



# 50 Steps News

Issue 20 / January 2023



## Welcome

Welcome to the January issue of the 50 Steps newsletter. With the start of the new year, many of us turn our attention to healthier habits, so this edition includes updates on all the support available across Newham.

With the February half term holiday coming up, we provide information on free activities for families as well as a fantastic event for families of children with special needs. Finally, with the continuing cold weather, we have reminders about all the support available to help keep warm and reduce energy bills.

We thank you for your continued support in spreading the word about our 50 Steps activities and wish you a happy and healthy 2023!

Inside you'll find:

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- activeNewham fitness offer
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- Great Mental Health Day

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Outreach team members at Healthier You event, Vistry Construction

## Stop smoking with Quit Well Newham

Quit Well Newham, East London Foundation Trust (ELFT) and Newham Talking Therapies are encouraging smokers to quit smoking as part of a Healthier You campaign this new year.

Indira, a Newham resident, is currently receiving support from Quit Well Newham and has been smoke-free for the last three weeks:

**“ I was struggling with the money that I have, but was still buying cigarettes as I was under a lot of stress and felt like cigarettes helped relieved this. Since using Quit Well Newham I have saved money by switching to vaping and have found my breathing has improved.”**

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## Share your news with us

Please do let us know what you've been up to in support of one of the 50 Steps. We would love to include your stories in future news updates. Send any stories or photos to Aine Fuller at [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk)

# Support with healthy habits this new year

## Stop smoking with Quit Well Newham

Smokers can save £167 per month from quitting, which is all the more valuable in the current cost of living crisis. Smoking affects both your physical and mental health – it not only increases anxiety and tension, but smokers also more likely to develop depression.

Healthier You outreach events have been taking place across the borough this month, where advisors spoke to over 100 people, providing information on all the benefits of quitting smoking and the support available.

To get support from Quit Well Newham, residents can call 0207 882 8230 (Monday – Friday, 9am – 5pm). Alternatively, people can call the London-wide helpline on 0300 123 1044 seven days a week – Monday to Friday (9am – 8pm) and Saturday to Sunday (11am – 4pm).

For more information on Quit Well Newham, weekly drop-in sessions and outreach events visit: [www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking). If you would like the Outreach team to join one of your organisation's events or activities, please contact [publichealthenquiries@newham.gov.uk](mailto:publichealthenquiries@newham.gov.uk).

To help residents improve their emotional wellbeing, Newham Talking Therapies are running wellbeing workshops. These are open to all Newham residents and will be particularly helpful for people who want to quit smoking; to help with issues such as managing stress and improving sleep. To register for the wellbeing workshops [click here](#).



### Priority 10

Click [here](#) to read more about **Priority 10 – Working towards a smoke free Newham**

## Free support services for 5 Ways to a Healthier Life

Newham Council has launched its Healthy Me in 2023 campaign to ensure residents know about all the free services available to help them stay healthy this year. With the cost of living crisis bringing additional financial pressures, these free services are more important than ever.

The Healthy Me in 2023 campaign highlights over 60 free services in Newham to help residents improve their health; everything from dance classes and cooking clubs, to stress management workshops and the stop smoking service.

Residents can read all about the services in the 5 Ways to a Healthier Life booklet, available from the Well Newham Outreach Team at locations around the borough, as well as at [www.newham.gov.uk/healthylife](http://www.newham.gov.uk/healthylife).



The Healthy Life booklet provides information on free support and resources that can help with the following five areas:

- A Healthy Body
- A Healthy Mind
- Healthy Money
- Infection Protection
- Staying well in all weather

Councillor Neil Wilson Cabinet Member for Health and Adult Social Care said:

“Dealing with increased daily costs and worrying about how to pay for food, bills and fuel, is really stressful and takes a toll on us mentally. You don't have to deal with this on your own – we have lots of free support in Newham to help you, so please get in touch with the services listed in this booklet”.

To find out more visit: [www.newham.gov.uk/healthylife](http://www.newham.gov.uk/healthylife).



### Priority 3

Click [here](#) to read more about **Priority 3 – Supporting people around the determinants of their health**

# Support with healthy habits this new year



## activeNewham 4 months for the price of 3 offer

To help residents who want to get fitter in 2023, activeNewham is offering a bonus month of free membership for people who sign up by the end of January.

Whether it's taking part in a favourite sport or achieving fitness goals, activeNewham has activities for all ages, interests and abilities. From swimming pools, to gyms and group exercise classes, activities and sessions cater for beginners as well as the more experienced.

activeNewham provide physical activity and sports opportunities across the borough, including three leisure centres: Atherton Leisure Centre, East Ham Leisure Centre, and Newham Leisure Centre. To find your nearest centre click [here](#).

**Sign up to become an activeNewham member before the end of January and receive the fourth month of membership completely FREE!**

For more information, head to the activeNewham website at [www.activenewham.org.uk](http://www.activenewham.org.uk) or call the activeNewham Customer Service Team on 0300 124 0123.



## Cycle Sisters

Exercise is a great way to improve both our mental and physical health and Cycle Sisters has a fantastic women's cycle group in Newham. Cycle Sisters is an award winning charity that inspires and enables Muslim women to cycle in a welcoming and supportive environment.

Cycle Sisters have group rides on Sunday mornings, starting in Olympic Park, as well as bikes available to borrow for free. They also provide free cycle lessons for women who are unable to cycle or who would like to develop on-road cycling skills. Women who have joined Cycle Sisters have said they feel healthier, happier and more confident.

To find out more visit: [www.cyclesisters.org.uk/newham](http://www.cyclesisters.org.uk/newham)



### Priority 8

Click [here](#) to read more about **Priority 8 – Supporting an active borough**

## Share your activities!

Are you part of a group that does activities like this to help people be healthy, such as walking, cycling, cooking, arts and performance clubs? Would you like to share what you're doing in this newsletter? This all helps us connect with each other and improve our health!

Please get in touch email [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk)

# Support with healthy habits this new year



## Great Mental Health Day

Today, Friday 27 January, Newham Council and partner organisations are taking part in the annual Great Mental Health Day, run by ThriveLDN. The day aims to get people talking about mental health and wellbeing, and help remove the stigma that so often exists around the subject. It is also an opportunity to learn more about the great local initiatives and support services that are available right across Newham. Find out what's happening in Newham [here](#).

Great Mental Health Day aims to get us talking about mental health, and sharing what we do to boost our own resilience and support those around us. When times are tough, it's important that we look after our own and each other's wellbeing.

Councillor Neil Wilson Cabinet Member for Health & Adult Social Care, said:

**“ In a year that has remained challenging for many of us, it has been our communities, friends and families which have played the most important role in helping us through difficult times together. Great Mental Health Day celebrates the power of community kindness, telling the story of how we have come together for one another across London. We want residents to know that our mental health support services are available if they need them.”**

Many people can feel stressed and lonely at this time of year due to the colder weather and

shorter days, but there are some simple things we can do to help keep ourselves well and, if you are finding it hard, support and advice services are there for you.

As part of Newham's Mental Health wellbeing support, London Borough of Newham has funded a weekly programme called Frames of Mind Café. It offers a safe and inclusive space where participants can meet new people and take part in creative activities. Their digital inclusion programme designed to increase the confidence and ability to use technology runs at Stratford Library. For more information, please visit [www.framesofmind.uk](http://www.framesofmind.uk)

To find out more about all the mental health support available in Newham visit: [www.newham.gov.uk/mentalhealth](http://www.newham.gov.uk/mentalhealth)



### Priority 5

Click [here](#) to read more about **Priority 5 – Meeting the needs of those most vulnerable to the worst health outcomes**

# Information for families

## Win for 50 Steps Changemaker at Newham Civic Awards

We are delighted that our Changemaker for Step 34, Paul Archer, has recently been recognised at the Newham Civic Awards, winning the Create and Thrive Award.

The awards, which took place at the Old Town Hall Stratford in December, recognised the huge contribution people have made to our borough whether they are private citizens or those involved in public life.

Paul was recognised for his work providing opportunities for children and young people with disabilities to participate in a variety of sports. Paul has been delivering community sport sessions for many years, and since 2012 has run the **Newham Ability Camp** – a multi-sports club, which aims to give children and young adults



with disabilities their first steps into sport.

The club is open to any young person or young adult with a disability and young people are invited to try out a wide range of sports. These include cricket, table tennis, athletics, volleyball,

basketball, badminton, Frisbee, archery, fitness, fencing, softball and much more. The club delivers three sessions per week during term time, as well as providing holiday programmes during every school holiday period, attracting 15-20 young people per session.

## February Half Term Programme

This February half term holiday, activeNewham is providing a number of free sports and activity sessions for children and young people across a number of parks, including Central Park, Plashet Park, Stratford Park and Keir Hardie Recreation Ground.

The sessions will be FREE to access, inclusive and include activities such as; Mini Yoga, Mini Kickers, Mini Tennis, and Mini Fundamentals for 3-5 year olds. Cricket, Baseball/Softball, NFL Flag Football and Urban Sports such as Free Running, Scootering and Skateboarding for 6-16 year olds and Multi-Sport sessions for young people aged 8-25 years with disabilities.

To book, click [here](#) or for more information, please contact [Sports@activeNewham.org.uk](mailto:Sports@activeNewham.org.uk)

## Gr8 Day 2 Play Event

The next Gr8 Day 2 Play Event is taking place on Saturday 11 February at Newham Leisure Centre, 281 Prince Regent Lane, Plaistow, E13 8SD from 1-5pm.

The Gr8 Day 2 Play is a free event where SEND young people up to the age of 25 and their families can come together and try out different sports and leisure taster sessions. Information stalls about other services, providers and opportunities will be there on the day, and it's also a chance for young people to have their say about important issues that affect SEND young people in the borough.

To book, please click [here](#).



### Priority 8

Click [here](#) to read more about **Priority 8 – Supporting an active borough**

# Cost of living support

## Support to stay warm this winter



With the current cold weather, it's always good to know that the Warm Havens around Newham are there for everyone to keep warm without any cost.

Gail and Bez (pictured) are loving going to St Bartholomew's Warm Haven in East Ham, where they feel part of a family.

The warm havens are great places to hang out, meet new people and reduce loneliness and isolation.

View the locations, addresses and opening hours at [www.newham.gov.uk/warmhavens](http://www.newham.gov.uk/warmhavens)

Our tips for staying warm at home day and night are:

- If you can't heat all the rooms you use, it's important to heat your main room during the day and the bedroom just before going to sleep.
- Wearing several layers of thinner clothing will keep you warmer than one thick layer.
- Having hot food and drink is also effective at helping to keep you warm.

For all the cost of living support in Newham visit: [www.newham.gov.uk/costoflivingresponse](http://www.newham.gov.uk/costoflivingresponse)



### Priority 11

Click [here](#) to read more about **Priority 11 – Building a borough of health promoting housing**

## Cost of Living outreach partnership

Newham Council partnered with Transport for London (TFL) and the Mayor of London, to host a series of information stands at two TFL locations in Newham at the end of 2022, providing over 180 residents with information and advice on cost of living support and protecting their health over winter. Many residents expressed thanks for the support provided.

The information stands were at West Ham Tube Station and Beckton DLR six times between 22 November to 15 December. The Well Newham Outreach Team were also joined by experts on cost of living, from Our Newham Money, and mental health, from MIND, at two of the sessions.

Our friendly and informative Well Newham Outreach team continue to visit events and locations each week in Newham, providing information and support



to residents on cost of living and ways to improve their health. To find out where they will be visit: [www.newham.gov.uk/WellNewhamOutreach](http://www.newham.gov.uk/WellNewhamOutreach)



### Priority 12

Click [here](#) to read more about **Priority 12 – Building an inclusive economy and tackling poverty**

# More...

## Have your say on pharmacy services in Newham

We are working to make sure that pharmacies in Newham meet residents' needs for the next three years, as part of a Pharmaceutical Needs Assessment (PNA) for the borough. This includes getting your feedback on prescription needs, health advice and services needed at local pharmacies, such as vaccinations.

We would like to get your views and comments on the draft pharmaceutical needs assessment report, and if it accurately addresses issues relevant to local pharmacy services. The consultation is open until 28 March 2023.

View the report and fill in the short survey [here](#).

Paper copies can be requested by emailing [pnasupportNewham@phast.org.uk](mailto:pnasupportNewham@phast.org.uk)

If you have any questions about this consultation, contact [publichealthenquiries@newham.gov.uk](mailto:publichealthenquiries@newham.gov.uk)



### Priority 4

Click [here](#) to read more about **Priority 4 – Developing high quality services ensuring equity and reducing variation**

## Wellbeing workshops

Newham Talking Therapies run online workshops for residents to help with a variety of health and wellbeing topics, including managing low mood, stress and improving sleep. They also specific workshops on particular health conditions such as managing chronic pain, diabetes and cardiac rehabilitation. They have just announced their dates for February and March. Visit the Newham Talking Therapies [website](#) to find out more.

The free, confidential workshops are standalone 1-hour sessions delivered by a friendly assistant psychologist. The workshops are open to any adults living, working or studying in Newham. Please note, to help as many people in Newham can benefit from the workshops, Newham Talking Therapies can only allow each person to attend one workshop a month.

To sign up, fill in a registration form [here](#).

For more information contact Newham Talking Therapies at [elft.nttworkshops@nhs.net](mailto:elft.nttworkshops@nhs.net)/020 8175 1770.



### Priority 5

Click [here](#) to read more about **Priority 5 – Meeting the needs of those most vulnerable to the worst health outcomes**

# More...

## Update from the Health Equity Programme

The borough-wide Health Equity Programme brings together institutions and organisations to look at how we are, and can, promote equity in health care, services and status. The programme meets monthly to share what people are working on, as well as developing tools to support everyone to understand and address health inequalities.

At the last meeting of the programme board, Tom Ellis, Director of Strategy at Newham University Hospital, delivered a strong presentation on using the Equity Routemap as a tool in developing the organisation's equity plans. He encouraged partners to be honest when using the tool to assess their service, and shared that small steps still count as we work to develop concrete actions towards equity.

There are a few different ways you can get involved:

- Take part in the Pocket QI training that will take place towards the end of February 2023. QI stands for 'Quality Improvement' and is a toolkit developed by the NHS to support service teams to develop and improve their service. This 2.5-day Q.I training course will teach the skills and approaches to understand and address an issue or a challenge in a service or pathway that you think is leading to unfair access or outcomes. If you want to attend the training or find out more about doing a QI project with the health equity programme, email [PublicHealthEnquiries@Newham.gov.uk](mailto:PublicHealthEnquiries@Newham.gov.uk) (with QI in the subject line).
- Join us at the next Learning Community event, on the 8th February, dedicated to Race Equality week and this year's theme "#ItsEveryonesBusiness".
- Attend one of the weekly webinars and get involved in a project.
- Present your project as part of the Learning Community.



### Want to join an Inequalities Project in Newham ?



Come and attend weekly our webinar to hear more

Register here



### What you get

- You make the change you want to see
- Be part of an amazing team
- No experience needed
- Learn QI and methodology
- QI Coaching for your project

Would you like to part of the change for the better?  
Remember making a difference starts with  
**YOU!**

Email [PublicHealthEnquiries@Newham.gov.uk](mailto:PublicHealthEnquiries@Newham.gov.uk) to get involved or to find out more about the programme.



#### Priority 4

Click [here](#) to read more about **Priority 4 – Developing high quality services ensuring equity and reducing variation**



# Changemakers of the month



## Step 4: Deborah Reid, Early Help Hub Manager

Deborah's role is to support the implementation of Newham's Early Help Framework and provide leadership and coordination for the Early Help Hub - taking responsibility of day to day operations and oversight of case work. She also plays a key role in integrated approach to the care that we provide children in Newham. This means working collaboratively with a wide range of stakeholders across Children and Young People's Services and external agencies including, schools, health and voluntary organisations.

Click [here](#) to read more about Deborah and Step 4.



## Step 34: Paul Archer, PE teacher

Approximately 16 years ago Paul recognised that there were no sports clubs designed for those with a disability. He believed everyone should have equal opportunities to keep fit and to participate in sports. He therefore started his very own disability multi-sports club which began with one participant, his son. It grew organically by word of mouth and has developed into multiple sessions a week for a range of individual needs.

Click [here](#) to read more about Paul and Step 34.



## Step 41: Cathy Flavey-Browne – Consultant Midwife at Newham University Hospital

Cathy is the professional lead for Public Health and Midwife led care at Newham Maternity. Her role is multifaceted and includes leading on some public health initiatives, such as smoking cessation.

Click [here](#) to read more about Cathy and Step 41.



## Step 42: Angela Bartley – Consultant in Public Health at ELFT

Angela works for East London NHS Foundation Trust as a consultant in public health to better understand the health needs of the local population and examine some of the causes of poor health and wellbeing such as smoking. She works with the council and mental health service users to explore how people with poor mental health can be better supported to quit smoking and remain smoke free.

Click [here](#) to read more about Angela and Step 42.



## Get involved in 50 steps

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

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

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