

| [Forward to a Friend](#) | [Add to Safe Senders](#)



Issue: 29 March/April 2024

Welcome!



Welcome to our 50 steps newsletter for March and April 2024.

As we welcome a new season with the first signs of spring starting to appear, longer days and slightly warmer weather, it is the perfect time to increase our levels of vitamin D. Spending at least 10 minutes outside every day can positively impact both our mental and physical health, and you can even earn rewards for doing it- read on to find out more!

We're excited to share with you the latest updates and initiatives that illustrate our ongoing commitment to collaboration, community, and progress on the 50 Steps Health and Wellbeing Strategy.

In this issue, we highlight and celebrate Social Prescribing Day and the amazing work being done across the borough. This day is a chance to promote the range of personalised care roles and existing community services available in Newham, as well as showcasing the benefits of social prescribing in enhancing individuals' health and wellbeing.

To all those observing Ramadan, I hope you have a peaceful, meaningful, and healthy month. You can find details in our newsletter to share about how to stay healthy during this period.

In the meantime, please do get in touch if you have a health initiative you would like to include in a future 50 Steps newsletter.

Wishing you a happy and healthy start to spring!

Best wishes,

Ysabella Hawkings - Public Health Principal

In this issue:

- Spotlight on Social Prescribing Day 2024.
- Updates on help available to stay healthy, including the newly updated Healthier Life booklet, health events for Ramadan and No Smoking Day activities.
- Updates on the leisure provision in the borough including the BetterPoints Newham Challenge.
- Updates on child health, including a safe sleep conference in Stratford and activities for Child Exploitation Awareness Week.
- Updates from Adult Social Care including Autism Celebrations and Age Without Limits Action Day.
- Social Welfare Alliance training.
- Updates from our partners, including: NHS Best Start in Life campaign, testicular health education in schools and a blood pressure check campaign.

Spotlight on Social Prescribing Day 2024

Social Prescribing Day (14 March) takes place annually to celebrate the people, organisations and communities who make social prescribing happen. It is also an opportunity to celebrate all our partners and everyone who work in this space.



To mark Social Prescribing Day 2024, Social Prescribers around Newham took part in many community activities to raise awareness of their role, including meeting with voluntary groups such as People Need People digital inclusion and friendship group at Stratford Library, walking with The Line and hosting a collaborative event with local Health and Wellbeing Coaches.

A notable upcoming highlight of our Social Prescribing Day celebrations is the forthcoming release of a comprehensive booklet spotlighting six personalised care roles based in Newham who support residents with their health and wellbeing by creating personalised health plans and connecting residents to activities, groups and support.

Personalised care is about giving residents choice and control about the way their care is planned and delivered. The things that affect how people feel can't always be treated by doctors or medicine alone, such as loneliness, isolation, or stress. Personalised care roles work in the community and connect people to activities, groups and support that can address these feelings, and improve health and wellbeing more generally.

Some of the roles can also offer coaching to change behaviours or support with navigating complex care needs.

To learn more about the six personalised care roles in Newham, and how you can assist residents to access them, visit: www.wellnewham.org.uk/personalised-care. The webpage also has a simple tool to help you/residents identify the most appropriate role to connect with based on the needs of the resident.

Updated 5 Ways to a Healthier Life booklet

The London borough of Newham Public Health Team are delighted to share our newly updated '5 Ways to a Healthier Life' information booklet from Well Newham, in partnership with the NHS.

The *5 Ways to a Healthier Life* booklet contains lots of useful **health and wellbeing information**, as well as details of over **100 support services** in Newham – many are free!

Topics include:

- Well Newham – where to get support and advice in the community.
- Healthy body - including keeping active, weight management, diabetes and more.
- Healthy mind – including support for anxiety, loneliness, bereavement and more.
- Healthy money – including financial support, help to get a job, fill in forms and more.
- Healthy home – including support to stay independent, get online and housing support.

Residents can pick up printed copies and get in-person support with their wellbeing at any of our Well Newham **Hubs**.

If you would like to request printed copies for your organisation or service, please fill in this **form**.

To view the online copy or for more information visit the **Well Newham website**.

Health events to help residents fast safely during Ramadan

The LBN Public Health Team has been working in partnership with the NHS to deliver free events at



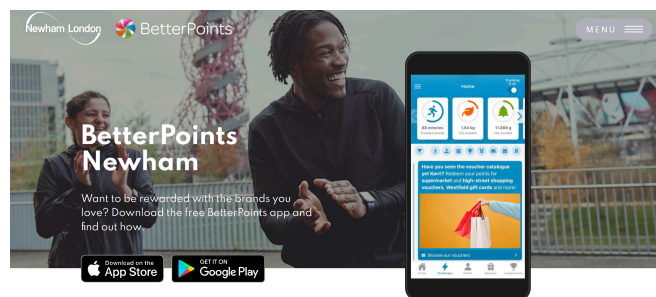
Mosques and libraries ahead of, and during, Ramadan to encourage residents to fast safely and make healthy choices about their diet. Healthcare professionals, including doctors and nutritionists, have been providing advice at the events about managing and preventing Type 2 diabetes, guidance on alternative options due to a particular condition or illness, as well as healthier food alternatives to open fasts. Over 150 residents attended and received support and information at the events.

The Qur'an requires Muslims to fast from sunrise to sunset during the month of Ramadan. However, people who are ill or have medical conditions do not have to fast. This can include people living with diabetes. Newham Council is encouraging diabetic Muslims living in the borough to check with their healthcare team before deciding to fast. They can review and consider how their diabetes is being managed and whether fasting could put them at risk.

Please share all the useful information and advice on **diabetes management** on the Well Newham website with residents.

BetterPoints Newham Challenge

The LBN Public Health team has partnered with BetterPoints to launch the BetterPoints Newham Challenge, a free app-based programme and



website aimed at encouraging everyone living in Newham to walk, wheel, cycle or run more – and gain rewards while they do it!

Historically, Newham's physical activity levels have been low. Walking and cycling for fun, or as part of a daily journey, is an easy way to introduce physical activity in everyday routines. Residents can download the BetterPoints app through their app store and register using their Newham postcode. Activity or journeys are automatically detected through the app once you start moving and the more journeys recorded, the more points and rewards received.

The BetterPoints Newham Challenge has been funded by Westfield East Bank Creative Futures Fund, and supported by Westfield Stratford City and Foundation for Future London. The rewards and campaigns from the challenge will also target improving air quality and health inequalities in Newham in a fun and engaging way.

Those who work in Newham but live elsewhere can still take part using a referral code by contacting BetterPoints' customer care team via customercare@betterpoints.uk

BetterPoints rewards can be spent at participating businesses in Newham, while also being redeemed for high street vouchers or donated to charity.

Help spread the word and for further details, visit: newham.betterpoints.uk/

Safe Sleep Conference

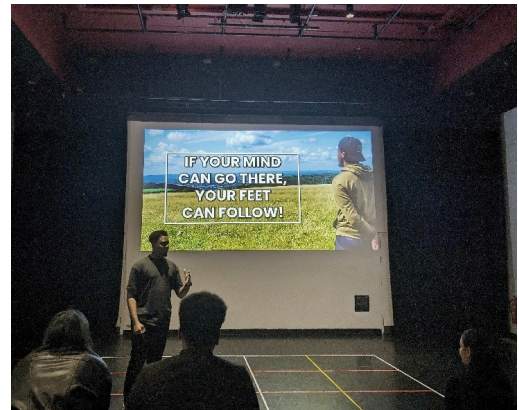
On 22 March, a conference was held at Stratford Old Town Hall as part of local and North-East London initiatives aimed at preventing future deaths in infants. The conference was led by Nicola Needham, the Child Death Overview Panel Manager from Newham, and focused on promoting safe sleep practices to reduce the risk factors associated with Sudden Unexpected Death in Infants, also known as Sudden Infant Death Syndrome (SIDS).

The main focus of the conference was the risk factors associated with safe sleep practices for babies to prevent future sudden unexpected deaths in infants. The conference was intended for professionals who come into contact with families, as well as parents, carers, childminders, and nursery carers. It aimed to provide attendees with more knowledge about safe sleep practices and raise awareness among all families, taking into account barriers to safe sleep messages such as culture, ethnicity, and language.

For more information visit: [The Lullaby Trust](#)

Child Exploitation Awareness Week

This year is the 10th anniversary of National Child Exploitation Awareness Day, that took place on the 18 March. Newham Council hosted a series of events across the week to highlight the issues surrounding child exploitation and the support that is available to those working to stop it, or experiencing it. You can help to [#LookCloser](#) for the signs of child exploitation and how to report it.



The third Youth Safety Summit had the theme: 'Newham Says No to Child Exploitation', and brought together partners across the Met Police, social care and youth work. Stratford Youth Zone also hosted a film showing of 'Save Me', that invited the Director Amani Simpson for an interactive Q&A session with young people around topics of exploitation.

Find out about the signs of child exploitation and how to report it on our [child exploitation website page](#).



Age Without Limits Action Day

Age Without Limits is a national campaign highlighting the prejudice that's often faced by older people. Newham Council is committed to tackling ageism as part of our [Ageing Well strategy](#). As part of the strategy, we have secured [Age-friendly Employer status](#), set up the [Ageing Well Resident Advisory Group](#) and the Ageing Well WhatsApp broadcast group and hosted the Age Well Festival in October which was attended by over 400 residents.

On Wednesday 20 March, the Adult Social Care team held awareness activities for [Age Without Limits Action Day](#) to encourage everyone to do something to change the narrative about ageing. The Ageing Well Team ran pop up stalls outside Stratford Shopping Centre and ASDA Beckton in partnership with residents groups, colleagues from Health and Social care and local voluntary and community faith organisations. For more information on a range of subjects including money advice, Vitamin D, carers support, employment, volunteering and much more visit: [Age Without Limits | Well Newham](#)

World Autism Acceptance Week is 2-8 April

Newham Council is delighted to announce the World Autism Acceptance Week, taking place from 2–8 April 2024. The week presents a wonderful opportunity to celebrate autism in Newham and foster greater understanding and acceptance within our community.

A programme of events and activities that celebrate autism in Newham is available. As a local business you can access a number of resources and support found on this programme [Autism Celebrations 2024](#) to support staff and customers. Get involved, and let's start talking autism!



Autism Celebrations 2024

The All-Age Autism Strategy launch will take place on Thursday 18 April 2024, and the theme for the launch is **employment**.

Research has shown common strengths that autistic people have such as solving problems 40% faster; thinking outside the box, acute hearing, seeing greater intensity of colours, reading tiny text from across a room, and having hyper focus or mono tropism - an intense form of mental concentration for extended period.

To support local business in finding the right people for their organisation, we will be holding a speed dating event where local business will have the opportunity to share the benefits of working with their organisation to a room full of potential employees. If you are interested in joining this event to fill vacancies in your organisation please register your interest [here](#).



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 tu immigration, employment, housing, safeg

WE ARE WORKING TOGETHER.

WE ARE NEWHAM.



People at the Heart of Everything We Do

Upcoming training includes:

- Well Newham Directory of Services: 18 April, 10-11am
- Adult Mental Health and Wellbeing in the context of social welfare challenges: 23 April, 10am-12noon
- Employment Support and Employment Rights Services in Newham: 26 April, 10-11.30am
- Working with Migrants: 1 May, 6-8pm

To view the full programme, please visit: [wellnewham/social welfare alliance](https://wellnewham/social-welfare-alliance)

NHS vaccine campaign (Best Start in Life)

With childhood infections such as measles and whooping cough rising, it is imperative that we all prioritise immunisation to protect our youngest community members. The impact of childhood infections cannot be overstated. England's current levels of population immunity fall short of the World Health Organisation's recommended threshold of 95%, leaving those who are unvaccinated or under-vaccinated at heightened risk.



Recognising the importance of prevention, the NHS offers a comprehensive childhood vaccine programme, providing invaluable protection against certain diseases. Vaccines have been used so successfully in England, they prevent more than 5,000 deaths and more than 100,000 hospital admissions each year.

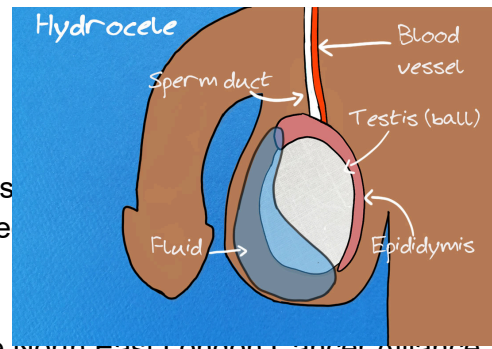
We understand that people may have questions about vaccine safety and effectiveness. All childhood vaccinations offered by the NHS have been used in millions of children and have an excellent safety record. All health authorities worldwide agree that immunisation is the safest way to protect our children's health

Do share across your network to encourage parents to ensure their children are vaccinated.

Please visit nhs.uk/childhoodvaccinations to find out more.

Testicular health education in Newham

We are thrilled to announce an exciting opportunity from the NHS - North-East London Cancer Alliance aimed at enhancing testicular health education among secondary school students in Newham. With testicular cancer and testicular torsion health risks, it is crucial that we equip our young people to look after their wellbeing.



In response to these pressing health concerns, the North East London Cancer Alliance is proud to sponsor NHS-approved testicular health education initiatives specifically for secondary schools. The goal is to empower educators to integrate comprehensive teachings on testicular cancer and torsion into their PSHE programmes, fostering a culture of proactive health management among students.

For FREE staff/school nurse training please send an email to: VickyStubbsPSHE@gmail.com.

Visit testicularhealth.info/educational for a lesson plan and teacher guidance as well as more information for schools and health providers.

Blood pressure check campaign



The NHS launched a new blood pressure testing campaign on 11 March, encouraging those aged 40 and over to get a free blood pressure check at their nearest participating pharmacy.

High blood pressure is the largest treatable risk factor for cardiovascular disease (CVD) which can lead to a fatal heart attack, stroke, kidney disease or vascular dementia. CVD causes 1 in 4 deaths in England.

Research has revealed that there is a common misconception that high blood pressure is not a serious concern and a lack of knowledge that hypertension presents with no symptoms in the majority of cases.

The campaign aims to encourage people aged 40 and over, especially those who are more likely to have undiagnosed high blood pressure (typically those who are older, especially 55+, regularly drinkers, smokers or living with obesity) and those more likely to suffer poor outcomes from CVD, into the recently expanded capacity in pharmacy.

Do share and join to help find the estimated 4.2million people in England who are unaware that they are at risk.

For more information, visit [find a pharmacy that offers free blood pressure checks - NHS \(www.nhs.uk\)](http://www.nhs.uk)

If you would like to contribute to the next 50 Steps newsletter, please email your submissions to us at: phhealth.promotion@newham.gov.uk

If you have any questions or suggestions, please don't hesitate to reach out to us at phhealth.promotion@newham.gov.uk.

Copyright © 2024 London Borough of Newham, All rights reserved.

Our mailing address is: London Borough of Newham, Newham Dockside, 1000 Dockside Road,
London, E16 2QU.



[Click here to subscribe](#). To unsubscribe from all communications, [click here](#).
