



50 Steps News

Issue 21 / February 2023



Welcome

Welcome to the February issue of the 50 Steps newsletter. In this edition we have something for everyone, with updates, information and events on a wide range of topics to help everyone in Newham look after their health and wellbeing.

Find out about FREE upcoming events covering the cost of living, autism, physical activity for women and mental health, as well as a Spring Fair for local voluntary groups and charities.

Thank you for your continued support in helping to achieve our 50 Steps aims and keep spreading the word about all the support available to make a healthy Newham!

Inside you'll find:

Information and events on cost of living

- Cost of living 'One stop shop' events
- Maryland's inaugural winter coat drive
- Join Newham's first energy co-operative!

Health and wellbeing information and events

- Trauma support in Newham
- Childhood immunisation campaign
- International Women's day event
- Children's Mental Health Day
- Suicide prevention strategy launch event
- Mental Health and Well-being Communities of Practice meeting
- NHS cancer bus visits Newham
- Resources for Autism events
- Social Prescribing Day
- Have your say on pharmacy services
- Spring Fair for local charities and groups



Cost of Living and Wellbeing 'One Stop Shop' events

COME ALONG!

We are pleased to announce weekly Cost of Living and Wellbeing 'One Stop Shop' events will take place throughout March, for anyone needing support during this difficult time. The 'One Stop Shop' events will enable residents to access many different cost of living and wellbeing services, all under one roof.

These are drop-in events, so you can attend anytime throughout the day. There will be an opportunity for services to provide information and also 1:1 support for anyone with specific issues.

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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

Information and events on cost of living

Cost of Living and Wellbeing 'One Stop Shop' events continued

The following free advice and support will be available at the events:

- Registration with Our Newham Work
- Housing support (tenancy, private sector accommodation and social housing)
- Housing costs and child benefit queries

- Universal credit queries
- Job seeking assistance
- Mental health and wellbeing support
- Energy support

When and where:

Every Tuesday in March 2023 at East Ham Library, 10am-2pm. For further information on cost of living support, visit our [website](#).



Priority 12

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

Maryland's Inaugural Winter Coat Drive

Maryland held its first-ever Winter Coat Drive on Saturday 4th February to help residents affected by the cost of living to keep warm. Over 111 winter jackets were 'rehomed' to local residents, with a further 33 being donated to the upcoming Newham Health & Wellness event for the homeless

and rough sleepers.

Residents expressed their gratitude on the day, saying:

"I can't believe the coats are free - it's a great thing you are doing."

"Thank you so much, I really needed a warm coat."

The event was a wonderful opportunity for those wanting to get involved in the Maryland Events Group or to simply meet other people from their neighbourhood. A raffle was also held, which raised a total of £108 for Richard House Children's Hospice.



Priority 12

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

Join Newham's first energy co-operative!

Repowering London is working with Newham Council to bring community energy to the borough and create a fairer energy system.

Join Newham's first energy co-operative and have your say!

When and where:

Saturday 11th March 1-4pm at East Ham Library.

In this co-design workshop, you will:

- Find out how community energy can create a fairer energy

system

- Have your say about the co-operative group's identify and priorities
- Learn about the first sites where we plan to install solar panels in Newham
- Join the volunteer group and the board of the co-operative to learn new skills

Whether you have lots of ideas to share or are just curious to listen, if you live or work in Newham, this workshop is for you! Coffee, tea and lunch will be provided, as well as free energy-saving light bulbs!

Want cheaper energy bills?
To invest in your community?
Feel closer to your neighbours?



Be part of creating

Newham's first

energy co-operative

Together we will install **community-owned solar panels** and build a **fairer energy system that works for everyone**

Sign up [here](#) to secure your spot. If you have any questions, contact Patricia on 07862422913 or patricia.calixtopires@repowering.org.uk



Priority 11

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

Health and wellbeing information and events

Trauma support in Newham

In the last month, we have marked one year since the invasion of Ukraine and seen the devastation across Turkey and Syria following two massive earthquakes.

We know this is an incredibly difficult time for many and our thoughts go to all those affected, including those in Newham who have lost loved ones. Thrive London has created resources to help support the mental health and wellbeing of anyone affected. These resources are available in different community

languages, including Turkish, Arabic, and many more. Find these on the [Thrive London website](#). There is also a range of free bereavement support available to residents in Newham which you can find [here](#) as well as [mental health support services](#) to help with day to day challenges.

If you would also like to support those affected, you can donate to the disaster relief efforts of the [British Red Cross](#) or the [Turkish Red Crescent](#).



Priority 5

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

Childhood immunisation campaign

NHS London is encouraging parents to get their child fully up to date with their routine vaccinations; particularly flu, MMR and polio. Vaccinations are the most effective way to prevent infectious diseases and protect children from potentially life-threatening illnesses as well as helping to reduce the risk of outbreaks.

Parents are being asked to check their child's health record (red book) to see if they are up to date on all their routine immunisations. If their child needs a catch up dose, they should contact their GP or health visitor. To find out more about which vaccinations are needed at different ages, visit [nhs.uk/child-vaccines](https://www.nhs.uk/child-vaccines)

The NHS website also explains how the vaccines work and why they are safe and important. You can also find out about any mild side effects that are common and don't last long, such as feeling a bit unwell and having a sore arm for a few days..

If you are a parent or work with families, please help to spread the word. NHS London



Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at [nhs.uk/MMR](https://www.nhs.uk/MMR)



have developed lots of useful information, including answers to frequently asked questions and social media assets. These have been developed for the [school-aged vaccination campaign](#) and the [MMR uptake campaign](#). Translated resources can be

accessed online at: www.languageline.com/uk or by phone: 0800 169 2879.

Parents who are not yet registered with a GP can visit [nhs.uk/findagp](https://www.nhs.uk/findagp) or call 0300 311 22 33.



Priority 1

Click [here](#) to read more about **Priority 1 – Enabling the best start through pregnancy and early years**

Health and wellbeing information and events

activeNewham International Women's Day event

To celebrate International Women's Day and help women and girls in Newham to keep active, **activeNewham** is holding a FREE women-only event on Saturday 11 March at Newham Leisure Centre.

COME ALONG!

At the celebration event, women and girls will be able to choose from a variety of sports and activities run by all-female coaches on the day, such as Zumba, Dance, Pilates, Yoga, Boxfit, Badminton, Football and Cricket (activities may be subject to change – see event timetable which will be sent ahead of time).

Fewer women and girls take part in physical activity than men and boys in Newham, so events like this are so important in helping to address this. This event provides free access to a number of opportunities to try different activities and find out more information on different health and wellbeing topics including mental health information.

When and where:

Saturday 11th March 2023, 1.15pm-3.45pm.
Newham Leisure Centre, Prince Regent Lane, E13 8SD. Participants must register before the event [here](#).



FREE

INTERNATIONAL WOMENS DAY CELEBRATION EVENT

Saturday 11th March 2023, 1:15pm-3:45pm

Venue: Newham Leisure Centre, Prince Regent Lane, E13 8SD

- Sport, activity, and information day for women of all ages to take part in.
- Free for all to attend.
- Try one activity or all (timetable will be sent out prior to the day).
- Come and try various activities including, Zumba, Dance, Pilates, Yoga, Boxfit, Badminton, Football and Cricket (Activities may be subject to change on the day).
- All instructors and coaches are female.

Participants must register before the event.

For more information please contact Lisa Brivati on lisa.brivati@activenewham.org.uk or 07741292893



Priority 8

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

Children's Mental Health Week

Children's Mental Health Week took place between 6-12 February with the theme 'Let's Connect'. The campaign encouraged young people to make healthy, rewarding, and meaningful connections. Throughout Children's Mental Health Week, professionals across Newham provided vital, free training to school staff and also provided resources and information on topics including self-harm, safety and coping mechanisms.

All of this support is still available to access and you can sign up for Newham CAMHS' free online and in-person training on topics such as self-harm (including for primary school children) and suicide prevention. For details of these events and others, visit the CAMHS events page [here](#).

You can also access the fourth **State of the Nation** report on wellbeing of children and young people over the academic year September 2021 to July 2022. It includes: statistics on the personal wellbeing of children and young people in England and the UK and indicators on their: mental and physical health, education and skills, relationships, activities and time use, views on the self, society and future

Also check out this [video](#) from **Our Time**, one of the Newham Mental Health Community Grant recipients, on the vital impact of their KidsTime Workshops.



Priority 2

Click [here](#) to read more about **Priority 2 – Supporting our young people to be healthy and ready for adult life**

Health and wellbeing information and events

Staying Safe and Connected

We are pleased to announce that we are launching a new Suicide Prevention Strategy and Action Plan for Newham, on Wednesday 22nd March 2023.

GET INVOLVED!

Health professionals and voluntary groups working in mental health are invited to join us 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 Mayor Rokhsana Fiaz, as well as a marketplace of stalls to allow for informal networking and information gathering. Light refreshments will also be available.

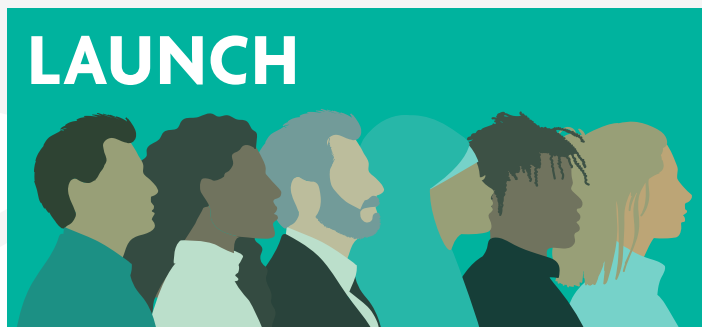
When and where:

Wednesday 22 March 2023 from 2-5pm at Old Town Hall, Stratford 29 The Broadway London E15 4BQ. Register [here](#).

Newham Suicide Prevention Strategy and Action Plan 2023-2026

STAYING SAFE AND CONNECTED

LAUNCH



If you have any questions about the event, please email Paulette.Higgins@newham.gov.uk

For more information on mental health support and suicide prevention visit: www.newham.gov.uk/health-adult-social-care/mental-health-support-services/5



Priority 5

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

Mental Health and Wellbeing Communities of Practice meeting

Our Mental Health and Wellbeing Communities of Practice (MHWCP) partners came together on 9 February to discuss the importance of love and belonging as part of Children's Mental Health Week. MHWCP is open to anyone working in the area of mental health including NHS professionals, LBN staff and voluntary and faith groups in Newham. They meet every two months to explore important questions impacting the mental health of Newham residents.

At the February meeting, in-depth discussions were led by The Exit Foundation, Resources for Autism and Money A&E. The group discussed challenges to love

and belonging such as intergenerational trauma, social conditioning and the need for long-term support. They also discussed ways to overcome these challenges, with ideas including increased mentoring support for young people; creating a more fluid model of support; teacher training and increased collaboration between organisations.

If you would like to know more about MHWCP or would like to join, email Deepa on deepa.lad@newham.gov.uk



Priority 5

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

Health and wellbeing information and events

NHS Cancer Bus visits Newham

Following World Cancer Day this month, Newham hosted the national NHS Cancer Bus-ting bus in Stratford on 10 February, to help raise awareness of the signs and symptoms of cancer and encourage people to visit their GP for potentially lifesaving checks.

Cancer professionals, staff from Community Links, volunteers, and patients spoke to over 1,000 people about cancer symptoms, screening and the importance of speaking to the doctor.

For more information on signs and symptoms of cancer visit www.nhs.uk/conditions/cancer



Priority 4

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

Resources for Autism

Thanks to funding from the Mental Health & Wellbeing Community Grant, a Saturday Club has started for autistic children and young people with complex needs and/or challenging behaviour. Developed with the charity Resources for Autism, the Saturday Club is essential in providing a safe and stimulating place for young people with autism to enjoy themselves, whilst also reducing stress, developing communication, play skills, independence and self-esteem.

COME ALONG!

Upcoming *Resources for Autism* events in Newham include:

- **Saturday Club** for young people aged 8-19 with autism and complex needs. **Saturdays, 10am-1pm and 2pm-4.30pm**

during term time. To register click [here](#).

- **Photographing Feelings:** Autism from Black and Asian Perspectives. **Wednesday 1 and 8 March, 3.45-5.30pm.** Orange House, Eleanor Smith School, North Street, E13 9HN
- **Autism support group meetings for Black and Asian parents.** **Wednesday 15 and 22 March, 10.30am-12.30pm.** East Ham Town Hall, 328 Barking Road, London E6 2RP
- **Autism, Race & Power.** Event for professionals to hear about research findings on autism, race and culture. **Wednesday 29 March, 4-6.30pm.** Orange House, Eleanor Smith School, North Street, E13 9HN. There will be live music, refreshments and free parking available. Register [here](#).



resources for
autism
resourcesforautism.org.uk

SATURDAY CLUB

Specialist play for young people aged 8-19 years with autism

To register for these events or find out more, email kenny@resourcesforautism.org.uk or call 07506 259643. Click [here](#) for more information on Resources for Autism.



Priority 2

Click [here](#) to read more about **Priority 2 – Supporting our young people to be healthy and ready for adult life**

More updates and events

Social Prescribing Day

Social Prescribing Day is taking place on 9 March 2023 and will be a celebration of Social Prescribers and the fantastic role they play in improving people's health and wellbeing. Social Prescribers connect people with local services, groups and support to improve their health and has been described as "hope on prescription". There are also other people who provide similar help to Social Prescribers in Newham, including Community Link Workers, Care Navigators and Community Connectors.

Examples of support provided by people like Social Prescribers include:

- Helping someone who is isolated join a befriending group, an art class or a community gardening project, based on what works for them.
- Connecting someone struggling with financial stress to a service that helps with managing debt or claiming benefits.
- Supporting someone with dementia to join a dementia choir, enabling them to maintain a sense of social connection.
- Working with someone with high blood pressure to take up a form of exercise that they're comfortable with.

**SHARE
YOUR
STORIES!**



Throughout the day, Social prescribers across Newham will be raising awareness and understanding of social prescribing with residents and fellow primary care staff; sharing the fantastic impact that social prescribers can have.

Share your stories of how Social Prescribers and other similar roles have helped you in either

a professional or personal capacity by using the hashtags #SocialPrescribingDay and #NewhamSocialPrescribing on social media.

To help spread the word, view materials and assets [here](#).

Find out more about social prescribing [here](#).



Priority 3

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

More updates and events

Have your say on pharmacy services in Newham!

Don't forget to tell us 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](#).

HAVE YOUR SAY!

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.

Paper copies of the report can be requested by emailing pnasupportNewham@phast.



Priority 4

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

Newham VCS Spring Fair 2023

Voluntary groups and charities in Newham are invited to join COMPOST Newham and Newham Council at the VCS Spring Fair on 28 March 2023. There will be presentations, workshops and a chance to sign up to a whole host of health and wellbeing services and platforms available to the VCS in Newham, as well as a delicious free lunch!

GET INVOLVED!

You can expect to get useful information such as: ways to help you find volunteers; how to help residents find and sign up to your services more easily, and lots of free training.

Come for the morning session, or the afternoon – just make sure you don't miss lunch and a fantastic networking opportunity! To register for the event click [here](#).



Priority 9

Click [here](#) to read more about **Priority 9 – Supporting a Newham of communities where people are better connected and supported**

Changemakers of the month



Step 6: Sarah Porter – Headteacher, Kay Rowe Nursery School and Children’s Centre

Sarah is Headteacher at Kay Rowe Nursery School and Children’s Centre, which is a maintained nursery school. This type of school is part of Newham education history and has been promoting early years education for nearly 100 years. The schools are funded by the Greater London Authority and Newham Council to work as supportive mentors for private childcare providers.

Click [here](#) to read more about Sarah and Step 6.



Step 22: Dr Imrana Siddiqui, GP and Clinical Lead for Mental Health

Imrana is the GP Mental Health Lead for Newham. She works as a GP and is also the Lead for the Workforce Wellbeing Hub, a service recently set up to support NHS and social care staff. She is directly involved in designing and improving all aspects of mental health services, from perinatal and birth through to old age.

Click [here](#) to read more about Imrana and Step 22.



Step 35: Bisi Imafidon – Extended Schools Manager and part time sports coach

During the day, Bisi works at a Newham primary school organising activities for pupils before and after school. In the evenings, at weekends and during school holidays, she helps people of all ages to become more active in her role as a sports coach and group exercise instructor.

Click [here](#) to read more about Bisi and Step 35.



Step 43: Burhan Uddin, Service Manager, Our Newham Money

Burhan is the Service Manager at Our Newham Money, a service that exclusively offers support to Newham residents who may be struggling with debt or the everyday cost of living. They help residents with the payment of utility bills, whether that’s providing energy vouchers for emergency support or offering advice on how residents can reduce bills, renew tariffs and get reconnected.

Click [here](#) to read more about Burhan and Step 43.



Get involved in 50 steps

Read more about the 12 priorities and steps on our website www.50steps.co.uk or contact 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.

Follow our hashtag [#whatsyourstep](https://twitter.com/whatsyourstep)
www.50steps.co.uk