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50 steps banner 2

Issue 24: May/June 2023

Welcome

Welcome to the 50 steps June issue! I hope you've all been enjoying the warmer weather and feeling, like I am, that summer isn't far away.

This month we have been very busy preparing for the



Adeola - PH Director

launch of Well Newham, which I'm delighted to say is taking place during the week commencing 5 June 2023, with a series of exciting events. We hope you and the residents you support can join us, and please read more on this below!

Well Newham is the outcome of a huge amount of work that we started in 2019, and sits within [step 13](#) of the 50 Steps strategy. The programme aims to ensure every Newham resident is effectively supported around the [social determinants](#) of their health and wellbeing, in a strength-based, holistic and inclusive way.

Well Newham connects residents with the support and services that address these social/wider factors of health, as well as ensuring that services recognise and support the social determinants of health when working with residents. Read all about our launch plans for Well Newham below and see how you can get involved.

Demonstrating how Well Newham works to support the wider determinants, I have been working with our amazing NHS partners and the wonderful Well Newham team, on a 'Well Diabetes with Well Newham' community drop-in event that will take place on 12 June. This brings together a range of support and services to prevent, manage and reverse type 2 diabetes in one place. This event is for all partners and residents interested in type 2 diabetes so please come and join us!

To help us grow and improve support for all, we would love to hear any feedback that you, your colleagues and residents have about Well Newham. Please get in touch at wellnewham@newham.gov.uk

Our next issue will be in July and until then, I hope you stay well!

Best wishes

Adeola

Adeola Agbebiyi - Deputy Director of Public Health (interim)

Inside this issue you'll find:

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Spotlight on...

The launch of Well Newham



Improving the health and wellbeing of Newham residents is a mayoral and council priority as part of Building a Fairer Newham, and something each and every one of us can contribute to. To help achieve this goal, we have developed 'Well Newham'; a

shared programme, in partnership with the NHS and voluntary sector partners, which recognises and seeks to address the impact that social factors have on an individual's health and wellbeing.

Well Newham aims to raise awareness of, and connect residents to, the various services available in the borough to support their health and wellbeing. Many residents told us that they were struggling to access health and well-being information that is relevant to them.

To help address this, we have created a new [Well Newham website](#) and set up **in-person Hubs** located around the borough. These provide residents and partners with a central point of access to:

- Over 300 health and wellbeing services (and growing).
- Health and wellbeing information relevant for Newham.
- Personalised health and wellbeing advice and support from Well Newham Advisors.

Well Newham is launching the week commencing 5 June 2023 with a series of events to raise awareness of the programme for both residents and staff across the borough. Please spread the word to residents using our [launch toolkit](#) and join our launch events to find out more about Well Newham and how it can support the work you do with residents. **With your help, we can make a healthy Newham!**

[Visit the Well Newham website](#)

Well Newham Health and Wellbeing Fayre

Join us on **Thursday 8 June 2023** to celebrate the launch of Well Newham at our Health and Wellbeing Fayre! Taking place at East Ham Leisure Centre from 3-6pm, this exciting event offers the opportunity to meet our Well Newham Advisors as well as over 30 free health and wellbeing services for Newham. It will be a free, fun, family-friendly event, with activities for children, as well as an opportunity to get a free health check and enjoy some tasty, healthy food.

Booking is not required, but if you

Well Newham webinars for partners and professionals

We are hosting Well Newham lunchtime webinars for health and care professionals to learn more about the initiative and how it can support you and the residents you work with. Join us on either **1 June (12.30-1pm)** or **7 June (12-12.30pm)**. To register to attend, please visit the Eventbrite [here](#).

You can alternatively join our longer hour-long training session on Well Newham in partnership with the Social Welfare Alliance on **Monday 5 June**,

would like to get notifications about the event sign up using the link below.

11:00-12:00. Sign up via this link below.

Sign up here!

Register here!

Save the date! Well Diabetes with Well Newham



diabetes event

On **Monday 12 June 2023**, we are partnering with local services, and the NHS in North East London (NEL) to host a free community drop-in event for residents on managing and stopping diabetes. The **Well Diabetes with Well Newham event** will

take place at St Bartholomew's Church (East Ham) from 10.30-4pm and is for all residents who have type 2 diabetes, as well as friends, partners and professionals keen to learn more about preventing and managing the condition.

The event will include:

- Talks from local GPs, community members and Diabetes UK on support available in Newham
- Meeting the providers of diabetes courses in Newham
- A chance to have your say on how diabetes supports are provided in Newham
- A discussion on healthy eating and community
- Find out how to manage type 2 diabetes with small changes to your diet
- Get your blood pressure checked and meet footcare services (from 1pm)
- Sample diabetes-friendly food

Newham has one of the highest rates of type 2 diabetes in England and almost 30,000 people in Newham are at risk of developing it. Over the past 5 years, so much has changed in the understanding of how type 2 diabetes happens and in how to get the best health outcomes for people with, or at risk of, type 2 diabetes. Doctors have found that a supported specific diet change programme can reset the body back to before it became diabetic. The programme takes 12 weeks, is free and after a successful pilot phase in Newham it will be starting in July 2023.

Come and join us at this significant event and **please share the details with your networks** and the residents you support. The event is drop-in, but if you would like to get notifications about the event register sign up using the link below.

Sign up for the event here!

'Wellbeing stations' partnership



Outreach team

This month we partnered with the Mayor of London, Transport for London and Whole Foods to pilot 'Wellbeing stations' at transport hubs around the borough to help support residents with their health and wellbeing.

Our team were located at West Ham tube station, Beckton DLR and Custom House DLR each week, with a table stocked full of useful health and wellbeing information as well as fresh fruit and recipe cards to hand out. The team were joined by a number of local services including mental health charity Mind, weight management service Live Well Newham and the DLR community transport team.

We **supported over 600 residents** at the Wellbeing stations over the four-week period and signposted them to the free health and wellbeing services available in Newham.

Find out more about the free services in Newham

Newham food growing toolkit



Food growing toolkit

Local food growing is a big priority for Newham and an important part of [creating a healthier food environment](#).

To help achieve this aim, we have co-produced a fantastic resource – the ‘Newham Food Growing Toolkit’ with 11 primary schools in the borough. We would especially like to thank everyone who helped to make the toolkit happen!

The toolkit aims to get everyone growing food and includes gardening tips, ideas for what to grow in Newham and a map of community gardens around the

borough.

Growing helps nurture a generation that love the food they need to be healthy and thriving. Studies suggest that when children are involved in growing fruit and vegetables, it increases their willingness to eat these healthy foods.

We’re calling on everyone in Newham to get growing! **Use the toolkit to get started**, whether you’re a community group, school, service or business – for the health of Newham and the planet. **Let’s make Newham green!**

Read the toolkit here

Clean Air Day campaign



clean air day

Clean Air Day, the UK’s largest campaign on air pollution, is happening on **Thursday, 15 June 2023**. Cleaning up our air is good for us in many ways; it not only benefits our physical health and the environment but can also protect our mental and brain health. The physical health impacts of air pollution – such as asthma, heart disease and cancers – have been recognised for decades. More recently, researchers are beginning to understand how air pollution can affect the

brain and the mind.

People who breathe polluted air are more likely to develop mental health and brain conditions. Being exposed to air pollution is linked to mental health and brain conditions such as depression, anxiety and dementia. When a person breathes polluted air, small pollution particles can enter through the lungs, into the bloodstream and can reach the brain.

To raise awareness about active travel and how residents can protect themselves from air pollution, we will be out on the streets in Little Ilford, at the [Pollution Gate](#), on Thursday, 15 June:

- 11:00 – 15:30 On-Street Public Engagement
- 12:00 – 13:00 Short walks to promote Little Ilford and Plashet Park
- 13:00 – 13:30 Pollution Gate Talk for Young People

Please join us and help spread the word about Clean Air Day and this event!

Find out about air quality in Newham

New cycling sessions at Plaistow Park



cycling

To make the pathway to Olympic Champion more accessible and affordable for Newham cyclists, we're working with British Cycling as part of their City Academy Project.

British Cycling are hosting free, City HUB cycling sessions, with all equipment provided. Riders who attend these City HUB sessions and show potential and skill, can be invited onto the City Academy. These are free talent sessions at Lee Valley Velopark (Olympic Park, Stratford), to provide an opportunity to progress through the track cycling or BMX pathway.

The council and British Cycling are hoping to launch a new City HUB at Plaistow Park. This will take place every Tuesday 4-5pm (from the 13th June). Anyone aged 7-14 within Newham can attend but as this is a talent ID project, riders must be able to ride a bike before attending a session. **Please spread the word among budding cyclists!** For more information, visit the British Cycling City Academy Instagram account ([@cityacademies](#)) or email cityacademylondon@britishcycling.org.uk

May half-term holiday programme



holiday activity programme

As part of [Step 35](#) of our Health and Wellbeing Strategy, we are working with activeNewham to offer a range of FREE multi-sport activities for children and young people aged 5-16 years across four Newham parks this May half term. There will be many 'mini' activities including: Mini Tennis, Mini Dance and Mini Kickers for ages 3 – 5 years, as well as some specific inclusive multisport sessions for children and young people with disabilities.

Previous holiday programmes have been hugely successful introducing young people to sports such as Rowing, Free Running, Flag Football,

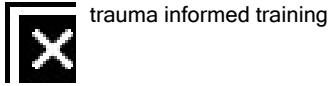
Baseball/Softball and many more! We would love as many families as possible to access these FREE opportunities this half term so **please share with your networks and tell the families you work with.**

For more information email: sports@activenewham.org or call 07741 293506.

Book activities here

Support for vulnerable residents

Trauma-informed training



Being trauma informed means that services understand and think about how the widespread prevalence and effects of trauma impact people and incorporate this learning it into their practice. It is a strengths-based way of working that helps provide services that are welcoming, feel safe and support the wellbeing of everyone involved.

Trauma is understood as when an event, or series of events, are experienced as physically or emotionally harmful or life threatening. This includes the impacts of poverty, racism, discrimination, domestic abuse, adolescent crime/violence, and many more. Trauma has lasting adverse effects on a person's regular activities and well-being.

To help everyone working with residents to be trauma-informed, we are working with

the North East London training hub to promote free training for staff in community, education and health and care support roles. To **find out more about our work to support trauma-informed practice in the borough**

contact: PublicHealthEnquiries@Newham.gov.uk

Support for residents with a prepayment meter

Thousands of Newham residents on traditional prepayment meters may not have claimed the vouchers they are entitled to and are therefore missing out on help with energy costs. **Vouchers must be redeemed by 30 June 2023.**

The Public Health team, together with Our Newham Money and Housing colleagues, have developed a campaign leaflet to encourage take-up of this voucher support.

Access the leaflet [here](#) and please share it with residents and colleagues. For more information or to discuss ways to support the campaign contact

Hafsa.elmi@newham.gov.uk.

There will also be a '**Claim Your Energy Voucher Day**' on **31 May 2023** to encourage residents on prepayment meters to redeem any outstanding support vouchers and help those who are eligible receive the support to which they are entitled. The Department for Energy Security and Net Zero has produced [factsheets for advisors](#) and [for consumers](#) on a traditional prepayment meter to help applicants receive the government discount vouchers.

Research into overcrowding – get involved

Newham is a leading borough in London with regards to the number of affordable homes being built. However, we know from the latest Census findings that there are still far too many people living in overcrowded accommodation owing to a lack of affordable options.

A team of researchers from the London School of Economics is working with Newham Council to identify and suggest ways to reduce the health, social and educational harms caused by living in overcrowded housing. As part of this research, they want to speak to community organisations and groups working within Newham, as well as residents experiencing overcrowding, to try to understand what could be done to help.

If you are willing to **speak to the team, or would like more information** on the project, please contact Laura Lane on L.Lane@lse.ac.uk. More information on the team and their work can be found here: <https://sticerd.lse.ac.uk/LSEHOUSING/>

Substance misuse needs assessment and fact sheet



needs assessment

We have carried out a new needs assessment into substance misuse to identify the impacts of substance use (drugs and alcohol) on our residents. This includes adults, children and young people who use substances and those who are affected by someone else's substance use.

The needs assessment collated data from across a number of partners, including residents, the local authority, hospitals, mental health services, police and probation. The information we obtained as part of the needs assessment will help us to plan and improve support to residents.

Work is now taking place to update the needs assessment on a regular basis, so that we can continue to consider the needs of our population in a timely way.

Read the full substance misuse needs assessment, along with an accompanying **substance misuse fact sheet** at the link below.

[Read the needs assessment and fact sheet here](#)

Substance misuse support: CGL Newham Rise



CGL Rise

CGL Newham Rise is a free and confidential drug and alcohol service for adults and young people affected by substance use, as well as their family and friends.

They run workshops, brief interventions, structured groups and one-to-one key working sessions, as well as needle exchange and harm reduction advice and interventions. They also offer blood borne viruses testing (including HIV and Hep C), naloxone training, family and carers' support service and a wide range of volunteering opportunities. In 2022 **CGL helped 272 residents** to manage or stop entirely their drugs or alcohol use.

Residents can get an assessment Monday–Friday, between 9am–4.30pm. To get an assessment on the day, residents must drop into any of the CGL hubs by 9am. The Hubs at 3 Beckton road, and 327 High Street are also open late on Wednesdays 9am to 8pm.

To **refer a resident to the service** visit: <https://www.changegrowlive.org/content/cgl->

[newham-rise](#). Phone: 0800 652 3879 or email: newham.referrals@cgl.org.uk

A Newham resident who used the service said:

"I came to CGL; it was my first time and I was very nervous and anxious because I didn't know what to expect. I got a bit confused but the first point of contact was such a nice lady and very professional. I was dreading the assessment, but my fears were laid to rest as we proceeded and she was so kind and understanding and seemed to know exactly what I was going through. The worker reminded me of my doctor who saved my life at Newham centre for mental health.

Find out more about CGL

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