

50 Steps to a Healthier Newham

Newham Health and Wellbeing Strategy 2024-2027



Foreword

In the three years since the first 50 Steps strategy was published, Newham has been rocked by successive waves of COVID-19, followed by a cost of living emergency caused by a perfect storm of rising prices, falling incomes, public service cuts and a housing crisis. In a borough where people have suffered for decades from deeply rooted inequalities, these crises have hit Newham residents harder than most.

But Newham is a place of great creativity, diversity and resourcefulness. In spite of the challenges of the last three years, we have made significant progress in improving health and wellbeing in the borough. This is down to the tenacity of our partners, stakeholders and residents – all working together to make the borough a happier, healthier place.

50 Steps to a Healthier Newham 2024-2027 builds on the outstanding partnership working from the last strategy, and drives forward the work to improve residents' health and wellbeing – while also galvanising action to deliver benefits around climate, inclusive economy and equity.

This will require us to redouble our efforts – to work across sectors and across organisations – in order to tackle Newham's complex health challenges, and achieve meaningful, equitable and lasting impact. To do this, we will work with a huge range of partners – from the NHS to central government departments, from local businesses to our thriving voluntary, community and faith organisations. And we will focus on a broad range of issues – from housing to mental health, from healthcare for the most vulnerable groups to long-term conditions and food security.

People are at the heart of 50 Steps, and we are relaunching our Changemakers community, which celebrates those residents who are already doing so much to help their friends, family members and neighbours be healthy and well. We will be listening to and learning from them, and we will be strengthening our relationships with communities and community groups.

Health and wellbeing are not just buzzwords – they are at the core of what it means to be able to thrive, to be able to fulfil your potential, and to truly enjoy life. We are committed to making real, tangible improvements to residents' lives, in order to build a fairer, healthier Newham.

Mayor Rokhsana Fiaz
Newham Health and Wellbeing Board



Contents

Foreword	2
Background	6
Building on 50 Steps 2020-2023	7
Aims and objectives of the strategy	7
Determinants of health	8
How we have developed the strategy	9
What does the strategy include?	11
Themes and steps	12
Golden threads	15
How we will implement the strategy	16
How we will measure progress	18
Learning approach	21

People



Giving children and young people the best start in life

1. Give babies and children under five the best start in life	23
2. Provide an efficient and effective Early Help offer, to give information, advice and support to families	24
3. Enhance the role played by schools, Youth Zones and other settings for children and young people in enabling good health and wellbeing	25
4. Support children and young people to maintain good oral health	26
5. Support children and young people to achieve and maintain a healthy weight	28
6. Make Newham a safer place for children and young people	29



Promoting good mental health

7. Join up the mental health support for children and young people and their carers	31
8. Promote mental wellbeing and prevent the impacts of poor mental health	32
9. Make treatment and support services for people with mental illness more accessible	34

10. Make Newham a place where everyone can feel connected	35
---	----



Preventing illness and providing high-quality health and care services

11. Support adults and older people to achieve and maintain a healthy weight	36
12. Reduce the prevalence and impact of long-term conditions on residents' lives	37
13. Improve prevention and early diagnosis of cancers and cardiovascular diseases	39
14. Support residents to enjoy safe relationships and maximise their sexual and reproductive health	40
15. Promote health and independence through adult social care	41



Addressing smoking and substance misuse

16. Make Newham smokefree by 2030	42
17. Support residents to recover from the impacts that alcohol and drug misuse have on their life, their family and the wider community	43



Creating an inclusive borough

18. Create an age-friendly Newham	44
19. Make Newham a neurodiversity- and disability-friendly borough	46
20. Improve access to healthcare for inclusion health groups	47
21. Help people seeking sanctuary to settle and lead independent, healthy and happy lives	49
22. Ensure that services that meet the needs of the most vulnerable groups are effective and of high quality	50



Protecting residents from threats to their health

23. Prevent and control health threats	51
24. Increase immunisation uptake and reduce inequity in coverage	52

Places



Creating a healthier food environment

25. Create a healthier food environment	56
26. Nurture a local food culture of eating well, sustainably, for a just transition to a green economy	57
27. Continue to grow whole school approaches to food	58
28. Continue to improve food security for all residents	59



Making Newham a place for people and planet

29. Deliver a just transition in addressing climate change	61
30. Improve air quality and protect residents from exposure	62
31. Increase active and sustainable travel through schools, employers and faith organisations	64
32. Create a healthy urban environment	65
33. Involve residents in every new low-traffic scheme, encouraging them to travel actively and use their local spaces	67
34. Use libraries and community spaces to improve residents' health and wellbeing	68



Promoting health through housing

35. Design healthy homes	70
36. Prevent homelessness and promote the health of people living in insecure or low-quality accommodation	71
37. Reduce the number of cold homes by tackling fuel poverty and making homes more energy efficient	72



Increasing participation in leisure and sport

38. Increase access to leisure and sport through community-based programmes	74
---	----

39. Deliver a high-quality and accessible sport and physical activity offer in Newham	75
40. Deliver high-quality leisure facilities and infrastructure	76



Building an inclusive economy

41. Support residents to achieve financial security	78
42. Improve the contribution of work to people's health and wellbeing	79

Partnerships



Partnerships rooted in the community

43. Deliver and embed the Well Newham programme	81
44. Build a social movement for health	82
45. Make health promotion and communications more inclusive so all residents can get the information they need	84
46. Improve health literacy and cultural competence across Newham	86



Driving quality across our health and care partnership

47. Improve equity in health and care by embedding a culture of curiosity and improvement in the Newham Health Equity Programme	88
48. Reduce variation across health and care in Newham	89



Partnering in research, data and intelligence

49. Develop the Newham Centre for Health and Care Equity	91
50. Make the best use of intelligence and insight to drive decision-making	92

Appendix

Golden threads	94
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Introduction





Background

Why health and wellbeing?

Everyone in Newham should have the opportunity to thrive, and to have healthy, happy, and fulfilled lives. Good health not only gives everyone a chance to achieve their potential and lead a meaningful, enjoyable life; health is also a vital asset, which will help Newham's growing and ageing population be ready for the future.

Newham since 2020

Newham is a dynamic, diverse and creative place; one where residents' talents, dedication and kindness are its greatest assets; where the pride we feel in the borough is only increased by the constant cooperation and collaboration of community organisations, businesses and communities working together to improve residents' lives.

Since the launch of the first 50 Steps to a Healthier Newham in 2020, we have seen substantial progress. People have come together, working in inspiring and new ways with the council and other organisations to improve residents' health and wellbeing. For example, in 2022-2023 more than 17,000 polio vaccinations were given, almost 2,000 school children were provided with holiday food vouchers, 87 local organisations had been accredited as paying the London Living Wage,

and there were a total of 19 Healthy School Streets sites, resulting in a 29% reduction in nitrogen dioxide around the schools. Local people and communities have been central to Newham's achievements: for example, hundreds of residents are actively taking part in volunteering, 39 local organisations are delivering food support to residents as part of the Newham Food Alliance, and 85% of current People Powered Places projects are focusing on health and wellbeing.

However, the last three years have brought huge and unprecedented challenges – which have had a disproportionate impact on Newham residents, three-quarters of whom live in the most deprived 30% of areas in the UK. The NHS is under enormous pressure to deal with the aftereffects of COVID-19, such as increased waiting times and a growth in demand. Meanwhile, the rising cost of living has caused a dramatic fall in living standards across the country; almost one in two children in Newham live in poverty.

These challenges are not only impacting residents, they are putting immense pressure on our partners – local businesses and voluntary, community and faith organisations, among others – many of which are led by people from Newham, who tell us about the challenges they face day in day out. In a borough where people face structural inequalities that lead to health inequalities, the last three years have had a significant impact on many residents' physical and mental health, the full extent of which is not yet known.

The contexts we work in have also changed. The largest NHS restructure in a decade gave the North East London Integrated Care Board (ICB) responsibility for health services in Newham in 2022. Also in 2022, Newham Council's Cabinet agreed the four-year Corporate Plan, Building a Fairer Newham, which prioritises a healthier Newham, and commits to delivering an inclusive economy and responding to the climate emergency. Meanwhile, international conflicts, large numbers of displaced people worldwide and accelerating climate change have impacts and aftershocks on the health and wellbeing of Newham residents.

There is therefore a strong case for the refreshed strategy to reflect our new context while continuing to drive change, even against the extremely challenging financial backdrop for the NHS, local government and the many organisations and communities we partner with. The data – qualitative and quantitative – provides a clear case for the strategy to be used to galvanise action on health and our three 'golden threads' – equity, climate and inclusive economy. At a time when the energy, involvement and collaboration of residents, community groups, voluntary organisations, faith communities, public services and other partners is high, the refreshed strategy aims to harness a shared commitment and ambition for a healthier borough, and respond to the challenges of the last three years.

Building on 50 Steps 2020-2023

The first 50 Steps strategy was delivered by working together: it was only through partnership working between the council, the NHS and a wide range of other partners – including voluntary, community and faith organisations, schools, businesses and residents – that we could improve health in Newham. As a result, not only have we had an effect on residents' health, but vital relationships needed to have impact at scale have been strengthened, and we have learned more about how to work effectively together.

The 50 Steps approach was recognised by judges at the MJ Awards, who gave the strategy top prize and called it 'manifestly a collective endeavour focused on local wider determinants'. The refreshed strategy for 2024-2027 builds on these successes and on the learning from 50 Steps 2020-2023. It recognises that we need to continue to transform how we work with communities and partner organisations – that we are still working out how we frame challenges and how we bring our complementary skills, resources, relationships and experiences together to tackle shared health priorities.

Aims and objectives of the strategy

The aim of 50 Steps to a Healthier Newham is to improve health and reduce health inequalities in Newham.

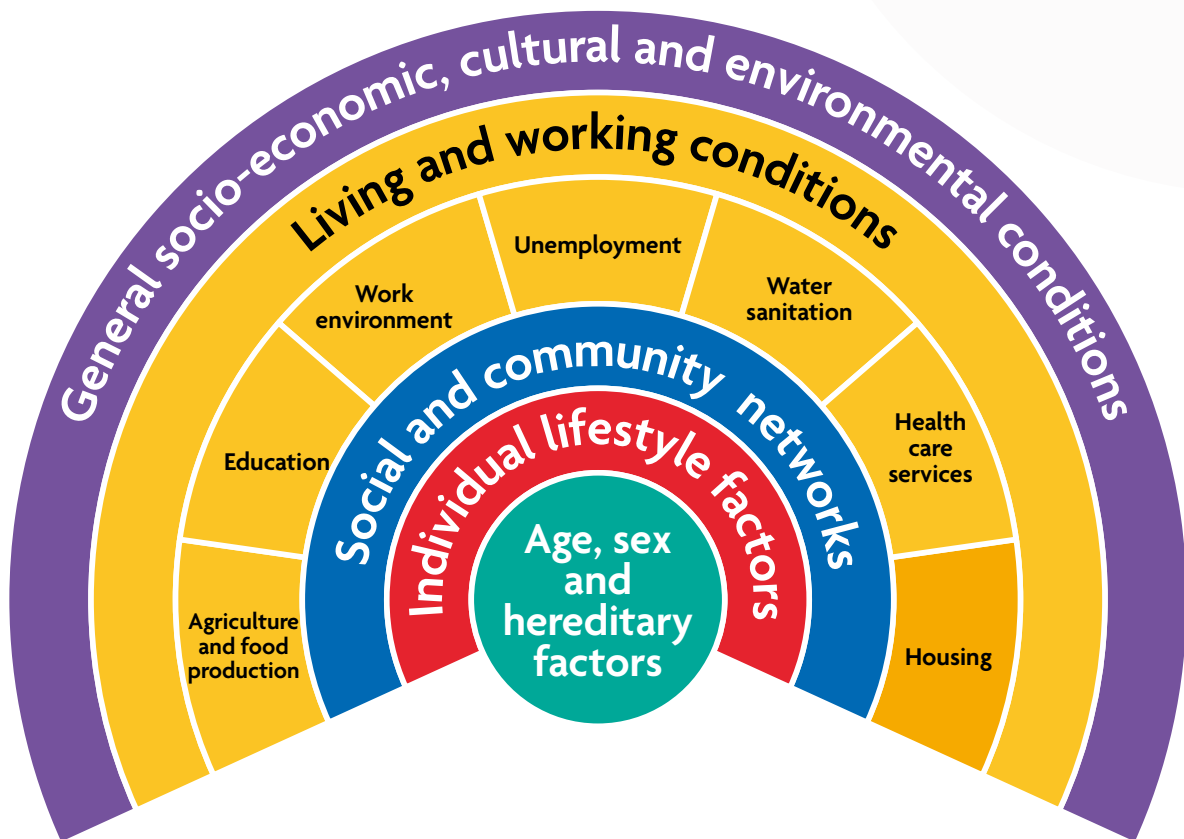
The objectives of the strategy are to:

- Drive meaningful action across the wider determinants of health
- Work in partnership and mobilise communities
- Showcase and integrate work already underway to improve health in Newham
- Deliver benefits to equity, climate and inclusive economy alongside health benefits
- Act as an advocacy tool for policies that promote prevention and health equity in Newham and beyond

Determinants of health

This strategy addresses the broad range of factors which have an impact on people’s health and wellbeing – from the environment we live in, to the air we breathe and the social connections we make. Studies have shown that up to 80% of our health is determined by factors other than healthcare services.¹ These ‘building blocks’ of health – such as housing, transport, food and family – are called the ‘wider determinants of health’. Addressing these wider determinants of health requires cross-sectoral action – from local government, the NHS, communities, businesses, and voluntary, community and faith organisations. It reinforces the need for collective action.

The Main Determinants of Health



Source: Dahlgren and Whitehead (1991)

¹ Hood CM, Gennuso KP, Swain GR, Catlin BB (2016), *County Health Rankings: Relationships Between Determinant Factors and Health Outcomes*

How we have developed the strategy

Data and evidence

The steps which make up this strategy are informed by data, evidence and insights from residents and stakeholders, as well as our shared experiences, learning and reflections from implementing 50 Steps 2020-2023. This includes:

- Data on population demographics, health determinants, health outcomes and inequalities
- KPIs from 50 Steps 2020-2023
- Published guidance, research and best practice
- Learning from local practice
- Networks and alliances reflecting on what has worked well and what could be better
- Resident and stakeholder engagement (see below)

‘The Story Behind 50 Steps: Evidence and Data’ – Newham’s updated Joint Strategic Needs Assessment (JSNA) – provides more detail on the data, evidence and resident insights used to write this strategy. It sets out the rationale for the steps, describing where we are now, and the evidence underpinning the actions we will take.

Resident engagement

Resident input is and will continue to be vital to delivering our shared ambitions for health in Newham. We worked to gather insight and input from residents throughout the development of this strategy. This is an iteration from the original 50 Steps, so our focus for engagement was around what has changed, what has improved and where there is still work to do: we were not working from a blank sheet of paper.

We were able to speak to over 3,000 residents from all over Newham and from many of the communities in the borough. We went to libraries, tenant engagement sessions, coffee mornings, schools, student council conferences, resident advisory groups, People Powered Places events and more. We looked at data from the Well Newham Outreach team about the most frequent conversations, and the most difficult. We included data from the Newham Residents Survey. We also incorporated what we have heard over the past three years of delivering the first 50 Steps and what we learn every day from listening to and talking to residents. ‘The Story Behind 50 Steps: Evidence and Data’ summarises what we heard and how it connects to the steps.

We know that we have not heard from everyone or even every community; so we commit to continuing to listen, engage and respond to residents as we deliver on the ambitions in this strategy.



Co-design with partners

As with the first strategy, the outcomes of this strategy require collective action and delivery across Newham. Over 50 teams and partner organisations have been involved in co-designing the steps, such as the Newham Food Alliance and the Anti-Poverty Alliance. All these partners will continue to be involved in delivering the steps and understanding their impact.

Alignment with Newham priorities

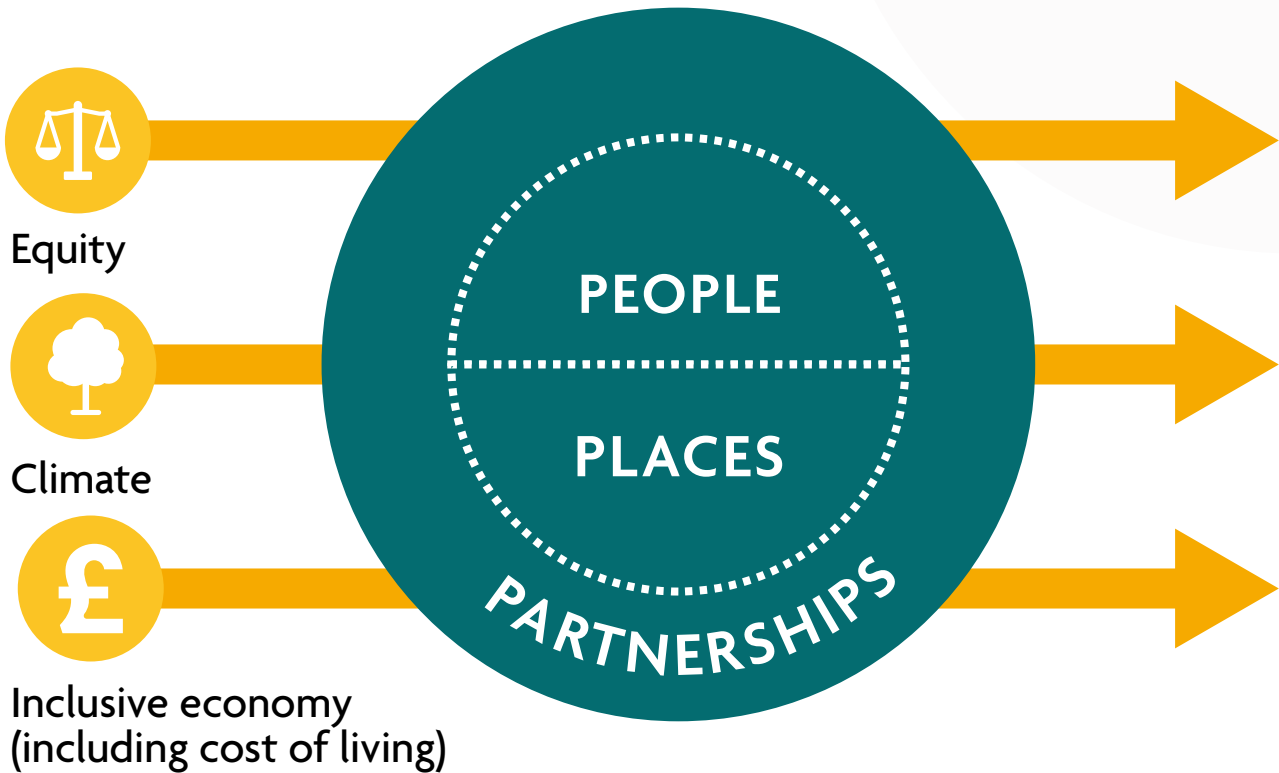
This is the Health and Wellbeing Board’s strategy, owned by all partners. It is therefore one of the tools with which ‘Building a Fairer Newham’ will be carried out, and aligns with the council’s priorities and the Mayor’s manifesto commitments. It also aligns with the Newham Health and Care Partnership priorities, the North East London Integrated Care Strategy, as well as other key strategies and approaches, such as Newham Council’s Just Transition Plan and draft Local Plan, Building Newham’s Creative Future 2022-2037, Cultural Strategy and Action Plan, NHS North East London Green Plan 2022-2025, Core20PLUS5, and others.

Strategy	Relevant priorities of the strategy	Which theme in 50 Steps?
Building a Fairer Newham (2022)	A healthier Newham and ageing well	This priority covers the whole strategy
		Creating an inclusive borough
	Newham's inclusive economy to support you in these hard times	Building an inclusive economy
	Your Neighbourhood	Making Newham a place for people and planet
	Safer Newham	Giving children and young people the best start in life
		Creating an inclusive borough
	Homes for our residents	Promoting health through housing
	Supporting our young people	Giving children and young people the best start in life
	People powered Newham and widening participation	Partnerships rooted in the community
	A campaigning council	Creating a healthier food environment
Making Newham a place for people and planet		
Partnering in research, data and intelligence		
Newham Place-Based Partnership (2023)	Babies, Children and Young People	Giving children and young people the best start in life
	Mental Health	Promoting good mental health
	Learning Disabilities and Autism	Creating an inclusive borough
	Primary Care	Driving quality across our health and care partnership
	Ageing Well	Creating an inclusive borough
	Long-term conditions	Preventing illness and providing high-quality health and care services

What does the strategy include?

Strategy structure




The steps are grouped into three broad categories: people, places and partnerships. Realistically, the boundaries between these categories is permeable: most steps will share aspects with more than one category, and all steps share the same ultimate aim of better health outcomes for people.














PEOPLE	PLACES	PARTNERSHIPS
Delivering services and interventions to support individuals and communities to be healthy, with a focus on those who have the greatest health needs.	Making Newham a people-friendly, healthy environment where people can thrive.	The ways of working and principles of whole-system approach we will use to improve health and wellbeing in Newham. These ways of working apply to all other steps.

Themes and steps

The steps are grouped into fourteen themes. These can be identified throughout the document by the icon in the top right-hand side of each step. The themes and steps are:

Category	Theme	Icon	Step	Step name
People	Giving children and young people the best start in life		1	Give babies and children under five the best start in life
			2	Provide an efficient and effective Early Help offer, to give information, advice and support to families
			3	Enhance the role played by schools, youth zones and other settings for children and young people in enabling good health and wellbeing
			4	Support children and young people to maintain good oral health
			5	Support children and young people to achieve and maintain a healthy weight
			6	Make Newham a safer place for children and young people
	Promoting good mental health		7	Join up the mental health support for children and young people and their carers
			8	Promote mental wellbeing and prevent the impacts of poor mental health
			9	Make treatment and support services for people with mental illness more accessible
			10	Make Newham a place where everyone can feel connected
	Preventing illness and providing high-quality health and care services		11	Support adults and older people to achieve and maintain a healthy weight
			12	Reduce the prevalence and impact of long-term conditions on residents' lives
			13	Improve prevention and early diagnosis of cancers and cardiovascular diseases
			14	Support residents to enjoy safe relationships and maximise their sexual and reproductive health
			15	Promote health and independence through adult social care

Category	Theme	Icon	Step	Step name
People	Addressing smoking and substance misuse		16	Make Newham smokefree by 2030
			17	Support residents to recover from the impacts that alcohol and drug misuse have on their life, their family and the wider community
	Creating an inclusive borough		18	Create an age-friendly Newham
			19	Make Newham a neurodiversity- and disability-friendly borough
			20	Improve access to healthcare for inclusion health groups
			21	Help people seeking sanctuary to settle and lead independent, healthy and happy lives
			22	Ensure that services that meet the needs of the most vulnerable groups are effective and of high quality
	Protecting residents from threats to their health		23	Prevent and control health threats
24			Increase immunisation uptake and reduce inequity in coverage	
Places	Creating a healthier food environment		25	Create a healthier food environment
			26	Nurture a local food culture of eating well, sustainably, for a just transition to a green economy
			27	Continue to grow whole school approaches to food
			28	Continue to improve food security for all residents
	Making Newham a place for people and planet		29	Deliver a just transition in addressing climate change
			30	Improve air quality and protect residents from exposure
			31	Increase active and sustainable travel through schools, employers and faith organisations
			32	Create a healthy urban environment
			33	Involve residents in every new low-traffic scheme, encouraging them to travel actively and use their local spaces
			34	Use libraries and community spaces to improve residents' health and wellbeing

Category	Theme	Icon	Step	Step name
Places	Promoting health through housing		35	Design healthy homes
			36	Prevent homelessness and promote the health of people living in insecure or low-quality accommodation
			37	Reduce the number of cold homes by tackling fuel poverty and making homes more energy efficient
	Increasing participation in leisure and sport		38	Increase access to leisure and sport through community-based programmes
			39	Deliver a high-quality and accessible sport and physical activity offer in Newham
			40	Deliver high-quality leisure facilities and infrastructure
	Building an inclusive economy		41	Support residents to achieve financial security
			42	Improve the contribution of work to people's health and wellbeing
Partnerships	Partnerships rooted in the community		43	Deliver and embed the Well Newham programme
			44	Build a social movement for health
			45	Make health promotion and communications more inclusive so all residents can get the information they need
			46	Improve health literacy and cultural competence across Newham
	Driving quality across our health and care partnership		47	Improve equity in health and care by embedding a culture of curiosity and improvement in the Newham Health Equity Programme
			48	Reduce variation across health and care in Newham
	Partnering in research, data and intelligence		49	Develop the Newham Centre for Health and Care Equity
			50	Make the best use of intelligence and insight to drive decision-making

Golden threads

Three ‘golden threads’ – equity, climate and inclusive economy (including cost of living) – run through the strategy. Climate and the cost of living are key determinants of health: by promoting climate action and an inclusive economy through 50 Steps, we aim to create a positive cycle of environmental, economic and health benefits. Equity is at the core of everything we do to reduce health inequalities. Every step has considered the contribution it can make to these golden threads – the way in which the actions in the step can have benefits for equity, climate or inclusive economy, as well as for health and wellbeing.

The appendix summarises the equity, climate and inclusive economy commitments across the steps.



Equity

Because equity is so fundamental to health in Newham, every step has a specific equity objective and equity indicator. Each step addresses a key inequity, and commits to a specific and meaningful action that can be taken to address this inequity.



Climate

Each step considers the impacts it can have on reducing emissions, increasing climate resilience, influencing partners or mobilising communities around the climate.



Inclusive economy (including cost of living)

Each step considers how it can help create a more inclusive economy through: responding to immediate need, building personal economic resilience, creating thriving local opportunities, or enabling economic activity through education, training or affordable transport.

Equity

The COVID-19 pandemic shone a harsh light on health inequalities, in particular their interconnectedness with structural racism and the persistence of disproportionately poor health outcomes for minoritised and disadvantaged groups. Ensuring health equity is therefore a priority for 50 Steps.

Each step has an equity objective and an equity indicator to focus attention and drive progress in equity across everything we do. The equity objectives have been chosen either to address an area where the data shows that there is a key inequity – where specific groups are losing out – or to ensure that access and outcomes are fair across Newham’s diverse community.

The World Health Organisation defines equity as ‘the absence of unfair, avoidable or remediable differences among groups of people, whether those groups are defined socially, economically, demographically, or geographically or by other dimensions of inequality (e.g. sex, gender, ethnicity, disability, or sexual orientation)... Health equity is achieved when everyone can attain their full potential for health and wellbeing.’

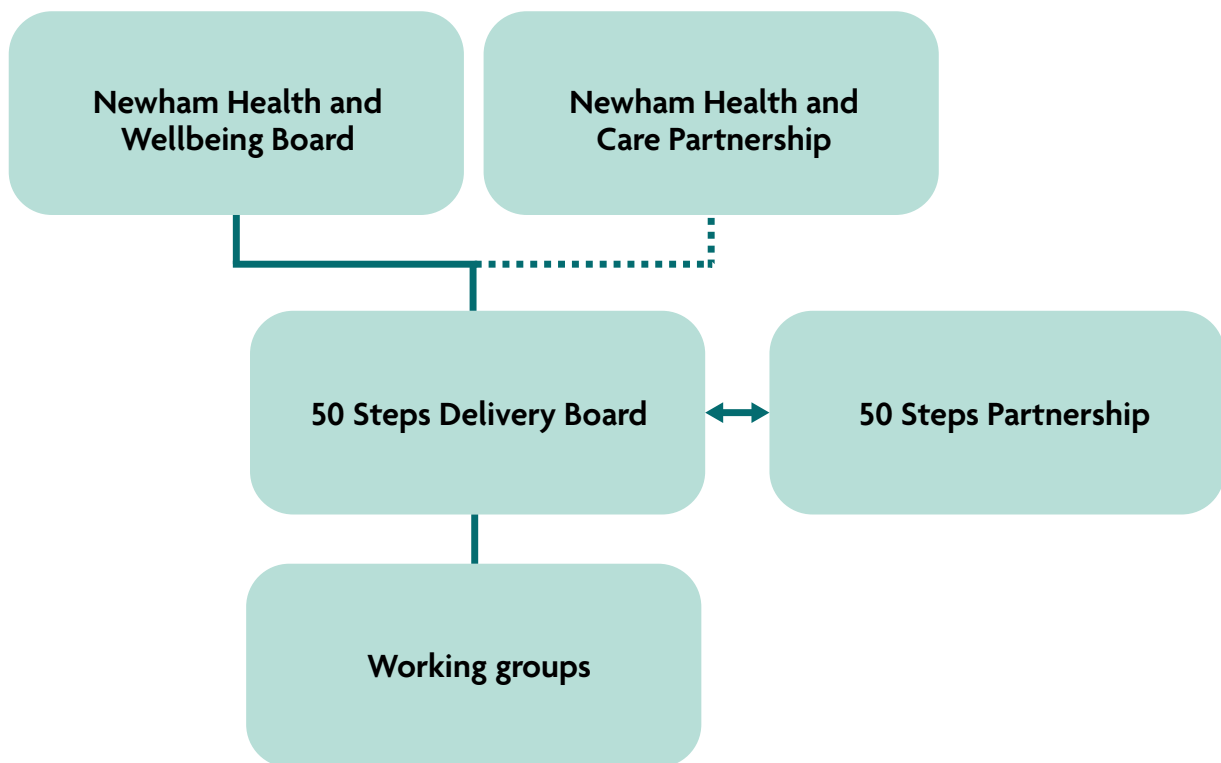
How we will implement the strategy

Governance

The strategy is owned by all partners of the Newham Health and Wellbeing Board. There will be a newly established 50 Steps Partnership, where colleagues from across the system, including the council, NHS, voluntary, community and faith sector, education and other key partners, will meet to reflect on progress made, discuss important issues emerging from implementing the strategy, share successes, challenges and learning, and continue to build the vital relationships needed for 50 Steps to be a success. The 50 Steps Delivery Board will track the progress of the strategy, drive forwards work on cross-cutting themes that have relevance across 50 Steps, and publish an annual report on achievements against the KPIs and outcomes. Working groups will oversee the delivery of each step and the equity objectives, while also having a role in driving joined-up working between related steps.

Resources to deliver the strategy

We will deliver the strategy through existing budgets and resources, mobilising the assets of the NHS, the council and communities to deliver. The strategy has been co-designed by partners: all the steps name the leads for each of the actions, and these are the partners who will be responsible for implementing many of the steps.



A social movement for health

All of us want to be healthy and well – and we want our family, friends and wider community to be well. Most of what helps people to be healthy and well happens at home, where we work, where we worship, where we have fun and where we come together – in our communities rather than in council or NHS services.

We all – the council, NHS, voluntary, community and faith organisations, schools, businesses and many more organisations – have important roles to play, unique skills, knowledge, relationships and experiences that are important for health and health equity. None of us have the capacity or capability to achieve health outcomes alone. We are already working well together – and have a lot to build on. We are committed to continuing to build trusting and compassionate relationships and to do practical things together that make a difference for residents across Newham. By working together we greatly increase the scale and magnitude of our impact, building connection and resilience, and addressing inequalities. This is the ‘social movement’ that we will continue to build.

Social movement principles

- Focus on where there is shared purpose and ambition – and where we can collectively make a difference
- Enable people who live in Newham to increase their agency and power
- Be understanding and respectful of all individuals’ and partners’ unique and equal value
- Behave and work in ways that foster trust and co-operation, including willingness to share problems, co-create the solutions and learn together
- Invest in the capacity of all sectors in the place, including voluntary, community and faith groups

Changemakers

Community, as one of the major determinants of health, has a vital role in improving health and wellbeing. Schools, places of worship, community groups, businesses and more all play an important part, and the level of activity around health and wellbeing in Newham is outstanding. We want to celebrate, showcase and encourage this. We are relaunching our 'Changemakers' programme to celebrate people who go above and beyond to improve the health and wellbeing of their communities in Newham. This will be a constantly growing community, where people can meet, share ideas and inspiration, network and make connections. Changemakers will be celebrated at our annual health event and have the opportunity to access free training and capacity building. There will also be young Changemakers – celebrating the children and young people who already do so much to make Newham a healthier place. Some of the Changemakers can be seen throughout this strategy.



How we will measure progress

Indicators of progress

Key performance indicators (KPIs)

Each step lists one KPI, an output indicator chosen to measure activity in implementing the step. Most steps include substantial programmes of work with additional monitoring and evaluation plans, so the 50 KPIs aim to give a summarised overview of the progress across the whole strategy.

Equity indicators

Each step includes an equity indicator, used to measure the progress of the equity objective. This will give us an indication across the whole strategy of how well we are doing in our aim to improve health equity.

Outcome indicators

To track health outcomes linked to the strategy, we will monitor the outcome indicators listed below. These align with the themes in the strategy, as well as with the Building a Fairer Newham outcome measures, the Newham Health and Care Partnership outcomes framework (draft) and NHS North East London (NHS NEL) Babies, Children and Young People's Community-based Care Indicators framework.

While the strategy takes an evidence-informed approach to improving health outcomes, we know health outcomes will not change overnight. We expect many of the outcome indicators to change gradually over years. Moreover, some might move in a negative direction due to factors outside our local control. Monitoring the outcomes each year will help us understand Newham's health status, how it is changing, and where we might need renewed focus.

Outcome	Alignment with other strategic outcome frameworks
Overarching	
Life expectancy at birth for males and females	
Healthy life expectancy for males and females	
Premature mortality rate for males and females	
Inequality in life expectancy for males and females	
Percentage of residents with high or very high life satisfaction	Building a Fairer Newham
People	
Prevalence of breastfeeding 6-8 weeks after birth	NHS NEL: babies, children and young people
Proportion of children ready for school	Building a Fairer Newham
Prevalence of children healthy weight	Building a Fairer Newham; NHS NEL: babies, children and young people*
Rate of hospital extractions and rates of dental decay	NHS NEL: babies, children and young people
Number of young people who report feeling safe	Building a Fairer Newham
Prevalence of common mental health conditions in children	Newham Health and Care Partnership*
Prevalence of common mental health conditions in adults	
Proportion of residents who always or often feel lonely	Building a Fairer Newham
Suicide rate	
Incidence of diabetes and cardiovascular disease (CVD)	Newham Health and Care Partnership*
Cardiovascular disease (CVD) premature mortality rate for males and females	
Cancer premature mortality rate for males and females	
Screening coverage for cervical, colorectal and breast cancer	
Rate of unplanned admissions related to frailty	Newham Health and Care Partnership*
Prevalence of adult healthy weight	
Smoking prevalence	Building a Fairer Newham*
Smoking prevalence in routine and manual occupations	
Vaccination coverage for children and adults	NHS NEL: babies, children and young people*
Incidence of TB	
Number of late HIV diagnoses	
New STI diagnosis rate	
Successful completion of drug treatment	Building a Fairer Newham*

Outcome	Alignment with other strategic outcome frameworks
Place	
Proportion of adults eating '5 a day'	
Proportion of physically active adults	Building a Fairer Newham
Proportion of residents with high or marginal food security	Building a Fairer Newham
Number of households in temporary accommodation	Building a Fairer Newham
Proportion of deaths attributable to particulate air pollution	
Proportion of trips made by walking, cycling or public transport	Building a Fairer Newham
Number of homes that are overcrowded	
Number of homes in fuel poverty	
Winter mortality index	
Proportion of people in employment	

*Includes the same or similar outcome but measured using different data or a differently defined indicator.

Learning approach

One of the lessons of the past few years is how important it is to take a learning approach, to be willing to take risks, try new things and to reflect and to learn – from individual activities, from projects and things we do, and from the way we are delivering the strategy together.

We are particularly interested in learning about how we work collaboratively across all partners, especially with communities and community groups. We also want to learn as much as we can about improving health equity and reducing inequalities. And we want to continue to grow our understanding of strengthening the social determinants of health so that everyone in Newham can be healthy and well. We are inviting partners, community members and Changemakers to be part of our learning community. The lessons we learn will form part of the annual report on progress which will go to the Newham Health and Wellbeing Board.

We want to learn about:

- How are we working together: methods, approaches, behaviours and ways of working
- What we are doing together: what kinds of activities work well and where practices get in the way
- Why we are working together: what we can learn from specific health issues, working with specific groups in Newham, etc.
- The underlying enablers: what we need to work well together and achieve impact, including how we commission and how we make decisions

People





Give babies and children under five the best start in life

1



About the step

Building a Fairer Newham commits to giving children the best start in life and making Newham the most child-friendly borough. Likewise, providing the best start in life for babies, children and young people is one of the four priorities of the North East London Integrated Care Strategy, as well as being a focus for the Newham Place-Based Partnership. This is particularly important in Newham, where 0-25 year olds make up 37% of the population. There are also maternal and infant health inequalities in the borough: residents from minoritised backgrounds, or those with high levels of deprivation, are at a higher risk of poor maternity outcomes compared to white residents. This step aims to address that gap and give babies and children the best start in life.

Key performance indicator

Proportion of mothers exclusively breastfeeding at 10-14 days

Improving health equity

We will... improve equity in uptake of children's vitamins, looking specifically at minoritised ethnic groups.

We will measure... uptake of children's vitamins by ethnicity.

Delivering the step

Improve maternal and infant health and wellbeing outcomes, with a focus on Black, Asian and vulnerable people. Led by Barts Health – Maternity Services

Support families to breastfeed for as long as possible, training residents to become accredited infant feeding peer supporters. Led by Newham Council Public Health and Newham Council Family Hubs

Increase uptake of the Healthy Start food scheme. Led by Newham Council Public Health

Expand and increase uptake of Newham's universal vitamins offer. Led by Newham Council Public Health

Increase the number of early years settings taking part in Healthy Early Years London (HEYL) and Newham's local award scheme. Led by Newham Council Early Years

Who else is involved

- Newham Council (0-19 Children's Health Service, Early Years, Children and Young People's Services)
- Newham Hospital
- Healthwatch – Maternity Voices Partnership
- Newham Food Alliance
- Early Start
- Voluntary, community and faith organisations
- Children's Centres
- Early Years providers





Provide an efficient and effective Early Help offer, to give information, advice and support to families

2



About the step

Early Help is the principle of providing the right support at the right time to tackle issues that emerge for children, young people and their families. It is about providing effective help as soon as difficulties emerge, or supporting families to maintain positive change during the early years and throughout a child's, young person's or family's life. This step commits to carrying out the Early Help Strategy and supporting children, young people and families as early as possible.

Key performance indicator

Proportion of infants who receive a face-to-face new birth visit by a health visitor within 14 days

Improving health equity

We will... increase uptake of Early Help services for families with additional needs.

We will measure... the number of Early Help contacts with families most in need.

Delivering the step

Implement Newham's Early Help Strategy and help develop the Newham Family Help offer to support children and families, tackle any issues that emerge as early as possible, and improve their wellbeing. Led by Newham Council Early Help and Newham Council Family Help Partnership Board

Set up all of Newham's Family Hub Networks, including infant feeding, perinatal mental health and parent-infant relationships, early language and the home learning environment. Led by Newham Council Children and Young People's Services.

Agree our vision and approach to supporting children to be ready for education. Led by Newham Council Early Years and Newham Council Children and Young People's Services

Deliver an effective and high-quality Healthy Child Programme by transforming the 0-19 Child Health Service and integrating services as part of the Family Hub Network approach. Led by Newham Council 0-19 Children's Health.

Continue to support families in contact with health services to maximise their income, including through financial welfare advice. Led by East London NHS Foundation Trust (ELFT)

Who else is involved

- Newham Council (Our Newham Money, Public Health, SEND)
- Maternity services
- Voluntary, community and faith organisations

“ We recently settled in UK. I had many problems, but the Early Help practitioner helped me so much and now all of my kids are going school, and she also solved our other problems. I am so glad to her. ”
Early Help parent





Enhance the role played by schools, Youth Zones and other settings for children and young people in enabling good health and wellbeing

3



About the step

Schools, Youth Zones and other settings for children and young people can play a crucial role in enabling good health and wellbeing. The Mayor of London's Healthy Schools London (HSL) awards programme is a good example of how to encourage schools to create an environment and culture that helps their pupils to be healthy. The aim of this step is to encourage key partners to think about the role they can play in influencing healthy behaviours and promoting good health and wellbeing among children and young people.

Key performance indicator

Number of schools achieving Bronze, Silver and Gold Healthy Schools status

Improving health equity

We will... target our Healthy Schools programme to support schools in Newham's more deprived areas so that they progress their achievements at least as quickly as schools in other areas of Newham.

We will measure... the proportion of schools in Newham's most deprived 20% of areas with Healthy Schools Silver or Gold status, compared to the rest of Newham.

Delivering the step

Develop the Healthy Schools London (HSL) programme, by expanding its engagement with school settings and including a climate commitment in the application documents. Led by Newham Council Public Health

Strengthen the role that personal, social, health and economic education (PSHE) partners play in improving the health and wellbeing of children and young people, to include staff training and Continuing Professional Development. Led by Newham PSHE Partnership

Strengthen the support provided to children and young people in Newham with special educational needs and disabilities (SEND), particularly around significant times of transition. Led by Newham Council SEND

Make health central to school life by developing the education vision to strengthen collaboration between education settings and health and wellbeing partners. Led by the Education Partnership Board

Support children's and young people's health and wellbeing through Youth Zones, intensive programmes and youth participation. Led by Newham Council Youth Empowerment Service

Who else is involved

- Education Partnership Board
- Newham Council (Leisure Services, Public Health, Specialist Education Support Service, Youth Empowerment Service, Youth Zones)
- Newham Child and Adolescent Mental Health Service (CAMHS)
- Change Grow Live
- Bounce Back
- Vaccination UK
- Wellbeing in Newham Schools (WINS)
- Newham Learning
- Voluntary, community and faith organisations
- Schools





4

Support children and young people to maintain good oral health



About the step

Newham has the fourth-highest prevalence of dental decay in the country, with rates considerably higher than the London and England average; moreover, Newham's most deprived residents experience the highest rates of tooth decay. Poor oral health doesn't just affect the individual's health – it affects their wellbeing and that of their family; pain and infection often affects eating, sleeping, socialising and being able to go to school. This can have an impact on a child's readiness for school, and developmental outcomes. This step lays the foundations for stronger partnership working to address these issues, setting out the actions to improve oral health among the borough's children and young people.

Key performance indicator

Number of children who have engaged in supervised tooth brushing sessions

Improving health equity

We will... increase the geographical spread of where supervised tooth brushing sessions are run in the borough.

We will measure... the number of supervised tooth brushing sessions run by geographical area.

Delivering the step

Develop and implement an oral health strategy to support good oral health among children and young people. Led by Newham Council Public Health

Expand the number of oral health promotion activities available to children and young people. Led by Newham Council Public Health

Increase uptake of the fluoride varnish and supervised tooth brushing programmes, and specialist services for vulnerable children. Led by Newham Council Public Health and Kent Community Health

Strengthen the role that primary care can play in supporting good oral health among their patients. Led by Newham Health Collaborative (NHC)

Who else is involved

- Newham Council (0-19 Children's Health Service, Early Years, Education, SEND)
- NHS North East London
- Primary care networks
- Newham PSHE Partnership commissioned services
- London Dental Committee
- Early Years providers
- Voluntary, community and faith organisations
- Schools (via Healthy Schools Award)



Meet some Newham Changemakers



Sandeep Floré Director at Nutrition Kitchen

Sandeep was born at Newham Hospital and went to school in the borough; she has a deep and special relationship with Newham. She set up Nutrition Kitchen in 2020, with the aim of helping the community understand health and food. The kitchen has expanded and now offers weight management for adults, children and families, a community fridge, a weekly food bank and hot meals for people in need.

Nutrition Kitchen also acts as a hub for people to come together and to feel empowered to make the right choices for themselves. Sandeep wants to make it easier and more appealing for everyone to start the healthy lifestyle journey.



Claire Clinton, Dr Jo Sell and Marie Hardie The Newham PSHE Partnership

Personal, Social, Health and Economic Education (PSHE) should enable children and young people to learn about themselves and the world they live in, giving them the skills, understanding and information they need for life. It aims to help them to stay safer and to flourish not just in childhood and adolescence but also in adulthood. Newham schools came together in 2020 to establish 'The Newham PSHE

Partnership', which is a coalition of schools, professional associations, Newham Council and experts in the fields of Relationships, Sex and Health Education (RSHE) and PSHE. The partnership is led by Claire, Jo and Marie, and provides support to schools as well as training to staff on all areas of PSHE.



Belinda Ngugi Perinatal Programme Manager

After arriving in Newham in 2011 and becoming a parent, Belinda undertook diverse leadership roles with National Childbirth Trust. She found that the voices and experiences of women seeking sanctuary were missing in service design and decision-making settings. This inspired her to partner with local charities and work alongside women with lived experience to create 'Newham Nurture', a programme

facilitating and enabling women seeking sanctuary to connect and co-produce perinatal services and support women to navigate the UK maternity system. Belinda aspires for everyone, regardless of background, to feel confident, prepared and safe, and enjoy their journey through pregnancy, birth, and parenthood.



5

Support children and young people to achieve and maintain a healthy weight



About the step

Newham has the fifth-highest rate of overweight and obesity in children in England; preventing obesity is a key focus for the North East London and Newham Health and Care Partnership. There are also inequities in levels of obesity and its consequences, with some communities at greater risk of adverse outcomes such as type 2 diabetes. This step streamlines and links up the support available to children and families, ensuring services are accessible, effective and appropriate.

Key performance indicator

Proportion of children accessing Newham's tier 2 weight management service who complete it

Improving health equity

We will... ensure that children and young people accessing healthy weight services are representative of Newham's population.

We will measure... the characteristics of children and young people accessing healthy weight services, compared to the overall population.

Delivering the step

Upscale our whole-system approach to healthy weight, coordinating and integrating programmes that influence this to increase our effectiveness. Led by Newham Healthy Diet Healthy Weight Board

Create an inclusive information toolkit which approaches healthy weight in a sensitive and appropriate manner to reduce stigma. Led by Newham PSHE Partnership and Newham Council 0-19 Children's Health Service

Support children and families with unhealthy weight to access services and support to improve their health. Led by Newham Healthy Diet Healthy Weight Board

Support pre-school settings to create a shared vision for the best possible approach to nutrition – thinking about food which benefits both health and the planet. Led by Newham Council Public Health

Who else is involved

- Education Partnership Board
- Newham Council (Children and Young People's Services, Early Years, Family Hubs, Leisure Services)
- NHS North East London
- Primary care
- Healthy weight service providers
- Early Years providers
- Healthy Schools
- Children's Centres
- Leisure provider
- Academic partners





Make Newham a safer place for children and young people

6



About the step

Newham has one of the youngest populations in England, with 0-25 year olds making up 37% of the population. Making Newham a safer place is one of the priorities of Building a Fairer Newham, and there are five Youth Zones, a Youth Empowerment Service, and free weekly activities and initiatives for young people run by voluntary, community and faith sector organisations in the borough. In this step, we will take a public health approach to youth safety, aiming to empower young people to make generational behaviour changes.

Key performance indicator

Number of hours young people are engaging in influencing activities

Improving health equity

We will... reduce disproportionality amongst Black young boys and men in the youth justice cohort.

We will measure... disproportionality amongst Black young boys and men in the youth justice cohort, in comparison to Newham's statistical neighbours.

Delivering the step

Increase awareness of and access to services for young people identified as being at risk of involvement in violence or crime, including youth safety and mental health services. Led by Newham Council Children's Social Care

Make young people's voices heard in creating a safer, cleaner and greener Newham. Led by Newham Council Youth Empowerment Service

Map the interventions that are available for young people offered by voluntary, community and faith partners and social service referral pathways, to ensure interventions are distributed fairly across the borough, by area and need, and to inform location and type of future interventions and pathways. Led by Newham Council Public Health

Support young people to access paid apprenticeships. Led by Newham Council Talent Hub and Our Newham Work

Deliver emergency first aid stations, safe havens and knife amnesty bins across the borough to increase access to life-saving equipment, reduce knives and embed a harm reduction approach; upskill residents and communities in approaches to harm reduction and life-saving interventions. Led by Newham Council Public Health

Who else is involved

- Newham Council (Community Safety, Education, Environment Service, Housing Service, People Powered Places, Youth Empowerment Service)
- Metropolitan Police
- London Vanguard Violence Reduction Programme
- Voluntary, community and faith organisations



Meet some Newham Changemakers



Soofia Amin, Assistant Head Teacher and Specialist Lead in Education at Kensington Primary School

Soofia is motivated by a desire to ensure that multilingualism is an asset in our communities; she welcomes families arriving from overseas, and supports them around their health and wellbeing. She has seen the discrimination and difficulties faced by people arriving in Newham around accessing services. Soofia aims to change people's mindsets,

and demonstrate how every family brings huge resource, knowledge and expertise. Soofia has lived in Newham for over 30 years and has had various roles including youth worker, community work with women seeking refuge, ESOL lecturer and now educational specialist in Kensington Primary School.



Andy Lewis Deputy Headteacher, St Bonaventure's

Andy has been heavily involved in work around youth safety in the community. He has devoted his energy to numerous campaigns to improve safety and outcomes for young people – such as the CitySafe Safe Havens programme, advocating and campaigning for Living Wage changes, campaigning against the removal of free travel for students to school, and more. He is especially keen to support young people who

face difficulties outside school, such as financial and housing barriers. The loss of two students at St Bonaventure's remains at the forefront of his mind when advocating for change.



Josie Brown, Senior SEND Family Support Officer at Kay Rowe Nursery School and Children's Centre

Josie has worked in Newham for 30 years, spending her time supporting children with special educational needs and disabilities (SEND). When she moved to Kay Rowe Children's Centre, she found there was no SEND Stay and Play there – so she set one up. Josie is well known throughout Newham for her work with SEND families, and professionals frequently refer families to her sessions, in which she will often

use signing to tell stories. She also organises day activities to parks, farms and other local areas of interest. This strengthens ties to the community, and builds a social support network, helping reduce isolation and loneliness.



Join up the mental health support for children and young people and their carers

7



About the step

There is increasing need in Newham to support the emotional wellbeing and mental health of children and young people, seen in referral numbers to Child and Adolescent Mental Health Services (CAMHS), the educational system and by voluntary and community sector partners. Moreover, improving residents' mental health is one of the priorities of both the Newham Place-Based Partnership and the North East London Integrated Care Strategy, which commits to an equitable offer of mental health support to children and young people. This step addresses this need by increasing easy, early and joined-up access to a range of mental health support, and ensures mental health services are reaching those most in need.

Key performance indicator

Number of individuals accessing the Integrated Front Door

Improving health equity

We will... ensure the children and young people accessing the integrated single point of access are representative of Newham's population.

We will measure... the characteristics of people accessing the integrated single point of access compared to the Newham population.

Delivering the step

Continue to operate and develop an integrated single point of access to join up mental health support for children and young people, including through social prescribing. Led by Newham Council Children's Mental Health Commissioning and East London NHS Foundation Trust (ELFT)

Use multi-agency approaches to support children and young people with complex needs to reach their potential, ensuring a focus on transitional support needs. Led by Children and Young People's Mental Health Partnership Board

Support and share whole school approaches to mental health and wellbeing support, to enhance prevention and early help. Led by Newham Council Public Health and East London NHS Foundation Trust (ELFT)

Use a joined-up approach to increase the number of young people accessing education and training, and peer-led social action initiatives. Led by Newham Council Children's Mental Health Commissioning

Who else is involved

- Newham PSHE Partnership
- Newham's Multi-Agency Safeguarding Hub (MASH)
- Newham Council (0-19 Children's Health Service, Adult Social Care, Early Help, Family Hubs, Youth Empowerment Service)
- Newham Child and Adolescent Mental Health Service (CAMHS)
- Greater London Authority (GLA)
- Youth Resilience Unit, Queen Mary University of London
- Wellbeing in Newham Schools (WINS)
- Bounce Back
- Voluntary, community and faith organisations
- Healthy Schools





Promote mental wellbeing and prevent the impacts of poor mental health

8



About the step

Mental health has a profound impact on everyone's day-to-day lives, and some groups of people have poorer mental health than others, often reflecting social disadvantage alongside the impacts of discrimination and past trauma. Improving mental health and wellbeing is one of the four key priorities of the North East London Integrated Care Strategy, as well as being a focus of the Newham Place-Based Partnership. This step focuses on promoting good mental health, and strengthening access to community-based support.

Key performance indicator

Number of residents participating in Newham Recovery College

Improving health equity

We will... ensure people accessing mental health support through Newham's Directory of Service are representative of Newham's population.

We will measure... the characteristics of people accessing mental health support through the Directory of Service, compared to Newham's population.

Delivering the step

Maximise the role of social prescribers and other personalised roles in promoting good mental health. Led by Adult and Children Mental Health Partnership Boards

Increase the number of integrated community-based partnerships to deliver mental wellbeing and health support in communities. Led by Adult and Children Mental Health Partnership Boards

Develop Newham's Recovery College, where people can access support and training with a focus on promoting better mental health. Led by Newham Recovery College

Develop and promote trusted and relevant mental health and wellbeing resources that can be easily accessed and make it easier to ask for help. Led by Newham Council Public Health

Deliver Newham's Suicide Prevention Strategy and Action Plan, focusing on reducing the risk of suicide in more vulnerable population groups. Led by Newham Suicide Prevention Working Group

Who else is involved

- Newham Council (Adult Social Care, Communications, Children's Social Care, Homelessness Prevention and Advice Service, Public Health Commissioning)
- NHS (East London NHS Foundation Trust (ELFT), primary care networks)
- Good Thinking
- Community Links
- Metropolitan Police
- Newham Food Alliance
- Social Welfare Alliance
- Voluntary, community and faith organisations
- Further educational establishments



Meet some Newham Changemakers



Sabrina Bafli Co-Chair, Autism Resident Advisory Group

Sabrina has lived in Newham for 10 years. She worked in mental health in the NHS until she was diagnosed as autistic and left her career due to significant burnout. She has found that many people, herself included, find it hard to access services, and so has been spending her time trying to

learn about and share the support that exists. As part of this, she is doing a podcast around autism, ADHD and learning disabilities. Her ambition is to eventually do more work within the community and further afield.



Sue Sinton Smith Carer Representative, Autism Strategy Delivery Board

Sue is passionate about making links within the community. Alongside other volunteering roles, Sue spends her time representing the views of carers of autistic people in Newham. She creates links between carers and seeks out carers whose views are not being represented. She started off supporting her son, and then joined a group of

carers supporting people with mental health problems. She has helped to build the Autism Strategy in Newham. Her dream is for all autistic people to be accepted for their differences, and for them to be able to express their needs. Sue is motivated by spreading kindness wherever she goes.



Mavis Wenham Independent Consultant Health, Care, Community and Wellbeing

Mavis works and volunteers for a range of community sector, informal and statutory organisations and agencies to develop innovative and community-based projects, programmes and user-/patient-led initiatives. She sees it as her responsibility to voice her opinion

and help remove inequalities that might exist within health and wellbeing services provided in Newham. She wants to ensure that equality, justice, transparency and fairness are fully and robustly woven in from a whole community perspective.



Make treatment and support services for people with mental illness more accessible

9



About the step

People who are affected by mental illness are often unable to access the right help at the right time. There are gaps in community support – often in areas such as supported housing, employment help and spaces that enable social connection and access to independent advocacy. These gaps can result in worsened health and make it difficult for people to know how best to access help. The aim of this step is to integrate these services and expand the care and support offered in the community to improve quality, efficiency and patient experience.

Key performance indicator

Number of residents accessing the adult mental health single front door

Improving health equity

We will... ensure residents accessing the adult mental health single front door are representative of the target population.

We will measure... the characteristics of people accessing the single front door compared to the Newham population.

Delivering the step

Work towards a single, integrated front door for secondary care mental health services via a neighbourhoods model, so people can access the care and support they need in one place. Led by Adult Mental Health Partnership Board

Develop and deliver an employment strategy for residents with mental health support needs. Led by Newham Council Adults and Health

Support recovery from mental illness and promote independence through tools that promote autonomy in financial and social wellbeing, including for people who use supported living. Led by East London NHS Foundation Trust (ELFT)

Continue to address climate change through mental health services, including through decarbonising services, adapting and building resilience to the changing climate, and continuing to support patients with conditions linked to or exacerbated by climate impacts. Led by East London NHS Foundation Trust (ELFT)

Who else is involved

- Newham Council (Adult Social Care, Our Newham Work)
- NHS North East London
- Social Welfare Alliance
- Look Ahead
- Voluntary, community and faith organisations





10

Make Newham a place where everyone can feel connected



About the step

Loneliness is seen by many as one of the largest health concerns we face: it contributes to poor health and wellbeing, and may have a long-lasting and negative impact on physical and mental health. Equally, individuals with poor physical and/or mental health are at a higher risk of experiencing social isolation and loneliness. In 2021, one in five adults in Newham reported feeling lonely always or often – over 70,200 residents. This step takes a targeted and strategic approach to promoting connection and wellbeing.

Key performance indicator

Number of people participating in cultural events and activities

Improving health equity

We will... reduce reported loneliness among groups with evidence-based risk factors for loneliness.

We will measure... the proportion of residents in priority groups reporting feeling lonely often or always.

Delivering the step

Take a strategic approach to increasing connection and reducing loneliness, with a focus on those at greatest risk. Led by Newham Council Adults and Health

Expand the take-up of community events and activities that promote connection and wellbeing, including training to enable access to jobs, and information about resources and support. Led by Newham Council Resident Engagement and Participation

Test and learn from new models of befriending and peer support. Led by Newham Council Public Health

Provide specific interventions for groups with highest levels of reported loneliness. Led by Newham Council Adults and Health

Launch the Connection Alliance, including the development of a Connection and Loneliness Reduction dashboard. Led by Newham Council Public Health

Who else is involved

- Newham Council (Adult Social Care, Children's Social Care)
- NHS North East London
- East London NHS Foundation Trust (ELFT)
- Mental Health Support Teams (MHSTs)
- Voluntary, community and faith organisations





11

Support adults and older people to achieve and maintain a healthy weight



About the step

Obesity is a driver of health inequalities nationally, and contributes towards premature mortality from non-communicable diseases. People affected by deprivation are more likely to be overweight or obese, in part due to the higher costs of healthy food options and the wide availability of low-cost, unhealthy food options. Over 47% of Newham's adult population is overweight, and type 2 diabetes affects 8-10% of Newham's adult GP registered population, the fourth-highest in all London boroughs. In this step, adults in Newham will be appropriately supported to achieve and maintain a healthy diet and weight.

Key performance indicator

Number of people completing Live Well Newham weight and movement service and achieving 3% or greater reduction in body weight

Improving health equity

We will... increase access to weight interventions for people with learning disabilities and serious mental illness.

We will measure... the number of people with learning disabilities or serious mental illness completing Live Well Newham and achieving an outcome.

Delivering the step

Create and promote a culturally competent, accessible and sustainable Well Newham diet that prevents overweight, type 2 diabetes, cardiovascular disease and other long-term conditions. Led by the Long-term Conditions Joint Planning Group

Ensure diet and weight services meet the needs of Newham residents, achieve equitable access and outcomes, and are well understood by health professionals. Led by Newham Council and NHS Commissioners

Develop and embed a peer support programme and specialised training programmes for healthcare professionals, which is culturally competent, informed by behavioural science and focused on support and management around weight, diet and exercise. Led by Newham Council Public Health

Who else is involved

- Newham Diabetes Partnership steering group
- Newham Council Public Health
- East London NHS Foundation Trust (ELFT)
- Social Welfare Alliance
- Newham Food Alliance
- Schools
- Academic partners

“ The weight management programme is great and I was very happy about it – it helped me get back into exercise.
Resident, Forest Gate





Reduce the prevalence and impact of long-term conditions on residents' lives

12



About the step

Around one in three Newham residents are living with one or more long-term conditions; long-term conditions are more common in more deprived parts of Newham compared to more wealthy areas, reflecting health inequalities. One of the four priorities of the North East London Integrated Care Strategy is to support everyone at risk of developing or living with a long-term condition to live a longer and healthier life; this is also a priority for the Newham Place-Based Partnership. This step aims to improve diagnosis, treatment and care for all people with long-term conditions to improve outcomes and reduce inequalities.

Key performance indicator

Number of unplanned hospital admissions for conditions linked to long-term conditions, including heart failure, chronic kidney disease and diabetic foot injury

Improving health equity

We will... ensure that people completing the type 2 diabetes remission programme are representative of Newham's population.

We will measure... the characteristics of people completing the type 2 diabetes remission programme compared to Newham's population.

Delivering the step

Improve service outcomes for long-term conditions by using learning from work on type 2 diabetes and equity. Led by Long-term Conditions Joint Planning Group

Increase the number and representativeness of people participating in the type 2 diabetes remission programme by developing a whole-system work programme and promoting the use of the ART framework (Accessibility, Relevance and Trustworthiness). Led by Newham Diabetes partnership steering group

Improve case finding, outcomes, equity and provider skills for chronic renal diseases, cardiovascular diseases and respiratory diseases. Led by Long-term Conditions Joint Planning Group

Grow local commissioning skills by developing community co-delivery, community health conversations and peer support roles to improve outcomes. Led by Newham Council Public Health

Embed climate in healthcare service delivery in line with the NHS North East London Green Plan 2022-2025. Led by Newham Health and Care Partnership

Who else is involved

- Newham Health Equity Programme
- Newham Council (Public Health, Public Health Commissioning)
- NHS (East London NHS Foundation Trust (ELFT), Newham Hospital, primary care, Newham Hospital Cardiac Rehabilitation Service)
- Cardiovascular disease group
- Respiratory group
- Type 2 diabetes pathway review team
- Clinical Effectiveness Group (CEG)
- Newham Food Alliance
- Social Welfare Alliance
- Voluntary, community and faith organisations
- Schools



Meet some Newham Changemakers



Ben Levinson OBE, Director of School and Trust Development, The Tapscott Learning Trust, and Executive Headteacher, Kensington Primary School

Ben's focus is around the potential for education and health to work more collaboratively and strategically to improve outcomes for children: as Headteacher of Kensington Primary School, he has worked closely with Healthy Schools, with the result that Kensington became the first Gold Healthy School in Newham. He is committed to improving health through

education – and this is evident in the curriculum across the Trust, which aims to be preventative and support children's understanding of their emotions. Kensington is a founding school of the Well Schools movement, which supports schools to put health and happiness at the heart of their work.



Dr Imrana Siddiqui, GP and Mental Health Clinical Lead for North East London ICB

Imrana is passionate about reducing inequalities. As a GP, seeing patients struggle to access the care they need made her want to make health systems more accessible and relevant for them. She therefore works with mental health services to support the development of services which are tailored to the needs of the borough's diverse population, especially for minoritised groups. She chairs Newham's mental

health partnership board, the ambition of which is for health, social and voluntary and faith sector organisations to work together to provide holistic care for patients. She works locally and nationally on suicide prevention projects and is a volunteer for the British Islamic Medical Association.



Sandra Amoah, Chair of ASK, User Led Mental Health Group and The Resident United Forum

Having experienced mental health discrimination herself, Sandra is the Chair of the ASK group, which advocates for and supports residents whose mental health affects their daily lives. Sandra is an active member of the Adults' Co-Production Forum, where she has been vocal on ensuring that the voices of residents with mental health conditions are heard. She has also been involved in co-production efforts

across the council where she aims to broaden the accessibility of services and improve residents' experiences with the council. Sandra's goal is for Newham to become a mental health friendly borough, where no one is stigmatised for their mental health.



Improve prevention and early diagnosis of cancers and cardiovascular diseases

13



About the step

Many cancers now have a trajectory similar to a well-treated long-term condition if detected early and treated effectively. However, some programmes for early detection have sub-optimal uptake among some groups, such as men, and many global majority communities – in particular those with preferred languages other than English. In this step, we will aim to improve prevention and detection of cancer and cardiovascular disease, ensuring that we take an equitable approach.

Key performance indicator

Proportion of eligible population taking up NHS Health Checks

Improving health equity

We will... reduce the number of avoidably late cancer diagnoses in line with the Core20PLUS5 strategy.

We will measure... the number of late cancers that could have been avoided and demographic profile.

Delivering the step

Equitably improve cancer screening and detection, two-week referrals and follow-up treatment and management across the health and care system. Led by Newham Cancer Alliance

Equitably maximise uptake and outcomes across NHS health checks and primary care prevention initiatives. Led by Newham Council Public Health commissioners and Newham Health Collaborative (NHC)

Improve awareness and knowledge of cancer prevention, symptoms and services across Newham communities. Led by Newham Cancer Alliance

Ensure pathways for detection and treatment of cancer and cardiovascular disease are equitable by adopting national and local tools to audit, assure and improve. Led by Newham Health and Care Partnership

Who else is involved

- Newham Health Equity Programme
- Newham Council Public Health
- NHS (primary care, secondary care, providers)
- Voluntary, community and faith organisations





Support residents to enjoy safe relationships and maximise their sexual and reproductive health

14



About the step

Good sexual and reproductive health is a fundamental part of everyone's health and wellbeing. There has been a significant recent rise in the prevalence of STIs (sexually transmitted infections). In this step, we will continue to work collaboratively with residents and partners from across the spectrum of sexual health support to deliver high-quality, easy-access and equitable provision. The prevention of illness and the promotion of healthy relationships will be at the core of all activity.

Key performance indicator

STI testing rate

Improving health equity

We will... increase PrEP (pre-exposure prophylaxis) uptake and HIV screening among Black African residents.

We will measure... the number and rate of Black African residents taking up PrEP and HIV screening.

Delivering the step

Increase detection rates of STIs and reduce reinfection rates. Led by Newham Council Public Health Commissioning and NHS England

Promote healthy sexual relationships and prevent STIs among young people through relationship and sexual education in school. Led by the PSHE Partnership

Increase PrEP (pre-exposure prophylaxis) uptake and HIV screening among priority groups. Led by Newham Council Public Health Commissioning and NHS England

Increase Long-Acting Reversible Contraception (LARC) uptake as a proportion of all forms of contraception, especially among women from minoritised ethnic groups. Led by Newham Council Public Health Commissioning

Decarbonise and increase sustainability in sexual health services, such as through reducing waste, switching to renewable energy, and increasing sustainability in supply chains, using the commissioning process to embed and monitor progress against sustainability requirements. Led by Newham Council Public Health Commissioning

Who else is involved

- NHS (Barts Health – Maternity Services, Newham Hospital Termination of Pregnancy Services, Newham Hospital Gynaecology Services, primary care)
- Community Pharmacy North East London
- All East Sexual Health
- Positive East
- Body and Soul
- Schools





15

Promote health and independence through adult social care



About the step

Adult social care refers to the support provided to help people with care needs maintain their independence and wellbeing. Over 5,000 residents access adult social care services in Newham, and there is a strong correlation between socio-economic deprivation and the use of adult social care: more deprived areas of Newham have higher rates of people accessing social care. In prioritising prevention in adult social care, this step seeks to improve the health and wellbeing of people with care needs, promote independence, and prevent, reduce and delay people's care needs at every interaction.

Key performance indicator

Proportion of people who are extremely satisfied or very satisfied with the care and support they receive

Improving health equity

We will... ensure that people accessing preventative interventions are representative of the target population.

We will measure... the characteristics of people accessing preventative interventions, by age, gender, ethnicity, disability status and geography.

Delivering the step

Prevent need for adult social care by tailoring and targeting preventative interventions for those on the edge of care. Led by Newham Council Adults Transformation Board

Promote health and independence among people who use adult social care services and their carers through the Well Newham strength-based approach. Led by Newham Council Adult Social Care

Protect the health of people who use adult social care services in hot and cold weather. Led by Newham Council Adult Social Care

Support people who use adult social care services to be financially secure and to maximise their income, including through unclaimed benefits. Led by Our Newham Money

Who else is involved

- Newham Council (Public Health, Climate)
- East London NHS Foundation Trust (ELFT)
- Newham Hospital





16

Make Newham smokefree by 2030



About the step

Smoking is the single leading cause of preventable mortality, with 64,000 deaths in England annually. Recent data shows adult smoking prevalence in Newham is 10.7%. The UK government has set a smokefree ambition to reduce smoking prevalence to 5% or less by 2030; this step aims to meet that target. It will also extend to reducing other nicotine-containing tobacco products, including shisha and chewed tobacco, as well as vapes for people who have never smoked.

Key performance indicator

Proportion of service users with a quit at 4 weeks

Improving health equity

We will... reduce smoking prevalence among people treated for substance misuse.

We will measure... the proportion of adults aged 18+ treated for substance misuse and who smoke, with a CO-validated quit at 4 weeks.

Delivering the step

Develop and implement a Newham SmokeFree Action Plan and the Young People Action Plan on Smoking and Vaping. Led by Newham SmokeFree Alliance

Maintain a high-quality, sustainable stop-smoking service, with new and improved pathways for priority groups. Led by Newham Council Public Health Commissioning

Increase smoking cessation activity in community pharmacies and the range of options for treating tobacco dependence. Led by North East London Pharmaceutical Committee

Pilot and, if successful, roll out smokefree sites in council buildings and other locations, involving local people in designing the sites and offering specialist stop smoking support. Led by Newham Council Public Health

Increase the number of frontline healthcare staff trained in Very Brief Advice. Led by Barts Health NHS Trust

Deliver the Responsible Retailer Programme to ensure tobacco and vaping products are not sold to underage consumers, and to ensure vaping products sold are compliant with regulations. Led by Newham Council Trading Standards

Deliver an effective enforcement service to disrupt the retail of illicit tobacco linked to organised crime. Led by Newham Council Trading Standards

Who else is involved

- Newham's Multi-Agency Safeguarding Hub (MASH)
- Newham Council (Adults and Health, Community Safety, Early Help, Facilities Management, Housing Service, Property Services, Youth Zones)
- NHS (East London NHS Foundation Trust (ELFT), Barts Health NHS Trust)
- Commissioned community pharmacies
- Metropolitan Police
- Schools





Support residents to recover from the impacts that alcohol and drug misuse have on their life, their family and the wider community

17



About the step

Substance misuse continues to have an impact on the lives of many residents, and there is evidence that levels of substance misuse, particularly levels of drinking alcohol, have increased following COVID-19. Substance misuse necessitates specialist services and the wider health, social care and criminal justice system to work together to provide high-quality care and support. Residents are also affected by family members and friends who use substances, as well as by the wider impact of antisocial behaviour as a result of substances being used. This step aims to prevent and reduce the harm caused by substance misuse.

Key performance indicator

Number and annual percentage change in residents receiving treatment and support from the substance misuse service

Improving health equity

We will... increase uptake of substance misuse prevention and treatment services by residents from Black and Asian groups and women.

We will measure... service uptake broken down by ethnicity and gender.

Delivering the step

Deliver universal harm reduction and prevention advice and support that all residents can access. Led by Newham Council Public Health Commissioning

Provide high-quality treatment and support for residents who are substance-dependent. Led by Newham Council Public Health Commissioning

Provide support for residents impacted by substance misuse, including anti-social behaviour. Led by Newham Council Community Safety and Newham Council Public Health Commissioning

Provide high-quality support for residents to maintain recovery from substance misuse. Led by Newham Council Public Health Commissioning

Develop the employment pathway to enable those affected by substance misuse to undertake volunteering, peer mentoring, and then paid employment opportunities. Led by Newham Council Public Health Commissioning

Decarbonise and increase sustainability in substance misuse services. Led by Newham Council Public Health Commissioning

Operate a robust licensing regime to ensure off licences have adequate controls in place to prevent low-cost and high-strength alcohol reaching street drinkers. Led by Newham Council Licensing and Regulations

Who else is involved

- Newham Council (Community Safety, Public Health)
- NHS (East London NHS Foundation Trust (ELFT), primary care)
- Probation
- Feeder prisons
- Voluntary, community and faith organisations
- Schools, pupil referral units (PRUs) and colleges





18

Create an age-friendly Newham



About the step

There is a growing 50+ population: by 2050, Newham is predicted to have the most residents aged 50+ of all the north east London boroughs. While some residents are healthy and independent into older age, others develop long-term conditions that can affect their health, wellbeing and independence. With Ageing Well as one of the priorities of both Building a Fairer Newham and the Newham Place-Based Partnership, this step aims to make Newham a place where all residents can age well and stay independent and connected.

Key performance indicator

Number of residents aged 50+ accessing Well Newham services

Improving health equity

We will... ensure that people accessing frailty services are representative of Newham's frail population.

We will measure... the characteristics of people accessing frailty services compared to those of Newham's frail population.

Delivering the step

Continue to deliver Newham's Ageing Well Strategy to make Newham an age-friendly place. Led by Newham Ageing Well Board

Scale up frailty services to improve care and support for residents with frailty. Led by Ageing Well Joint Planning Group

Implement falls prevention services and interventions to prevent falls. Led by Ageing Well Joint Planning Group

Commit Newham Council and other anchor institutions to the Centre for Ageing Better Age-Friendly Employer pledge. Led by Newham Ageing Well Board

Build climate resilience for residents aged 65+. Led by Newham Health and Care Partnership

Who else is involved

- Newham Council (Adult Social Care, Public Health)
- Voluntary, community and faith organisations



It is really important to go out and socialise because then you meet other people. Quite a few social centres closed after COVID, but I really enjoy the activities for older people in the libraries

Resident, East Ham



Meet some Newham Changemakers



Bill Hopkinson

Bill has worked closely with the council as co-chair of the Ageing Well Strategy Delivery Board. He runs the LGBTQ+ Seniors group, which meets for coffee and a chat to give support, and identify issues affecting older LGBTQ+ people. Bill is a highly active and vocal resident, who likes

seeking out partners and making things happen. With a background in training voluntary organisations and coaching, he is particularly focused on improving outcomes for the LGBTQ+ community.



Peter Chung

Peter grew up in Newham and loves how multicultural the borough is. He is passionate about the Ageing Well agenda; as co-chair of the Ageing Well Resident Advisory Group and member of the Older People's Reference Group, he is very active in his work to reduce inequalities for older people. He is aiming to set up a U3A (University of the Third Age) in Newham, and wants to improve involvement and activities for older residents.



Ana France, Senior Family Support Worker at Kay Rowe Nursery School and Children's Centre

What started as a two-week secondment in 2007, ended with Ana being asked to run the Deanery Road Children's Centre. Ana has been a fixture in Newham's family support offer ever since. As Senior Family Support worker, she is also a Domestic Abuse Champion, supporting families experiencing domestic abuse and signposting them to counselling and

wellbeing services. Day to day, Ana supports vulnerable families to have the best outcomes for life. She hopes to see a future where domestic violence services and wider systems are better equipped to support families affected by domestic violence.



19

Make Newham a neurodiversity- and disability-friendly borough



About the step

People with learning disabilities and autistic people have greater and more complex health needs and experience higher levels of unmet health need than the general population. The Newham Place-Based Partnership commits to reducing inequalities and better supporting autistic residents and residents with learning disabilities to live healthy, safe and fulfilling lives. This step aims to narrow the health inequalities gap experienced by these residents, and make Newham a place that is inclusive, accessible and welcoming to neurodiverse and disabled people.

Key performance indicator

Proportion of people with learning disabilities completing their annual health check

Improving health equity

We will... increase access to healthcare services for people with learning disabilities and autistic people.

We will measure... the proportion of eligible people with learning disabilities and eligible autistic people completing health checks compared to the general population.

Delivering the step

Implement Newham's Autism Strategy and action plan to make Newham an autism-friendly place. Led by Newham Council Autism Strategy Delivery Board

Continue to deliver Newham's Learning Disability Action Plan to promote inclusion and outcomes for people with learning disabilities. Led by Newham Council Learning Disability Action Plan Delivery Board

Increase employment and training opportunities for people with learning disabilities and autistic people, and support their training within Newham's in-house Day Opportunities provision. Led by Newham Autism Strategy Delivery Board and Learning Disability Action Plan Delivery Board

Take forward recommendations from Newham's Citizens Assembly on disability. Led by Newham Council Adults and Health

Who else is involved

- Learning Disabilities and Autism Joint Planning Group
- Newham Council Policy, Research and Inclusion
- Voluntary, community and faith organisations





Improve access to healthcare for inclusion health groups

20



About the step

Inclusion health groups typically include people experiencing homelessness, vulnerable migrants, Gypsy, Roma and Traveller communities, and sex workers, as well as victims of modern slavery, people with drug and alcohol dependence and people in touch with the criminal justice system. Many of these populations are highly mobile, making it difficult to ensure access to and continuity of care from services that are typically designed for fixed populations. These populations are also not consistently counted in electronic records, with true population need not always accounted for in service provision. This step aims to improve access to healthcare for people in these groups.

Key performance indicator

Number of practices that have signed up to Doctors of the Worlds safe surgeries and engaged with the safe surgeries network

Improving health equity

We will... increase GP registration for babies and children from inclusion health groups.

We will measure... the number of babies and children unregistered with a GP.

Delivering the step

Improve data and insights on the needs of people in inclusion health groups in Newham through mapping existing data sets, identifying gaps, establishing baselines, involving people with lived experience, and using this to drive improvement. Led by Newham Council Public Health and NHS North East London

Embed Safe Surgeries in general practices to support equitable access to primary care, particularly for inclusion health groups. Led by Newham Training Hub

Improve the quality of healthcare services so that they are more accessible to inclusion health groups. Led by Newham Health and Care Partnership

Support the employment of people in inclusion health groups within anchor institutions. Led by NHS North East London

Who else is involved

- Newham Council (0-19 Children's Health Service, Commissioning, Homelessness Prevention and Advice Service, Housing Service, frontline staff)
- NHS North East London
- North East London Health Equity Academy
- East London NHS Foundation Trust (ELFT) outreach
- Healthwatch
- Newham Health Collaborative (NHC)
- Clinical Effectiveness Group (CEG)
- Primary care networks
- UK Health Security Agency (UKHSA)
- Transitional GP
- Find & Treat
- Doctors of the World – Safe Surgeries
- Practice Managers Forum
- Voluntary, community and faith organisations
- Schools



Meet some Newham Changemakers



Laura Glendinning Care4Calais Volunteer

Laura has lived in Newham since 1983, and has always been involved in the communities around her. She has a long background of working in the NHS and is driven to address inequalities and help people access what they are entitled to. She does a huge amount helping people new to the country; she is aware that they are often in a state of

flux around accessing basic things, such as health and education. Laura focuses on both physical and mental health, and connects families and individuals to support services. She enjoys using her experiences and knowledge to support people.



Bethan Lant Advocacy, Training & Development Manager, Praxis

Bethan has worked with migrants in east London, including many Newham residents, for over 22 years. Through her work at Praxis she has been involved in identifying the many health problems caused by having restricted entitlement to services due to immigration status. This has given her insight into how people are disadvantaged by the immigration system, and what can be done to improve their situation

– both at an individual level but also at a strategic level. She advocates for changes in policy and practice to help people caught up in the immigration system, and would like to see a future where people who migrate have the same access and opportunities as everyone else.



Jane Williams CEO of The Magpie Project

Jane set up The Magpie Project in 2017 to help local families facing insurmountable barriers to accessing help for their children – such as bus fares, concerns about immigration, lack of information, shame, and concerns that their parenting would be judged. The Magpie Project provides holistic, practical support to mums with children under five subject to the hostile immigration environment and in poor

housing. The organisation also seeks to protect childhoods by bringing joy and activities, as well as allowing them to have their voices heard in places where decisions are being made about their lives. Jane dreams of a world where all our children have equal access to play, housing, support and good health, no matter what their immigration status.



Help people seeking sanctuary to settle and lead independent, healthy and happy lives

21



About the step

Many people fleeing conflict, crisis and persecution are more vulnerable to poor health; they experience health problems linked to poverty and the deterioration of mental health because of experience of trauma, being forced to leave their homeland and extended family, the stress of the immigration process and a lack of autonomy over their lives. They can face barriers in accessing health services, and this step aims to understand these challenges better and listen to those with lived experience to improve the health and wellbeing of people seeking sanctuary.

Key performance indicator

Proportion of people seeking asylum placed in a contingency hotel who are registered with a GP

Improving health equity

We will... increase ESOL (English for speakers of other languages) uptake among people seeking sanctuary.

We will measure... the number of people seeking sanctuary at ESOL courses.

Delivering the step

Become recognised and celebrated as a Borough of Sanctuary, working in partnership to deliver Newham's Borough of Sanctuary Strategy. Led by Newham Council Public Health

Support people seeking sanctuary and those working with them to realise their health and human rights. Led by Newham Council Public Health

Improve access to volunteer and employment opportunities and training for people seeking sanctuary. Led by Newham Council Resident Engagement and Participation and Our Newham Work

Prevent homelessness and destitution among people seeking sanctuary in Newham. Led by Migrant Health working group

Improve safeguarding processes and practices. Led by Newham's Multi-Agency Safeguarding Hub (MASH) and Newham Council Adult Social Care

Improve food standards and embed food as a life-enhancing activity for people seeking asylum staying in contingency hotels. Led by Newham Council Public Health

Who else is involved

- Newham Council (Adults and Health, Children and Young People's Services, Housing Service, Education, Homelessness Prevention and Advice Service, Libraries and Community Assets, Our Newham Money, Our Newham Work, Public Health Commissioning)
- NHS (NHS North East London Designated Safeguarding Leads (adults and children), primary care)
- Doctors of the World
- NHS Newham Training Hub
- Newham Health Collaborative
- Shelter
- Praxis
- RAMFEL
- Hestia
- Voluntary, community and faith organisations





Ensure that services that meet the needs of the most vulnerable groups are effective and of high quality

22



About the step

Some of Newham's most vulnerable residents are socially excluded, and may experience multiple overlapping risk factors for poor health, such as poverty, violence and complex trauma. Access to treatment and support can be complex and many may find it difficult to engage with services, or have negative experiences of stigma and discrimination when they do contact services. These vulnerable residents require specialist services and a systemic response from health, social care and housing services. The specific vulnerable groups addressed in this step are survivors of domestic abuse and sex workers. This step supports Building a Fairer Newham, which commits to making the borough a safer place.

Key performance indicator

Number of residents using domestic abuse services

Improving health equity

We will... increase the uptake of domestic abuse services by male and LGBTQ+ survivors groups.

We will measure... the number of male and LGBTQ+ survivors using domestic abuse services.

Delivering the step

Implement the Domestic Abuse Strategy, taking a public health approach, to create a borough where everyone can live safely and be free from domestic abuse. Led by Newham Council Public Health Commissioning

Develop and deliver a Sex Workers Strategy, using a public health approach to reduce the stigmatisation and exploitation of sex workers and ensure other residents who experience disruption as a result of sex work feel heard, supported and empowered. Led by Newham Council Public Health Commissioning

Involve experts by experience in the co-production of interventions and services for domestic abuse, sex workers and other highly vulnerable groups. Led by Newham Council Commissioning

Who else is involved

- Newham Council Public Health
- Voluntary, community and faith organisations





23

Prevent and control health threats



About the step

To best protect residents from and respond to health threats such as infectious diseases, a systematic, collaborative approach is necessary. This step commits to establishing a health protection group, which will develop a Newham-specific approach and plan for preventing and responding to health protection threats. This will ensure that there is expertise, capacity, and clear roles and responsibilities in place to act quickly and effectively when necessary.

Key performance indicator

Proportion of people with TB in Newham who complete treatment within 12 months

Improving health equity

We will... improve completion of treatment among people with tuberculosis and social risk factors.

We will measure... tuberculosis treatment completion rates among people with social risk factors compared to people without social risk factors.

Delivering the step

Develop Newham's system-wide health protection group responsible for preparing for and responding to health threats, including changing patterns of infectious diseases driven by climate change. Led by Newham Health Protection Group

Respond to outbreaks and incidents promptly and effectively. Led by UKHSA North East and North Central London Health Protection Team

Provide training and build capacity in high-risk settings, such as care homes, to prevent and reduce the impact of outbreaks. Led by NHS Infection prevention and control (IPC) and Newham Council Public Health

Improve work around tuberculosis, including early detection and diagnosis, management of contacts and addressing stigma and discrimination. Led by Newham TB Partnership Group

Prevent outbreaks of infectious and foodborne disease caused by inadequate hygiene or poor management practices. Led by Newham Council Environmental Health

Raise awareness of travel health and vaccine-preventable infections (such as Hepatitis A, Hepatitis B, typhoid), including how to access testing, vaccinations and treatment. Led by Newham Health Protection Group

Who else is involved

- Newham Council (Adult Social Care, Children and Young People's Services, Homelessness Prevention and Advice Service, Housing Service)
- Newham Hospital TB Team
- Newham Health Collaborative (NHC)
- Primary Care
- North East North Central London Health Protection Team
- Clinical Effectiveness Group (CEG)
- Travel health services
- Education and Early Years settings Office for Health Improvement and Disparities (OHID)





24

Increase immunisation uptake and reduce inequity in coverage



About the step

Vaccination is one of the most effective medical interventions available, and vaccination uptake in Newham is lower than in London and the UK. We will develop an all-age plan for immunisations, embedding the learning from the pandemic and ongoing engagement, to improve uptake and trust across the life course. Continuing to work with residents and the community to develop Newham-focused, innovative approaches will be necessary to lead to long-term, sustainable improvement in vaccination uptake.

Key performance indicator

Number and percentage uptake of seasonal flu vaccinations given to priority groups

Improving health equity

We will... reduce variation in vaccination uptake across primary care networks.

We will measure... MMR vaccine coverage (proportion uptake among eligible patients), broken down by primary care network.

Delivering the step

Continue to build a strategic approach to increasing vaccine uptake among people of all ages, prioritising groups or places where there is low uptake. Led by Newham Imms Board

Develop a Newham approach to immunisation communication to ensure information reaches the intended audiences and is effective in increasing vaccine uptake. Led by Newham Health Collaborative (NHC)

Continue engaging communities about immunisation to increase vaccine uptake, using the ART framework (Accessibility, Relevance and Trustworthiness) to develop effective engagement approaches. Led by Newham Imms Board

Improve vaccination data collection and sharing, with a particular focus on health equity data. Led by NHS North East London insights team

Increase uptake of seasonal vaccinations among health and social care staff. Led by Newham Council Adult Social Care

Who else is involved

- Newham Council (Public Health, Adult Social Care, Co-Production, Communications)
- NHS (NHS North East London (immunisations and screening, infection prevention and control, communications), Barts Health – Maternity Services, primary care, care providers)
- Newham Health Collaborative (NHC)
- UK Health Security Agency (UKHSA)
- Patient Participation Groups (PPGs)
- Training Hub
- Vaccination UK
- Voluntary, community and faith organisations
- Care Homes
- Residents



Meet some Newham Young Changemakers



Dollie Stifflell

Dollie has had an enormously transformative year, overcoming several personal trials in remarkable displays of resilience. She has gone from never eating at school since nursery to now regularly having lunch. Additionally, she has broken a generational cycle of being a non-attender to achieving a headteacher's award for reaching 100% attendance, as well as mending the relationship between her family and school. Moreover, she has learned conflict mitigation, self-regulation and how to forge and maintain healthy friendships and with trusted adults; all of the noticeable changes aligned with her engagement in Newham's SAFE Taskforce's Bounce Back programme.



Tiffany Bella Voile Coles

Tiffany attends Stratford Youth Zone and participates in activities there such as Girls Group. She is part of the Today Not Tomorrow Youth Citizens Assembly planning team. She hopes one day to be an artist and footballer. Tiffany says: 'I like socialising and networking. I like doing my art, playing football, meeting up with my mates and just chasing every opportunity there is out there. No matter what happens today, tomorrow and in the future, always know that you are worth it.'



Gia

Gia attends Stratford Youth Zone and has been part of the Children in Care Council (CICC). She is part of the Today Not Tomorrow Youth Citizens Assembly planning team. She hopes one day to get a job. Gia says: 'I like coming to the youth centre, going to parks and hanging out with my friends.'



Brandon Mangava

Brandon lives in Newham and has gone to school here all his life. In the future, he wants to be a paramedic and contribute to the health of the public, and to promote healthcare careers to others.

Meet some Newham Young Changemakers



Colin Haye

Colin is an advocate for change within Newham. He feels particularly strongly about the education system and how it can be changed – especially for ethnic minorities and the LGBTQ+ community. He has devoted time to helping the youth zone workers, as well as assisting with the planning of the Youth Citizens Assembly. Colin says: 'I enjoy participating in the youth service as well as making new friends.'



Darcey Williams

Having grown up in Newham, Darcey spends her time helping young people with their mental health and advocating for youth safety services across the borough. She has represented Newham young people at a scrutiny meeting with the Mayor and councillors, and was a Your Choice young person, where she was determined to create positive change for young people needing support from mental health services. Darcey understands the background of young people in Newham, so she wants to do as much as possible to improve mental health and youth services, giving back to all the people and services that have supported her.



Maria Juganaru

Maria is studying at a health conscious college in Newham. She is really excited about putting her many ideas about health in Newham out there and making significant changes.

Places





25

Create a healthier food environment



About the step

Many of the factors that shape our high streets and the food environment in which we live are driven by national policy and a global food system that for more than fifty years has been making foods high in fats, salts and sugars inescapable. Ultra-processed food now makes up half of the total purchased dietary energy in the UK. However, as demonstrated by existing work, there are local levers we can develop and scale in order to create a healthier food environment in Newham. This step will address how we use council-controlled assets, licences, leases, grants and other contracts, as well as the support we give to small businesses and enterprises, and the way we use our Local Plan and other powers to shape and curate.

Key performance indicator

Value of advertising estate in Newham where the Nutrient Profile Modelling-based Newham Healthier Advertising Policy is controlling content and actively promoting healthier food

Improving health equity

We will... increase the number of sites advertising healthy food in Newham's most deprived areas.

We will measure... the number of healthy food advertising sites in the most deprived 50% of areas.



Delivering the step

Establish the Healthier Food Business Innovation Hub, support good, sustainable, local business and increase participation in better food business programmes. Led by Newham Council Economic Regeneration

Use the power of leases and licenses on sites controlled by the council to secure healthier food retail and service. Led by Newham Council Commercial Property Services

Build on the Healthier Food Advertising Policy to expand this approach to other partners. Led by Newham Council Environment and Sustainable Transport and Newham Council Communications

Use the power of planning to protect, enhance and deliver the local facilities required to create good food neighbourhoods. Led by Newham Council Planning

Continue to invest in, innovate with and improve how we use large food assets such as markets and allotments. Led by Newham Council Parks and Newham Council Markets

Campaign with regional and national partners for improvement in the frameworks that govern the food landscape. Led by Newham Council Public Health and Newham Council Public Affairs

Who else is involved

- Sustainable Food Newham Board
- Newham Council (Adults and Health, Environmental Health, Facilities Management, Our Newham Business and Enterprise, Regeneration, Waste Management Service)
- Greater London Authority (GLA)
- Greenwich Co-operative Development Agency (GCDA)
- Voluntary, community and faith organisations
- Businesses
- Universities



Nurture a local food culture of eating well, sustainably, for a just transition to a green economy

26



About the step

Eating well and sustainably is one of the key ways Newham can improve health while addressing the climate emergency. The food we need to eat to improve our own health and the health of the planet is the same. We must continue to grow a local culture that celebrates and promotes this nourishing food. Sustainable Food Newham is a local partnership with the council, schools, voluntary, community and faith organisations, health and businesses; its ambition is to bring healthy, sustainable and affordable food to everyone in Newham. This step will grow the partnership and bring together everyone from grassroots advocates and activists to major anchor institutions to play their part in the transition to the healthy food we need for a just green economy.

Key performance indicator

Number of partners engaged by Sustainable Food Newham

Improving health equity

We will... prioritise areas with least access to private green spaces for new growing spaces.

We will measure... the number of growing spaces available to residents in the lowest 50% of areas with private green space.

Delivering the step

Grow the Sustainable Food Newham network. Led by Sustainable Food Newham board

Become leaders in incorporating eating well, sustainably into designs, grants, commissions, procurements, leases and licences across Newham anchor institutions, building on Newham Council's status as a founding signatory of the London Circular Food Procurement Commitment. Led by Sustainable Food Newham board

Continue the We are Food Growing grey to green revolution, increasing the number of spaces available to residents to participate in food growing. Led by Sustainable Food Newham board

Promote a Well Newham diet that draws on our culinary diversity to encourage cooking and eating the food we need for the health of people and planet. Led by Sustainable Food Newham board

Actively support Newham food businesses to adopt more sustainable practices, such as reducing food waste and packaging, procuring local, and using more seasonal, low-mileage and plant-based ingredients. Led by Newham Council Economic Regeneration and Newham Council Environment and Sustainable Transport

Who else is involved

- Newham Council (Education, Parks, Planning, Public Health, Public Realm)
- NHS North East London
- Hackney Council
- ReLondon
- Sustain
- Juniper
- Community meals providers
- Newham Food Alliance
- Universities
- Schools
- Businesses
- Food champions
- Residents





27

Continue to grow whole school approaches to food



About the step

All primary school pupils in Newham currently receive free school meals under 'Eat For Free' – the nationally-leading universal meals scheme and whole school approach to food. The principles of and grant conditions for Eat For Free promote health and wellbeing, pupil performance and attainment, community wealth building and action on the climate emergency. In this step, we have an opportunity to make food an equally powerful whole school tool in secondary education, whilst at the same time continuing to evolve and improve what we achieve with Eat For Free in primary, and building a clear shared vision for the best possible holistic approach to food in 0-5s settings.

Key performance indicator

Attainment of schools in the target set by Eat for Free grant conditions and principles

Improving health equity

We will... provide support to the high number of students who fall between the national free school meals threshold and the Child Poverty Action Group (CPAG) line on poverty.

We will measure... the number of students defined by the Child Poverty Action Group (CPAG) as in poverty who eat a meal, minus the number who would have received a meal through the national free school meals provision.



Delivering the step

Continue to evolve Eat for Free as a nationally front running approach to primary school meals and whole school approaches, pupil health and attainment, community wealth building and action on the climate emergency. Led by Newham Council Public Health

Support secondary schools to deliver whole school approaches to food that are universal meals scheme ready. Led by Newham Council Public Health

Support all types of pre-school settings to create a shared vision for the best possible approach to nutrition and whole-settings approaches to food. Led by Newham Council Public Health

Campaign on issues around funding for free school meals, national free school meals auto-enrolment, better inspection of school food, modernised school food standards and the extension of universal meals to all pupils in the UK. Led by Newham Council Public Health

Who else is involved

- Newham Council (Capital Investments, Early Years, Education)
- Greater London Authority (GLA)
- School Food Review Group
- Juniper
- Sustain
- School Food Matters
- Association of Young People's Health
- Best Food Forward
- Feeding Britain
- Children's centres
- Early Years providers
- Primary Schools
- Secondary Schools



28

Continue to improve food security for all residents



About the step

No one should go hungry in the world's fifth-wealthiest economy, but a combination of the rising cost of living and work that doesn't pay leaves too many residents without the income they need to put food on the table. Simultaneously, our food system needs to waste less. Since 2020, Newham has shown how millions of pounds of surplus food can be saved every year and supplied to residents who need it, through the Newham Food Alliance's network of food clubs, food banks and community meals providers. The challenge is to make sure that each time we feed someone it is just the start of a journey into wraparound services for residents.

Key performance indicator

Number of Newham Food Alliance partner attendances at Social Welfare Alliance training

Improving health equity

We will... increase the use of the food clubs by those most affected by the benefit cap and those who have no recourse to public funds.

We will measure... the number of families affected by the benefit cap or who have no recourse to public funds using food clubs.

Delivering the step

Continue to provide direct food support to residents through the Newham Food Alliance, making use of surplus food. Led by Newham Food Alliance

Support Newham Food Alliance partners to transition to sustainable food provision, such as food clubs and community kitchens, that support eating together. Led by Newham Council Public Health

Train frontline Newham Food Alliance partners through the Social Welfare Alliance to provide wraparound support and act as a gateway to Well Newham services. Led by Social Welfare Alliance

Ensure that holidays are never a hungry time for children, with programmes that are home grown and inclusive of social, cultural and additional needs. Led by Newham Council Holiday Activities and Food programme (HAF)

Continue to collect good quantitative and qualitative evidence and campaign for the national policy change Newham residents need, keeping in mind that food insecurity is a product of poverty and inequity and that no one should be dependent on food banks to eat. Led by Newham Council Public Health

Who else is involved

- Newham Council (Children and Young People's Services, Education, Food Safety, Our Newham Money, Youth Zones)
- Felix Project
- Feeding Britain
- Talking therapies
- Voluntary, community and faith organisations



Meet some Newham Changemakers



Zamanganga Mbatha (Zama Shozi), MBE Head of the Profound and Multiple Learning Disabilities Unit at Royal Docks Academy

For more than 21 years, Zama has dedicated her career to the dynamic landscape of Newham. While her roles have varied, supporting and teaching teenagers with special educational needs and disabilities (SEND) has always been at the core of what she does. She feels passionately about connecting children and young people to their food, and has introduced a gardening

initiative at Royal Docks Academy, where children who are experiencing mental and emotional challenges find solace in hands-on gardening and food-growing activities. In January 2024, Zama was awarded an MBE for services to Teenagers with Learning Difficulties in the London Borough of Newham.



Victoria Turone, Children and Young People's Family Liaison Officer at Newham Hospital

Victoria has worked in children's services for the last sixteen years, supporting families from some of the most diverse and complex backgrounds. Victoria met John from the Irons Supporting Foodbank when she was looking for warm clothes for children living in hostels. Their friendship has since grown, fuelled by a shared passion for helping others and ensuring families

have access to healthy foods. Victoria's work on the front line allows her to identify vulnerable communities and work with John to ensure the food pallet goes to where it is most needed.



John Ratomski Founder of Irons Supporting Foodbanks

John first set up the Irons Supporting Foodbank four years ago as an opportunity for West Ham fans to support their local communities. The initiative supports 60 food banks, community groups and homeless shelters across Newham and Essex, and makes donations to staff and children at Newham Hospital. The food bank has

supplied over £250,000 worth of food and over £1 million in clothes in the last three years. John hopes to continue the community for as long as it needs support, spreading the East End spirit of looking after our own.



29

Deliver a just transition in addressing climate change



About the step

Climate and health are connected. Climate change is damaging residents' health and wellbeing and exacerbating health inequalities. Reducing emissions, addressing the unequal impacts of climate change, and adapting to the changing climate are all vital to promoting and protecting health in Newham. In addition, many actions we take to improve health can deliver climate benefits. In 2023, Newham Council published the UK's first Just Transition Plan, which laid out the ways that reaching our climate targets can increase equality and improve residents' health. This step connects with the Just Transition Plan, as well as with the NHS North East London Green Plan 2022-2025, aiming to embed health and health equity across climate action.

Key performance indicator

Carbon saved by reducing the number of high carbon inhalers prescribed in Newham

Improving health equity

We will... use climate-health risk as a key criterion in prioritising key neighbourhood retrofit projects.

We will measure... projects mapped against climate-health risk level.

Delivering the step

Embed health and equity in Newham Council's Just Transition plan. Led by Newham Council Climate

Coordinate action on climate, clean air, sustainable food and green space across the Newham Health and Care Partnership. Led by Newham Health and Care Partnership

Use evidence and data to identify people and places that are most vulnerable to the health impacts of climate change and use this to inform targeted services and interventions, including housing retrofit. Led by Newham Council Public Health

Inform, involve and mobilise residents and communities around climate and clean air. Led by Newham Council Climate

Campaign and advocate for policy, funding and devolution to enable long-term climate action and to meet Newham's most urgent needs. Led by Newham Council Policy, Research and Inclusion

Nurture green skills and establish green career pathways for jobs across the borough, through establishing partnerships, programmes, opportunities and community engagement for enterprise, training and support. Led by Newham Council Climate

Who else is involved

- Newham Council (Communications, Environmental Control, Highways, Resident Engagement and Participation)
- NHS (NHS North East London, East London NHS Foundation Trust (ELFT), Newham Hospital, Barts Health NHS Trust, primary care)





30

Improve air quality and protect residents from exposure



About the step

Air pollution is an important public health issue in Newham. Not only does it damage residents' health, it also disproportionately affects people living in more deprived places, contributing to health inequalities. In 2022, 7.5% of deaths in Newham were attributable to particulate air pollution. This step connects to the Council's Air Quality Action Plan, aiming to reduce both levels of air pollution and residents' exposure to it.

Key performance indicator

Number of people using Air Aware, Newham's online air quality resource

Improving health equity

We will... prioritise areas with highest pollution and deprivation for training health professionals on air pollution.

We will measure... the number of health professionals who work in areas of high pollution and deprivation trained.

Delivering the step

Implement Newham Council's Air Quality Action Plan. Led by Newham Council Environmental Control

Build knowledge and awareness among health and care professionals to consider the impacts of air pollution and advise residents on avoiding and preventing air pollution. Led by NHS North East London

Strengthen smoke control through education, engagement and enforcement. Led by Newham Council Environmental Control

Advocate for stricter air quality standards and regional and national policy to clean up Newham's air. Led by Newham Council Environmental Control and Newham Council Climate Team

Reduce air pollution emissions and exposure among large businesses, employers and other institutions, through a Newham Climate Contract. Led by Newham Council Environmental Control and Newham Council Climate Team

Who else is involved

- Newham Council (Our Newham Business and Enterprise, Public Health, Policy, Research and Inclusion)
- NHS North East London
- Training Hub

“ I want everyone to have fresh air because then they can survive.
 Year 5 pupil, Manor Park



Meet some Newham Changemakers



Celia Wain-Heapy **Representing ClimateYouChange**

Celia set up ClimateYouChange.org in 2019 with the aim of addressing the climate emergency through community education and individual lifestyle changes. ClimateYouChange is an inclusive group of people who all share the same goals. They are involved in wide-ranging educational projects – from food forest planting, which aims to change people’s relationship with how and where food is grown, to

running food-waste cooking sessions, teaching fashion upcycling and leading fun, creative ‘Climate Kids’ sessions. They also give out food and wildflower growing seed packs, alongside sustainable alternative product samples. The group appreciates the impact of different voices and perspectives tackling climate change together, as can be found in Newham’s diverse population.



Darshana Lathigra, NHS Health and Wellbeing Coach, Public Health Nutritionist and self-employed health engagement consultant

Darshana has lived and worked in Newham for over 25 years. She loves to connect with people and draws her energy from this diverse and thriving borough which has given her numerous career opportunities and a fulfilling life. Darshana’s work as an NHS Health and Wellbeing Coach is devoted to transforming the health of Newham residents. She has coached, educated

and empowered hundreds of residents to adopt a healthier lifestyle, to prevent obesity, diabetes and hypertension and thereby prevent heart diseases, strokes and poor mental health. Darshana’s work spans the local authority, health and voluntary sectors; her life’s purpose is to tirelessly challenge and reduce health inequalities in Newham.



Angie Allgood **Director of NEWway Project**

Angie and her family have lived and worked in Newham for six generations. She has always operated on the front line, having worked as a child protection social worker for 20 years, and later in a local charity. Angie started to find the levels of deprivation and rough sleeping in the borough increasingly disturbing, leading her to partner with local churches in 2013 to set up a night shelter and day centre,

focusing on fostering a sense of belonging and purpose. NEWway works with people who have experienced the trauma of rough sleeping, giving them the confidence to access support.



Increase active and sustainable travel through schools, employers and faith organisations

31



About the step

Employers, schools, places of worship and other organisations have an important influence on how people travel. For example, employers can promote cycling, by providing secure cycle parking and changing facilities, and schools can enable more walking, cycling and scooting by reducing traffic at drop-off and pick-up times through a Healthy School Street scheme. This improves the health of people travelling actively, and also creates a healthier environment for everyone, by reducing road danger and air and noise pollution. This step aims to harness these local assets to increase active and sustainable travel among people living in, working in and visiting Newham.

Key performance indicator

Number of Healthy School Streets sites

Improving health equity

We will... increase the proportion of children travelling actively to and from school.

We will measure... TfL Travel for Life (previously STARS) points awarded (percentage of maximum possible).

Delivering the step

Improve the design and implementation of travel planning by developers and other businesses. Led by Newham Council Planning

Encourage and enable sustainability, active travel and better air quality in education settings, including through Healthy School Streets, TfL Travel for Life and nature and planting in education settings. Led by Newham Council Highways and Sustainable Transport and Newham Council Environment Control

Encourage and enable active travel among faith communities through partnership between Newham Council and places of worship. Led by Newham Council Highways and Sustainable Transport

Take steps to increase active and sustainable travel among council employees, focusing on the groups with the greatest opportunity to travel differently. Led by Newham Council Highways and Sustainable Transport and Newham Council Resources

Who else is involved

- Newham Council (Climate, Education, Fleet Services, Public Health)
- Faith partners
- Schools
- Developers





32

Create a healthy urban environment



About the step

The urban environment is a key determinant of health. It includes streets, other public spaces such as squares and parks, green and water space, the transport system and community facilities. All of these have an impact on people's health – for example, good quality green and water spaces have been shown to support recovery from illness and help people manage health conditions. The ambition of this step is to maximise the use of available powers to raise the standards of the urban environment.

Key performance indicator

Proportion of the borough as low-traffic neighbourhood

Improving health equity

We will... prioritise areas with the lowest car ownership, which are typically more deprived and most impacted by car use, for the implementation of low-traffic schemes.

We will measure... the percentage of low-traffic schemes introduced in areas in the lowest 50% of car ownership.

Delivering the step

Bring community assets into use to maximise community cohesion and wellbeing. Led by Newham Council Area Regeneration

Create a high-quality urban environment where people can access their everyday essentials within a 15-minute walk, cycle or public transport journey. Led by Newham Council Area Regeneration, Newham Council Sustainable Transport and Newham Council Planning

Create Healthy Streets across Newham that encourage and enable active travel, reduce air and noise pollution, reduce road danger, and connect people. Led by Newham Council Highways and Sustainable Transport

Create opportunities for children and young people to take part in designing streets and neighbourhoods, including through school-based initiatives and apprenticeships. Led by Newham Council Sustainable Transport

Increase the quality and quantity of green and water space in Newham. Led by Newham Council Planning, Newham Council Parks and Newham Council Climate

Who else is involved

- Newham Council (Leisure Services, Property Services, Public Health, Resident Engagement and Participation)



I am proud to live in Newham and I want it to do well. But we need to feel safe and for places to be clean.

Resident, Forest Gate



Meet some Newham Changemakers



Julia Briscoe **Independent Consultant Nurse/Freelancer**

Julia lives on a boat and is passionate about people and plants; she studied ethnobotany and has done work in Newham around health creation, equality and the environment. Her work taps into local green spaces, nature-based interventions and green prescribing. She is currently creating a medicine garden at Cody Dock,

transforming land that needs attention to become a place for plants and for people's wellbeing. She has come to the realisation that to drive real change, you have to be the change.



Katie Blake

Katie Blake is a long-standing council volunteer, who has contributed her time, knowledge and efforts to supporting a wide variety of community campaigns, such as the Ageing Well Strategy Resident Advisory Group. She has been a COVID-19 Champion and Peer Supporter, and was involved in establishing a community garden at the Folkestone Road Allotments to provide a nurturing space for Deaf, older and disabled members

of the community. She hosts a weekly Green Couch session at local libraries called 'Let's Talk', providing a safe space for people to share their stories and experiences. Katie is a volunteer Park Champion at the Queen Elizabeth Olympic Park and also a Ranger for the London National Park City organisation, contributing to conservation activities throughout London. Katie won the Outstanding Contribution Award in the 2023 Newham Civic Awards.



Involve residents in every new low-traffic scheme, encouraging them to travel actively and use their local spaces

33



About the step

Involving local people in designing low-traffic schemes will boost local ownership and engagement, as well as increase the quality of the design. This step supports Building a Fairer Newham, which commits to improving neighbourhoods, making them people-friendly and enabling residents to spend more time walking and cycling in the local area.

Key performance indicator

Number and percentage of residents taking part in initiatives in the new low-traffic area

Improving health equity

We will... ensure that residents involved in community-led street design are representative of Newham's population.

We will measure... the characteristics of residents involved in community-led street design, compared to the local population.

Delivering the step

Involve residents in the design of new low-traffic schemes. Led by Newham Council Highways and Sustainable Transport

Use the build-up to and delivery of low-traffic schemes to encourage activity and community events, such as mobilising and supporting community champions, walking, cycling and school travel groups, cycle training and accessible cycles, and street closures for events, activities or play. Led by Newham Council Highways and Sustainable Transport

Through People Powered Places, fund local community projects that encourage residents to be more active through walking, cycling and other forms of active travel. Led by Newham Council Resident Engagement and Participation

Who else is involved

- Newham Council (Leisure Services, Public Health, Sustainable Transport)
- Voluntary, community and faith organisations





Use libraries and community spaces to improve residents' health and wellbeing

34



About the step

Libraries are inclusive places that provide preventative interventions with life-long benefits. Literacy is crucial for participating in society and people's life chances and, in addition, reading for pleasure improves wellbeing and educational outcomes in children. There are over a million visits per year to Newham's libraries and community spaces, and over a million books are borrowed every year. This step aims to continue work to make Newham's libraries and community spaces more inclusive, including supporting digital inclusion.

Key performance indicator

Visits to libraries

Improving health equity

We will... deliver targeted Bookstart interventions to under-5s and their families who live in the most deprived areas of the borough.

We will measure... the number of Bookstart packs distributed to under-5s and their families who live in the most deprived areas of the borough.

Delivering the step

Develop and implement a Reading Strategy to both highlight the long-term prevention benefits of reading to policy-makers and service providers, and encourage residents to build life-long reading habits. Led by Newham Council Libraries and Community Assets

Develop and implement a Digital Inclusion Strategy to bring better focus to a collaborative, borough-wide approach to tackling exclusion and supporting inclusion. Led by Newham Council Libraries and Community Assets

Embed green and circular economy activities within library and community centre programmes. Led by Newham Council Libraries and Community Assets

Achieve Library of Sanctuary status to make libraries more accessible to refugees and other vulnerable residents. Led by Newham Council Libraries and Community Assets

Adopt the London Libraries Homelessness charter to enable residents experiencing homelessness to feel welcomed in libraries and for them to feel comfortable to make use of resources and/or participate in activities that they choose. Led by Newham Council Libraries and Community Assets

Who else is involved

- Newham Council (Adult Education Service, Adults and Health, Air Quality, Digital, Education, Facilities Management, Family Hubs, Homelessness Prevention and Advice Service, Recycling, U5 services)
- National Literacy Trust
- The Reading Agency
- BookTrust
- Good Things Foundation
- Libraries Connected
- Libraries of Sanctuary
- London Libraries
- Homeless Link
- Newham Digital Inclusion Alliance
- London Office of Technology and Innovation (LOTI)
- Voluntary, community and faith organisations



Meet some Newham Changemakers



Hilda Mango, Rough Sleeping Partnership Board resident co-chair, Newham Homelessness Action Group resident co-chair, ELFT People Participation Digital Champion and Lead Assessor for the Service-User Led Accreditation

As an extremely active member of the Newham community, Hilda helps develop services for the borough in countless different ways. Knowing we all face numerous challenges, she is passionate about residents' voices being heard and their needs being kept at the core of service design or delivery. She takes a solution-centric approach

in her advocacy for those experiencing various issues to which she can relate, including housing, health, socio-economic and other more sensitive matters. Her aim is to see a safer, more inclusive Newham, where services provide appropriate relief for residents, and all feel welcome and at home.



**Samantha White
Manager of Community Centre**

For the past eight years, Samantha has helped homeless people by providing them with food, clothes and showers. The food bank she set up eight years ago, which supports people who are struggling with the cost of living, has become the largest in Newham, providing food to over 700 people a week. Two years ago, she also opened a

free community wellbeing café, which addresses health and wellbeing as well as community safety. The café supports people around mental health issues, loneliness, homelessness and more, as well as providing the local community with a safe place to relax and socialise.



35

Design healthy homes



About the step

One of Building a Fairer Newham's priorities is around building more homes, and this step supports that priority, while ensuring that homes and regeneration schemes promote health and wellbeing. This is also one of the aims of the draft Local Plan, which commits to reducing health inequalities through a health-integrated approach to planning. The ambition of this step is to maximise the use of available powers to raise the standards of new and existing homes, making use of the role of the local authority role as a planning, highways and housing authority.

Key performance indicator

Number of properties inspected per year

Improving health equity

We will... use Social Value Health Impact Assessments to promote health equity through major housing developments and other relevant developments.

We will measure... the number of Social Value Health Impact Assessments submitted with planning applications.

Delivering the step

Use planning policy to increase the supply of high-quality, accessible and affordable property that meets residents' needs. Led by Newham Council Planning

Strengthen the use of Social Value Health Impact Assessments as part of major housing developments and other relevant planning applications. Led by Newham Council Planning (Policy and Development Management) and Newham Council Public Health

Optimise the health and health equity benefits of housing and regeneration schemes, including delivering high-quality, affordable homes and securing investment to activate new public spaces from major new residential developments. Led by Newham Council Estate Regeneration and Newham Council Housing Service

Continue to deliver the selective licensing scheme to improve health and wellbeing for Newham residents. Led by Newham Council Housing – Private Standards

Who else is involved

- Newham Council (Climate, Regeneration, Resident Engagement and Participation)
- Healthy Urban Design Unit (HUDU)





Prevent homelessness and promote the health of people living in insecure or low-quality accommodation

36



About the step

Newham faces very complex housing challenges, with no simple solutions to alleviate current pressures. Building a Fairer Newham commits to supporting people experiencing homelessness and providing wraparound support for families in temporary accommodation; this step aligns with that priority and focuses on addressing critical issues at the intersection of housing and health equity. It recognises that insecure and inadequate housing not only poses direct health risks such as exposure to damp and mould, but also contributes to broader social and educational disparities.

Key performance indicator

Number of people sleeping rough on a single night

Improving health equity

We will... reduce the disproportionate impact of homelessness on health through strong multi-agency partnership working.

We will measure... the number of households living in temporary accommodation supported to move on to suitable alternative housing.

Delivering the step

Continue to deliver the Homelessness and Rough Sleeping Strategy, which sets out an intelligence-led, public health approach to tackling homelessness and improving housing. Led by Newham Council Housing Needs and Newham Council Adults and Health

Support people in temporary accommodation and supported accommodation to live well, acquire the skills they need, and to move on and sustain independence. Led by Newham Council Housing Needs and Newham Council Adults and Health

Continue to support people who sleep rough to end and prevent a return to their rough sleeping, using data and insights to develop services over time. Led by Newham Council Public Health Commissioning

Explore ways to mitigate the health, social and educational harms of families living in overcrowded accommodation. Led by Newham Council Public Health and Newham Council Housing Service

Raise awareness of housing rights, advice, training and support by increasing tenant, healthcare and community engagement. Led by Newham Council Housing Service and Newham Council Public Health

Improve multi-professional awareness and understanding of the impacts of damp and mould and how to access advice and support. Led by Newham Council Housing Service

Who else is involved

- Newham Council (Children and Young People's Services, Communications, Homelessness Prevention and Advice Service, Service Design and Insight, Planning)
- East London NHS Foundation Trust (ELFT)
- Change Grow Live
- Social Welfare Alliance
- Voluntary, community and faith organisations
- Schools





Reduce the number of cold homes by tackling fuel poverty and making homes more energy efficient

37



About the step

Newham has the second-highest rate of fuel poverty in London and the 21st-highest rate nationally, with nearly a fifth of households affected. More than 19,000 households are unable to afford to heat and light their homes properly without being pushed into poverty. This step addresses this issue and aims to make Newham homes more energy efficient, while mitigating the harms caused by cold homes.

Key performance indicator

Number of residents supported by the Stay Warm in Newham Project and the community charged energy support programme (Energy Champions)

Improving health equity

We will... prioritise fuel-poor households for financial support.

We will measure... the number of fuel-poor households offered financial support.

Delivering the step

Increase the energy efficiency rating of homes in Newham. Led by Newham Council Energy Efficiency

Improve the process for identifying fuel-poor households and explore how to harness available support and mitigate the harms. Led by Newham Council Energy Efficiency

Increase household support for the most vulnerable residents, ensuring they receive the most appropriate support. Led by Our Newham Money

Proactively seek out funding opportunities for Newham to support fuel-poor residents. Led by Newham Council Policy, Research and Inclusion

Develop and deliver an effective energy champions programme that will support residents to take up energy-efficiency improvements and mitigate against the effects of climate change. Led by Newham Council Public Health

Who else is involved

- Newham Council (Climate, Community Wealth Building, Housing Service, Strategic Partnerships and Engagement)
- Social Housing Retrofit Accelerator
- The Renewal Programme
- Landlords



Meet some Newham Changemakers



Ami Moulton NEWdawn Night Shelter Manager

Ami works with the homeless community in the borough and is passionate about seeing affordable housing options in Newham. She runs a church-led winter night shelter, which takes people off the streets and into shelter. She has close relationships with the churches and church leaders in Newham, as they make up the shelter network and provide the venues and volunteers. She is very aware of the

need for places for people to move into – where they can remain part of the community they have grown fond of, and which can enable them to give back to the community.



Peter Laing, Chief Executive Officer, Newham Community Renewal Programme

Peter is passionate about tackling the underlying causes of poverty and disadvantage by focusing on community engagement, mental health support, and improving access to essential services and activities that contribute to overall wellbeing. He is Chief Executive of The Renewal Programme, which works with 3,500 people every year, most of whom

are from marginalised global majority communities. His work focuses around the core values of dignity, inclusion, collaboration and empowerment, and he is interested in helping to co-create a borough where everyone can easily take steps to stay healthy, with the support they need to prevent illness before it starts.



Stella Howard

Stella is passionate about bringing dance and the arts into health settings and vulnerable communities to encourage healthy relationships to movement. She is founder of Embrace Space: Arts & Wellbeing, delivering free inclusive dance and movement sessions in Newham. Her sessions include Dance for Wellbeing, Over 50s & Moving Well (for adults with balance/mobility difficulties) and Inclusive Rhythms

SEND family workshops. Dancing draws a broad range of people into exercise, providing numerous physical benefits but also creating supportive communities and improving mental wellbeing and confidence. Stella hopes to develop more initiatives led through community need, linking health providers and dance to make a happier Newham.



Increase access to leisure and sport through community-based programmes

38



About the step

Sport and physical activity play an important role in improving health and wellbeing – reducing health inequalities, upskilling and employing local people and providing community spaces for social engagement and interaction. Newham has one of the lowest physical activity levels in London. The aim of this step is to provide a range of accessible opportunities, based in the community, to enable residents to be more active.

Key performance indicator

Number of people participating in the community leisure programmes

Improving health equity

We will... ensure that people accessing BetterPoints are representative of Newham's population.

We will measure... the characteristics of people accessing BetterPoints, compared to Newham's population.



I don't exercise at home online, I get tired – but when I go out to a class I get exercise when I travel there and I'll stay for at least an hour.

Resident, Forest Gate

Delivering the step

Identify non-traditional community settings for a sport and physical activity offer. Led by Newham Council Leisure and Sport

Encourage interest in being physically active by maximising the potential of major sporting events (such as Wimbledon and World Cups) and national campaigns (such as Walk to Work Week and National Fitness Day). Led by Newham Council Communications

Develop co-designed inclusive programmes in community settings to support the least active populations to be physically active. Led by Newham Council Leisure and Sport and Leisure Operator

Develop and implement a co-designed play offer for children under 5. Led by Newham Council Leisure and Sport

Develop relationships with local, regional and national organisations to engage children and young people in positive activities. Led by Newham Council Leisure and Sport

Promote sustainable travel by increasing walking and cycling initiatives. Led by Newham Council Leisure and Sport

Who else is involved

- Newham Council (Children and Young People's Services, Family Hubs, Public Health, Resident Engagement and Participation, Youth Empowerment Service)
- Sport and physical activity providers
- National Governing Bodies (NGBs)
- Voluntary, community and faith organisations
- Children's Centres
- Educational establishments





Deliver a high-quality and accessible sport and physical activity offer in Newham

39



About the step

Increasing participation in leisure and sport can help Newham residents lead healthier, longer lives and prevent ill health such as obesity, diabetes, heart disease, depression, joint and back pain and some cancers. A high-quality and accessible sport offer can provide a supportive, varied and enjoyable experience to residents. This step aims to broaden the offer of sports in the borough and encourage a wider range of residents to take up sports.

Key performance indicator

Number of attendances and people participating in community leisure programmes

Improving health equity

We will... ensure that people using Newham's leisure centres are representative of Newham's population.

We will measure... the characteristics of people using Newham's leisure centres compared to Newham's population.

Delivering the step

Develop a dynamic, innovative, inclusive and responsive programme of activities at the Leisure Centres that meets the needs of all sections of the community. Led by Leisure Provider

Develop and deliver a communications and marketing plan which reaches all residents. Led by Leisure Provider

Enable existing and new groups and sports clubs in the borough to grow, develop and reach new residents, including support for community sport leadership. Led by Leisure Provider

Support and develop key sports, such as tennis, cricket, football, swimming, disability sport. Led by Leisure Provider

Encourage and support talented young athletes. Led by Leisure Provider

Decarbonise and increase sustainability in operating Newham's leisure centres. Led by Leisure Provider

Who else is involved

- Newham Council (Communications, Leisure and Sport, Parks and Green Assets, Public Health)
- Sport and physical activity providers
- National Governing Bodies (NGBs)
- Voluntary, community and faith organisations
- Educational establishments

“ I would like to have a girls football club. Year 5 pupil, Manor Park





Deliver high-quality leisure facilities and infrastructure

40



About the step

Good-quality, well-run facilities make a significant difference to participation and contribution to wider local outcomes. Newham has an ageing portfolio of sports and leisure facilities across the borough. This includes the wider infrastructure that enables residents to be active through walking, cycling or playing. This step aims to provide high-quality and accessible facilities that meet the needs of all residents and support them to be physically active.

Key performance indicator

Number of new or improved sports, leisure and play facilities

Improving health equity

We will... prioritise areas most in need for new or improved leisure, sport and play facilities.

We will update on this objective through narrative description about the schemes in the pipeline.

Delivering the step

Develop and activate a variety of new and refurbished sports, leisure and play facilities across the borough, through partnership working with a range of local, regional and national partners. Led by Newham Council Leisure and Sport and Newham Council Parks and Green Assets

Focus attention on developing new sports, leisure and play facilities in and around new housing developments. Led by Newham Council Leisure and Sport, Newham Council Parks and Green Assets and Newham Council Community Wealth Building

Ensure all new facilities are designed, built and operated with sustainability in mind, including adhering to sustainability regulations and local policies. Led by Newham Council Property Services

Who else is involved

- Newham Council (Children and Young People’s Services, Highways, Housing Service, Planning (Policy and Development Management), Public Realm, Regeneration)
- Sport and physical activity organisations
- National Governing Bodies (NGBs)
- Sport England
- Voluntary, community and faith organisations
- Educational establishments



Meet some Newham Changemakers



Bisi Imafidon, Extended Schools Manager, sports coach, fitness instructor and personal trainer

Bisi is passionate about making a difference in her local community. She works with residents who face additional barriers to getting active – such as older people, women, and people with long-term health conditions or mental health issues. She is constantly learning new skills and ways of working, in order to reach more people; for example, she has learned British Sign Language and qualified as

a guide runner for runners with visual impairments. She has lived in Newham for over 30 years, and her motto is ‘Move with Bisi’.



Maddy Mattis Teaching Assistant and Sports Coach

Maddy works with sports clubs and schools to help people build their confidence around health, fitness and personal growth. On recovering from cancer treatment, she found light exercise a great way back into fitness. She has met so many people from all walks of life who have helped her through her battle with weight; as a

result, she likes to help others as much as she can. She actively promotes activities relating to sports and physical health and engages in a wide range of activities herself as an example to people in her network and community.



Paul Archer PE Teacher

Paul set up Newham Ability Camp after his son lost his sight 21 years ago – he wanted to give other people with disabilities the chance to participate in sport. Newham Ability Camp is a specialist disability multi-sports club, and it now runs sessions three times a week for children and young adults

with disabilities in Newham. Paul is motivated by the desire to give more people with disabilities the chance to be active and participate in sport. He has lived in Newham his whole life.



Support residents to achieve financial security

41



About the step

Financial security is a key determinant of health and residents in Newham have particularly low rates of financial security. Building a Fairer Newham commits to creating an inclusive economy that works for local people, and this step reinforces that commitment. It looks at responding to the difficult choices and trade-offs people are making in the short-term. It also considers the medium- and long-term, where we will need to build resilience and security to reduce the need for these trade-offs and the impact of shocks.

Key performance indicator

Number and proportion of residents who are not claiming benefits that they are entitled to

Improving health equity

We will... focus support for those who are most in need by reducing disproportionality in uptake of benefits among those who are entitled to receive benefits.

We will measure... the characteristics of people accessing the benefits that they are entitled to, compared to those who are not accessing the benefits.

Delivering the step

Ensure ongoing comprehensive response to poverty and the cost of living. Led by Newham Council Community Wealth Building

Explore models of support that maximise the opportunity for people to get advice and help. Led by Newham Council Community Wealth Building

Support people in financial crisis and emergency. Led by Our Newham Money

Prevent need by maximising income through benefits. Led by Our Newham Money

Build resilience by increasing savings opportunities for residents in Newham. Led by Our Newham Money

Prevent future need by exploring and developing early wealth-building programmes for families in Newham. Led by Newham Council Community Wealth Building

Continue to integrate action on financial security with action to build climate resilience, recognising residents who are financially insecure may also be more vulnerable to climate impacts. Led by Newham Council Community Wealth Building and Newham Council Climate

Who else is involved

- Newham Council (Council tax, Early Years, Housing Service, Public Health, Youth Empowerment Service)
- NHS North East London
- Anti-Poverty Alliance
- Resolution Foundation
- East London Business Alliance (ELBA)
- Nest
- Businesses



Improve the contribution of work to people's health and wellbeing

42



About the step

Work has a significant impact on all aspects of health. Good work is not equally available, distributed or accessed. Many people in Newham have work situations that undermine health – from no work to insecure, poorly paid zero-hours contracts, or work environments with high stress and low autonomy. Moreover, wages and work security are lower in Newham than the London and England averages. This step links to Building a Fairer Newham, which champions good employment practices and aims to increase access to health-promoting work.

Key performance indicator

Number of Newham employers signed up to London Living Wage

Improving health equity

We will... provide support for people from communities where work is least health promoting.

We will measure... the percentage of people supported by Our Newham Work from communities with highest rates of un- and under-employment.

Delivering the step

Increase the number of employers in the borough paying the London Living Wage. Led by Newham Council Economic Regeneration

Maximise the contributions of Newham's anchor institutions to tackling socio-economic inequalities. Led by Newham Health and Care Partnership

Support people in Newham to access jobs that promote their health and wellbeing. Led by Newham Council Inclusive Economy

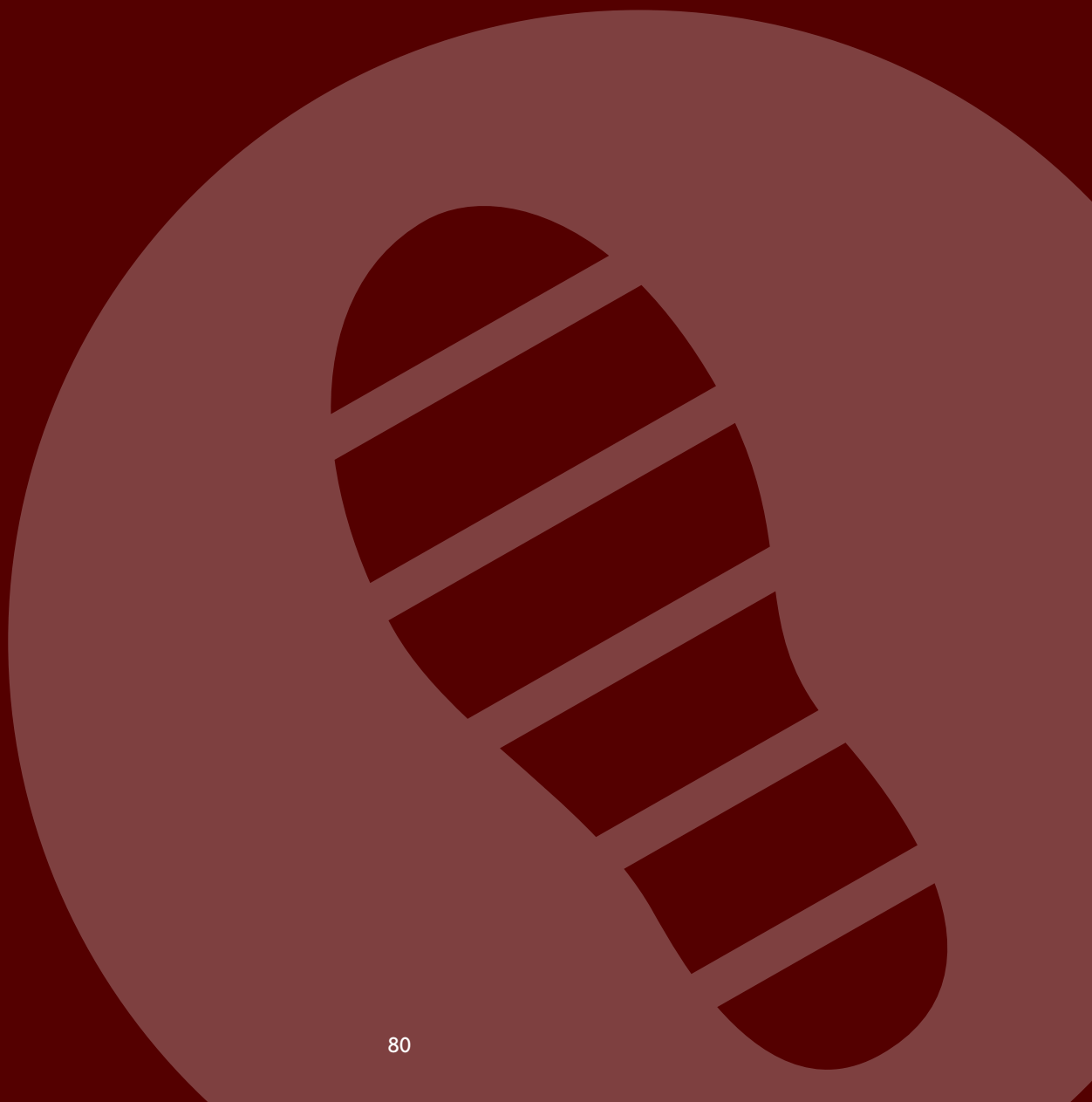
Support employers in the borough to promote the health of their staff. Led by Newham Council Economic Regeneration

Encourage employers to sign up to the Newham Pledge (Community Wealth Building). Led by Newham Council Economic Regeneration

Who else is involved

- Newham Council (Inclusive Economy, Our Newham Money, Our Newham Business and Enterprise, Our Newham Work, Public Health)
- NHS (NHS North East London, East London NHS Foundation Trust (ELFT), Barts Health NHS Trust)
- Newham Chamber of Commerce
- Jobcentre Plus
- Employers

Partnerships





Deliver and embed the Well Newham programme

43



About the step

The Well Newham programme connects residents with a range of health and wellbeing services and activities in Newham to support them to be healthy. Embedding Well Newham values (inclusive, strength-based, co-produced, neighbourhood focused, evidenced and evaluated), tools, and approaches can help alleviate pressure on acute services, empower residents with self-maintenance of long-term conditions, and prevent ill health. This step commits to the delivery of the Well Newham programme, and aims to ensure that residents and the community are included in the development and delivery of services.

Key performance indicator

Number of residents engaging with the Well Newham Directory of Service

Improving health equity

We will... ensure that residents engaging with Well Newham are representative of Newham's population.

We will measure... the characteristics of residents attending Well Newham Hubs compared to Newham's population.

Delivering the step

Continue to deliver, develop, and scale the Well Newham website, Directory of Service, and Well Newham Hubs, embedding their use across the system. Led by Well Newham

Develop Well Newham training for those who work with residents so they can deliver a holistic, strength-based, trauma-informed, and inclusive experience for residents. Led by Well Newham

Increase the understanding of personalised care roles, and improve the alignment of and pathways between roles in order to maximise retention, impact, data quality and awareness. Led by Newham Council Public Health

Deliver all-age services that meet demand, by developing a flexible procurement process informed by Well Newham data and engagement with a range of organisations. Led by Newham Council Public Health Commissioning

Ensure that residents diagnosed with long-term conditions are referred to or through Well Newham to slow or stop the progression of their condition. Led by Well Newham

Who else is involved

- Newham Council (Adult Social Care, Communications, Co-Production, HR, Transformation)
- NHS (NHS and care providers, primary care, secondary care, Newham Hospital, East London NHS Foundation Trust (ELFT))
- Newham Health Collaborative (NHC)
- Social Welfare Alliance
- Voluntary, community and faith organisations

“ Make sure that services are local and easy to access. Resident, Forest Gate





44

Build a social movement for health



About the step

The majority of health and being healthy happens in people's communities. We need to work together to improve health – that way, we greatly increase the scale and magnitude of our impact, while increasing connection, building trust, increasing resilience and addressing inequalities. In this step, we will bring together voluntary and community groups, faith organisations, the council, the NHS and communities, to improve health outcomes and reduce health inequalities. It links to Building a Fairer Newham's commitment to work in partnership with the voluntary, community and faith sector.

Key performance indicator

Number of organisations and community members involved in the social movement programme

Improving health equity

We will... increase the number of organisations led by people from Newham involved in social movement activities.

We will measure... the number of organisations and community members involved in the social movement. We will report key demographic information and by the end of three years aim to have a complete dataset of key demographics.



Delivering the step

Continue to grow strong collaborative relationships between the council, NHS, voluntary, community and faith organisations and communities, to work together on shared health priorities. Led by Newham Council Public Health

Unlock the potential of our diverse communities and local businesses to be involved at every stage of delivering a just transition. Led by Newham Council Climate

Undertake pilots and proofs of concept to evidence the social movement approach. Led by Newham Council Public Health

Implement the Well Newham in the Community programme to help address health priorities shared by all partners. Led by Newham Council Public Health

Evolve resident and voluntary, community and faith reference groups and co-production groups. Led by Newham Council Public Health

Develop and implement the Social Movement Learning Programme. Led by Newham Council Public Health

Support colleagues across the council to adopt and implement the social movement in their work. Led by Newham Council Public Health

Who else is involved

- Newham Council (Adults and Health, Children and Young People's Services, Commissioning, Resident Engagement and Participation)
- NHS (NHS North East London, NHS commissioners)
- Healthwatch
- Voluntary, community and faith organisations

Meet some Newham Changemakers



Anab Hoffmann CEO, Founder and Director of Healtogether CIC

Anab gave up her corporate job during the pandemic to start Healtogether, after she realised there were critical gaps in services for the Somali community in Newham. She found that the community didn't have a safe space – so she set up a place that is peer support led, understands the culture, speaks the language and has the

skillsets to provide the advocacy work that the community needs. She has also started a youth service to provide a space for young people to make sure they are heard, with culturally sensitive provision. She has never looked back, and loves doing something that has a tangible impact on her community.



Zubair Bawa

As a community leader, Zubair has been assisting Newham residents for more than 25 years with their welfare, housing, health and social care needs. With the COVID-19 pandemic, his activity only increased, and he became a community champion, as well as organising and delivering prescriptions and food to those who were housebound due to their health.

Zubair is very aware of the fact that many residents cannot read or write English, or are digitally excluded, and he helps these residents seek support. He was nominated for the BBC Local Hero Award for his work during the pandemic.



Pawinder Singh Sabharwal Trustee of Ramgarhia Gurdwara

Pawinder has been involved in Ramgarhia for over 40 years and represents the Sikh Community as a Faith Leader in Newham's Interfaith Activities. He was chair of Ramgarhia Sports Centre, a multi-sports community organisation, for over 20 years. During the COVID-19 pandemic, he was the volunteer manager for the first pop-up vaccination clinic in

Newham at Ramgarhia. Pawinder now manages the Health and Wellbeing clinics at Ramgarhia, providing health checks and access to various health professionals every few months. He is particularly interested in supporting his community and encouraging them to manage their health and wellbeing.



Make health promotion and communications more inclusive so all residents can get the information they need

45



About the step

It is essential that residents have the information they need to make informed decisions about their health and wellbeing. Health communication is a tool for giving people this information, so that they are aware of the services that are available to them and to which they are entitled. In this step, we will develop a shared approach to health promotion and communication. It will be strategic, driven by data, and informed by behavioural science and insights from residents; this will mean that health promotion and communications outputs can have maximum impact, and it will ensure a consistent approach.

Key performance indicator

Visits to website pages that relate to key health promotion campaigns

Improving health equity

We will... increase access for Deaf residents for health promotion activity.

We will measure... the number of health promotion activities using BSL interpretation / Deaf accessibility tools.

Delivering the step

Develop a system-wide approach to health promotion, ensuring public health communication and engagement is informed by data, behavioural science, best practice, and resident insights. Led by Newham Council Public Health

Empower and upskill the community to promote good health and wellbeing through training, resources and support. Led by Well Newham

Improve awareness of language services available to service users and those in need (including Deaf inclusion services such as BSL interpretation) through new approaches and training. Led by The Language Shop

Ensure that health and care teams are up to date with digital inclusion best practice and knowledge. Led by Newham Council Libraries and Community Assets

Integrate key climate-related messages, such as staying safe in hot weather, into health promotion and communication, to maximise the reach and impact of this information. Led by Newham Council Public Health

Who else is involved

- Newham Digital Inclusion Alliance
- Newham Council (Adult Social Care, Communications, Co-Production, Education, Public Health Intelligence, Resident Engagement and Participation, Youth Empowerment Service)
- NHS (NHS and care providers, Communications)
- LanguageLine
- Voluntary, community and faith organisations
- Businesses



Meet some Newham Changemakers



Sarifa Patel, Founder and Chair Newham Disabled People's Representative Forum, COVID-19 Community Champion, National Institute for Health and Social Care Research Champion

Sarifa has lived in Newham for more than 30 years, and loves the diversity of the borough. She founded the Newham Disabled People's Representative Forum for anyone who has a disability, as well as for their carers, finding that bringing carers and people with disabilities together could help overcome certain tensions or barriers. In doing so, she found that the disabled community are not included in research – so she

works with the National Institute for Health and Social Care Research, as well as Newham's Co-production Forum, to share expertise about how to help the disabled community, and how to address the inequality they face through the social model of disability. Her work also includes translating materials into other languages for Asian women.



Tim Wood

Six years ago, Tim spent a period in a hospital and realised on coming out that his lifestyle choices had contributed to it. That was a turning point for him, and he became passionate about physical and mental wellbeing – for himself and for others. He loves being involved in his local community, and is a trustee at

NEWway, as well as volunteering once a week at a winter night shelter. Since the pandemic, he has been trying to get older people to move more – by organising walks, meeting people at the gym and encouraging people around him to get out.



Paul Stephen Principal and Chief Executive of Newham College

As Principal of Newham College, which provides education to 7,000 Newham residents every year, Paul puts student welfare, safety and a positive experience of learning at the very heart of his teaching philosophy. He is aware of the powerful correlation between good educational outcomes and positive health outcomes, and his work involves addressing the many

challenges young people can face in succeeding educationally. His dream is that every young person in Newham, regardless of their background, feels absolute confidence in their ability to thrive personally, and in doing so to make Newham a more prosperous and successful place to live and work.



Improve health literacy and cultural competence across Newham

46



About the step

Health literacy is the 'personal characteristics and social resources needed for individuals and communities to access, understand, appraise and use information and services to make decisions about health'. Newham has the lowest health literacy of all local authorities, with 67% of the population below the threshold. There is also a strong relationship between cultural competence and health literacy: people's culture and language influences both their ideas about health and how they communicate about health issues. This step takes a data-driven approach to improving health literacy and cultural competence in Newham.

Key performance indicator

Number of staff who have attended health literacy training across the range of health and care providers and partners

Improving health equity

We will... prioritise groups with the lowest health literacy in interventions to improve health literacy.

We will measure... the percentage of interventions that target groups with the lowest health literacy.

Delivering the step

Build a system-wide approach to increasing health literacy and cultural competence among residents and staff, informed by data and insights. Led by Newham health literacy working group

Develop system-level standards and practices to meet health literacy and cultural competence needs, including in communication. Led by Newham health literacy working group

Improve staff and healthcare professionals' understanding of and ability to address health literacy and cultural competence. Led by Newham health literacy working group

Co-produce approaches to improving health literacy and cultural competence with residents and community groups. Led by Newham Council Public Health

Provide employers with tools and materials to raise health literacy amongst employees. Led by Newham health literacy working group

Incorporate knowledge and awareness of access and eligibility to health and care services into existing educational programmes. Led by Newham PSHE Partnership

Who else is involved

- Newham Council (Adult Social Care, Communications, Co-Production, Education, Libraries and Community Assets, Resident Engagement and Participation, Service Design and Insight)
- NHS (East London NHS Foundation Trust (ELFT), Newham Hospital, NHS Library and Knowledge Services)
- Healthwatch
- Local Pharmaceutical Committee (LPC)
- Health Education England (HEE)
- Office for Health Improvement and Disparities (OHID)
- UK Health Security Agency (UKHSA)
- Healthy Schools
- Voluntary, community and faith organisations



Meet some Newham Changemakers



Gill Tan Volunteer

Gill has lived in Newham for 30 years. She has a background in social work and working in children's centres, as well as in an Asian Women's Refuge, providing support and care to women. Her passion lies in health promotion and raising awareness; she firmly believes that prevention is better than cure. During COVID-19, she took on a leadership role coordinating

Asian community members. Her primary focus was to provide language translation services, facilitating better understanding and uptake of vaccinations and other essential health services during the lockdown. Her work enabled Chinese communities to embrace vaccination and adhere to safety guidelines.



Katy Szita, Team Leader for Social Prescribers and Co-Chair of the Personalised Care Community of Practice

Katy has always been interested in helping people to build knowledge and community connections; in a previous role she supported isolated older people with community engagement and volunteer management. She currently leads a team of Social Prescribers who support people with the social determinants of their health – anything non-medical that affects people's health. For example, stress,

unemployment and insecure housing all influence health outcomes. Social Prescribers learn about community services, build knowledge and connections and signpost people to the support they need. As Co-Chair of the Community of Practice, Katy also helps connect organisations with people working in personalised care.



Malathy Muthu CEO, Skills Enterprise

Malathy Muthu has actively contributed to the borough's wellbeing for over two decades. At Skills Enterprise, Malathy spearheads initiatives in Newham aimed at addressing the social determinants of health, offering comprehensive support to tackle digital exclusion, poverty, mental health and access to healthcare. During the COVID-19 pandemic, Malathy played a pivotal role in ensuring residents could access

digital training, devices, and essential health resources online, including prescriptions and GP appointments, thereby safeguarding their health and wellbeing. Malathy is committed to fostering equity and accessibility in the community; she envisions a future where all residents have access to essential digital services.



Improve equity in health and care by embedding a culture of curiosity and improvement in the Newham Health Equity Programme

47



About the step

The main driver of inequality is deprivation, which strongly intersects with the driver of ethnicity and race. Structural racism compounds deprivation by amplifying the systemic barriers to communities being able to experience the benefits of services. Newham's population is about 70% global majority and mixed heritage in population, and experiences persistent inequalities and missing cohorts in prevention programmes linked to common conditions. This step aims to address these issues and link them to the Newham Health Equity Programme, whose intention is to reduce inequalities in health and care outcomes and access across the health and care system in Newham.

Key performance indicator

Number of anchor organisations' services and teams participating in Health Equity Programme improvement activity

Improving health equity

We will... increase the number of services that better serve the population profile of Newham.

We will measure... the number of services reporting improved representation.

Delivering the step

Support the strategic ambitions of the Health and Wellbeing Board on equity in health and care by developing the Health Equity Programme to advance a cross-system way of improving practice. Led by Newham Health Equity Programme

Encourage and support a thriving landscape of improvement across system partners, through deep dives, quality improvement projects, sharing learning, and dissemination. Led by Newham Health Equity Programme

Continue to refine our understanding of the best approaches to inclusion, tackling racism and reducing inequalities in Newham, and continue to develop, define and disseminate approaches to achieve this. Led by Newham Health Equity Programme

Develop, evaluate and disseminate tools and approaches to pathway and service design and delivery, to include mitigations of structural factors such as deprivation and poverty, racism and other intersectionalities. Led by Newham Health Equity Programme

Who else is involved

- Centre for Health and Care Equity
- Newham Council (Commissioners, Communications, Public Health, Tackling Racism, Inequality and Disproportionality (TRID) board, Transformation)
- NHS (NHS North East London inequalities leads, commissioners)
- Voluntary, community and faith organisations
- Academic partners





Reduce variation across health and care in Newham

48



About the step

Primary care in Newham frequently reports being overstretched and under-resourced, and shows much between-practice variation, with both excellence and struggle seen in the same primary care network. Moreover, research has shown that Newham does not receive the same level of service provision as our neighbours. One of the priorities of the Newham Place-Based Partnership is to reduce variation in practice and outcomes, and this step will support that. It will address and improve both in-system variation and the system gaps which leave Newham disadvantaged.

Key performance indicator

Variation across healthcare providers in key services

Improving health equity

We will... achieve parity with other North East London boroughs in primary and secondary healthcare service provision, including in staffing, service provision, uptake and outcomes.

We will measure... the percentage improvement in defined priority areas.

Delivering the step

Plan for the impacts of demographic changes, population growth and climate change in Newham, to deliver sufficient, high-quality and sustainable services, including advocating for the necessary resources and delivery models to meet needs. Led by Newham Health and Care Partnership

Identify the characteristics of residents missing out on primary care services and outcomes, and address uptake and outcomes using tools such as the Primary Care Workforce Race and Equality Standard Framework. Led by Newham Health Collaborative (NHC)

Empower primary care to continue to deliver high-quality care and develop new tools and partnerships to reduce inequalities in outcomes and variation between practices. Led by Newham Health Collaborative (NHC)

Embed use of the ART framework (Accessibility, Relevance and Trustworthiness) across health and care pathways. Led by Newham Health and Care Partnership

Promote and recruit local people to different primary care roles and connect to existing communities of practice. Led by Newham Health Collaborative (NHC)

Develop data and insight tools, visualisations and dashboards to inform, monitor and evaluate the step ambitions. Led by Newham Place Intelligence and Insight Group

Who else is involved

- Newham Health Equity Programme
- Newham Council (Business Systems Management and Intelligence (BSMI), Commissioning, Community Wealth Building, Public Health, Tackling Racism, Inequality and Disproportionality (TRID))
- Clinical Effectiveness Group (CEG)
- NHS (Newham Hospital, East London NHS Foundation Trust (ELFT))
- Voluntary, community and faith organisations
- Academic partners



Meet some Newham Changemakers



Karen Bryzak **Project Coordinator, Skills Enterprise**

Karen grew up in the borough, and is a proud resident of Newham. She has a profound dedication to supporting older adults. Her background in social services and healthcare advocacy gave her invaluable expertise in understanding the unique challenges faced by older people. She now spearheads the Elders Project at Skills

Enterprise, aiming to enhance health and social wellbeing among Newham's older people. She dreams of cultivating a community where older residents can age with dignity, resilience, and enhanced digital literacy.



Lorraine Cezair-Phillip **School Business Manager**

Lorraine has lived in Newham for 36 years and has shown her dedication to her community and her commitment to supporting others in countless ways over the years. She has had personal struggles, such as homelessness and unemployment, but she has redirected her energy to helping others. She organises coffee mornings for parents,

among other things, offering support by guiding them to relevant resources. Drawing on her own challenging experiences, she has chosen to devote her time towards helping parents who are facing similar situations.



Bo Chapman and Zoe Flynn **Creative Director and Company Secretary of Frames of Mind respectively**

Bo and Zoe met in 2004 when a neighbour introduced them, and established Salmagundi Films. With backgrounds in art direction and TV they were both driven by the desire to empower their communities to exploit the language of film and media as a powerful advocacy tool, to tell their stories and inspire change. In 2019 they set up the not-for-profit participatory arts organisation Frames of Mind, to

focus on mental health and wellbeing. Frames Of Mind delivers creative digital engagement programmes, digital inclusion training and heritage projects across Newham's diverse communities. Working collaboratively with Newham's Community Neighbourhood Link Workers and social prescribers enables them to reach and support people experiencing, social isolation, anxiety and health inequalities.



Develop the Newham Centre for Health and Care Equity

49



About the step

The Newham Centre for Health and Care Equity will be a centre of excellence on equality in health and social care. By bringing together the combined expertise of communities, the council, partners and academics to understand what works to improve health equity, it aims to generate actionable insights that can be translated into real-world change, and disseminate Newham's work, evidence and learning across the borough and beyond.

Key performance indicator

Number of Centre for Health and Care Equity outputs

Improving health equity

We will... focus the Centre's research and learning on clearly defined equity issues in Newham.

We will measure... the number of collaborations resulting from the Centre (including research, student projects, skills and capability development activities).

Delivering the step

Establish a community and collaborations between universities, the council and other local partners on research, learning and capability-building to address health equity challenges in Newham. Led by Newham Council Public Health

Analyse and articulate the results and learning from interventions and services to improve health equity, and publish and disseminate them in and outside Newham. Led by Newham Council Public Health

Continue to evolve and grow the Newham Health Equity Programme to drive up equity in health and care services. Led by Newham Health Equity Programme Board

Implement a programme of learning to understand what works across the Centre and to measure success. Led by Newham Council Public Health

Collaborate with universities and community organisations on responding to cost of living pressures and building financial resilience for communities in Newham. Led by Newham Council Public Health

Collaborate with universities and community organisations on climate and health research to inform Newham's just transition. Led by Newham Council Public Health

Who else is involved

- Academic partners
- Newham Health and Care Partnership
- Voluntary, community and faith organisations





Make the best use of intelligence and insight to drive decision-making

50



About the step

Our actions should be informed by the best available evidence and insight. We need to understand how effective our interventions are in reducing inequality and improving outcomes. As information resources continue to improve, we will ensure that we are developing our approaches to the best use of evidence and insight in decision-making.

Key performance indicator

Delivery of key place-based intelligence outputs

Improving health equity

We will... continue analysing equity in all public health analysis and increase the range of datasets that are suitable for equity analysis. We will update on this objective through narrative description about the datasets and analysis available.

Delivering the step

Ensure our population health intelligence work programme reflects the needs of the system and that the work of teams is coordinated and aligned. Led by Newham Place Intelligence and Insight Group

Share intelligence and insight across Newham to support the health and care system. Led by Newham Place Intelligence and Insight Group

Ensure that intelligence work across Newham retains a focus on inequity, and all outputs consider aspects of equity in their analysis and outputs. Led by Newham Place Intelligence and Insight Group

Who else is involved




- Newham Council (Adults and Health Intelligence and Insight, Business Systems Management and Intelligence (BSMI), Public Health Intelligence)
- NHS North East London






Appendix






Golden threads

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Giving children and young people the best start in life	1	Give babies and children under five the best start in life	Improve equity in uptake of children's vitamins, looking specifically at minoritised ethnic groups.		Support families to breastfeed for as long as possible, training residents to become accredited infant feeding peer supporters.
	2	Provide an efficient and effective Early Help offer, to give information, advice and support to families	Increase uptake of Early Help services for families with additional needs.		Continue to support families in contact with health services to maximise their income, including through financial welfare advice.
	3	Enhance the role played by schools, youth zones and other settings for children and young people in enabling good health and wellbeing	Target our Healthy Schools programme to support schools in Newham's more deprived areas so that they progress their achievements at least as quickly as schools in other areas of Newham.	Develop the Healthy Schools London (HSL) programme, by expanding its engagement with school settings and including a climate commitment in the application documents.	
	4	Support children and young people to maintain good oral health	Increase the geographical spread of where supervised tooth brushing sessions are run in the borough.		
	5	Support children and young people to achieve and maintain a healthy weight	Ensure that children and young people accessing healthy weight services are representative of Newham's population.	Support pre-school settings to create a shared vision for the best possible approach to nutrition – thinking about food which benefits both health and the planet.	
	6	Make Newham a safer place for children and young people	Reduce disproportionality amongst Black young boys and men in the youth justice cohort.	Make young people's voices heard in making Newham safer, cleaner and greener.	Support young people to access paid apprenticeships.




Appendix

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Promoting good mental health	7	Join up the mental health support for children and young people and their carers	Ensure the children and young people accessing the integrated single point of access are representative of Newham's population.		Use a joined-up approach to increase the number of young people accessing education and training, and peer-led social action initiatives.
	8	Promote mental wellbeing and prevent the impacts of poor mental health	Ensure people accessing mental health support through Newham's Directory of Service are representative of Newham's population.		Develop Newham's Recovery College, where people can access support and training with a focus on promoting better mental health.
	9	Make treatment and support services for people with mental illness more accessible	Ensure that residents accessing the adult mental health single front door are representative of the target population.	Continue to address climate change through mental health services, including through decarbonising services, adapting and building resilience to the changing climate, and continuing to support patients with conditions linked to or exacerbated by climate impacts.	Develop and deliver an employment strategy for residents with mental health support needs.
	10	Make Newham a place where everyone can feel connected	Reduce reported loneliness among groups with evidence-based risk factors for loneliness.		Expand the take-up of community events and activities that promote connection and wellbeing, including training to enable access to jobs, and information about resources and support.




Appendix

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Preventing illness and providing high-quality health and care services	11	Support adults and older people to achieve and maintain a healthy weight	Increase access to weight interventions for people with learning disabilities and serious mental illness.	Create and promote a culturally competent, accessible and sustainable Well Newham diet that prevents overweight, type 2 diabetes, cardiovascular disease and other long-term conditions.	Develop and embed a peer support programme and specialised training programmes for healthcare professionals, which is culturally competent, informed by behavioural science and focused on support and management around weight, diet and exercise.
	12	Reduce the prevalence and impact of long-term conditions on residents' lives	Ensure that people completing the type 2 diabetes remission programme are representative of Newham's population.	Embed climate in healthcare service delivery in line with the NHS North East London Green Plan 2022-2025.	Grow local commissioning skills by developing community co-delivery, community health conversations and peer support roles to improve outcomes.
	13	Improve prevention and early diagnosis of cancers and cardiovascular diseases	Reduce the number of avoidably late cancer diagnoses in line with the Core20PLUS5 strategy.		
	14	Support residents to enjoy safe relationships and maximise their sexual and reproductive health	Improve PrEP (pre-exposure prophylaxis) uptake and HIV screening among Black African residents.	Decarbonise and increase sustainability in sexual health services, such as through reducing waste, switching to renewable energy, and increasing sustainability in supply chains, using the commissioning process to embed and monitor progress against sustainability requirements.	
	15	Promote health and independence through adult social care	Ensure that people accessing preventative interventions are representative of the target population.	Protect the health of people who use adult social care services in hot and cold weather.	Support people who use adult social care services to maximise their income, including through unclaimed benefits.



Appendix

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Addressing smoking and substance misuse	16	Make Newham smokefree by 2030	Reduce smoking prevalence among people treated for substance misuse.	Maintain a high-quality, sustainable stop-smoking service, with new and improved pathways for priority groups.	
	17	Support residents to recover from the impacts that alcohol and drug misuse have on their life, their family and the wider community	Increase uptake of substance misuse prevention and treatment services by residents from Black and Asian groups and women.	Decarbonise and increase sustainability in substance misuse services.	Develop the employment pathway to enable those affected by substance misuse to undertake volunteering, peer mentoring, and then paid employment opportunities.
Creating an inclusive borough	18	Create an age-friendly Newham	Ensure that people accessing frailty services are representative of Newham's frail population.	Build climate resilience for residents aged 65+.	Commit Newham Council and other anchor institutions to the Centre for Ageing Better Age-Friendly Employer pledge.
	19	Make Newham a neurodiversity- and disability-friendly borough	Increase access to healthcare services for people with learning disabilities and autistic people.		Increase employment and training opportunities for people with learning disabilities and autistic people, and support their training within Newham's in-house Day Opportunities provision.
	20	Improve access to healthcare for inclusion health groups	Increase GP registration for babies and children from inclusion health groups.		Support the employment of people in inclusion health groups within anchor institutions.
	21	Help people seeking sanctuary to settle and lead independent, healthy and happy lives	Increase ESOL (English for speakers of other languages) uptake among people seeking sanctuary.		Improve access to volunteer and employment opportunities and training for people seeking sanctuary.
	22	Ensure that services that meet the needs of the most vulnerable groups are effective and of high quality	Increase the uptake of domestic abuse services by male and LGBTQ+ survivors groups.		




Appendix

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Protecting residents from threats to their health	23	Prevent and control health threats	Improve completion of treatment among people with tuberculosis and social risk factors.	Develop Newham's system-wide health protection group responsible for preparing for and responding to health threats, including changing patterns of infectious diseases driven by climate change.	
	24	Increase immunisation uptake and reduce inequity in coverage	Reduce variation in vaccination uptake across primary care networks.		Increase uptake of seasonal vaccinations among health and social care staff.
Creating a healthier food environment	25	Create a healthier food environment	Increase the number of sites advertising healthy food in Newham's most deprived areas.	Use the power of planning to protect, enhance and deliver the local facilities required to create good food neighbourhoods. Campaign and co-produce with regional and national partners for improvement in the frameworks that govern the food landscape.	Establish the Healthier Food Business Innovation Hub, support good, sustainable local business and increase participation in better food business programmes. Use the power of leases and licenses on sites controlled by the council to secure healthier food retail and service. Continue to invest in, innovate with and improve how we use large food assets such as markets and allotments.
	26	Nurture a local food culture of eating well, sustainably, for a just transition to a green economy	Prioritise areas with least access to private green spaces for new growing spaces.	Everything	



Appendix

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Creating a healthier food environment	27	Continue to grow whole school approaches to food	Provide support to the high number of students who fall between the national free school meals threshold and the Child Poverty Action Group (CPAG) line on poverty.	Continue to evolve Eat for Free as a nationally front-running approach to primary school meals and whole school approaches, pupil health and attainment, community wealth building and action on the climate emergency.	Continue to evolve Eat for Free as a nationally front-running approach to primary school meals and whole school approaches, pupil health and attainment, community wealth building and action on the climate emergency.
	28	Continue to improve food security for all residents	Increase the use of the food clubs by those most affected by the benefits cap and those who have no recourse to public funds.	Continue to provide direct food support to residents through the Newham Food Alliance, making use of surplus food. Support Newham Food Alliance partners to transition to sustainable food provision, such as food clubs and community kitchens, that support eating together.	Train frontline Newham Food Alliance partners through the Social Welfare Alliance to provide wraparound support and act as a gateway to Well Newham services.
Making Newham a place for people and planet	29	Deliver a just transition in addressing climate change	Use climate-health risk as a key criterion in prioritising key neighbourhood retrofit projects.	Everything	Nurture green skills and establish green career pathways for jobs across the borough, through establishing partnerships, programmes, opportunities and community engagement for enterprise, training and support.
	30	Improve air quality and protect residents from exposure	Prioritise areas with highest pollution and deprivation for training health professionals on air pollution.	Everything	Reduce air pollution emissions and exposure among large businesses, employers and other institutions, through a Newham Climate Contract.



Appendix

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Making Newham a place for people and planet	31	Increase active and sustainable travel through schools, employers and faith organisations	Increase the proportion of children travelling actively to and from school.	Everything	
	32	Create a healthy urban environment	Prioritise areas with the lowest car ownership, which are typically more deprived and most impacted by car use, for the implementation of low-traffic schemes.	<p>Create a high-quality urban environment where people can access their everyday essentials within a 15-minute walk, cycle or public transport journey.</p> <p>Create Healthy Streets across Newham that encourage and enable active travel, reduce air and noise pollution, reduce road danger, and connect people.</p> <p>Increase the quality and quantity of green and water space in Newham.</p>	<p>Bring community assets into use to maximise community cohesion and wellbeing.</p> <p>Create opportunities for children and young people to take part in designing streets and neighbourhoods, including through school-based initiatives and apprenticeships.</p>
	33	Involve residents in every new low-traffic scheme, encouraging them to travel actively and use their local spaces	Ensure that residents involved in community-led street design are representative of Newham's population.	<p>Involve residents in the design of new low-traffic schemes.</p> <p>Use the build-up to and delivery of low-traffic schemes to encourage activity and community events, such as mobilising and supporting community champions, walking, cycling and school travel groups, cycle training and accessible cycles, and street closures for events, activities or play.</p>	Through People Powered Places, fund local community projects that encourage residents to be more active through walking, cycling and other forms of active travel.
	34	Use libraries and community spaces to improve residents' health and wellbeing	Deliver targeted Bookstart interventions to under-5s and their families who live in the most deprived areas of the borough.	Embed green and circular economy activities within library and community centre programmes.	




Appendix

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Promoting health through housing	35	Design healthy homes	Use Social Value Health Impact Assessments to promote health equity through major housing developments and other relevant developments.	Optimise the health and health equity benefits of housing and regeneration schemes, including delivering high-quality, affordable homes and securing investment to activate new public spaces from major new residential developments.	Strengthen the use of Social Value Health Impact Assessments as part of major housing developments and other relevant planning applications.
	36	Prevent homelessness and promote the health of people living in insecure or low-quality accommodation	Reduce the disproportionate impact of homelessness on health through strong multi-agency partnership working.		Raise awareness of housing rights, advice, training and support by increasing tenant, healthcare and community engagement.
	37	Reduce the number of cold homes by tackling fuel poverty and making homes more energy efficient	Prioritise fuel-poor households for financial support.	Everything	
Increasing participation in leisure and sport	38	Increase access to leisure and sport through community-based programmes	Ensure that people accessing BetterPoints are representative of Newham's population.	Promote sustainable travel by increasing walking and cycling initiatives.	Develop co-designed inclusive programmes in community settings to support the least active populations to be physically active.
	39	Deliver a high-quality and accessible sport and physical activity offer in Newham	Ensure that people using Newham's leisure centres are representative of Newham's population.	Decarbonise and increase sustainability in operating Newham's leisure centres.	Enable existing and new groups and sports clubs in the borough to grow, develop and reach new residents, including support for community sport leadership.
	40	Deliver high-quality leisure facilities and infrastructure	Prioritise areas most in need for new or improved leisure, sport and play facilities.	Ensure all new facilities are designed, built and operated with sustainability in mind, including adhering to sustainability regulations and local policies.	

Appendix

Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Building an inclusive economy	41	Support residents to achieve financial security	Focus support for those who are most in need by reducing disproportionality in uptake of benefits among those who are entitled to receive benefits.	Continue to integrate action on financial security and action to build climate resilience, recognising residents who are financially insecure may also be more vulnerable to climate impacts.	Everything
	42	Improve the contribution of work to people's health and wellbeing	Provide support for people from communities where work is least health promoting.		Everything
Partnerships rooted in the community	43	Deliver and embed the Well Newham programme	Ensure that residents engaging with Well Newham are representative of Newham's population.		
	44	Build a social movement for health	Increase the number of organisations led by people from Newham communities involved in social movement activities.	Unlock the potential of our diverse communities and local businesses to be involved at every stage of delivering a just transition.	Continue to grow strong collaborative relationships between the council, NHS, voluntary, community and faith organisations and communities, to work together on shared health priorities. Evolve resident and voluntary, community and faith reference groups and co-production groups.
	45	Make health promotion and communications more inclusive so all residents can get the information they need	Increase access for Deaf residents for health promotion activity.	Integrate key climate-related messages, such as staying safe in hot weather, into health promotion and communication, to maximise the reach and impact of this information.	Empower and upskill the community to promote good health and wellbeing through training, resources and support.
	46	Improve health literacy and cultural competence across Newham	Prioritise groups with the lowest health literacy in interventions to improve health literacy.		Provide employers with tools and materials to raise health literacy amongst employees.

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Theme	Step	Step name	 Equity	 Climate	 Inclusive economy (including cost of living)
Driving quality across our health and care partnership	47	Improve equity in health and care by embedding a culture of curiosity and improvement in the Newham Health Equity Programme	Increase the number of services that better serve the population profile of Newham.		Develop, evaluate and disseminate tools and approaches to pathway and service design and delivery which includes mitigations of structural factors such as deprivation and poverty, racism and other intersectionalities.
	48	Reduce variation across health and care in Newham	Achieve parity with other North East London boroughs in primary and secondary healthcare service provision, including in staffing, service provision, uptake and outcomes.	Plan for the impacts of demographic changes, population growth and climate change in Newham to deliver sufficient, high-quality and sustainable services, including advocating for the necessary resources and delivery models to meet needs.	Promote and recruit local people to different primary care roles and connect to existing communities of practice in Newham.
Partnering in research, data and intelligence	49	Develop the Newham Centre for Health and Care Equity	Focus the Centre's research and learning on clearly defined equity issues in Newham.	Collaborate with universities and community organisations on climate and health research to inform Newham's just transition.	Collaborate with universities and community organisations on responding to cost of living pressures and building financial resilience for communities in Newham.
	50	Make the best use of intelligence and insight to drive decision-making	Continue analysing equity in all public health analysis and increase the range of datasets that are suitable for equity analysis. We will update on this objective through narrative description about the datasets and analysis available.		

