

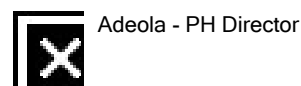
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Issue 22: March 2023

Welcome

I am delighted to introduce our new look 50 Steps newsletter for March 2023, which we hope will make it easier for you to view the latest news and updates on our [50 Steps Health and Wellbeing Strategy](#). We



welcome any feedback on the new look and feel of this newsletter, so please do [get in touch](#).

The first signs of Spring are showing, with daffodils popping up, slightly warmer weather and longer days. Sunlight increases serotonin in the brain and can help lift our mood, so if you can get outside, even for just 10 minutes a day, it can really help your mental and physical health.

On the topic of mental health, in this issue we have a spotlight on the very important launch of a new **Suicide Prevention Strategy** for Newham. Suicide is devastating to many, with up to 135 people estimated to be affected by every person who dies by suicide. Action is all the more critical as many more people are experiencing a mental health crisis, due to the effects of the pandemic and the current cost of living crisis. However, suicide is preventable and I urge everyone working with residents in Newham to read the strategy and get involved, so please read more on this below.

To all those taking part in Ramadan, I wish you a safe and healthy Ramadan and you can find details in our newsletter to share about how to stay healthy during this period.

We couldn't achieve the 50 Steps Strategy without you, our partners. Thank you – for the incredible work you are doing in the community; for challenging us and for helping to spread the word about all the information and support available to make a healthier Newham.

Best wishes

Adeola

Adeola Agbebiyi - Deputy Director of Public Health (interim)

Inside this issue you'll find:

Mental health support

- Suicide Prevention Strategy
- Child suicide prevention training
- Support for child bereavement

Information from partners

- 'Help is Here' campaign
- Autism Acceptance Week
- New chapter for Newham Health Collaborative

Supporting healthy habits

- Staying healthy in Ramadan
- No Smoking Day event - 8 March
- Healthy weight programme for all ages
- Relaunch of Our Parks
- Street Tag winners
- Easter holiday activity programme

Spotlight on...

New Suicide Prevention Strategy, 2023 – 2026



[Suicide Prevention Strategy Mayor presentation](#)

This month, we launched a new [Suicide Prevention Strategy](#) for Newham; setting out a three-year comprehensive, preventative approach to reducing the suicide rate and supporting those affected or bereaved by suicide. We were deeply touched by the widespread support from over 50 local partners who attended our launch event at East Ham Town Hall on Wednesday 22 March.

As Councillor Wilson and Councillor Ruiz explain in the strategy: “One of the commitments of Newham’s new Suicide Prevention Strategy is to help more people feel able to have these conversations, whether through training, or by having support information easily available in community settings – such as schools, libraries and workplaces. We therefore encourage you to take the time to think about the information you need to support the people you care about and may meet in your day-to-day life.”

The strategy and action plan aim to strengthen mental health support for many different groups and communities in the borough, which is particularly important as we respond to the cost of living crisis. **Seven key areas for action** are set out in the strategy, including outcome measures and links to supporting partners for each. The action areas include: reducing the risk of suicide in groups that data shows are at higher risk; reducing rates of self-harm; strengthening mental health and early intervention support; and providing information and support to those bereaved or affected by suicide.

The strategy is an important part of Priority 5 of the 50 Steps strategy and was developed in partnership with multiple teams across the Council and external partners, including the NHS and voluntary and community organisations, as well as being informed by latest data and evidence. Over the next three years we will be monitoring and evaluating the strategy, reviewing the action plan each year and continuing to listen and learn as we work to reduce suicides in Newham.

If you work with residents, there are many ways you can help. We have a lot of resources to help you to spot the signs that someone might be in crisis, feel confident to be able to offer help, and know what support is available.

How you can help:

- Help spread the word about the [new strategy and action plan](#).
- Sign up for free [online suicide prevention training](#). It only takes 20 minutes, but it could make all the difference to someone in need.
- Share information on suicide support services, training options and resources, available at [this link](#).
- [Get in touch](#) and tell us what you’re doing to support mental health and prevent suicides in Newham.

Read the strategy here

**Childhood suicide
prevention training**

**Support following
child bereavement**

NEL Health and Care Partnership are hosting The ASK Workshop on: Assessing for suicide in children. These will be free, face to face sessions and take place monthly, between April and September 2023. The workshop is aimed at staff working with, and caring for, children aged 5 to 15 years, to help recognise factors that may increase suicide risk and factors that may mitigate against it.

[Sign up here](#)

Child Bereavement UK is holding webinars and workshops to provide bereavement support for families, children and adults. Throughout April they are providing the following: supporting siblings; supporting men and boys through bereavement and loss; and preparing and supporting children when someone is dying. Child Bereavement UK also provides education and training for professionals working with families who have experienced bereavement.

[Find out more](#)

Supporting healthy habits

Staying healthy during Ramadan



The Islamic holy month of Ramadan began on 22 March and takes place until 21 April this year. It is one of the holiest months of the year for Muslims and is observed worldwide as a month of fasting, prayer, reflection and community.

If you, or anyone you know, is taking part in Ramadan, we encourage you to read the helpful information that [Barts Health](#) have developed on how to stay healthy during Ramadan. This includes advice if you are taking prescription medicine, or have diabetes, and also what to do if you feel unwell.

On Saturday 18 March, we held a Pre-Ramadan Health and Wellbeing Event in collaboration with the Newham Muslim Forum at Westfield Shopping Centre, for anyone wanting to check up on their health before the start of Ramadan. The event was a great opportunity for residents to find out about diabetes management and prevention, stopping smoking and fasting advice among other topics.

Additional advice for people with diabetes on how to stay healthy during Ramadan can be found on the [Diabetes UK website](#).

And don't forget, our [Well Newham Outreach team](#) are out and about at different locations around Newham each week, giving advice on how to look after their health

and wellbeing.

Find out more

No Smoking Day event - 8 March



No Smoking Day event

On the 8th March, we held our annual No Smoking Day Event at Stratford Mall to help residents who want to quit smoking. This year's theme was "Stopping Smoking improves your brain health." Research suggests that only 18% of smokers are aware smoking contributes to dementia.

Our Quit Well Newham advisers joined the Well Newham Outreach Team and ELFT smoking cessation advisors at Stratford Mall. The team spoke with **90 people** and of those, 11 signed up to quit smoking with the service and two have already set a quit date!

Many smokers find that Ramadan is a great time to quit smoking so please help spread the word about the support available. You can find more about Priority 10: Working towards a smoke free Newham on [our 50 Steps website](#).

Find out more about Quit Well Newham

Healthy weight programme for ALL ages



Kids jumping

We are launching a new all-age weight management programme in Newham, starting 3 April 2023! The free Live Well Newham programme is expanding to support children and young people, as well as adults, to achieve long-term behaviour change. Personalised support will be provided on topics such as: eating well; moving more; taking charge of how you think, eat and sleep.

Being a healthy weight and getting active is proven to improve mental as well as physical health. This expanded programme links in with many of the 50 Steps priorities including 1, 2, 3, 4, 8 and 9. The programme comprises four different ways to achieve a healthy weight

depending on need:

- Live Well Newham – adult weight management
- Live Fit Newham – adult weight management, focused on physical activity
- Healthy Future – family weight management
- M-Fit – male-only adult weight management with a focus on physical activity

Find out more

Our Parks is relaunching in Newham!



We are happy to report that Our Parks is relaunching in Newham from 3 April 2023! They are back delivering free fitness sessions across four parks within the borough, as part of [Priority 8](#) in our 50 Steps Health and Wellbeing Strategy.

The new Our Parks fitness programme will be available in: Stratford Park, Central Park, Plashet Park, and Canning Town Rec. There will be sessions such as; Back to Exercise, Circuit, BoxFit, 'Abs, Bums and Thighs' and Bootcamp.

Spending more time outdoors in parks and nature is beneficial for mental health and wellbeing as well as physical health, so please spread the word! You can read more about Priority 8: Supporting an active borough on our [50 Steps website](#).

[Sign up here](#)

Street Tag winners!



Street Tag winners

Congratulations to all the winning schools and communities of Street Tag for winter 2022/23! St. Luke's COE Primary School won first place for the most active school and 'Nature' was the most active community group. The top three most active schools and communities covered an amazing total of 68,539 miles between them and took over 42 million steps! A fantastic achievement and well done to all involved! Click these links to find out the names of all the [winning schools](#) and [communities](#)!

Street Tag is a fantastic way for families, children and adults to build more physical activity into their daily lives, by using an app to promote monthly challenges around the borough in which people win points and prizes. Participants can walk, cycle, run, scoot or rollerblade to take part!

[Find out more about Street Tag](#)

Easter holiday activity programme



Easter holiday prog

Newham Council has produced an extensive programme of events and activities to keep young people entertained and safe over the Easter holiday. A range of activities are available across our libraries, youth zones and parks. The spring offer will ease the financial pressure many face and give children, young people and their families an opportunity to take part in events, make new friends, learn new skills and most importantly have fun!

A holiday activity [brochure](#) has been developed with information on all the free activities on offer, dates, locations and any eligibility criteria. For families who are in receipt of benefits-related free school meals, the Council is also providing a free nutritious meal offer, as well as exciting activities, during the school break. Find out more in the brochure and book slots as early as possible. Please help spread the word!

Within this programme, activeNewham are delivering many free activities across four parks in Newham, from 3 – 6 April, and 11-14 April. Find out more on their [website](#) or contact the team on: sports@activenewham.org / 07741 293506

Find out more

Information from our partners

‘Help is Here’ campaign



The Council's 'Help is Here' campaign launched this month, offering further help to residents with rising cost of living pressures and letting residents know where to go for help throughout the borough.

The [Help is Here booklet](#) lists a range of resources that can provide information and support for people around finances, housing, energy bills, food, work, health and emotional wellbeing. If your organisation would like to join the campaign, please contact [Mushtaq Ahmed](#).

There is also an online, [searchable map](#), which shows where all this help is provided in person throughout Newham.

Find out more

World Autism Acceptance Week

Newham Council is celebrating World Autism Acceptance Week! Taking place this week (27 March to 2 April), we have a wonderful programme of more than 20 free events and activities for autistic residents of all ages, their families, carers and local residents. Join us to share what it means to have autism and improve understanding and acceptance.

There are also free training workshops taking place during the week for professionals who work with people with autism:

3 & 4 April – Introduction to Autism and Working with Autistic Adults, by Newham and Tower Hamlets Autism Services. To book email [Daniel Nichols](mailto:Daniel.Nichols@newham.gov.uk).

Find out more

New chapter for Newham Health Collaborative



One of our local health partners, Newham Health Collaborative (NHC), got in touch to let us know that they have recently become a Community Interest Company (CIC). This means that any surplus profit will be invested back into primary care support and services that directly benefit the local community. Which is great news for all! NHC has always had a not-for-profit approach but this means the investment is protected.

NHC provide much needed services alongside local GP Practices such as: evening and weekend appointments, 111 appointments, vaccine services, Urgent Treatment Centre appointments, specialist support to parents over the winter for scarlet fever concerns, and more. Recently they have provided an additional 8,000 primary care appointments per month to improve access for Newham Residents! They also

support GP Practices to run as efficiently as possible, by providing services such as recruitment and admin support.

Visit the new NHC website

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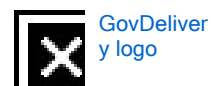
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