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Issue 27: November/December 2023

Welcome to the 50 Steps newsletter

Hello and welcome to the 50 steps newsletter for November and December 2023.



As we move into the winter period, we are delighted to

share our newsletter highlighting the many initiatives supporting residents during this period.

Winter can be a difficult time for many, particularly those feeling isolated and vulnerable to illnesses, so in this issue we highlight the support available to Newham residents in preparing for winter and staying safe during this time of year. Read on to find out about mental health, cost of living, energy support and more.

In this issue we raise awareness of how frontline workers and residents can become allies for people experiencing abuse and survivors and help the fight against gender-based violence. Join us in spreading the word to take action during 16 Days of Activism Against Gender-Based Violence, starting this Saturday 25 November 2023, and help raise awareness of violence against women and girls.

Please do [get in touch](#) if you have a health initiative you would like to include in the 50 Steps newsletter.

Wishing you all a healthy, happy winter and festive period!

Best wishes,

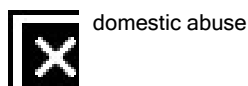
Simon Reid - Director of Commissioning (Interim)

Inside this issue you'll find:

- Spotlight on 16 Days of Activism.
- Support to stay healthy this winter, including: free vitamins, ways to stay active, mental health and cost of living support.
- Updates from Adult Social Care, including: autism support, carers' rights and a Safeguarding Adults Week.
- More ways to stay healthy, including: what's new on the Well Newham website, World AIDS Day and a bleed kits initiative in schools.
- News from our partners, including: mental health courses, Living Wage Week and tennis leadership courses.

Spotlight on...

16 Days of Activism



16 Days of Activism against Gender-Based Violence is an international campaign to challenge abuse. We are supporting the movement to promote Newham's zero

tolerance approach to abuse as well as raise awareness of domestic abuse support services and learning opportunities for professionals. For more information, visit www.newham.gov.uk/16days.

In honour of this period, various events will be taking place across the borough including a domestic abuse awareness session for residents on the **27th of November** at Stratford library and a female genital mutilation awareness session for professionals on the **5th December** via Zoom.

We act

In 2022-2023, there were 6,477 incidents of domestic abuse in Newham reported to the Metropolitan Police. Data shows 78% of perpetrators are male. To combat and prevent gender-based violence in the borough, we launched the [Domestic Abuse Strategy and Action Plan 2022 – 2025](#) last year. Developed in consultation with survivors, residents, domestic abuse services and Newham services, it takes a community-based approach to understanding each survivor's lived experience, as well as the testimonies of family and friends.

2023 has seen us launch two new services aimed at supporting domestic abuse perpetrators aged 18+ of all genders and backgrounds, in order to change their behaviour. We continue to place the safety of all survivors and their families at the heart of our domestic abuse responses.

We listen

Following resident and survivor feedback about wanting easier access to support, we now run domestic abuse drop-ins at Newham University Hospital, children's centres, within CYPS MASH services, the Newham Family Hub and in our libraries. For residents and survivors who want to get involved in shaping services, we have created the Newham domestic abuse co-production group. Please share these contact details with anyone interested in joining: email Co-productionteam@newham.gov.uk or call 07976716741.

We support

For free confidential advice and support on Newham's domestic and sexual abuse services, residents can contact Hestia 24 hours a day, seven days a week.

- Telephone: 0808 196 1482
- Email: InfoNewhamDSV@hestia.org
- Website: www.hestia.org

We know financial challenges can make it difficult for domestic abuse survivors to leave the perpetrator, so it is vitally important that survivors know there are services

that can support them. For more information, visit www.newham.gov.uk/costoflivingresponse

Support to stay healthy this winter



As the colder weather sets in, it is important that residents know about all of the support they can get to stay healthy this season. There is support to stay warm, combat the cost of living and look after everyone's mental health this winter. Please read on to find out more:

- We have created a handy [winter leaflet](#) with information and tips on how to stay healthy, along with our updated [winter webpage](#) – please share with your networks!
- The NHS has useful information on how to get **vaccinated against COVID-19 and flu**.

Find out more on [the NHS website](#).

- Residents over 60 are eligible for [free vitamin D](#), and all pregnant women, new mums and people with children under four can get free [healthy start vitamins](#). For information on collection locations across the borough please visit the [Well Newham website](#).
- **Staying connected** is an important part of the season. The [Be Connected programme](#) offers a range of local services that can help residents connect with others and the community.
- Encourage residents to ensure they are receiving appropriate **benefits** they are entitled to such as the Warm Home Discount, the Cold Weather Payment and the Winter Fuel Payment during this period. Visit [energy and sustainability](#) webpages for more information.
- **Asking for advice** from pharmacists can help residents with common winter illnesses such as a cold, sore throat, cough or earache. Residents can also call NHS 111 or visit [nhs.uk](#) for advice on a range of health issues.
- **Cost of living support** is also available to residents, please share with residents to stay up to date with the [cost of living support available in Newham](#).

Please share our [winter wellness website page](#) for information and advice, or inform residents they can attend one of the Well Newham Hubs to get in-person support

and advice. Residents can call 020 8430 4841 to get help with the website and find their nearest Hub.

Support to keep active this winter



stay active in winter

Our Parks is helping residents to stay active for free in local green spaces this winter with new class times. Classes cater to beginners or those returning to exercise, ranging from back to exercise to boot camp. Please share with residents so they can sign up and discover free fitness classes at Stratford Park, Plashet Park, Central Park and Canning Town Recreation Ground. You can direct those who are interested to ourparks.org.uk/Newham for more information.

Additional tips for staying active in the colder weather, including exercise at home cards and advice, can also be found on [the Well Newham website](#).

Newham libraries extend opening hours to become Warm Havens



warm havens

Until 31 March 2024, all of our libraries have extended opening hours to become Warm Havens; providing safe, non-judgemental, warm spaces during the cold winter months. Alongside extending library opening hours, Newham Council has relaunched a dedicated Warm Haven grants programme. **Grants of up to £2,000** are available to voluntary, community and faith sector organisations who can support the borough's response to the growing pressures of the cost of living. In particular, this is to help set up or support a Warm Haven provision.

[Find out more about library opening hours and Warm Haven grants programme >](#)

Signing of the Prevention Concordat for Better Mental Health

We are delighted to report that we have officially become a signatory to the Prevention Concordat for Better Mental Health; showcasing our commitment to

mental health prevention and overall well-being. Led by Public Health England, this national agreement aims to foster local and national efforts in preventing mental health issues and promoting positive mental health.

To find out more about the Concordat visit

www.gov.uk/government/collections/prevention-concordat-for-better-mental-health.

For resident and frontlines that need information on access to advice, help and services to keep the mind healthy, please encourage them to visit

www.wellnewham.org.uk/healthy-mind

Updates from Adult Social Care

Autism support group & alert card



Adult Social Care has created the Support Group & Alert Card to start logging activities and support services offered in the community for autistic residents. Do you offer or know anyone that offers any free, subsidised or affordable autistic activities or support services in Newham? The team would like to hear from you, please email

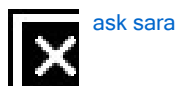
Autism.Commissioning@newham.gov.uk.

For information on the learning disability and autism Friendship Club, NAS Autism Alert Cards and

Employment opportunities kindly share and promote amongst resident and frontline workers to visit or contact the following for more information:

- [Autism Support Groups and Alert Card – Autism – Newham Council](#)
- [AutismAlertCard-060420 \(thirdlight.com\)](#)
- Kunyeda@newham.gov.uk

AskSARA- Making life easier in three simple steps



AskSARA is an online advice and assessment tool available to help older residents and disabled residents of all ages live independently and maintain their lifestyle. Please help spread the word! The platform provides impartial advice on suitable equipment and assistive technology solutions, making residents' daily living activities

easier.

AskSara can be accessed at <https://newham.livingmadeeasy.org.uk> and also via the [Well Newham Directory hosted by Joy](#). For residents who do not have access to the internet or would like some help to use the platform; they can contact the Access to Adults Social Care Team on 020 8430 2000 (please ask them to select option 2) or text phone: 18001 020 8430 2000.

Physical and Mental Health Disability Employment Support



disability employment support

Newham residents who have a physical or mental disability and are struggling to find sustainable employment can now benefit from a new free and confidential service led by Our Newham Work. Those who qualify will benefit from a personalised approach to finding their desired role; receive ongoing support through specialist health teams and also provide advice to employers to help them make reasonable workplace adjustments. For more information, visit www.ournewhamwork.co.uk or contact

ournewhamwork.engagementteam@newham.gov.uk.

Carers Rights Day, 24 November 2023



carers

Newham Carers Community (NCC) service is a vital initiative aimed at supporting unpaid caregivers in the London Borough of Newham. The service provides a range of comprehensive services for unpaid carers, including information, advice, emotional support and access to social and community services.

For Carers Rights Day this year, Newham Carers Community (NCC) will be hosting two carers rights training sessions online delivered from 'Not a Care in the World' which will highlight carers rights and how to use them, and a Carers Rights in-person workshop to help carers know the entitlements around benefits and services they can access as a carer.

Online sessions will be held this Thursday 23rd November at 11am and 2pm, and in-person workshops this Friday 24th November 2023 at 11am and 1pm. Please share with residents who would benefit from this service.

For more information, they can call NCC on **020 3954 3143** or email

info@newhamcarerscommunity.org.uk.

A referral form for the service can be found here:

<https://www.newham.gov.uk/health-adult-social-care/carer-1>.

Safeguarding Adults Week, 20-25 November 2023

The National Adult Safeguarding Adults Week 2023 is taking place this week, from Monday 20 to Friday 25 November 2023. The week offers an opportunity for organisations and residents to come together and raise important issues about keeping safe. It is important that the voices of residents are heard and that everyone knows where to go if something doesn't feel right. This year focuses on how residents can prioritise their own welfare and wellbeing, as well as that of others.

A Safeguarding Conference Hub is being held in Stratford Library on **Wednesday 22 November, 10am to 2pm**. A range of professionals will provide information on keeping safe and cost of living support available and partners who will be present include Metropolitan Police, domestic violence support services and Our Newham Money. For more information on safeguarding, visit the Newham Council [safeguarding webpage](#).

More ways to stay healthy...

What's new on the Well Newham website



well newham logo

The Well Newham Website is a fantastic resource for everyone living and working in Newham to find information and support for their health and wellbeing. The website links through to the Well Newham Directory which contains hundreds of local health and wellbeing support services to which residents can be referred, or self-refer.

Some of the many **new services** that have been recently added to the directory include:

- [Helping Hands](#) – offers free support to fill out application forms including PIP forms for residents across the borough.
- [The NHS and Care Volunteer Responders service](#) which provides telephone befriending for up to 18 weeks and pick up and collection of shopping, medication and medical equipment.

On the Well Newham website, we have many **new pages** including:

- Details of services that can help residents with form filling: [Help filling out forms.](#)
- Local events happening around Newham: <https://www.wellnewham.org.uk/events>
- Information on [vaping](#) and where adults and young people can get support to [stop smoking.](#) Please help spread the word!

World Diabetes Day



Dozens of residents benefited from our Live Well with Diabetes event on Tuesday 14 November, 2023. Held to coincide with World Diabetes Day, provider organisations offered health checks, expert advice and support with a Q&A session.

The aim of the event was to highlight why type 2 diabetes is so prevalent in Newham and to provide information about the range of free support programmes that are available in our borough. Oviva, which is delivering the T2DR diabetes remission programme and Thrive Tribe, which is providing the National Diabetes

Prevention Programme, joined partners including East London NHS Foundation Trust, Newham University Hospital and Nutrition Kitchen.

For more information about the lifelong condition, visit www.wellnewham.org.uk/advice/diabetes.

World AIDS Day, 1 Dec 2023



Each World AIDS Day focuses on a specific theme, which this year will be 'Global solidarity, shared responsibility'. World AIDS Day, on December 1st, brings people together globally to express solidarity with those living with HIV, remember those lost to AIDS and work towards preventing new infections.

In 2021, Newham reported 29

new HIV diagnoses, with 35.4% considered to be late diagnoses, indicating potential health risks. Newham is fully committed to achieving zero new infections, zero preventable deaths, and zero HIV-associated stigma by 2030, ensuring support for residents with HIV and accessible prevention and testing sites for those at risk.

For information on accessible prevention, testing sites and support available to residents, please share the following resources with your networks:

- <https://www.wellnewham.org.uk/advice/sexual-health>
- <https://www.alleast.nhs.uk/>
- <https://www.positiveeast.org.uk/>
- <http://bodyandsoulcharity.org/>

Bleed kits initiative



“I don’t want any family to go through what we did. Bleed kits are now being used all over the country and they have saved many lives.” – Suzanne Hedges, Founder of the Ricky Hayden Memorial.

Newham is collaborating with local charities to enhance the accessibility of bleed kits across the borough. Bleed kits are specialised trauma kits designed to provide bystanders with the products they need to stop life-threatening bleeding until paramedics arrive, potentially saving lives. The initiative aligns with Step 10 of the 50

Steps Strategy, focusing on a public health approach to youth safety, supporting young people's health and readiness for adult life.

One of the charities includes the Ricky Hayden Memorial, initiated by Suzanne Hedges, who tragically lost her son to a stabbing in 2016. The charity focuses on raising awareness and providing bleed kits in the community.

Inspirational Year 6 pupils from Central Park Primary School won the national Deloitte/Debate Mate competition earlier this year with their project ‘Save Lives, No Knives’. These incredible students have donated £1000 to the Ricky Hayden Memorial, which will support 10 bleed control kits across various primary and secondary schools.

For more information on support services for young people and their families visit

[Youth Safety.](#)

News from our partners

Tennis leadership courses



Exciting opportunities are now available with the National Tennis Association, who are offering free training sessions for adults and young people interested in coaching and supporting tennis programs. The Tennis Leaders Course provides key skills to support coaches in delivering sessions and organising events, ensuring they are relevant and enjoyable for everyone. Please help spread the word about these opportunities available, visit: [LTA Youth Tennis Leaders Information for Coaches.](#)

Mental health in winter

The mental health charity Mind is running free, online workshops to help improve residents' mental health and prevent deaths by suicide this winter. The workshops will look into exploring perceptions and feelings towards Christmas, learning about suicide prevention, understanding self-harm, and creating a personalised self-care plan.

Please share with residents and frontline workers. Interested parties should send an email to safeconnections@mindthnr.org.uk to book or inquire.

Mental health awareness training for frontline staff and community champions

Thrive LDN has been working with Healthy Dialogues to offer three pre-recorded training sessions about mental health and the impact of financial hardships.

The training is aimed at frontline staff and community champions. Across the training, you will learn skills to engage people in conversations in mental health and wellbeing and what to do when someone is experiencing a mental health or emotional wellbeing crisis. For more information visit [Mental Health Awareness Training for frontline staff – Thrive LDN](#)

Living Wage Week

In Newham, one of the ways in which the impact of the cost-of-living crisis is being addressed is through efforts to maximise the reach of the London Living Wage. Currently, 84 organisations in Newham, including Enabled Living, are registered with The Living Wage Foundation.

Enabled Living, part of The Royal Docks Living Wage Action group, has collaborated with local organisations, achieving a 50 per cent increase in employers committing to the London Living Wage in the last two years. They have also accredited large employers like Sunborn London Yacht Hotel and General People, won national Living Wage Awards, and organized awareness-raising events. The group aims to double its membership yearly, potentially leading to pay increases for around 3000 local families by 2025. Additionally, TELCO Living Wage Action Group is working to bring three local NHS Trusts on board.

For more information about the Living Wage email tazkia.khan@livingwage.org.uk or Mathew.Sheehan@enabledlivinghealthcare.co.uk

Free defibrillators

British Heart Foundation is providing eligible and most in-need communities with free defibrillators. Applications for this life-saving resource are open until **15 March 2024**. We want to encourage as many organisations as possible in Newham to apply for this, including religious buildings, youth zones and sports clubs. For more information visit: [Defibrillator funding for your local community - BHF](#)

Ageism Action Day Micro-grants for Age-friendly Communities

Micro-grants are being made available for community groups and local voluntary sector organisations within Age-friendly Communities to take part in the Action Day, as part of a pilot programme. The grant is available to community groups and local voluntary sector organisations, big and small, who are based in communities who are members of the UK Network of Age-friendly Communities.

Please share with residents, organisations and community groups big and small to send in their applications to grants@ageing-better.org.uk email address.

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