



50 Steps News

Issue 9 / January 2022



Welcome

Welcome to the January issue of the 50 Steps Newsletter. We hope you have had a good start to 2022 and we look forward to working with you this year as we continue to implement the 50 Steps Strategy.

In this issue we cover:

- Healthier You in 2022 campaign
- New Roving Outreach team
- Changes to the Healthy Start vouchers
- Newham Carers Support Service
- Great Mental Health Day
- Change Grow Live Newham Rise
- Help to warm residents' homes this winter
- Property licensing consultation

HEALTHIER YOU IN 2022.

FEEL BETTER.

We've got so many free services in Newham to help you.

www.newham.gov.uk/healthylife



Priority 3 - Healthier You in 2022 campaign



This month we are launching our 'Healthier You in 2022' campaign, aimed at helping residents to adopt healthy habits, such as being a healthy weight, stopping smoking and keeping active.

The campaign signposts residents to the following free services to help them be healthier:

- Quit Well Newham Stop Smoking Service
- Weight management: Live Well Newham; 150Club
- Keeping active: Our Parks; Street Tag
- Mental health: Thoughtful Thursdays online workshops; Connect Newham befriending service
- Free vitamin D supplements for residents aged 65 and over
- Financial support to warm your home
- NHS Health Check
- COVID-19 and flu vaccines
- And more!

Look out for the campaign on Newham Council social media and help us spread the word among residents. If you would like more information on the campaign or the services mentioned visit www.newham.gov.uk/healthylife or contact Aine Fuller on aine.fuller@newham.gov.uk

Click [here](#) to read more about **Priority 3 – Supporting people around the determinants of their health**

Share your news with us

Please do let us know what you've been up to in support of one of the 50 Steps. We would love to include your stories in future news updates. Send any stories or photos to Hifsah Malik at hifsah.malik@newham.gov.uk. Together we can make Newham a healthier borough.

Key updates



Step 2 - New Roving Outreach team

Starting in February, we will have a new Roving Community Outreach team who will visit different locations around the borough to help increase COVID-19 vaccine uptake. The team will be answering residents' questions on the vaccine, as well as providing support on many other health issues such as smoking cessation, weight management and mental health support. They will visit a wide variety of places, from schools to community centres, to barber shops. If you would like the Roving Outreach Team to visit your organisation, shop, place of worship, or event, please contact Aine Fuller on aine.fuller@newham.gov.uk

The Roving Team is in addition to our three Community Outreach Teams located in high footfall areas around Newham every Monday to Saturday. More details on where they are located visit [here](#).

Click [here](#) to read more about **Step 2 – Working together to limit the impact of the COVID-19 pandemic on our residents, both through direct impact of infection and the indirect impact on other aspects of physical and mental health, and social and economic wellbeing**



Key updates

Priority 1 – Changes to the Healthy Start food voucher scheme

Do you or someone you know currently receive Healthy Start paper vouchers to buy healthy food? If yes, they need to reapply!



Healthy Start has just launched a digital scheme that offers eligible children and pregnant women a prepaid card to buy healthy food such as fruits, vegetables, legumes and milk. This card will replace the previous paper vouchers and can be used at any shops with a card-reading machine.

If families are currently receiving paper vouchers, they must reapply for Healthy Start by March 2022. If they do not, their payments will stop.

To apply for the new Healthy Start prepaid card, residents need to apply [here](#). Once the online application has been submitted, the Healthy Start team will send the family a prepaid card by post. **To use the card, families will need to activate it by calling 0300 330 7010.** When the card is activated, it will come with the first month's pay already loaded and will be automatically topped up with money once per month. The card's balance can be checked at any cash point.

Paper vouchers can continue to be used until the expiry date that is written on the voucher.

It is important that we all work together over the next couple of months to ensure that families are aware of this change and that they are reapplying for the scheme as soon as possible. For more information, go to [Newham Council's webpage](#). Promotional posters are also available and can also be printed and mailed to you. Please email ashlee.teakle@newham.gov.uk for further information or to make an order.



Click [here](#) to read more about **Priority 1 – Enabling the best start through Pregnancy and early years**

Priorities 3 and 9 – Newham Carers Support Service

There are over 24,500 people in Newham providing care for a relative or friend. Carers do not have to wait until crisis point before asking for help - the earlier you ask, the bigger difference it can make.



If you are an unpaid carer, or know an unpaid carer, supporting someone in Newham, Carers FIRST provide online help and advice, as well as 1-2-1 practical and emotional support.

At first contact, the service will talk through your caring situation with you and provide tailored information, including both practical and emotional support.

For more information email hello@carersfirst.org.uk, call 0300 303 1555 (Monday to Thursday, 9am-5pm and Friday, 9am-4.30am) or visit www.carersfirst.org.uk/newham/welcome

If you are a carer and would like to get involved in shaping the future of Carers Services in Newham, email carersqueries@newham.gov.uk for more details.

Click [here](#) to read more about **Priority 3 – Supporting people around the determinants of their health**

Click [here](#) to read more about **Priority 9 – Supporting a Newham of communities where people are better connected and supported**

Key updates

Priority 5 - London's Great Mental Health Day

On 28th January 2022, London's Great Mental Health Day is taking place. The aim of the day is to get us talking about mental health, destigmatise asking for help and to make Londoners aware of the support available. It is an initiative of Thrive LDN and supported by the Mayor of London and the London Health Board partners.



The day will involve organisations and individuals across the city hosting a range of activities to boost mood and improve resilience, as well as providing opportunities to connect with neighbours and friends. Organisations are encouraged to share their mental health activities on social media using #GreatMentalHealth or tagging @ThriveLDN. To help destigmatise mental health, Londoners are also being asked to post videos answering one of the following:

- What do you do to improve your own mental health?
- What makes you feel connected to others?
- What do you do to support others in your community?



Further information can be found [here](#).

To find out about mental health support in Newham visit: [Healthy Mind – 5 Ways to a Healthier Life – Newham Council](#). We also help develop resources on the [Good Thinking](#) pan-London website, such as five ways to well-being and Islam where you can hear community leaders speaking about ways to support well-being. Visit: [Islam | Good Thinking](#).

Priority 5 - Change Grow Live Newham Rise

If residents are looking to change their relationship with alcohol or drugs, Change Grow Live Newham Rise can help. Change Grow Live Newham Rise is a substance misuse service for both adults and young people.

The service can also help anyone who is worried about a family member or friend, either adult or young person. It offers a range of options including workshops, groups, and one-to-one key working sessions. The support provided can be done on the phone or on a video call or arranged face-to-face.

In addition, the service provides a needle exchange where residents can get harm reduction advice, blood-borne virus testing (including HIV and Hepatitis C), naloxone training and access to other services.

Change Grow Live Newham Rise runs several local groups so get in touch to find out more about how to join. If you would like to self-refer or refer to the service call on 0800 652 3879 or email newham.referrals@cgl.org.uk

Click [here](#) to read more about [Priority 5 – Meeting the needs of those most vulnerable to the worst health outcomes](#)

Key updates

Priority 11 - Help to warm residents' homes this winter

Earlier this month the UK Health Security Agency (UKHSA) issued a cold weather alert for much of England, including London. At this time of year, it is particularly important for residents to be able to warm their homes to help keep themselves healthy.



Fuel Poverty in Newham

Many residents in Newham are unable to afford to heat and light their homes properly without being pushed into poverty. This is known as fuel poverty and affects more than 17,000 (16%) of households in Newham (2018 data).

The high rate of fuel poverty is likely to be caused by a number of factors including declining income due to the pandemic, rising energy prices and housing costs as well as changes to the benefits system.

Health Impacts of Fuel Poverty

Fuel poverty is known to have adverse effects on health and wellbeing, either due to the cold homes and conditions that fuel poverty forces people to live in, or through the financial stress and burden it creates. It increases the risk of health conditions such as asthma, other respiratory conditions, cardiovascular illnesses, and mental health problems.

Much of excess winter mortality can be attributed to cold temperatures, and a significant proportion can be attributed to cold housing caused by fuel poverty.

The population groups most vulnerable to the health effects of fuel poverty are: older people; children and those living with chronic conditions.

Support for Newham residents

If you, or someone you know, is struggling to heat their home, contact **Our Newham Money** for emergency support and access to the Household Support Fund on 020 8430 2041 or visit **Emergency Support - Our Newham Money**.

Residents can also contact SHINE, an energy advice service for Londoners. To speak to an advisor, call 0300 555 0195, 9am-5pm, Mon-Fri.

For more information on our winter support services visit www.newham.gov.uk/winter. Let's work together to help residents get advice on gas and electricity bills and keep warm this winter.

Click [here](#) to read more about **Priority 11 – Building a borough of health promoting housing**



WE ARE HEALTHY.

WE ARE NEWHAM.

Does your home feel cold?

Signs of fuel poverty in your home

- Your home feels cold, damp or draughty
- Wearing lots of clothes indoors
- Staying in bed to keep warm
- Respiratory problems such as asthma or a persistent cough
- Feeling that energy bills are too high or in fuel debt
- High energy bills or in fuel debt

Keep warm this winter by getting help and advice on your gas and electricity bills

Contact Our Newham Money for urgent assistance **020 8430 2041**
Or see overleaf for more fuel poverty support services
www.newham.gov.uk/winter

People at the Heart of Everything We Do

WE ARE CONSULTING.

WE ARE NEWHAM.



Property licensing – have your say

Property licensing helps define standards for tenants and landlords alike on the quality of the private rented sector. Licensing helps us to tackle poor property conditions, deprivation, anti-social behaviour, crime and substandard management of properties by some landlords. Whether you are a private tenant, landlord, local resident or business, we want your views on property licensing, as the current scheme expires in 2023.

We really welcome your views, as they are important to us.

You can view and respond to the consultation by the 26th January 2022 by following the link below or scanning the QR code.

www.newham.gov.uk/propertylicensingconsultation



People at the Heart
of Everything We Do

Changemakers of the month



Step 8: Neo Clunis, Young Facilitator, Aston Mansfield

In between studies, Neo works as a Young Facilitator for Aston Mansfield, a local organisation that supports children, young people and families. Using an integrated and community focused approach, their mission is to make lasting change, offering opportunity, community and inspiration. Neo's role involves coordinating and helping young people to achieve a common objective, such as the execution of a social action project.

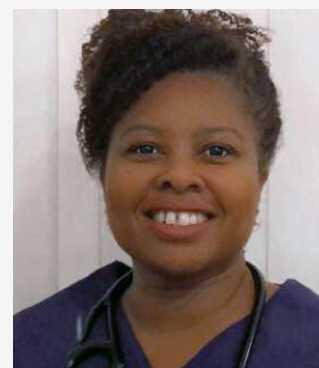
Click [here](#) to read more about Neo and Step 8.



Step 17: Dr Tamara Hibbert, GP

As a local GP, Tamara has daily contact with patients in all walks of their lives, supporting them with a variety of health needs. She works with patients, their families and carers to investigate their concerns, tailor interventions, provide guidance and reassurance when needed.

Click [here](#) to read more about Tamara and Step 17.



Step 22: Dr Imrana Siddiqui, GP and Clinical Lead for Mental Health

Imrana is the GP Mental Health Lead for Newham. She works as a GP and is also the Lead for the Workforce Wellbeing Hub, a service recently set up to support NHS and social care staff. She is directly involved in designing and improving all aspects of mental health services, from perinatal and birth through to old age.

Click [here](#) to read more about Imrana and Step 22.



Step 43: Burhan Uddin, Service Manager, Our Newham Money

Burhan is the Service Manager at Our Newham Money, a service that exclusively offers support to Newham residents who may be struggling with debt or the everyday cost of living. They help residents with the payment of utility bills, through the provision of energy vouchers for emergency support or offering advice on how residents can reduce bills, renew tariffs and get reconnected.

Click [here](#) to read more about Burhan and Step 43.



Get involved

Read more about the 12 priorities and steps on our website www.50steps.co.uk or contact hifsah.malik@newham.gov.uk for more information.

We want to make sure that we fill our newsletter with things you want to hear about. Please let us know if there is anything you'd like us to include more of, or less of, just email hifsah.malik@newham.gov.uk.

Follow our hashtag [#whatsyourstep](https://twitter.com/whatsyourstep)

www.50steps.co.uk