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Issue 25: July/August 2023

## Welcome to the 50 Steps newsletter

Hello and welcome to the July-August issue of our 50 Steps newsletter. With the summer weather in full swing (and hopefully going to last!), this edition focuses



on the work the Council's Leisure and Sports team, alongside a range of partners, are doing to [support an active borough](#) (Priority 8 - Steps 33 to 36) as part of the 50 Steps. Read on to find out about all the fantastic physical activity opportunities that our partners have for residents this summer as well as important advice on water safety.

Last month we launched the new [Well Newham website](#) which includes a directory of over 370 much-needed local support services in Newham to support residents' health and wellbeing. On the topic of physical activity, we have added 61 exercise-related services that residents can either self-refer to, or be referred to. Please [have a browse](#) and help spread the word among residents and frontline staff about this resource. [Get in touch](#), as we would love to know what you think.

This month the NHS celebrates its 75<sup>th</sup> anniversary and this year [Newham Hospital turns 40!](#) Such a significant milestone and an important reminder to us all of the vital service the NHS provides. So much of what we're aiming to achieve with the 50 Steps involves working closely with the NHS, ensuring residents can access the health services they need and promoting [ways to stay healthy](#) for as long as possible. We're so proud of the work we do with our NHS colleagues and we'd like to take the opportunity to thank everyone working in the NHS in Newham for the amazing work you do.

Wishing you a wonderful, healthy summer.

Best wishes

Claire

Claire Greszczuk - Deputy Director of Public Health (interim)

## In this issue you'll find:

### Special focus on leisure and sport in Newham including:

- Our Parks fitness programme
- Free summer activity programme
- Water safety advice
- And more!

### Funding and training opportunities:

- Well Newham Challenge
- Microgrants for community initiatives
- Mental health funding

### Other health news and updates:

- Well Newham launch
- Well Diabetes resident event
- Call for views on All-Age Autism Strategy
- Call for views on sexual health
- Cost of living Champions
- Suicide prevention activities and resources

- Mental health training
- Social Welfare Alliance training

## Special focus on leisure and sport in Newham

### Spotlight on... Our Parks fitness programme



Our Parks coach

In Spring 2023, we relaunched the Our Parks programme in Newham, offering **free** fitness sessions for adults across four parks in the borough.

90% of the fitness coaches delivering the sessions are Newham residents, which makes the service particularly welcoming and relevant to the borough, as well as an example of our investment in the local community.

Al (pictured), a Newham resident and Our Parks coach, explained: "I am a Newham resident and I have coached for Our Parks for seven years. It

was my first opportunity to coach group exercise in outdoor spaces and I am so proud to be part of the amazing Newham programme. It simply changes the lives of so many people who are returning to exercise or new to exercise. I am constantly thanked by people saying how the sessions have impacted their physical and mental health."

One of the residents who has attended Our Parks activities said: "I love Our Parks. I was struggling with fitness and weight after being a long-term smoker. My fitness has greatly improved. I won't win any competitions but that's what I love about Our Parks too. No judging; just fun getting healthy."

One in four Newham residents (26.2%) are physically inactive according to the latest [Active Lives Adult Survey](#), which adds to the importance of initiatives such as Our Parks in helping residents to be healthier.

Over 200 residents currently attend Our Parks activities and there are spaces for many more! Please help us spread the word about [Our Parks in Newham](#).

**Find out more about Our Parks**

## Leisure and Sport Action Plan coming soon

Our Leisure and Sport Team is currently working on a three-year Leisure and Sport Action Plan that will set out the current context regarding physical activity levels in Newham, as well as identifying key priorities going forward. The action plan will be shared shortly and if you'd like to hear more in the meantime, please [get in touch](#).

You and your organisations can help the work towards this goal too. If you would like to deliver activities in your community, there are a number of **funding opportunities** available including:

- Local funding opportunity with [Community Assembly People Powered Places](#).
- London Sport [funding opportunities](#) for charities and voluntary organisations.
- Sport England [funding opportunities](#).

## Free summer activity programme



Summer programme

To help children and young people stay active over the summer, we, in partnership with activeNewham and other local providers, are putting on a huge variety of **FREE** activities in Newham parks.

As well as our ever-popular multisport offer, we are delivering an array of exciting, new urban sport opportunities including roller skating, cycling and skateboarding. We even have balance bikes for children aged three to five years old!

To find out more about our Summer Holiday Programme, including all of the above activities, please click [here](#). If you would like copies of our flyers to help promote the summer offer to families and frontline staff, please [contact us](#).

## Did you know?

The Council works with a wide variety of sports clubs, organisations and partners in Newham, working with them in many ways including commissioning specific activities and helping to promote their services. Here's a little introduction to some of the many partners we work with and some information on the activities they provide:

### Newham & UEL Swimming Club

We work in partnership with Newham & UEL Swimming Club to provide competitive swimming opportunities for residents in the borough. They deliver sessions for swimmers who want to compete or swim for fitness and they also have a competitive pathway through their Talent Lane programme. You can find out more about Newham & UEL Swimming Club [here](#).

### Cycle Sisters

Cycle Sisters is an award-winning organisation which inspires and enables Muslim women to cycle. They have launched a [series of guides](#) to share their learning about how to enable more people from diverse communities to cycle. These cover: a guide to setting up a cycle group; a guide for cycle groups and clubs and a guide for local authorities. Find out more about Cycle Sisters [here](#).

### Get Active, Get Healthy

The Get Active, Get Healthy Programme is a **FREE** physical activity programme offered in Newham libraries. Each neighbourhood area delivers its own activities for residents. For example, Green Street Library currently offers free sessions in Pilates, Soca Caribbean dance, Fit Circuit,

### activeNewham swimming sessions

Did you know activeNewham run **FREE** swimming sessions for residents under 16 and over 60? activeNewham are also offering intensive swimming courses from Monday 24 July to Friday 1 September. Lessons will last 30 minutes per day for children and 45 minutes per day for adults and will be available at Atherton, East Ham and Newham Leisure Centres. To book call 0300 124 0123. Click [here](#) for more details about activeNewham.

### Cycle HUB at the Olympic Park

British Cycling are offering **FREE** cycling sessions for children aged 7-14 years every Thursday at the Olympic Park in Stratford, from 4.30pm - 5.30pm. Sessions include fun games and activities and all equipment is provided. For more information on British Cycling click [here](#).

### Cycle Speedway Club

Cycle speedway is a dynamic and inclusive sport that combines cycling, teamwork and adrenaline-fuelled racing. It offers a unique opportunity for people of all ages to develop their physical fitness, coordination and teamwork skills, while having fun on the track. It generally consists of sprint

Body Tone, Salsa Fit, Chair-based Stroke Club and women-only exercise classes. Find out more via our [Directory of Services](#).

races, usually a team event with some individual races, around an oval track. To learn more about cycle speedway and East London Cycle Speedway Club, please click [here](#).



## MLB host First Pitch Festival in Newham

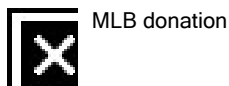
15 schools from Newham had the opportunity to take part in the London-based First Pitch Festival at Hopkins Field on 22 June, in the lead up to the Major League Baseball (MLB) World Tour: London Series 2023.

Now in its third year, MLB First Pitch is a grassroots skills programme, delivered by Major League Baseball, aimed at introducing a new generation of players to baseball. Approximately 350-400 children aged 8-12 years took

part in fun activities throughout the day and learnt the fundamentals of the sport.

To drive growth and inspire more communities to experience the sport, First Pitch is one part of MLB's one million pound investment to develop and implement a programme of activity by 2026, including 50 community outreach projects.

Read more about the First Pitch Festivals [here](#).



## Generous donation to Ranelagh primary school

On Friday 23 June, children at Ranelagh Primary School had a wonderful surprise visit from MLB legends, Ryan Howard and Jimmy Rollins, as part of their involvement in the First Pitch Programme. Ranelagh students were treated to coaching by the Phillies legends, as well as playing with them and getting the opportunity to ask them questions.

The big surprise of the day came when Commissioner Rob Manfred announced that MLB, in partnership with the Tapscott Learning Trust and BaseballSoftballUK, would be donating £25,000 to build a

permanent baseball diamond for Ranelagh Primary School and the wider community!

The Cubs and Cardinals then announced that they will be contributing an additional £5,000 to this generous legacy gift, raising the total donation to £30,000! The blacktop diamond will act not only as a space for the students to play but as a recreational space for the community as well. Watch the exclusive film from the day [here](#).



## Tennis summer offer

Have you been feeling the Wimbledon fever?! Six parks across Newham offer high quality tennis provision all year round, including; court bookings, annual passes, holiday camps, open days, and weekly professional coaching. There is something for everyone of all ages and abilities. The [National Tennis Association](#) provides all of the coaching at the venues and offers affordable flexible group lesson subscriptions for juniors and adults. Group coaching is £32 per month and there are also individual lessons and beginner level competitions for those who

want even more tennis!

To celebrate Wimbledon, the National Tennis Association (NTA) are running a special offer – 50% off your first month of group coaching using code 'WIMBLEDON' **until 31 July 2023**. To take advantage of this offer click [email the NTA](#). You can also find out more information about booking and annual passes, as well as venues across Newham that you can access for just £35 per year for a household. Find out more [here](#).

## activeNewham membership offer for school, NHS and council staff

Do you work at a school within Newham, the NHS or Newham Council? Then you could get full activeNewham membership for just £20/month! This includes peak and off-peak access to gym, swimming, group exercise classes, racquet sports and the crèche. To sign up, simply pop into one of the [activeNewham leisure centres](#) and bring your proof of employment with you (Newham Council or school ID, or Blue Light Card).

## Lifeguard and swimming teacher training



ActiveNewham are currently looking to recruit much-needed lifeguards and swimming teachers for leisure centres in Newham and funding is available towards the training courses. If you, or anyone you know, is interested, please [contact activeNewham](#).

The **lifeguard** training courses will take place at Atherton Leisure Centre from **20 - 25 August 2023**. To register interest in joining the course, [email activeNewham](#). All candidates must be at least 16 years old and meet the swimming criteria.

Courses to gain an SWQ Level 2 Teaching **Swimming** qualification will take place at East Ham Leisure Centre from Monday 20 November 2023. To book onto the course click [here](#).

## Water safety advice for the summer



Black swimming association

The **Royal Life Saving Society (RLSS)** has developed [useful information](#) to help everyone keep safe near water this summer. Summer is an amazing time to enjoy our beautiful waterways, however, according to [RLSS UKs National Drowning Report 2023](#), warmer weather is directly linked to an increase in fatal drowning incidents.

Reaching people with water safety messages is vital to help prevent people drowning in the UK and while on holiday. Please help to promote the water safety advice far and wide.

We are currently working closely with the **Black Swimming Association (BSA)** to develop water confidence courses for specific groups in Newham, in the hope to encourage more people to feel confident in the water. The BSA also provide advice on water safety encouraging everyone to follow the 'Water Safety Code:' 1. Stop and Think, 2. Stay Together, 3. Float to Live and 4. Know your Emergency Number.

For more information visit the [BSA website](#) or [email the BSA](#).

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## More health news and updates...



well newham launch2

### Well Newham launch

Over 300 people, including Newham residents, volunteers and community groups joined us for the exciting launch of our new [Well Newham website](#) and [in-person hubs](#) on Thursday 8 June at East Ham

Leisure Centre.

Thank you to everyone who helped to make the day so special and especially the wide range of service providers from NHS partners to voluntary and community groups who provided invaluable support and advice for residents on the day. Residents were able to get free blood pressure checks, healthy start vitamins, watch healthy cooking demonstrations, try healthy food, and much more.

GP and Clinical Director for Newham, Dr Rima Vaid said: "Well Newham is a great example of how the NHS is working with the council and voluntary sector to support people to achieve their health and wellbeing goals. There are many services in Newham to help people live a healthy life, but it can be difficult to know where to start. That is how the Well Newham website and in person hubs can help link people with services as well as personalised advice and support".

Frontline staff can use the [directory of services](#) on the Well Newham website to signpost and refer residents directly to over 370 local services in Newham. Have a try and [let us know](#) how you get on. To find out more, visit the [Well Newham website](#).



Well Diabetes event

## Well Diabetes resident event

We held our first ever Well Diabetes event on 12 June, as part of Diabetes Awareness Week, in partnership with NHS North East London (NEL). The day was a great success with 95 residents joining us at St Bartholomew's Church in East Ham.

The day was a fantastic opportunity for residents to meet local diabetes care experts and hear how to manage, and even reverse, type 2 diabetes!

Residents were able to get blood pressure checks and on the spot diabetes tests, speak to dietitians and foot nurses, watch live cooking demonstrations by Nutrition Kitchen and sample lots of diabetes-friendly food.

The event was hosted by [Well Newham](#), and supported by both Councillor Neil Wilson (Cabinet member for Health and Adult Social Care) and Councillor Ann Easter, who spoke to residents on the day.

The event was an opportunity for everyone to hear about the exciting new type 2 diabetes diet that is being rolled out across Newham in July - ahead of the rest of the country! The diet is for people who have been diagnosed with type 2 diabetes in the last six years, to help them bring their diabetes into remission.

If you or someone you know could benefit from this new diet, speak to your specialist nurse or GP. There is lots of different types of support for people diagnosed with type 2 diabetes, find out more [here](#). For more information on the new remission diet click

[here](#).

## Have your say on an All-Age Autism Strategy

Across local health, education, adult and care services in Newham, the Council are developing an All-Age Autism Strategy which will be organised under the same six themes as the [National Strategy for Autistic Children, Young People and Adults](#).

We want to hear the views of parents, carers and practitioners in Newham to help shape the Autism Strategy Plan. Please fill in and share the below surveys with your networks. **The deadline for both of these surveys is 31 July.**

[Parents and carers survey. Parents and carers survey.](#)

[Stakeholders survey.](#)

## Calls for views on sexual health

We are currently working with our partners to develop a North East London (NEL) Strategy for Sexual and Reproductive Health. Our vision is to work collaboratively with residents and partners in order to deliver high quality, easy-access and equitable sexual health provision across the whole of North East London, with the prevention of illness and the promotion of healthy relationships at the core of all activity.

We have launched a short survey for residents to gather views on whether the [four priorities](#) identified meet their needs. Completing this survey will give every resident a chance to take part in a raffle and win a prize worth £50. **The survey closes on 15 August 2023.**

Please help spread the word to residents who live in North East London, including Newham. The survey can be found [here](#). More detailed information on the project can be found [here](#).



cost of living champions

## Cost of Living Champions needed

We know that the increased cost of living is affecting everyone's health and livelihoods; from increasing the risk of homelessness and mental health issues, to reducing people's ability to pay the bills and buy healthy food, among many other problems.

If you would like to play a key part in helping your family, friends, colleagues and community know where support is available, then sign up to become a Cost of Living Champion. You'll get regular updates on cost of living support available (e.g money, food, energy and

other costs), and help to get information out to people when they need and want it. To sign up to be a Champion click [here](#).

If you have any questions please [get in touch](#).

## World Suicide Prevention Day

We will be hosting and supporting suicide prevention activities across the borough between **4 September – 10 September** to mark World Suicide Prevention Day.

World Suicide Prevention Day is an international awareness day observed on 10 September each year to provide a focus for commitment and action to prevent suicide. For community organisations and individuals helping to prevent suicide, events around the awareness day are an opportunity to provide safe spaces of connection and to share resources.

Are you a local voluntary or community organisation? Up to £500 will be provided to host an event focused on suicide awareness/prevention and mental health during the week. This can include promoting an activity you already provide for the local community. To express your interest please [get in touch](#).

[Look out](#) for details of events and activities taking place during World Suicide Prevention Week in Newham, which will be announced shortly.

## Mental health resources

We want Newham to be a place where everyone can thrive. As part of this, we recognise how challenging life can sometimes be and the importance of being able to access and offer the right support at that time. Newham's Suicide Prevention Strategy helps strengthen mental health across population groups. We have a wealth of resources to help you to support others, by providing information about a range of mental health topics and local services, including where and how to access help:

- Share the [help and support services](#).
- Read the [Newham Suicide Prevention Strategy](#).
- Find out about mental health training and funding opportunities in the 'Funding and training' section below.

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## Funding and training opportunities

### Well Newham Challenge

Staff at Newham Hospital are being invited to take part in Cohort 2 of the Well Newham Challenge. The programme, which provides 12 months of quality

improvement and project coordination support, encourages staff to pilot new interventions and approaches to address the social determinants of health. Projects will receive funding **up to £5,000** towards implementation.

The projects from Cohort 1 included: translating outpatient pharmacy labels and bowel cancer screening materials; screening for social prescribing need in cardiology clinics; and developing a carb swap menu for the Bangladeshi community. If you'd like to find out more about the projects please [get in touch](#).

The project has received great feedback from Cohort 1, with one participant saying: "This was a great way to implement a pilot project. The learnings will impact future social welfare projects in our hospital and this has been an incredible learning experience."

For more information, click [here](#). The **deadline for submissions is Thursday 31 August 2023**.



## Microgrants for community initiatives now open

The Community Action for Partnerships in Health microgrants programme is now open. Microgrants of **£2,000 or £5,000** are available to fund community initiatives that scope, develop and/or deliver sustainable and community-led methods of building partnership between communities and health services. This grant programme is for London-based

organisations with an annual turnover of less than £500,000. Applications are sought from organisations working directly with communities.

For further information and to access the application form and eligibility quiz, click [here](#). **Applications close on 11 August 2023 at 5pm.**

## Mental health funding opportunities

The government is due to make a **10 million pound grant fund** available for **suicide prevention** to Voluntary, Community and Social Enterprise organisations in England across 2023-24 to 2024-25. The purpose of the fund is to:

- Support the VCSE sector to meet the increased demand for mental health support in part brought on by the Covid-19 pandemic and the cost of living crisis.
- To support the development of innovative preventative activities/services aimed at people who are at elevated risk of suicide.

Sign up to the "Find a Grant" portal to receive notifications when it is launched [here](#).

## Mental health training opportunities

There is a wide range of **FREE**, accredited training for people working and supporting others in the borough. This training includes Mental Health First Aid (for adults and children and young people), Demystifying Self-Harm, and Suicide Prevention Training. The courses range from a few hours to a couple of days. Don't miss the opportunity to sign up to this invaluable training. To sign up click [here](#).

Teesside University in association with North East London Training Hub is offering free trauma informed care workshops for people working in Newham. These are three hour online sessions, taking place monthly until March 2024. Find out more [here](#). There are also 12-week distance learning courses about trauma informed care. [Sign up](#) from 24 July 2023.

## Upcoming Social Welfare Alliance training

The Social Welfare Alliance offers **FREE** training for anyone who has regular conversations with residents who have a range of social welfare issues. The online sessions are delivered by expert tutors and cover topics such as: mental health, immigration, employment, housing, safeguarding and domestic abuse.

Upcoming training includes:

- Suicide prevention and awareness: 1 August, 2-4pm
- Introduction to coproduction: 17 August, 2-3.30pm

To view the full programme, visit [our website](#).

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