receive training to equip them to implement the Safe Surgeries approach.
- b. Data sharing – the Council gained access to data on people arriving in Newham. This enabled a step-change in how we support new arrivals; now the Family Navigators and Health Visitors know when people arrive and can proactively reach out to offer support.

#### **3. Awareness raising and capacity building across partners and between teams:**

- a. Since December 2020, Newham's Social Welfare Alliance (SWA) has provided immigration training to 461 individuals across 82 organisations. Immigration training is the SWA's most sought-after course. All attendees receive communication on legislation updates or events relating to working with migrants. Praxis, a local voluntary organisation, also runs a group for voluntary, community and faith organisations working with migrants, where members can ask questions to trained advisors and share resources.





#### **4. Research and partnerships to better understand health inequalities of these populations and to inform policy and practice including:**

- a. Community Systems Mapping – In February 2022, led by Natalie Savona, LSHTM, members of the No Recourse to Public Funds (NRPF) Operations Group and the Newham Food Alliance participated in community systems mapping exercise to identify the drivers of poverty, destitution and exploitation for people with precarious immigration status in Newham. The process enabled members to make sense of a complex system enabling a whole-system approach to how we respond.
- b. Arrival Infrastructures and Migrant Newcomers in European Cities (AIMEC) – this research is led by Coventry University. AIMEC investigates how newcomers in European cities find information about arrival, and how long-established residents, including those with a migration background, support newcomers. Newham is one of 3 ‘cities’ being examined. A principal researcher is based at The Renewal Programme in Newham. Findings from the research will be published in August 2023.
- c. Newham Health Partnership Group, Asylum seekers and Refugees – launched in November 2022, the partnership brings together clinical providers in primary care, health visitors, Early Help, safeguarding leads, public health and mental health service providers to provide a space to work strategically, develop partnerships and share learning. Most recently, colleagues have developed a under-5 referral pathways for families in contingency hotels and a Mental Health referral pathway for refugees and people seeking asylum in Newham, aiming to improve access to healthcare.

#### **Next steps**

A clear ambition is to ensure that this work continues to be guided by the principle of dignity and the capabilities approach to improve the wellbeing of people seeking asylum, refugees and people with unsettled status in Newham. During 2023, marking points of success will include:

1. Achieving Borough of Sanctuary Status in Newham, enacting the principles of the City of Sanctuary movement including:

- Offer a positive vision of a culture of welcome and hospitality to all.
- Create opportunities for relationships of friendship and solidarity between local people and those seeking sanctuary.
- Recognise and encourage partnership working and network development across localities.
- Identify opportunities for practical action and work on common cause issues to effect change within and across communities (turning empathy into action).
- Celebrate and promote the welcome contribution of people seeking sanctuary.
- Engage people seeking sanctuary in decision making processes at all levels and in all activities promote understanding of asylum and refugee issues, especially by enabling refugee voices to be heard directly.

2. Delivering an update of Newham’s Migrant Community Action Plan. Together with members of Newham’s NRPF Operations Group and Newham Food Alliance, the aim will be to recognise what has been achieved and use research and insights to inform future work, with a clear timeframe for action.

3. Addressing the shortfall in immigration support and advice in Newham. Together partners will map current service provision and funding, identify and engage potential funders and coordinate consortium bids. The ambition is to build a sustainable network of accessible immigration advice around the borough.

4. Ensuring that every person who is seeking asylum who is placed in contingency hotel accommodation in Newham is provided with an initial health assessment and onward referrals using trauma informed approach.

5. Establishing an academic partner for further research into international students: to better understand the causes of the issue, the scale and wider health, social and financial implications to identify recommendations for remedial actions and by who.



## A whole-system approach to supporting arrivals

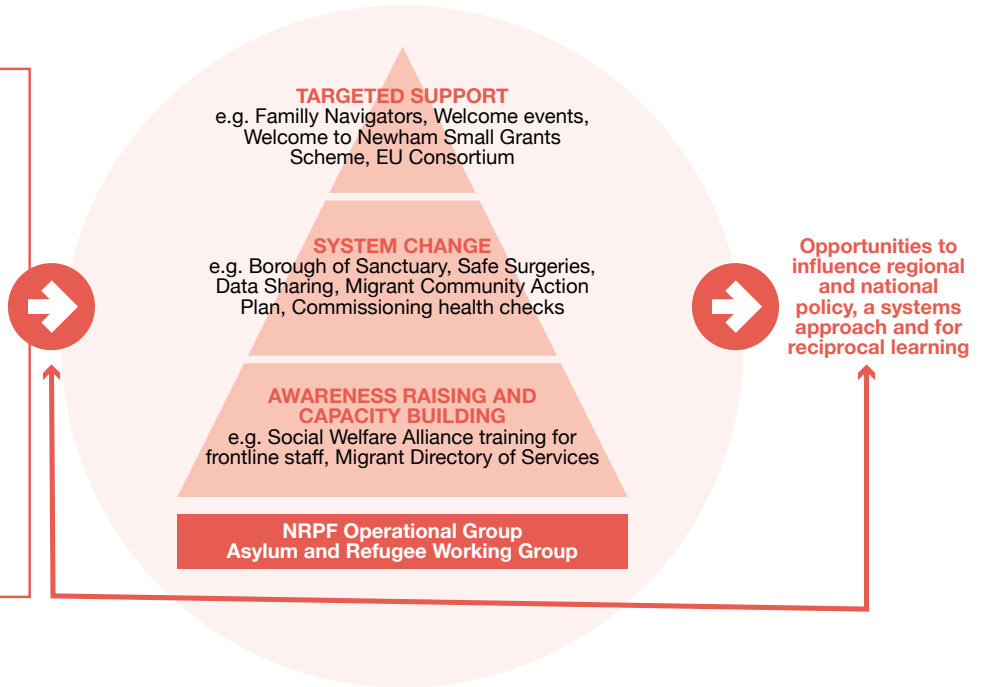
### Research and partnership to inform practice and policy

**GLA Research Study, May 2022**  
on the needs, experiences and capacities of people seeking asylum in London

**Migrant Arrival Project 2022-23 (AIMEC)**  
Coventry University

**LBN and LSHTM Systems Map Feb 2022**  
Drivers of poverty, destitution and exploitation for people with precarious immigration status

**LBN Health Needs Assessment of Asylum and Refugees in Newham, September 2023-January 2023**



**UPDATE:**

# **PRIORITY 6:**

## **Create a healthier food environment**

**Step 25:**

Implement Newham's Good Food Retail plan to support a better food environment

**Step 26:**

Change the borough's food culture through a Newham Food Partnership and become a Sustainable Food City

**Step 27:**

Tackle food poverty in the borough





## PROGRESS HIGHLIGHT

# Newham Food Alliance



Since its creation in 2020 The Newham Food Alliance has now provided half a million parcels to residents continues to be the largest single borough user of surplus food in the UK.

Over £5.4 million in surplus food/annum is utilised with a value of total food to residents estimated at over £8 million/annum.

# Achievements/successes

(since the last progress report)

PROJECT	DESCRIPTION
<b>Step 25: Implement Newham's Good Food Retail plan to support a better food environment</b>	
<b>Shop Healthy</b>	Health Retail Experts began the process, working with grassroots community leaders, to narrow 21 potential store south of the A13, in Custom House and North Woolwich into four stores with the potential to increase their healthier food retail and significantly impact a food desert. The team created a Shop Healthy Newham Toolkit with five key areas of focus and produced an action plan for each of these four stores. Two of the four stores have already seen a significant increase in the health of their offer with the other two store remaining engaged.
<b>Commercial Property Leasing</b>	There are 682 properties in the Council's retail estate and each new letting is now processed as an opportunity to curate the estate for a healthier food offer. As part of a social value approach to how property is managed, the Council's Commercial Property Services team review the food offer of potential tenants. Working with the SMART Food team, to drill down on menus and products, the goal is to avoid those with a high sugar, salt and fat offer and work with those who bring good food to our high streets.

## Eat for Free (EFF)

In Newham, pre-Covid data showed 91% of KS2 pupils having a school meal, compared to 60% in comparable boroughs without a scheme and 45% before the scheme began. Today around 50% children are estimated to be in poverty but only around 30% qualify for a free school meal (FSM).

### What are the benefits of EFF to our community?

#### 1. HEALTH AND WELLBEING

- On the curriculum**  
Universal participation in meals normalises healthy eating as a core part of the school day – key as we face challenges such as obesity, oral health and food poverty
- Less packed lunches**  
Only 1.6% (nationally) of packed lunches meet the government's school meals nutritional standard. More cooked lunches eaten equals more children getting a healthier diet
- Higher quality meals**  
EFF schools all serve meals at the higher Food For Life Bronze standard – an independently certified standard
- Every school 50 Steps**  
EFF grant principles require all schools to participate in certified whole school accredited programmes on food and health. These are important tools driving engagement and investment in a healthier Newham

#### 2. EDUCATION

- Disadvantaged pupils**  
EFF has a marked difference amongst disadvantaged pupils
- Concentration**  
Pupils who eat a nutritious and filling daily meal have better levels of concentration
- Performance & Attainment**  
Most recent data indicates that the average primary attainment score (70.75) for all pupils in boroughs with a universal free school meal scheme is higher compared to neighbouring boroughs without the scheme (69). This trend is also prevalent in disadvantaged pupils in comparison to a universal scheme (65.5) in comparison to boroughs without (61).
- More time**  
Time spent by parents preparing packed lunches can be better spent with children (e.g. with homework)

#### 3. LOCAL JOBS AND ECONOMY (COMMUNITY WEALTH BUILDING)

- Local jobs**  
89% of those who work in school meals are Newham residents
- Benefits to Newham workers**  
EFF schools are required to pay London Living Wage and local government pension. Grant conditions have successfully shaped schools' tenders this year
- Benefits to the Newham economy**  
Without EFF, providers can push for lower wages to generate corporate profits – less money for Newham residents, money leaving the borough
- Rewarding careers**  
A certified higher standard for meals makes it difficult for companies to squeeze down on working conditions and jobs which results in more working hours for Newham residents

#### OTHER BENEFITS: ENVIRONMENT

- Climate Now**  
The grant requires schools to enroll in the Mayor of London Healthy Schools Programme Bronze and the Soil Association Whole School Food for Life accredited programme. In addition to health work, these programmes promote action on climate and environment

### Anchored spend

We invest **£5.889m\***, but this keeps anchored all **£14m\*\*** that our primary schools spend on meals.

\* £3m Public Health Grant and £2.889m General Fund  
\*\* Our investment plus £8.5m Central government money (FSM at KS2 and UIFSM at KS1)

### What's next?

There are 66 participating schools in the EFF programme. Continuing to evolve the grant conditions enables us to increase outputs that advance our agenda on children's health, education, climate and environment and community wealth building.

## WE ARE FOOD CLUBS.

## WE ARE NEWHAM.

**AT RISK**

**Over £2m in wages**  
if schools are not required to pay London Living Wage and local government pension

**384 hours of employment lost every day**  
if school meals take up drops back to pre-EFF levels (over 51m of lost employment a year)

**Newham Food Clubs Toolkit 2022**  
[www.newham.gov.uk](http://www.newham.gov.uk)



PROJECT	DESCRIPTION
<b>Healthier food advertising mandatory guidelines</b>	Mandatory guidelines see all adverts on the Newham's physical estate vetted against DHSC to ensure only healthier food is advertised, Council systems ensure that all food related advertising content can be quickly checked. The approach has proven popular with advertising partners who value the clarity provided and revenues have increased since the approach was first introduced!
<b>Council Wide Approach To Hospitality</b>	<p>A Council wide approach to catering and hospitality has been implemented, and is included in the manager's portal.</p> <ul style="list-style-type: none"> <li>● Supported by their SMART Food team, it makes it easy for officers to use in-house and small local business suppliers, however large or small the event, that promote health and well-being, community wealth building, inclusive employment and the Climate NOW agenda.</li> <li>● In addition to large events catered by Juniper smaller in-house events are now served effectively by work delivered as part of the Council's approach to inclusive employment.</li> <li>● The small business approach combines actively seeking out businesses who have or can sign Newham's Community Wealth Building pledge and actively helping these food providers get onto Council supplier lists.</li> </ul>
<b>Community Wealth Building procurement</b>	<p>The Council's work, has been cited as a leading example by food and farming charity Sustain, particularly the focus on procuring more food and catering from local SMEs, social enterprises and co-ops and the active support provided by the SMART Food team to support officers across the Council to turn big architecture into practical action on food. On the biggest scale this approach is shown in The Council's approach to school meals.</p> <ul style="list-style-type: none"> <li>● Newham's education catering LATCO Juniper Ventures, serving 23,000 meals each school day, has a procurement policy that makes it able to bring on SMEs as suppliers swiftly and simply. The largest local authority controlled school meals service in London's huge spend delivers community wealth building by purchasing fresh fruit, vegetables, bread, fish, dairy and meat from local independent SMEs.</li> </ul>
<b>SMART Food in parks, green spaces &amp; libraries</b>	<p>We continue to develop our SMART approach to tenancing and licencing in park and library food spaces.</p> <ul style="list-style-type: none"> <li>● Ice cream vans are not licenced to trade in Council parks, with the absence of up to 15 diesel engines, additional to the creation of sugar SMART spaces, in the benefits of this approach.</li> <li>● New tenants vetted in partnership with the SMART Food team for health.</li> <li>● Continued work partnership with Newham College to deliver SEND opportunities at East Ham library café and a SMART offer.</li> </ul>
<b>Eat For Free</b>	<ul style="list-style-type: none"> <li>● Collaboration with leading experts and academics. Research we have co-operated on with the University of Essex and remarkable findings from NESTA continues to strengthen the evidence base for universal schemes.</li> <li>● Newham's approach to funding Universal Meals with grant principles, that commit all schools to a whole school approaches to health, and grant conditions that require community wealth building in how schools procure their school meals provision continues to be cited as nationally front-running. This year saw two new principles 1) Food Growing in all Schools 2) Food Literacy on The Mainstream Curriculum.</li> <li>● As a campaigning Council we have been a prominent partner in the national campaign for universal meals working with Sustain, The Food Foundation and others to promote national understanding around The Superpowers of Universal School Meals. We were delighted to see the GLA announce funding for school meals for all Londoners from 23/24 in February 2023.</li> </ul>



PROJECT	DESCRIPTION
<b>Market Places In School Playgrounds and School Kitchens Pilot</b>	<ul style="list-style-type: none"> <li>● Bringing together The Felix Project, 10 Primary Schools, the Council's Newham Food Alliance support team and Juniper Ventures' team to innovatively pilot the use of surplus food in school kitchens and the scope for market places in school playgrounds.</li> <li>● Similar to food clubs market places have the potential to offer a sustainable and focused outlet that enables good food that might otherwise go to waste reach families. In 2022/23 that has been a response to cost of living.</li> </ul>
<b>We are Food Growing</b>	<p>Funded by a £30,000 grant, won by The Council, from the climate change focused Net Zero Innovation Portfolio (NZIP), 11 schools have developed their food growing gardens and worked together with partners including regenerative food experts Regenerous to develop the We are Food Growing Toolkit.</p> <p>Parks &amp; Green Spaces team continue to work to put 'everything and everywhere in play' for food growing from window boxes to recycled plastic raised planters onto housing estates. New spaces this year include:</p> <ul style="list-style-type: none"> <li>● Funded by Community Assemblies, New City Open Space, Priory Park and Walton Road Community Gardens.</li> <li>● Supported by housing, the resident-led Eric Close Upcycled Community Garden.</li> </ul>
<b>Shaping Places For Healthier Lives (We are Food Secure 11-19)</b>	<p>Year one of this Health Foundation funded whole systems change project has seen Newham Council, the Association of Young People's Health and academics from London School of Hygiene and Tropical Medicine bring together stakeholders from across the borough including young people, parents, schools, VCFS, youth services, regen, housing, the high street to create a whole systems map that puts everything that puts the entire challenge for food security and health into focus.</p> <p>Youth participation and stakeholder engagement have been key. Two key priorities have been established for investment in interventions work in year two with the challenge of 'Reimagining food in secondary education' and 'the after school offer'.</p>
<b>Holiday Activities &amp; Food (HAF)</b>	<p>Over Easter, Summer and Christmas holidays 82,271 meals have been provided as part of an offer supported by a diverse coalition of 33 VCFS and school partners. Newham's commissioning approach to HAF has been marked out by including nutritionist expertise on the review panel for potential providers. The Council has then provided dedicated nutritionist support, with the SMART Food team working with providers to ensure menus are both healthy and cultural appropriate for Newham's young people.</p>

### Step 27: Tackle food poverty in the borough

<b>Newham Food Alliance</b>	<p>Since it's creation in 2020 The Alliance has now provided half a million parcels to residents continues to be the largest single borough user of surplus food in the UK.</p> <ul style="list-style-type: none"> <li>● 42 partners delivering over 50 sessions of food bank, food club or cost-of-living support.</li> <li>● The Council continues to be a critical partner in the NFA delivering logistics and front door services to residents and officer support more broadly to facilitate and host Alliance activities (see The Mighty Sandwich infographic).</li> <li>● Over £5.4 million in surplus food/annum is utilised with a value of total food to residents estimated at over £8 million/annum.</li> <li>● Snapshots showing over 4,000 households supported/week.</li> <li>● Over 55,000 parcels in the last year to support over 65s across the year.</li> <li>● On a monthly basis 300 new residents seeking support being are 'knocking' on the NFA front door and receiving triage support.</li> </ul>
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PROJECT	DESCRIPTION
<b>Residents in temporary accommodation</b>	The Cost of Living crisis has seen unprecedented numbers of residents in emergency temporary accommodation (over 900 residents) there has been a specific focus on ensuring NFA and other support is specifically tailored.
<b>Community Hot Meals In Warm Havens</b>	14 NFA organisations have been funded to provide hot meals in warm havens with an option to also prepare meals on wheels.  A snapshot taken in March shows the programme delivering over 1466 meals per week across 29 sessions. A diverse range of organisations taking in faith and community buildings has produced a wide range of culturally appropriate food and welcoming inclusive activity inside warm havens.
<b>Backing up Universal Meals in primary with Holiday Vouchers and other cash first support to residents</b>	In addition to continuing to fund a meal for every primary school child in Newham at an annual cost of £6 million the Council has invested in cash first approaches to support residents including: <ul style="list-style-type: none"> <li>● 19,613 children provided with weekly holiday vouchers at a cost of £2.8m.</li> <li>● £300, 000 invested in support packages for food and energy for families that has supported more than 1,000 families across 12 Childrens Centres.</li> <li>● £500,000 invested in Our Newham Money packages that have topped up welfare support and targeted those in temporary accommodation.</li> </ul> Newham has been recognised for our leadership in cash first approaches in the Sustain Good Food For All Londoners audit of all Councils.

## Next steps

PROJECT	DESCRIPTION
<b>Step 25: Implement Newham's Good Food Retail plan to support a better food environment</b>	
<b>Shop Healthy</b>	Mainstreaming The Shop Healthy Newham Brand, identifying more retailers with potential, and rolling out this work to other places in the borough.  Influence new retailer entry into regeneration areas to ensure that selected retailers can best meet the needs of the local community.
<b>Commercial Property Services</b>	In 23/24 the Strategic Investments team and Property Services, will work with the team behind Shop Healthy Newham to develop an innovative programme to incentivise the growth in health across the Newham estate. The investments programme for businesses in Council owned property that want to invest in the infrastructure required to do more fresh, chilled and frozen healthy food.
<b>Healthier Newham Advertising Policy</b>	Q1 of 23/24 will see the successful healthier guidelines turned into Council policy with a cabinet paper. In so doing we will join only six Council's in the UK to have built this approach into their architecture.
<b>Community Wealth Building and action on Climate NOW</b>	The Juniper team build on work with the University of Edinburgh, and carbon reductions made in 22/23 by moving menus from 33% vegan and vegetarian to 49%, using tools including Climate OS to accurately baseline the carbon impact of existing menus.  In 23/24 the Council is working to increase the number of local SMEs, social enterprise and co-ops, on our supplier lists for food and catering services.



PROJECT	DESCRIPTION
<b>Step 26: Change the borough's food culture through a Newham Food Partnership and become a Sustainable Food City</b>	
<b>Reimagining Food In Secondary Education</b>	Bringing together young people, teachers, academics, experts in young people's health and other stakeholders this Shaping Places for Healthier Lives work stream is designing a whole school approach to food in secondary education in Newham with the goal to be ready for an investment in KS3 and KS4 universal meals.
<b>We are Food Growing</b>	The Council has secured over £225,000 of grant funding to implement innovative Sustainable Drainage Systems (SUDs) that are also food growing gardens in 14 schools next year.
<b>HAF</b>	Building on our success with meals the Council will be providing dedicated support to enable and integrate food literacy work and a whole programme approach to food into every offer in the borough.
<b>Step 27: Tackle food poverty in the borough</b>	
<b>Newham Food Alliance</b>	<ul style="list-style-type: none"> <li>● Council funded vehicles and increased partnership with Felix to see even more deliveries to more partners across a greater range of hours.</li> <li>● Continued focus on wrap around services with ever interaction and the growth and continuous improvement of the food clubs model.</li> <li>● Cargo bikes pilot, The Council and NFA partner The Renewal Programme who have secured funding, working to put an initial 5 cargo bikes on the road and make sustainable transport an integrated part of how we work.</li> </ul>
<b>Community Meals</b>	A doubling of investment in community meals with specific encouragement for organisations and local partnerships putting those on wheels to support vulnerable residents. 23/24 will see this programme go year round as Newham works to stay fed and connected as Cost of Living challenges continue.

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of Newham Food Alliance partners*	33	38	15%
Number of certified healthier food settings	68	69	1%

\* Cummulative total over 2 years





## CASE STUDY 1:

# Community Hot Meals In Warm Havens

The Newham Food Alliance partners responded quickly to a need to support residents not only with a warm space, but a hot meal and wide variety of wraparound support.

With a staggered intake of community organisations receiving grants the programme launched in November 2022 with six initial partners and has now grown to 14 organisations providing 29 sessions per week, since November 2022 to the end of January 2023 over 8000 hot meals had been provided.

Alongside having hot nutritious meals residents have received advice on where to get support for the cost of living, a range of social activities, physical activity sessions and mental wellbeing support. Communities and support networks are being built with residents at one site saying ‘this feels like family’

With the initial programme being set up to provide a hot meal the range of activities the organisations have managed to provide alongside the hot meal is truly amazing, these include; Board Games, live music, arts and crafts for children, health & nutrition sessions, health checks, cost of living support, food and essential items parcels, bingo, yoga, pilates, access to computers, free WiFi, English language classes and benefits advice.

The organisations involved are keen to embed this into their programme work, they have not only been able to provide extra support to existing beneficiaries but have reached new people, some of those initially accessing the community hot meals are now active volunteers on the programme learning new skills and the opportunity to give back to the community that supported them.

The feedback received from our partners best describes the impact this programme is having for Newham Residents.

“The ability to feed over 30 people every day at our day centre is a good story in itself. We see people at a point of real crisis and being able to offer them warm nutritious meals and teas and coffees is an absolute blessing and makes a huge difference to their wellbeing.”

**NEWway Project**

“A meal prepared by a couple of our mums that attend the Family hub. About 20 people enjoyed a wonderful curry and rice. It was a very Newham moment with people from a range of nationalities and ethnicities all enjoying each other’s company sharing a meal.”

**Bonny Downs**

“Social development! Families who do not usually mix with others, because they have social anxiety or they do not know anyone, do not have friends or family here, we have grouped them, and make sure everyone engages in conversation. If we see anyone alone, we mix them into other groups of people, and many have made friends. This has led to a park visit by a few of the families that previously did not know each other.”

**Newham Community Project**

“At our Tuesday Warm Haven in Stratford we have mostly seen refugees and asylum seekers from local hotels. They have been so happy to have somewhere to go and meet people. They are hugely grateful for all we offer and have started helping with the cooking each week. We have had several Iranian dishes, and today had an Afghan dish. The community that is being built is amazing and people are saying it feels like family.”

“Highway Vineyard Church

Thanks Local Authority and Public Health for being at Heart of the Residents’

**Hope 4 Humanity**

Funding has also allowed organisations to prepare food for delivery where appropriate. These meals and those available through our NFA partnership, have seen a small scale continuation of a Covid lockdown trend of grass roots community figures, social care and other partners providing hyper local meals on wheels.



## **CASE STUDY 2:**

# **Shop Healthy Newham**

The Council in partnership with Rice Marketing, London leading champions of good retail, to improve the food offer in Newham food deserts. Desktop Mapping of convenience stores identified 21 potential stores in Custom House and North Woolwich. Conversations with local community leaders the list to shops local families were most reliant on. Then against a criteria of hygiene, range size, retailer engagement four stores were identified. Each store was run by an owner keen to get involved to help their customers. The team created a Shop Healthy Newham toolkit and then with each owner produced a bespoke action plan identifying the scope to grow sales and help the local community by selling more healthy food.

The Shop Healthy Newham Toolkit has five areas of focus for the retailer:

- 1. Make your range healthier**
- 2. Accept Healthy Start Vouchers**
- 3. Sell fresh fruit and vegetables**
- 4. Help your local children make better health choices**
- 5. Check affordability of healthier products**

Rice Marketing said “Newham retailers were really engaged and some of the most positive we have worked with in London. They have a real appetite for collaboration and partnership to be part of something that is both good for business and good for the community.”

Of the four shops Londis Constance Street and Nisa Pier parade have added 20 healthier lines an increase of 25%. The other two stores are working to introduce their healthier lines!

## **UPDATE:**

# **PRIORITY 7:**

## **Supporting active travel and improved air quality**

### **Step 28:**

Prioritise actions such as active travel and encourage use of green spaces to support Climate Now

### **Step 29:**

Work in partnership to ensure all residents have access to high quality green and active spaces in the borough

### **Step 30:**

Challenge major employers and new developments in the borough to lead by example of active travel

### **Step 31:**

Bring a public health approach to shaping healthier places and healthy streets in our communities

### **Step 32:**

Support schools to be active travel beacons





## PROGRESS HIGHLIGHT

### Cycling in Newham



The Council is making it easier to cycle in Newham, which will help people get more exercise, improve air quality and make Newham’s streets healthier. In 2022 the Council worked with Brompton Bike Hire to add a further five hire docks in the borough. The Council also provided cycle training to 1,255 children and 1,252 adults and installed 32 new cycle hangars.

## Achievements/successes (since the last progress report)

PROJECT	DESCRIPTION
<b>Step 28: Prioritise actions such as active travel and encourage use of green spaces to support Climate Now</b>	
<b>Net Zero Schools programme</b>	<ul style="list-style-type: none"> <li>● This programme aims to facilitate climate action through supporting pupils, teachers, parents and whole-school communities to take action on climate change through bringing climate and nature into lessons, working towards becoming zero carbon and fostering a learning environment to share and inspire others.</li> <li>● For example, Forest Gate School took part in an experiment to monitor the effect that houseplants would have in a classroom setting. It found that on average there was a 13% reduction in nitrogen dioxide levels throughout the day after houseplants were introduced.</li> <li>● The programme is also working with Groundwork to audit and design architectural plans for green and blue infrastructure to improve air quality and support the climate.</li> <li>● The results of this work will inform future interventions in Newham and build the evidence base for how local areas can take climate action.</li> </ul>

**WE ARE ACTIVE TRAVEL.**

**WE ARE NEWHAM.**

Changes to the junction of Plaistow High Street and Clegg Street

NEWHAM LONDON

BUILDING A FAIRER NEWHAM

**LEVELLING UP**

NEWHAM LONDON

**WE ARE ROMFORD ROAD ACTIVE TRAVEL.**

**WE ARE NEWHAM.**

Share your views on how we can improve Romford Road for walking and cycling, and make it more public transport friendly.

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

OUR NEW STREETS

BUILDING A FAIRER NEWHAM





PROJECT	DESCRIPTION
<b>Coordinating climate action with the NHS</b>	<ul style="list-style-type: none"> <li>● NHS North East London (NEL) published its Green Plan in 2022, setting out its aims, objectives and delivery plans to reduce carbon emissions in collaboration with the Council and other system partners.</li> <li>● Public Health established a joint Council-NHS climate network, involving NHS NEL, East London Foundation Trust (ELFT), Newham University Hospital, Barts Health NHS Trust, and primary care, to support coordinated action on climate and health.</li> <li>● This led to a collaboration between the Council and NHS NEL to encourage active travel among NHS staff working in Stratford. This approach has since been rolled out across NEL as part of NHS England's Step up a Gear programme.</li> <li>● The Council also supported local hospitals to increase their cycle facilities and to green their fleet by facilitating the roll-out of electric vehicle charging points across NHS sites.</li> </ul>
<b>Electric vehicles (EV)</b>	<ul style="list-style-type: none"> <li>● The Council installed 60 bays of electric vehicle (EV) charge points across Newham to facilitate the charging of EVs via lamp columns.</li> <li>● This will contribute to a transition to greener vehicles and cleaner air.</li> </ul>
<b>Step 29: Work in partnership to ensure all residents have access to high quality green and active spaces in the borough</b>	
<b>Local Plan</b>	<ul style="list-style-type: none"> <li>● During 2022 the Council's Planning team engaged with teams across the Council, residents and local organisations to develop its draft Local Plan.</li> <li>● It sets out a vision that, as Newham's urban environment transforms over the next 15 years, this transformation builds a fairer, healthier and happier borough where creativity, diversity, an inclusive economy and community spirit can flourish and where residents feel proud of where they live.</li> <li>● This key policy framework will play a significant role in the health of Newham residents and health inequalities. For example, it will put policies in place to improve air quality, increase physical activity through travel, leisure and sport, create high quality green space, address climate change, and influence many more determinants of health.</li> </ul>
<b>Increasing cycling</b>	<ul style="list-style-type: none"> <li>● Enabling and encouraging people to cycle in Newham will benefit health and the environment, including through increasing physical activity and improving air quality.</li> <li>● The Highways team collaborated with Brompton Bike Hire, procuring five docks each containing eight cycles for hire.</li> <li>● The Council installed 32 cycle hangars across the borough, with an additional ten to be installed in coming months.</li> <li>● Between September 2021 and October 2022, the Council provided cycle training to 1,255 children and 1,252 adults.</li> </ul>
<b>Low Traffic Neighbourhoods</b>	<ul style="list-style-type: none"> <li>● Low-traffic neighbourhoods (LTNs) improve health through making streets more people-friendly, making it easier and more appealing to travel actively, reducing air and noise pollution, reducing road danger and helping people move around their local area. They also present opportunities for people to use streets in different ways, such as for play or organised events.</li> <li>● The Council has delivered six LTNs since 2020, with a further five being designed or considered for delivery by March 2025.</li> <li>● Currently 40% of eligible streets are in an LTN; by March 2025 this is predicted to be 50%.</li> <li>● All the LTNs are having a positive impact. For example, the Stratford Park LTN reduced traffic within the zone by up to 95% and reduced speeds by up to 19%. The number of people walking in the zone increased by 8% and there were 10 times more people cycling.</li> <li>● The Council works with Transport for All to identify accessibility improvements in the LTNs to ensure the schemes are accessible so everyone can travel actively.</li> </ul>



PROJECT	DESCRIPTION
<b>Step 30: Challenge major employers and new developments in the borough to lead by example of active travel</b>	
<b>Sustainable travel for employers and developers</b>	<p>The Council implemented a new approach to working with local employers, developers and other organisations to develop and monitor travel plans to increase sustainable travel. This includes:</p> <ul style="list-style-type: none"> <li>● Publishing new guidance to assist those preparing a travel plan, including core travel survey questions to understand barriers to walking and cycling.</li> <li>● Working with several major employers, including NHS North East London (NEL), Westfield Stratford City and London City Airport to deliver staff engagement sessions and travel surveys to support subsequent measures to increase active travel. The NHS NEL work has led to this approach being rolled out across NEL as part of NHS England's Step up a Gear programme.</li> <li>● Contacting employers, developers, managing agents and tenants at 33 new developments, with travel survey data and progress reports received from 11 of these.</li> <li>● Engaging with local places of worship to promote sustainable and active travel and develop bespoke travel plans.</li> </ul>
<b>Step 31: Bring a public health approach to shaping healthier places and healthy streets in our communities</b>	
<b>Air quality action plan</b>	<ul style="list-style-type: none"> <li>● The Council continues to deliver its Air Quality Action Plan, which includes measures to improve air quality and improve data on air pollution.</li> <li>● Improved air quality around schools is one of the Plan's key targets. In 2019-20, nitrogen dioxide levels around schools fell by an average of 21%, and in 2020-21 it fell by a further 5%.</li> </ul>
<b>Engaging communities on clean air</b>	<ul style="list-style-type: none"> <li>● In 2021, the Council, together with Hackney, Tower Hamlets and the City of London, was awarded £314,000 by Defra's Air Quality Fund to increase awareness of air pollution, reduce people's exposure and reduce emissions, targeting the most polluted areas.</li> <li>● As part of this, the Council is working with residents and partners to: <ul style="list-style-type: none"> <li>● Co-produce a Climate and Clean Air Community Champions programme – around 20 Newham residents are co-designing the programme with the Council.</li> <li>● Train local healthcare staff to advise patients about reducing exposure to air pollution.</li> <li>● Co-produce an interactive web tool to engage and inform people about air pollution in their area and provide practical ways of avoiding or reducing air pollution.</li> </ul> </li> </ul>
<b>Step 32: Support schools to be active travel beacons</b>	
<b>Healthy School Streets</b>	<ul style="list-style-type: none"> <li>● There are now 19 Healthy School Street sites.</li> <li>● The latest evaluation suggests the schemes improve air quality during the school day, with reductions in levels of nitrogen dioxide (average of 29% reduction during school hours) and particulate matter (average of 19% reduction in PM2.5 and 25% reduction in PM10).</li> </ul>
<b>STARS scheme</b>	<ul style="list-style-type: none"> <li>● The Transport for London STARS scheme (Sustainable Travel: Active; Responsible; Safe) engages, supports and incentivises schools to increase active travel among the school community. In Newham it is linked to the Healthy Schools programme.</li> <li>● In 2022, 60 schools achieved accreditation in the scheme as follows: Gold (13), Silver (9) and Bronze (38).</li> <li>● All schools achieving accreditations are taking active steps to increase active travel, which increases physical activity and improves health and the environment.</li> </ul>



PROJECT	DESCRIPTION
<b>Sustainable Modes of Travel to Schools (SMoTS) strategy</b>	<ul style="list-style-type: none"> <li>The Council is working with head teachers on the SMoTS strategy, which will be a partnership strategy to increase sustainable travel to and from schools.</li> </ul>

## Next steps

### Step 28: Prioritise actions such as active travel and encourage use of green spaces to support Climate Now

- Continue to grow and develop the Council-NHS climate network, including running a workshop to discuss and agree on priorities for collaborative action for 2023.
- Carry out a climate health needs assessment, with a focus on climate adaptation. This will inform system action to protect residents from the impacts of climate change, especially those who are most at risk.
- Extend the emissions based parking charges to include pay-by-phone and pay-&-display bays, with the aim of improving air quality and making Newham a more people-friendly place.
- Introduce 400 EV charge points during 2023/24 to speed up the transition to electric vehicles.

### Step 29: Work in partnership to ensure all residents have access to high quality green and active spaces in the borough

- The Council will publish the final Local Plan, which will set a policy framework for making Newham a healthier, more people-friendly and climate-friendly place in the long term. As part of this, the Council will consult residents and stakeholders on introducing a Social Value and Health Impact Assessment Policy to maximise the health benefits of planning proposals in the borough while minimising any negative health effects.
- The Council will publish a series of accompanying strategies, including a sustainable transport strategy, a walking and cycling strategy, and a green and blue infrastructure strategy.
- Continue to implement and evaluate LTNs.
- Partner with Transport for All and residents in designing transport interventions. This includes actions in the Newham Ageing Well Strategy to involve residents in making Newham an age-friendly place.

### Step 30: Challenge major employers and new developments in the borough to lead by example of active travel

- Strengthen relationships with major employers, developers and other local organisations, and develop new partnerships focussing on travel planning and delivering improved active travel outcomes.
- Continue to monitor and engage on Travel Plans at new developments. Use this data to inform the development and promotion of active travel initiatives that can be accessed by major employers and new developments.

### Step 31: Bring a public health approach to shaping healthier places and healthy streets in our communities

- Mobilise residents around climate and clean air through the launch of the Climate and Clean Air Champions programme.
- Deliver pilots of healthcare worker training on air pollution.
- Launch the interactive air quality webtool to engage and inform residents in ways to reduce emissions and their exposure to air pollution.

### Step 32: Support schools to be active travel beacons

- Publish the SMoTS strategy.
- Continue to implement and evaluate Healthy School Streets and the STARS programme.



# KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of healthy school street sites*	6	19	217%

\* Cummulative total over 2 years





## CASE STUDY: Healthy School Streets

Healthy School Streets aim to improve air quality, increase active travel and reduce road danger around schools. The schemes reduce traffic near schools through restricting vehicles at arrival time in the mornings and home time in the afternoons. They either use cameras or physical barriers to prevent people driving where they shouldn't be.

Since 2019 the Council has worked in partnership with schools to introduce 19 Healthy School Streets sites, making the school environment healthier for 12,800 pupils. The schemes are linked to better air quality during the school day, with lower levels of nitrogen dioxide (average of 29% reduction during school hours) and lower levels of particulate matter (average of 19% reduction in PM2.5 and 25% reduction in PM10). Cycling has also gone up since the schemes were introduced, with on average 32 extra cycling trips a week per site.

Head teachers have celebrated the impact the schemes have had on their school communities:

“ The scheme has really made a difference. I encourage people to come observe the waves of children and parents walking, cycling & scooting to school in the morning.”

Head Teacher at Woodgrange Infant School,  
Sarah Soyler

“ What a huge improvement in safety for our students now that #healthyschoolstreets is in place – no more crowding, beeping, shouting & cars diverting onto pavements. And less pollution too!”

Head Teacher at Lister Community School,  
Anthony Wilson



## **UPDATE:**

# **PRIORITY 8:**

## **Supporting an active borough**

### **Step 33:**

Develop and promote a universal offer of sport and physical activity for residents in Newham

### **Step 34:**

Develop an inclusive programme for the least active adults to participate in sport and physical activity

### **Step 35:**

Increase participation of children and young people in physical activity and sport

### **Step 36:**

Support place shaping for physical activity, including leisure infrastructure and the wider environment





## PROGRESS HIGHLIGHT

### Skipping for Fitness



The Newham School Sports Partnership initiated a Skipping for Fitness pilot to get children aged 7 to 11 into skipping. 20 primary schools and 3,500 children took part in the pilot. The results and positive feedback from those involved will help develop new and innovative ways for children to stay active at school and at home.

# Achievements/successes (since the last progress report)

PROJECT	DESCRIPTION
<b>Step 33: Develop and promote a universal offer of sport and physical activity for residents in Newham</b>	
<b>Small Grants Olympic Legacy Programme</b>	<ul style="list-style-type: none"> <li>• The Council delivered the small grants Olympic legacy programme in 2022 to celebrate the 10-year anniversary of the London 2012 Games.</li> <li>• It offered small grants to support community events and projects helping residents to become more active.</li> <li>• It was specifically targeted at women and girls, families, under 5s, those with disabilities or long-term health conditions and older people.</li> <li>• The Council received 67 applications and awarded 9 organisations, distributing £17,000 for a range of projects and events including sports days, cycling events, exercise classes for older people, equestrian sessions for women and archery skills for people with mental health conditions.</li> </ul>

**active** Newham London

**WE ARE ACTIVE.**

**WE ARE NEWHAM.**

**OCTOBER HALF TERM PROGRAMME**

Free activities for children and young people this half-term, continuing to celebrate the 10 year anniversary of London 2012. Come and try a variety of Olympic and Paralympic Sports. Sessions include Combat Sports (Taekwondo, Judo, Karate, Boxing), Racquet Sports (Tennis, Badminton, Table Tennis) and Team Sports (Football, Basketball, Volleyball, Hockey, Handball, Rugby).

**DATES:**  
Monday 24 October – Friday 28 October

**TIMES/AGES:**  
12pm-2pm – 5-11 years  
2pm-4pm – 12-16 years

**VENUES:**

- East Ham Leisure Centre, 324 Barking Road London E6 2RT
- Stratford Park, West Ham Lane, Stratford, E15 4DZ (meeting point for activities - covered MUGA area)
- Keir Hardie, Tarling Road, Canning Town, E16 1CA (meeting point for activities - old Changing Rooms)

To book: <https://tinyurl.com/OctoberHalf-termactivity>

For more information: [sports@activenewham.org](mailto:sports@activenewham.org) or 07741 293506

**BUILDING A FAIRER NEWHAM**

**Table Tennis** **active** Newham London

**WE ARE ACTIVE.**

**WE ARE NEWHAM.**

**PING! FREE OUTDOOR TABLE TENNIS**

Find your local outdoor table tennis table, see overleaf for details

People at the Heart of Everything We Do

**active** Newham London

**WE ARE ACTIVE.**

**WE ARE NEWHAM.**

**Newham 10 Year Anniversary - London 2012 Games COMMUNITY GRANTS**

This year celebrates the 10 year anniversary of the London 2012 Olympic and Paralympic Games. We want to give community organisations throughout Newham the opportunity to commemorate the occasion by delivering events or activity projects inspired by the Games!

Grants of up to £2000 are available for organisations to develop ideas that help people to get active and maybe inspire our next generations of athletes!

For more information or to apply, please visit: [www.newham.gov.uk/olympicgrant](http://www.newham.gov.uk/olympicgrant)

People at the Heart of Everything We Do



PROJECT	DESCRIPTION
<b>Step 34: Develop an inclusive programme for the least active adults to participate in sport and physical activity</b>	
<b>Female-only programme</b>	<ul style="list-style-type: none"> <li>● PALACE, in partnership with the Council, delivered a female-only fitness programme at the Jack Cornwell Centre, targeting women who do not get enough physical activity.</li> <li>● Weekly sessions included circuit training and exercises, music sessions, weight management advice and BMI and blood pressure checks.</li> <li>● The sessions were regularly attended by 25 women a week.</li> <li>● Due to the programme's success, the Council has continued it as part of the Manor Park Get Active Get Healthy programme.</li> </ul>
<b>Step 35: Increase participation of children and young people in physical activity and sport</b>	
<b>School holiday programmes</b>	<ul style="list-style-type: none"> <li>● activeNewham and the Council delivered a range of free school holiday programmes in parks and open spaces over the school holidays in 2022.</li> <li>● The programmes included taster sessions in Olympic and Paralympic sports, rowing sessions and activities for 3-5-year-olds.</li> <li>● Sessions were also offered in disability tennis with the National Tennis Association and BMX with Community Outdoor Group Cycling Club (CoG), using the newly refurbished BMX track at Gooseley Playing Fields.</li> </ul>
<b>Festivals (August 2022)</b>	<p>Children, young people and families from across Newham attended summer sports festivals, where they played a range of sports and got a taster of the wide range of activities available locally.</p> <p><b>activeNewham</b></p> <ul style="list-style-type: none"> <li>● activeNewham delivered two sports festivals to celebrate the Commonwealth Games, with activities including badminton, table tennis, cricket, volleyball, basketball, boxing, judo, rugby and athletics.</li> </ul> <p><b>Wapping Youth FC</b></p> <ul style="list-style-type: none"> <li>● Wapping Youth FC ran a football festival for children, young people and families to celebrate the Women's European Football Championships.</li> <li>● It offered a range of football-related activities including football pool, inflatable football darts, skills and drill and matches.</li> </ul> <p><b>StreetGames 265</b></p> <ul style="list-style-type: none"> <li>● Young people from 11 local organisations attended the StreetGames Summer Celebration Multi-Sport Festival at the Copper Box.</li> <li>● The youth-led festival of sport and culture marked the 10-year anniversary of the London 2012 Games.</li> </ul>
<b>Skipping for Fitness Project</b>	<ul style="list-style-type: none"> <li>● The Newham School Sports Partnership commissioned this project to teach children aged 7 to 11 to skip. It aimed to encourage and inspire children and young people incorporate skipping into their regular daily activity – in the playground, at school and at home.</li> <li>● The six-week programme was delivered in 20 primary schools from July-December 2022, and 3,500 children took part.</li> </ul>
<b>Step 36: Support place shaping for physical activity, including leisure infrastructure and the wider environment</b>	
<b>Swing Fitness</b>	<ul style="list-style-type: none"> <li>● The Council's Leisure and Sport team worked in partnership with Swing Fitness to install three Swing Fitness outdoor micro gyms in Plashet Park (2) and Central Park (1) to activate urban parks and increase physical activity by making fitness equipment more accessible – especially for local communities where physical activity levels are low.</li> </ul>



PROJECT	DESCRIPTION
	<ul style="list-style-type: none"> <li>● Residents can unlock the stations using a free smartphone app, which includes workout videos. They are pay-as-you-go, and can be used flexibly and at low cost.</li> <li>● Local GPs, social prescribers, walking groups and personal trainers received discount codes to help try out the gyms with their groups and/or refer residents at little or no cost.</li> </ul>
<b>Ping! table tennis programme</b>	<ul style="list-style-type: none"> <li>● The Council and Table Tennis England delivered Ping! in partnership in from August 2021 to March 2022.</li> <li>● It aimed to make ping pong more visible, accessible, sociable and to appeal to those who may not otherwise have played and/or were physically inactive.</li> <li>● It moved ping pong from its traditional settings and placed it in new community locations.</li> <li>● Nine new outdoor table tennis tables were installed in six locations: Stratford Park (1), Abbey Green (1), New Beckton Park (2), Brampton Park (2), Central Park (2) and Priory Park (1).</li> <li>● Indoor tables and pop up equipment were installed in sheltered accommodation and care homes to promote sport and physical activity.</li> <li>● Additional funding helped to activate the tables and activeNewham delivered sessions during school holidays to get more children and young people involved.</li> </ul>

## Next steps

### Step 33: Develop and promote a universal offer of sport and physical activity for residents in Newham

- Develop a leisure and sport action plan to identify priorities and set out how physical activity levels can be increased over the next 3 years.
- Continue to commission new innovative programmes such as those that use technology and incentives to reward active behaviours including active travel.
- Work with partners to promote the wider health and wellbeing offer available to residents through wider networks such as VCFS groups, communities and clubs.
- Award a new tennis management contract to support as many residents as possible into a wide range of tennis activities.

### Step 34: Develop an inclusive programme for the least active adults to participate in sport and physical activity

- Attract additional resources which can be used to drive and support an increase in sport and physical activity participation.
- Continue to commission activities such as a free parks fitness programme, activating green spaces and providing more opportunities for residents to be active.

### Step 35: Increase participation of children and young people in physical activity and sport

- Continue to work with networks such as School Sports Partnerships to develop and promote sport and physical activities in schools.
- Commission specific programmes for children and young people such as school holiday programmes providing more opportunities for them to be physically active.
- Work in partnership with wider Council colleagues to support the delivery of more Play Streets in the borough.
- Continue to support colleagues in Children's and SEND services to deliver inclusive physical activity programmes and events such as the Gr8 Day 2 Play, providing targeted and supported opportunities for children and young with additional needs to be active.



### Step 36: Support place shaping for physical activity, including leisure infrastructure and the wider environment

- Provide updated strategies including a new Playing Pitch Strategy and Built Facilities Needs Assessment Strategy to support and inform future works and priorities.
- Seek additional resources to enable development of community sports facilities such as multiuse games areas (MUGAS), tennis courts, sports pitches and play spaces in green and grey spaces.
- Support wider Council colleagues in their work to develop and facilitate more active spaces for example, cycle and walking routes and healthy streets.
- To develop a leisure and sport action plan that will set how physical activity levels can be increased over the next three years.
- To award a new leisure services management contract to support as many residents as possible to lead an active and healthy life; this will also support the wider health and wellbeing outcomes.
- To attract additional resources which can be used to drive an increase in sport and physical activity participation.

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of leisure centre attendances	281,177	754,196	168%
Number of residents engaged in community activity programmes	5,118	7,038	38%
Number of high-quality and appropriate play, sports/leisure facilities*	10	13	30%

\* Cummulative total over 2 years



## CASE STUDY:

# Go Sketch Pilot

(April-May 2022)

Due to the impact of the pandemic on physical activity levels, particularly in schools, a pilot 6-week arts and sports programme was delivered in partnership with Future Proof CIC at New City Primary School.

The project was supported by one of the 50 Steps Changemakers, Paul Archer.

The weekly sessions comprised of 60 minutes of tennis coaching, delivered by the National Tennis Association, and 30 minutes of design time which included the following:

- Each student received a project workbook, designed by Future Proof, featuring on the cover one of the other inspired 50 Steps Changemakers, Christine Ohuruogu
- As part of the design challenge, students created a new team identity: producing animations that introduced each task, choosing a captain, creating a team name, designing a mascot, logo and crest
- These designs were then placed onto a t-shirt and tennis racquet which the students got to keep at the end of the project to encourage them to keep playing
- They also designed a medal at the start of the programme that would be used as an extra incentive to complete the GoSketch challenge, which was presented to all pupils at the final session.

Approximately 60 pupils from Year 4 took part and a number of outcomes were achieved including:

- Increasing interest in playing sport
- Developing sports skills and team skills
- Encouraging interest in creative and sporting careers.



“ The programme has been great. It has brought together two subjects that wouldn't normally work together.

Providing art alongside sport has allowed us to attract pupils into sport that wouldn't normally want to take part. The children have even asked if they can now do art sessions outside during playtimes and lunchtimes. And with the children taking home their own tennis racquets means that they can do activity in their own time. We would love to do the programme again with another year group.”

**Paul Archer**  
PE Teacher and 50 Steps Changemaker

“ We were delighted to bring GoSketch to East London with Newham Council. The response from the children and the school was great – they really embraced the programme and threw themselves into the tennis coaching and design challenge. They should be really proud of what they achieved on the court, in the classroom and as a team.”

**Tom Hall**  
Director, Future Proof Purpose & Impact

## **UPDATE:**

# **PRIORITY 9:**

Supporting a Newham of communities where people are better connected and supported

### **Step 37:**

Promote and increase opportunities for social connectedness to improve residents' health and wellbeing and reduce isolation and loneliness

### **Step 38:**

Increase levels of volunteering

### **Step 39:**

Develop strong relationships with voluntary and community sector to help improve the health and wellbeing of residents

### **Step 40:**

Make Newham a mental health friendly borough







## PROGRESS HIGHLIGHT

### Social Welfare Alliance

Newham’s Social Welfare Alliance continues to grow, equipping staff in the Council and voluntary, community and faith organisations with knowledge and skills to support residents in a wide range of issues, such as the cost of living, homelessness and mental health. The Alliance has delivered over 200 training sessions to 1,400 people across almost 200 organisations.

# Achievements/successes (since the last progress report)

PROJECT	DESCRIPTION
<b>Step 37: Promote and increase opportunities for social connectedness to improve residents’ health and wellbeing and reduce isolation and loneliness</b>	
<b>Increasing people’s ability to help each other</b>	<ul style="list-style-type: none"> <li>● Monthly Thoughtful Thursday programmes were delivered with 54 residents participating.</li> <li>● Infographics about support for mental and emotional wellbeing for adults and children were produced and shared with Covid-19 Champions.</li> <li>● Information about support for mental and emotional wellbeing for adults and children were shared as part of Newham’s Welcome Newham programme – the programme that supports ne refugees and asylum seekers in Newham, including people affected by the war in Ukraine.</li> <li>● Covid-19 Champions had specific information sessions around mental and emotional wellbeing support for children and young people.</li> <li>● Newham shared resources developed by Thrive London – the London-wide mental and emotional wellbeing programme.</li> <li>● An Isolation Action plan is being launched.</li> </ul>

**WE ARE SUPPORTING VOLUNTEERS.**

**WE ARE NEWHAM.**

People, Policy and Performance  
Resident Engagement and Participation  
Newham’s Volunteers Programme

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

People at the Heart of Everything We Do

**WE ARE VOLUNTEERING.**

**WE ARE NEWHAM.**

**VOLUNTEERING STRATEGY.**

People at the Heart of Everything We Do

**WE ARE SUPPORTING.**

**WE ARE NEWHAM.**

This leaflet lists sources of support to help to make your organisation more resilient in these challenging times.

Contact Compost for more information  
[info@compostlondon.org.uk](mailto:info@compostlondon.org.uk)

Building a FAIRER NEWHAM



<b>PROJECT</b>	<b>DESCRIPTION</b>
<b>Step 38: Increase levels of volunteering</b>	
<b>Community Champions programmes</b>	<ul style="list-style-type: none"> <li>● The Council's transformational COVID-19 Champions programme, with more than 500 champions, focuses on wider issues and transitioned into Community Health Champions.</li> <li>● Welcome Newham Champions are a core part of the Council's support to people fleeing the war in Ukraine.</li> </ul>
<b>Volunteering Strategy</b>	<ul style="list-style-type: none"> <li>● Ten voluntary, community and faith organisations are working closely with the Council to deliver the Volunteering Strategy adopted in 2021.</li> <li>● Nearly 500 people became Newham Volunteers in the past year, bringing the total to 7,026 since the programme began more than 15 years ago.</li> <li>● More than 250 volunteering opportunities and 2000 active volunteering sessions took place including events for the Queen's Jubilee and the Proclamation events at London Bridge.</li> </ul>
<b>Step 39: Develop strong relationships with voluntary and community sector to help improve the health and wellbeing of residents</b>	
<b>Supporting development in the voluntary, community and faith sector</b>	<ul style="list-style-type: none"> <li>● Compost London continued to support capacity building in the voluntary, community and faith sector. They supported more than 100 organisations, and now have 564 organisations in the networks.</li> <li>● More than 140 voluntary, community and faith organisations were part of Newham alliances including: the Anti-Poverty Alliance; the Newham Food Alliance; the Newham Advice Partnership; and the Social Welfare Alliance.</li> <li>● More than 50 small local organisations received small grants to help improve outcomes and experiences for residents in areas like mental health, living well with COVID-19 and taking the COVID-19 vaccine.</li> <li>● 14 training sessions were delivered and 8 network events organised, with 233 attendees.</li> </ul>
<b>Social Welfare Alliance</b>	<ul style="list-style-type: none"> <li>● The social welfare alliance continued to deliver training for staff from across the Council, the voluntary community and faith sector.</li> <li>● 47 different training topics are offered with 13 voluntary, community and faith organisations and 11 Council teams participating in the delivery.</li> <li>● More than 200 sessions have been delivered to nearly 1400 people.</li> <li>● Almost 200 organisations accessed training.</li> </ul>
<b>Newham Food Alliance</b>	<ul style="list-style-type: none"> <li>● This alliance is continuing to grow.</li> <li>● 39 partners are supporting over 4,110 households.</li> <li>● Partners are also delivering on community meals as part of the Council's cost of living response.</li> </ul>
<b>Step 40: Make Newham a mental health friendly borough</b>	
<b>Mental health friendly borough</b>	<ul style="list-style-type: none"> <li>● The Mental Health Friendly Borough development plan was signed off by the Mental Health Action Group.</li> <li>● This will be taken forward in the next year, alongside the transformation of mental health services.</li> </ul>



# Next steps

**Step 37: Promote and increase opportunities for social connectedness to improve residents' health and wellbeing and reduce isolation and loneliness**

**Step 40: Make Newham a mental health friendly borough**

- Launch the Isolation Action Plan.
- Implement the Mental Health Friendly Borough co-design programme.
- Deliver focused inequalities work around community-level mental health services particularly for residents over-represented in the higher end services.

**Step 38: Increase levels of volunteering**

- Continue to develop volunteering platforms and collaboration with the voluntary sector.
- Develop new models of collaboration by building on work underway as part of the cost of living crisis.
- Work with the Resident Engagement team to continue to deliver on the Volunteering Action Plan.
- Develop plans for extending the champions programmes, as well as developing peer support work with the Corporate Strategy team.

**Step 39: Develop strong relationships with voluntary and community sector to help improve the health and wellbeing of residents**

- Develop a concordat between voluntary and community sector and health partners on how to work together.
- Re-procure capacity building resource.
- Continue to work to develop equity of funding with Black-led organisations.
- Identify patterns of funding for small grants to inform capacity building priorities and funding equity.
- Work closely with adults and health to support delivery of category 3 and 4 of Dynamic Purchasing Vehicle.
- Continue to develop the Newham Food Alliance, the Social Welfare Alliance, the Anti-Poverty Alliance and other alliances.

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of Social Welfare Alliance training topics provided*	28	47	68%
Number of Social Welfare Alliance training sessions delivered	111	128	15%
Number of individuals registered with Anti Poverty Alliance		117	0

\* Cumulative total over 2 years

## CASE STUDY: Frames of Mind

The London Borough of Newham, through the Mental Health & Wellbeing Community Grant has funded a weekly programme (10 x sessions) called Frames of Mind Café. It offers a safe and inclusive space where participants can meet new people and learn new practical and creative skills together. Their digital inclusion programme, designed to increase resident's confidence and ability to use smart technology, runs at Stratford Library.

The course content is co-designed by the participants, responding to their needs and interests, to ensure learning is meaningful and embedded. Participants are supported to discover the potential of their smart devices, as tools for personal enablement and recovery.

The funding has allowed Frames of Mind to extend their holistic offer, introducing a physical exercise element, to each weekly session. It has also supported them to strengthen referral pathways via local Social Prescribing Networks, expand outreach and firmly entrench their services as a vital community resource - therefore supporting more residents, reducing digital exclusion, social isolation and health inequities.

In the first quarter of the programme (November 2022 – January 2023), Frames of Mind have supported 19 participants who all attend their weekly Frames of Mind Café sessions, learning new creative skills including, digital self-portraits, collage, creative photography, as well as practical life skills; sending emails with attachments, on-line forms. Participants have all been between 56 – 84 years of age. They have also engaged with 136 participants from different ethnic backgrounds and health concerns through taster sessions and outreach engagement activities.

A further eight outreach engagement sessions supporting around 155 participants aged between 46 – 96 years of age from a range of ethnic backgrounds, (the highest number identifying as African Caribbean and White other) and 52 men and 103 women.



### Quotes from participants include

“ [T]his is the first time I have been to anything or joined anything in 3 years” (from a participant with autism and mobility challenges) and “[M]y wellbeing is on a high”. A participant with a neurological condition who attended a dance and movement session said she was wary of joining in the movement, but afterwards “felt in touch with her body again.”

“ I don't need to ask for help with my phone anymore...and actually now I'm helping other people!”

### Some of the impacts so far

- Improved health and mental wellbeing through engagement in meaningful creative and practical digital life-skills, enabling positive life changes and self-advocacy.
- Reduced social isolation and loneliness with examples of new friendships made and a peer support network.
- Participants connected to vital services with increased understanding of local pathways, supporting services and materials - mitigating impact of cost-of-living crisis before winter.
- Transferrable skills learnt providing stepping-stone to volunteering, further education, training, and the pursuit of new interests.
- Frames of Mind staff trained, informed, and connected through Social Welfare Alliance training and communities of practice learning.

**UPDATE:**

# **PRIORITY 10:**

Working towards a smoke free Newham

**Step 41:**  
Make Newham  
Tobacco free by 2030

**Step 42:**  
Provide access to high  
quality support to quit  
smoking





## PROGRESS HIGHLIGHT

### Trading Standards action on tobacco



The Council's Trading Standards team is cracking down on underage tobacco sales, illicit tobacco and tobacco-related organised crime. In 2022 the team seized £250,000 worth of illegal vapes and tobacco products and identified over 700 non-compliant nicotine-inhaling products through inspections. The team also engaged, educated and encouraged businesses to protect residents' health and safety – especially young people – by adhering to tobacco laws.

# Achievements/successes

(since the last progress report)

PROJECT	DESCRIPTION
<b>Step 41: Make Newham Tobacco free by 2030</b>	
<p><b>Newham SmokeFree Alliance: addressing health inequalities</b></p>	<ul style="list-style-type: none"> <li>● Newham Smokefree Alliance launched February 2021 to reduce smoking rates in Newham.</li> <li>● Members include                             <ul style="list-style-type: none"> <li>● London Borough of Newham (public health, housing and trading standards).</li> <li>● NHS (East London Foundation Trust, Barts Health NHS Trust, and NHS NEL).</li> <li>● Voluntary, community and faith sector organisations.</li> <li>● Leaders from Newham's schools, colleges and universities.</li> </ul> </li> <li>● In 2022 the Alliance launched a quarterly newsletter including latest quit data from Quit Well Newham and pharmacies.</li> <li>● It also published its first CLeaR (challenge, leadership, results) local tobacco control assessment, which evaluated local action, developed priorities for action, and enabled the Council to monitor progress over time.</li> <li>● The Alliance is also developing whole-school Smokefree approaches and other school-based interventions.</li> </ul>

**HEALTHY SCHOOLS TOOLKIT.**

**SMOKING AND VAPING.**

**HEALTHY SCHOOLS NEWHAM**

**WE ARE NEWHAM.**

**BUILDING A FAIRER NEWHAM**

**FACTS ABOUT VAPING**

**What is Vaping?**

A "vape," or electronic cigarette, is a device that heats up a liquid to create a cloud you inhale. Some types of vaping devices include pens, e-cigarettes (like JUUL), and reusable, refill vaping systems for use as healthier alternatives to smoking cigarettes. There are still many health risks involved.

**How Does Vaping Work?**

Vaping devices can vary in shape, size and colour. Devices produce an aerosol by-product from heating up a liquid that sometimes consists of flavourings and other chemicals that make vaping seem less harsh (initially at least) than smoking. The liquid delivers nicotine, marijuana, or other drugs to the user via a mouthpiece that bubbles into the lungs, then exhaled via the mouth or nose.

**What do they look like?**

Newham Trading Standards conducted 3000 tobacco and vape test operations in Newham. Test purchases taken when they employ an underage customer to visit a bar or shop and try to purchase age-restricted goods from 31/03/2022 - 31/03/2022. Newham Trading Standards conducted a total of 30 000 tobacco and vape test purchase operations, with 2,200,000 vats, resulting in 10 failures (15.5% fail). As a result, there are currently 6 investigations in progress and 4 written warnings being considered.

**THANK YOU FOR NOT SMOKING POSTER COMPETITION.**

**All children and young people aged 5-14 years old Help us make Newham smoke-free by 2030**

**THE TASK**  
Design a poster to say 'Thank you for not smoking' to people in Newham.

**PRIZES TO BE WON**  
£20 cinema voucher, activity bag including tennis ball, bean bag, sensory ball, skipping rope and resistance bands and a £50 book voucher for your school.

**HOW TO ENTER**  
Email your poster to [publichealthenquiries@newham.gov.uk](mailto:publichealthenquiries@newham.gov.uk)

\*Winners will be announced for each Key Stage (1, 2 and 3)  
Winning posters will be on Newham bus stops in June 2022 as well as council social media and website, and local media.

**CLOSING DATE: 29 APRIL 2022**

Find out more at [www.newham.gov.uk/thankyoufornotsmoking](http://www.newham.gov.uk/thankyoufornotsmoking)

**WE ARE NEWHAM.**

People of the Heart of Everything We Do



PROJECT	DESCRIPTION
<b>Smoking, vaping and young people task and finish group</b>	<ul style="list-style-type: none"> <li>● The group launched in 2022, responding to concerns around the increase in use of illicit tobacco and modified vapes amongst young people. Members include Council, education (including safeguarding leads), NHS and service providers, Queen Mary University of London and Change Grow Live (CGL). It will also include a young people's steering group.</li> <li>● Its aims are:             <ul style="list-style-type: none"> <li>• Better understand smoking and vaping use amongst children and young people.</li> <li>• Develop and deliver an action plan and recommendations to prevent uptake of smoking and vaping whilst offering cessation support.</li> </ul> </li> <li>● As part of this, a Healthy Schools Smoking and Vaping Toolkit is being piloted across local schools and a vaping factsheet has been shared with teachers, parents and safeguarding networks.</li> </ul>
<b>Trading Standards tobacco control</b>	<ul style="list-style-type: none"> <li>● The Council's Trading Standards team conduct a robust and ambitious programme of underage tobacco test-purchasing and illicit tobacco enforcement to prevent sales of age-restricted products, prevent sales of illicit tobacco and disrupt organised crime, with the intention of reducing smoking prevalence.</li> <li>● Over the past year they have:             <ul style="list-style-type: none"> <li>• Seized £250,000 worth of non-compliant vapes and illicit tobacco products.</li> <li>• Taken part in two targeted days of action led by the Community Safety team.</li> <li>• Provided advice and education to over 40 businesses across Plaistow North and Plaistow South where concerns had been identified.</li> <li>• Visited 17 businesses with 10 non-compliance notices issued, identifying over 700 non-compliant nicotine-inhaling products.</li> <li>• Developed a briefing document outlining the process for anonymously sharing intelligence on illicit tobacco products between schools and the Trading Standards team.</li> </ul> </li> </ul>
<b>Step 42: Provide access to high quality support to quit smoking</b>	
<b>Quit Well Newham</b>	<ul style="list-style-type: none"> <li>● Quit Well Newham is a specialist stop smoking service that provides residents with free advice and support to quit smoking. It also addresses health inequalities by targeting high risk groups including:             <ul style="list-style-type: none"> <li>• People with severe mental illness</li> <li>• Pregnant women who smoke</li> <li>• Patients in acute settings</li> <li>• Routine and manual workers</li> <li>• Eastern European community</li> <li>• People under 25, particularly looked after children</li> </ul> </li> <li>● During 2022, 1,318 smokers in Newham registered with Quit Well Newham.</li> <li>● 640 had still stopped smoking after 4 weeks.</li> <li>● Quit Well Newham runs weekly drop-in clinics in 8 locations, including GP practices, libraries and Newham University Hospital. In 2022, almost half of those who registered with Quit Well Newham (312 out of 668 people) registered through this route.</li> <li>● Referral pathways were finalised between Quit Well Newham and Newham University Hospital and East London Foundation Trust (ELFT) to ensure continuity of care for patients between hospital and the community.</li> </ul>
<b>Pharmacy stop smoking services</b>	<ul style="list-style-type: none"> <li>● Over 45 pharmacies have either completed or are in the process of completing essential training and will provide smoking cessation support to residents in the community.</li> <li>● There are now two pharmacies in each community neighbourhood offering stop smoking support.</li> </ul>



## Next steps

### Step 41: Make Newham Tobacco free by 2030

- Develop a CLear assessment report using findings from the CLear assessment and peer- assessment with Hackney Council. This report will be used to develop recommendations to inform a tobacco control plan and help reduce health inequalities amongst core priority groups.
- Finalise the smoking, vaping and young people action plan with the task and finish group, which will include behavioural insights into why young people might start smoking and vaping and the factors which may make them quit.

### Step 42: Provide access to high quality support to quit smoking

- Quit Well Newham will focus on smokers who suffer from mental health issues. As part of the New Year, New You 2023 campaign, outreach events and communication materials will engage and encourage this group to quit smoking for both health and financial reasons.

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Referrals made to Newham's Stop Smoking Service	747	2,061	176%
Number of smokers who set a four week quit date	363	1,019	181%
Number of smokers who have quit	166	536	223%





## **CASE STUDY:** **Stoptober 2022**

**(April-May 2022)**

Stoptober is a major annual event to encourage smokers to quit smoking for 28 days in October. It is a good opportunity to promote quitting, particularly amongst high-risk groups.

For Stoptober 2022, Quit Well Newham targeted routine and manual workers, the Eastern European community and those living in the most deprived wards (including Beckton, Royal Docks, and Canning Town). All three groups have high smoking prevalence, but low uptake of the service.

Quit Well Newham and the Public Health Outreach team delivered a series of outreach events at various locations, including construction sites, a Romanian restaurant and the Beckton DLR station. Infographics translated into Lithuanian and Romanian were available and colleagues who spoke those languages were present at the events with the aim of breaking down barriers and encouraging these groups to access support.

A communications plan was also developed focusing on the cost of living crisis and how much money could be saved from quitting.

During the month:

- 480 people were asked about their smoking status and were given advice on ways to quit
- 38 people were referred to the service
- 109 quit dates were set with 65 quit outcomes achieved

The following priority groups were recorded:

- 42% underlying health condition
- 22% mental illness
- 17% routine and manual worker
- 16% Eastern European
- 24% living in a deprived ward
- 15% young person (under 25)
- 4% pregnant
- 3% in acute setting



**Stoptober outreach event at Vistry Construction Site (Plaistow), with Stop Smoking Advisor Amina**

“As I am getting older, I realise it’s not a good habit. I have always known that. I have found it difficult to quit due to my personal situation with the added stresses of the rising cost of living but you kind of lean on it and this time I want to quit.”

**Nino (ex-smoker)**

## **UPDATE:**

# **PRIORITY 11:**

## **Building a borough of health promoting housing**

### **Step 43:**

Address fuel poverty and help Newham residents live in warm homes

### **Step 44:**

Tackle levels of overcrowding in Newham Homes

### **Step 45:**

Reduce levels of homelessness and rough sleeping in Newham

### **Step 46:**

Reduce the numbers of children living in temporary accommodation (family homelessness)

### **Step 47:**

Support the design of health promoting and inclusive homes





## PROGRESS HIGHLIGHT

### BEAM and Bounce Back programme



Work to tackle homelessness has seen the number of people sleeping rough on Newham streets fall from 68 to 5 over the last year. 60 people who were sleeping rough have now been employed through the BEAM and Bounce Back programme.

## Achievements/successes (since the last progress report)

PROJECT	DESCRIPTION
<b>Step 43: Address fuel poverty and help Newham residents live in warm homes</b>	
<b>Fuel poverty working group</b>	<ul style="list-style-type: none"> <li>The Council set up a fuel poverty working group in September 2022, bringing together colleagues from across the Council to develop an action plan to reduce the number of fuel poor residents, increase support for vulnerable households and improve household energy efficiency ratings.</li> <li>In partnership with the Bromley by Bow Centre, the group held face-to-face workshops for residents and community organisations to build understanding of energy efficiency measures.</li> <li>The Social Welfare Alliance ran fuel poverty training to increase local stakeholders' knowledge of how to address fuel poverty so they are better equipped to inform, advise and support residents.</li> </ul>
<b>Cost of living response work</b>	<p>The Council developed and distributed clear, accessible information to help residents stay warm and well at home. These included:</p> <ul style="list-style-type: none"> <li>Reducing damp and mould</li> <li>Staying safe and warm at home – developed in partnership with the London Fire Brigade</li> <li>Energy advice for residents, landlords and frontline practitioners</li> </ul>

### ARE YOU A NEWHAM LANDLORD?

Get advice on the Minimum Energy Efficiency Standard, supporting tenants with their energy bills and keeping warm at home.

WE ARE NEWHAM. **FAIRER**

### DO YOU HAVE MOULD AND CONDENSATION IN YOUR HOME?

#### 5 STEPS TO REDUCE DAMP, MOULD AND CONDENSATION IN YOUR HOME

- REPORT IT
- INSULATE
- HEAT EFFICIENTLY
- VENTILATE
- LESS MOISTURE

Does your home have water stains on the ceiling? Are there black specks on the side of your windows and walls? Cold homes increase the risk of damp. Report damp and mould concerns as soon as possible so that action is taken.

Where to get help

- If you live in privately rented accommodation please talk to your landlord. If there is no response get in contact with ENVR Private Sector Housing [private.sector.housing@newham.gov.uk](mailto:private.sector.housing@newham.gov.uk) to request a FREE home visit
- If you live in council housing, get FREE advice and support from Newham Council's Damp and Mould Taskforce [dampandmouldtaskforce@newham.gov.uk](mailto:dampandmouldtaskforce@newham.gov.uk)
- Keep your home free from mould and condensation this winter by getting advice and support, visit [www.newham.gov.uk/housing-homes-homelessness/damp-condensation-mould](http://www.newham.gov.uk/housing-homes-homelessness/damp-condensation-mould)

WE ARE NEWHAM. **FAIRER**

### Ukrainian Community Information Event

Support for those affected by the crisis in Ukraine  
Підтримка людям, які постраждали від кризи в Україні

30th July 2022, 5 - 7pm  
St. Paul & St. James Church, Maryland

TRANSLATORS AND INTERPRETERS AVAILABLE

Meet services and charities who can help you get information about:

- VISA AND IMMIGRATION SUPPORT
- HEALTH
- MONEY
- ENGLISH CLASSES
- WORK
- SCHOOLS

For more information visit [www.newham.gov.uk/ukraine](http://www.newham.gov.uk/ukraine)

Organised in partnership with St. Pauls and St. James Church, Project Hope and Future, Praxix and London Borough of Newham



PROJECT	DESCRIPTION
<b>Improve privately rented properties</b>	<ul style="list-style-type: none"> <li>● The Council secured £75,000 to improve privately rented properties through Minimum Energy Efficiency (MEEs) enforcement and by providing landlords with information and tools to make their properties more energy efficient.</li> <li>● To date, three landlord drop-in sessions have been held at different locations across the borough with two further sessions planned for 2023.</li> </ul>
<b>Step 44: Tackle levels of overcrowding in Newham Homes</b>	
<b>Selective licensing renewal application</b>	<ul style="list-style-type: none"> <li>● The Council approved the renewal of this property licensing scheme to drive up standards of privately rented homes including reducing overcrowding.</li> <li>● Public Health led a health impact assessment of the scheme and concluded it can improve health and address health inequalities through creating healthier housing conditions.</li> </ul>
<b>Social Welfare Alliance training on Private Sector Housing Standards</b>	<ul style="list-style-type: none"> <li>● Since March 2022 the Social Welfare Alliance ran five private sector housing training sessions and two additional drop-in sessions, providing information and advice to 60 frontline practitioners.</li> <li>● The sessions built attendees' knowledge on the rights and responsibilities of landlords and tenants and how the Council's Private Sector Housing team can help when things go wrong.</li> <li>● As part of this, the Private Sector Housing team developed a 'Help with Housing' factsheet to increase awareness of where residents can go and who to contact for housing support and how to report disrepair.</li> </ul>
<b>Housing allocation policy</b>	<ul style="list-style-type: none"> <li>● The Council launched a new housing allocation policy in February 2022, which placed more emphasis on prioritising households according to their housing need.</li> <li>● A new priority category of Severely Overcrowded Plus (SOVP) was introduced for families in properties that are overcrowded by two or more bedrooms.</li> <li>● The impact of the policy will be evaluated in 2023.</li> </ul>
<b>Step 45: Reduce levels of homelessness and rough sleeping in Newham</b>	
<b>Step 46: Reduce the numbers of children living in temporary accommodation (family homelessness)</b>	
<b>Homelessness and Rough Sleeping Strategy</b>	<ul style="list-style-type: none"> <li>● The Council published this five-year strategy in December 2021 and began implementation in 2022.</li> <li>● The strategy aims to prevent homelessness and meet residents' housing need through six priority areas: <ul style="list-style-type: none"> <li>● Understanding current and future housing need.</li> <li>● Preventing homelessness through early help.</li> <li>● Supporting people to move off, and stay off, the streets.</li> <li>● Improving access to housing that better meets the needs of residents.</li> <li>● Reducing the use of temporary accommodation.</li> <li>● Adopting a partnership approach to prevent homelessness and improve wellbeing.</li> </ul> </li> <li>● The action plan will be refreshed annually, including a report on outcomes achieved.</li> <li>● 952 rough sleepers have been supported by services.</li> <li>● 205 rough sleepers supported by RAMHP (Rough Sleeping and Mental Health Provision).</li> <li>● 109 rough sleepers supported by the Drug and Alcohol Service.</li> <li>● 60 former rough sleepers have been employed through the BEAM and Bounce Back programme.</li> <li>● 186 rough sleepers helped to regularise their immigration status.</li> </ul>



PROJECT	DESCRIPTION
<b>Homelessness Prevention Advice Service redesign</b>	<ul style="list-style-type: none"> <li>● The Council's Homelessness Prevention and Advice Service has been redesigned based on local needs and evidence of what works.</li> <li>● The service now focuses on prevention and relief from homelessness as well as building specialist pathways for those with specific needs, such as children and young people and people discharged from hospital.</li> </ul>
<b>Joint working with the Children and Young People Service (CYPS)</b>	<ul style="list-style-type: none"> <li>● Council services are working together to assess, support and offer accommodation to homeless young people and care leavers.</li> <li>● As part of this, colleagues from Children and Young People Service and Housing jointly attend the Care Leavers Move On panel and other boards to ensure the Council takes a joined-up approach to these issues.</li> </ul>
<b>Housing and homelessness as part of the Social Welfare Alliance</b>	<ul style="list-style-type: none"> <li>● Since 2020 the Social Welfare Alliance has delivered 17 sessions and three drop-in sessions on housing and homelessness.</li> <li>● These sessions provide advice and information to frontline practitioners and 253 people have attended so far.</li> </ul>
<b>Step 47: Support the design of health promoting and inclusive homes</b>	
<b>Local Plan</b>	<ul style="list-style-type: none"> <li>● During 2022 the Council's Planning team engaged with teams across the Council, residents and local organisations to develop its draft Local Plan.</li> <li>● It sets out a vision that, as Newham's urban environment transforms over the next 15 years, this transformation builds a fairer, healthier and happier borough where creativity, diversity, an inclusive economy and community spirit can flourish and where residents feel proud of where they live.</li> <li>● Among a wide range of themes, this key policy framework will improve homes and housing in Newham, which will benefit health and health inequalities. For example, it will put policies in place to improve the design and availability of affordable housing, increase and improve play and recreation space around where people live, and require major developments to conduct social value and health impact assessments to maximise their health benefits, and mitigate negative impacts.</li> </ul>
<b>Supporting Vulnerable Adults Dynamic Purchasing Vehicle (DPV)</b>	<ul style="list-style-type: none"> <li>● In June 2022, the Council approved proposals to transform supported living in Newham through establishing a Supporting Vulnerable Adults Dynamic Purchasing Vehicle.</li> <li>● This will help deliver the Council's strategic vision for supported accommodation which will:             <ul style="list-style-type: none"> <li>● Embed prevention, wherever possible.</li> <li>● Support vulnerable adults for as long as required.</li> <li>● Improve residents' ability to live as independently as possible.</li> <li>● Enable residents to sustain improvements into the long term.</li> </ul> </li> </ul>
<b>Ageing Well Strategy</b>	<ul style="list-style-type: none"> <li>● Home is one of five priorities in the Newham Ageing Well Strategy. The home action plan sets out actions to ensure residents can live in comfortable, safe homes that support and promote their independence.</li> <li>● Actions include the provision of face-to-face support in housing hubs and specific housing adaptation support, based on the housing tenure type.</li> <li>● The action plan will be refreshed annually to build on successes and continue to improve homes for older residents.</li> </ul>



# Next steps

PROJECT	DESCRIPTION
<b>Step 43: Address fuel poverty and help Newham residents live in warm homes</b>	
<b>Fuel poverty support</b>	<ul style="list-style-type: none"> <li>● Availability and accessibility to fuel poverty support will be increased by a new community co-designed energy efficiency programme.</li> <li>● Its aim will be to support residents and community organisations to act as advisors and influencers on the borough's energy advice and support programme, particularly in geographical and population groups where there is highest need.</li> </ul>
<b>Step 44: Tackle levels of overcrowding in Newham Homes</b>	
<b>Five-year selective licensing scheme</b>	<ul style="list-style-type: none"> <li>● A new five-year selective licensing scheme will be delivered to support the following: <ul style="list-style-type: none"> <li>● Raise awareness of energy efficiency issues by providing a reduced fee for more energy efficient properties.</li> <li>● Tackle poor management of properties in the private rented sector by continuing with the audit process, which will include hundreds of compliance visits to properties every month.</li> </ul> </li> <li>● The scheme will also encourage landlords to become more professional in their property management and be more proactive at dealing with issues that can affect their tenants.</li> </ul>
<b>Reduce harms to families living in overcrowded households</b>	<ul style="list-style-type: none"> <li>● Research will be undertaken to identify practical and measurable steps to reduce the health, social and educational harms to families living in overcrowded households.</li> <li>● This will cover residents living in social and private rental accommodation and families living in temporary accommodation.</li> </ul>
<b>Step 45: Reduce levels of homelessness and rough sleeping in Newham</b>	
<b>Step 46: Reduce the numbers of children living in temporary accommodation (family homelessness)</b>	
<b>Prevent homelessness through early help</b>	<ul style="list-style-type: none"> <li>● Information about available support to prevent homelessness will be made accessible via front facing services, such as targeted early help, family hubs and the Public Health outreach team.</li> </ul>
<b>Multi-agency work to prevent homelessness</b>	<ul style="list-style-type: none"> <li>● Strong multi-agency partnership working will be continued to prevent homelessness and improve well-being.</li> <li>● This will include workforce development, integrated mental health and housing support and targeted outreach and will be based on the success of the one-stop shop event in 2022.</li> </ul>
<b>Support for rough sleepers</b>	<ul style="list-style-type: none"> <li>● Engage with all rough sleepers as quickly as possible to support them away from the harmful effects of sleeping on the street by use of assertive outreach to engage with those who are entrenched and present with multiple complex needs.</li> <li>● The quality of provision of integrated support services for rough sleepers will be improved to meet changing need in order to increase and sustain independent living and successful transition into settled accommodation.</li> </ul>



PROJECT	DESCRIPTION
<b>Warp around service for families in temporary accommodation</b>	<ul style="list-style-type: none"> <li>● A model for delivery of wrap around support for families requiring temporary accommodation will be developed.</li> <li>● The support will be targeted at improving health and financial well-being, and will be delivered through links with the Newham Food Alliance, children's centres, the Early Help Family Navigation team, health care and voluntary and community sector partners.</li> </ul>
<b>Domestic Abuse Housing Accreditation</b>	<ul style="list-style-type: none"> <li>● The requirements of the Domestic Abuse Bill (Act) will be implemented with the aim to achieving Domestic Abuse Housing Accreditation.</li> </ul>
<b>Step 47: Support the design of health promoting and inclusive homes</b>	
<b>Improve supported living</b>	<ul style="list-style-type: none"> <li>● Work with NHS partners will continue to improve health and care for residents living in supported living.</li> <li>● This will include embedding prevention wherever possible, supporting vulnerable adults for as long as required, and improving people's ability to live as independently as possible and sustaining improvements into the long-term.</li> <li>● A new Dynamic Purchasing Vehicle will be in place from April 2023. From this point Supported Living providers will be measured against an outcomes-focused quality framework, which will help to continually drive up standards and improve residents' health.</li> </ul>
<b>Promoting health benefits of planning proposals</b>	<ul style="list-style-type: none"> <li>● As part of developing the Local Plan, the Council will consult residents and stakeholders on introducing a Social Value and Health Impact Assessment Policy to maximise the health benefits of planning proposals in the borough while minimising any negative health effects.</li> </ul>

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of residents supported with their energy needs	417	5,608	1,245%
Affordable homes* buildings started	201	551	204%
Affordable homes* buildings completed	18	111	612%
Number of children in temporary accommodation	7,822	8,095	-3%
Number of people in temporary accommodation	174	180	-3%

\* Affordable Homes for Newham Programme



## CASE STUDY:

# Welcome Newham

(March 2022-present)

The Council has supported over 300 Ukrainians to settle in the borough since March 2022. A centralised team was established to provide wrap around support from arrival to being discharged from the scheme.

Key successes:

1. Implementing a 'champion' structure to manage sponsors and guests through the new home process. The champions lead on specific areas, including tenancy sustainment, social connections and community inclusion, employability and immigration support
2. Setting up a one-stop shop that helps with GP registration, opening bank accounts, Universal Credit, school admissions, child benefit queries, etc
3. Establishing a North East London regional operations meeting with borough leads to enable the sharing of best practices and collaborative working
4. Working closely with key stakeholders, including health partners, the voluntary sector, Department for Work and Pensions, London Councils and the Department for Levelling Up, Housing and Communities
5. Hosting the first ever East London Jobs Fair involvings all eight North East London local authorities working with the Department for Work and Pensions. It attracted over 500 people and led to 80 placements. It was open to all but focused on Ukrainian job seekers



One-stop shop at Stratford Library



## **UPDATE:**

# **PRIORITY 12:**

## **Building an inclusive economy and tackling poverty**

### **Step 48:**

Encourage actions that address the links between poor health and employment status

### **Step 49:**

Maximise the reach of the London Living Wage in the borough

### **Step 50:**

Maximise the contributions of Newham's Anchor institutions to tackle socio-economic inequalities





## PROGRESS HIGHLIGHT

### Anti-Poverty Alliance



The Anti-Poverty Alliance, involving voluntary and community organisations, faith organisations and the Council, continues to grow with more than 75 people from over 50 organisations. In 2022 the Alliance played a key role in the Mayor of Newham’s Cost of Living Taskforce, developed a new approaches to helping people into skills and employment, and distributed 1,428 clothing, footwear and household items donated by the Army and Navy store.

## Achievements/successes

(since the last progress report)

PROJECT	DESCRIPTION
<b>Step 48: Encourage actions that address the links between poor health and employment status</b>	
<b>Health and Employment Needs Assessment</b>	<ul style="list-style-type: none"> <li>● The health and employment needs assessment was published in August 2022. It explored the main barriers to employment (employment rights, job search skills, health and caring responsibilities), which groups are most affected, and how the Council and partners can address barriers to work.</li> <li>● The report provides the foundation for collective action between the Council, NHS and other local partners.</li> </ul>
<b>Newham Advice Partnership</b>	<ul style="list-style-type: none"> <li>● Formed in January 2022 with nine voluntary sector organisations, this partnership provides accessible and locally-appropriate services to support residents with their finances and benefits.</li> <li>● All front-line staff in Newham food banks were trained to provide advice to people attending the food bank.</li> <li>● Up to September 2022, 66 residents were supported to access more than £45,000 in unclaimed benefits.</li> </ul>





PROJECT	DESCRIPTION
<b>Anti-Poverty Alliance</b>	<ul style="list-style-type: none"> <li>● The partnership between voluntary, community organisations, faith organisations and the Council continues to grow with more than 75 people from over 50 organisations</li> <li>● This year it achieved:               <ul style="list-style-type: none"> <li>● 1,428 clothing, footwear and household items distributed through Army and Navy store donations.</li> <li>● 20 voluntary, community and faith sector organisations and nine statutory representatives came together to build a directory of skills and employment support services.</li> <li>● The Alliance is directly shaping the Council's response to the cost of living pressures, including participating in the Mayor's Task Force.</li> </ul> </li> </ul>
<b>Step 49: Maximise the reach of the London Living Wage in the borough</b>	
<b>London Living Wage</b>	<ul style="list-style-type: none"> <li>● More than 30 new organisations became London Living Wage accredited organisations with a total of 66 now accredited.</li> <li>● The Royal Docks Living Wage Place ambition was announced in July 2022, now with 173 businesses working towards accreditation.</li> <li>● Leisure services and social care services will be offering the London Living Wage.</li> </ul>
<b>Step 50: Maximise the contributions of Newham's Anchor institutions to tackle socio-economic inequalities</b>	
<b>Barts Health NHS Trust Futures Hub</b>	<p>The Hub, based in Newham College Stratford, provides career advice, pre-employment training, and apprenticeship opportunities at Barts Health NHS Trust. Examples include:</p> <ul style="list-style-type: none"> <li>● Community Works for Health: entry-level roles specifically for local residents, particularly those with additional health or social care needs. It includes pre-employment support and skills training.</li> <li>● Healthcare Horizons: working with young people to promote careers in the NHS and further education, and offering online mentoring, career workshops, and placement opportunities.</li> </ul>

## Next steps

PROJECT	DESCRIPTION
<b>Step 48: Encourage actions that address the links between poor health and employment status</b>	
<b>Health supporting activities in employers</b>	<ul style="list-style-type: none"> <li>● Working with all partners in the local place to encourage and enable health promoting activities.</li> <li>● Ensure that all opportunities to support employers and employees maximized in Newham, including around emotional and mental health.</li> <li>● Develop a Workforce and Health working group to oversee delivery.</li> <li>● Share best practice on workforce and health.</li> </ul>
<b>Inclusive economy and health</b>	<ul style="list-style-type: none"> <li>● Develop a framework for inclusive economy and health to provide a foundation upon which to take whole-system, collective action to develop Newham's inclusive economy in a way that maximises health and addresses health inequalities.</li> </ul>



PROJECT	DESCRIPTION
<b>Step 49: Maximise the reach of the London Living Wage in the borough</b>	
<b>Maximising the reach of the London Living Wage in the borough</b>	<ul style="list-style-type: none"> <li>● Continue to make the case for London Living Wage.</li> <li>● Support and recognise organisations that adopt the London Living Wage.</li> <li>● Explore ways that organisations can move towards London Living Wage even if not able to go the whole way.</li> </ul>
<b>Step 50: Maximise the contributions of Newham's Anchor institutions to tackle socio-economic inequalities</b>	
<b>Maximising the contribution of Newham's Anchor institutions to tackle socio-economic inequalities</b>	<ul style="list-style-type: none"> <li>● Develop the Newham Anchor Institution network and create strong links to the Anti-Poverty Alliance and the Mayor's Cost of Living Response Task Force.</li> <li>● Continue to maximize the opportunities for Anchor institutions to contribute to Newham's wellbeing.</li> </ul>

## KPIs

INDICATOR	YEAR 1	YEAR 2	CHANGE
Number of organisations with London Living Wage accreditation	47	66	40%



## SPOTLIGHT:

# Newham cost of living response

The dramatic rise in the cost of living is an emergency in Newham. Thousands of residents are experiencing hugely difficult financial instability driven by soaring energy bills, inflation on basic goods, and disproportionately high housing costs. The most recent pressures come on top of people finding it hard for years to meet their daily living costs, including due to the impact of COVID-19. The nature of Newham's population means that Newham residents face structural inequalities that leave them disproportionately vulnerable to the cost of living emergency.

In September of 2022 Mayor Fiaz launched a Cost of Living Taskforce that brings together voluntary organisations, community groups and faith organisations as well as the NHS and local business partners. Together we have:

- Increased capacity in Our Newham Money to support residents with emergency financial needs and longer term financial pressures. Since Sep 2022 Our Newham Money have provided:
- Opened 17 Warm Havens in our Libraries and Community Centres.
- 14 organisations were given grants to open Warm Havens and provide activities that help people feel welcome.
- 13 organisations were funded to provide community meals on top of the food given out by food banks and food co-ops as part of the Newham Food Alliance. Over 8,000 meals have been served since the programme launched.
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by food banks and food co-ops as part of the Newham Food Alliance. Over 8,000 meals have been served since the programme launched.

- Launched the Cost of Living Wellbeing team, supporting the most vulnerable residents to ensure they have the benefits they are entitled to and the support they need. The team went live in Feb 2023 and have helped xx people already.
- Launched a cost of living website with information on how to get help around a range of needs.
- Supporting 27,650 households with Council Tax Reduction scheme, with average assistance of £16.73 per week towards their 22/23 council tax liability.
- Distributed 1,428 amount of clothing to people from a dedicated clothing and baby bank
- Launched Cost of Living One Stop Shops supporting residents every week to get the help they need.
- Developed and shared information with residents and partners on how to get help with fuel costs, keeping your home warm, emotional and mental health support for adults and children and young people.
- Holiday food vouchers were provided to almost 2,000 school children.
- Over £250,000 of immediate assistance was provided to families to help with food and energy costs.
- Residents were helped to claim more than £600,000 in previously unclaimed benefits.

The Task Force continues to drive forward initiatives in response to residents' needs.



“Great food and company and most of all its great to have a hot shower.”

**Graham**



“This is a place that I can come, feel safe, relax and not worry about anything for a while.”

**Yasmin**



“Lovely people who look after us and I am so grateful to have somewhere like this.”

**Mo**



Well Newham – 50 Steps to a Healthier Borough

**UPDATE YEAR 2**

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**WHAT'S  
YOUR STEP?**  
Now is the time to act.

