



50 Steps News

Issue 11 / April 2022



Welcome

Welcome to the April issue of the 50 Steps newsletter. Thank you for everything you are doing to help tackle the health inequalities in Newham and make the borough a healthier place. Please help us spread the word about the initiatives in this issue and let us know about your updates and initiatives. In this issue we have updates on:

- Living with COVID safely
- Staying Safe During Ramadan
- Men's Mental Health and Living with Grief online workshops
- Support for families over April school break
- Street Tag winners
- New Our Parks timetable
- Newham Leisure Services Feedback
- Help to stop smoking in Ramadan
- Thank You for Not Smoking Poster Competition for children



Primary school children from Newham taking part in the new Cook and Play Programme with Nutrition Kitchen, March 2022.

In the original version of this newsletter we included Phyllis Nelson as a Changemaker. While many of us knew her, not least as a hugely valued member of our Covid 19 champions, some of our new team were not aware of her tragic death. We are very sorry for any pain this caused. Phyllis was of course a change maker in so many ways in Newham. We are exploring ways to honour her legacy and contribution to Newham.

Key updates



Step 2 – Living with COVID-19 safely

COVID-19 is still present in the community and case rates are rising too. Therefore, it is important that we all follow the 5 Steps for Living with COVID-19 to keep ourselves and those around us safe, and stop cases increasing. Two steps that you can take to help are to get vaccinated and to test regularly.

Vaccinations

Getting vaccinated is the best protection you can give yourself against COVID-19. Vaccinations are now available for all 5-11 year olds and second booster jabs for:

- Those living in care homes
- People aged over 75 years old
- People aged over 12 years old and are immunocompromised (high risk).






Find out where to get a vaccine and how to book an appointment at www.newham.gov.uk/bookyourvaccine

Testing

As part of the government's Living with COVID strategy, free testing (both asymptomatic and symptomatic) ended on 1 April 2022. However, tests are available to purchase from most pharmacies. If you have access to tests it is advised that you should test before seeing other people and especially those who are at high risk from the virus. Free tests will still be available to specific groups (e.g. NHS staff and care homes). You can find out more at www.newham.gov.uk/testing

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**

5 STEPS FOR LIVING WITH COVID-19 SAFELY

DO THE BASICS	GET VACCINATED	GET TESTED	STAY HOME	STAY HEALTHY
 <ul style="list-style-type: none">• Wear your face covering in crowded indoor places• Consider the risks and how to reduce them e.g. meet outside if possible• Open windows for fresh air indoors• Wash your hands regularly	 <ul style="list-style-type: none">• Get all doses of the vaccine for maximum protection• Vaccines are the best way to keep people safe and out of hospital• Talk to our Vaccine Peer Supporter for more information• Book a Q&A session for your community group <p>www.newham.gov.uk/bookyourvaccine</p>	 <ul style="list-style-type: none">• If you have symptoms: stay home while you wait for results• If you don't have symptoms, do a rapid test before you meet others, especially if they are vulnerable to COVID-19 <p>www.newham.gov.uk/testing</p>	 <p>If you have symptoms or test positive, it is best if you can stay home for 10 days until you feel better or your rapid test is negative on days 5 & 6</p> <p>We can make staying home easier by helping with:</p> <ul style="list-style-type: none">• Shopping & food• Financial advice• Befriending	 <ul style="list-style-type: none">• Stay active and eat a healthy diet• Ask for help if you're feeling down, anxious or stressed• Go to your health and care appointments• Look after each other

Newham Covid-19 Helpline: **020 7473 9711** (9am and 7pm, 7 days a week) or covidhelp@community-links.org
Call handlers can speak multiple languages.

Be kind, and think of others.

COVID-19 is still with us and people will respond to the changes differently.

www.newham.gov.uk/coronavirus

Key updates



Staying healthy

To stay healthy during the 30 days of Ramadan, it is important to:



Avoid long periods of time in the sun to avoid dehydration.



Drink plenty of plain water during non-fasting hours to avoid dehydration.



Cut back on all types of caffeinated drinks including tea, coffee and fizzy drinks.



Eat a balanced diet during non-fasting hours to keep your body functioning properly during the day.



Foods that release energy slowly, including natural unrefined carbohydrates (whole grains, vegetables, fruits) and protein (meat, fish, eggs, beans), will help you maintain your energy levels.



Face coverings and masks are still a sensible precaution for indoors spaces like prayers. Do continue to wear your masks at prayer.



COVID-19 Vaccines are safe to have during Ramadan and does not break your fast.

Priority 3 – Staying safe and healthy during Ramadan



The practice of fasting is an important part of Ramadan. This involves the complete abstinence from food, drink and smoking between dawn and sunset over the month. It's also a time for self-reflection and evaluation.

People fasting who have long-term health conditions such as diabetes are advised to speak to their GP to understand if fasting will impact on their condition, how to manage their medication and what they can do to prevent any adverse reactions.

For more Information

- General health and wellbeing guidance – mental health, weight, exercise, sleep etc. www.nhs.uk/live-well
- Managing diabetes during Ramadan information: www.diabetes.org.uk
- Covid vaccinations information visit www.newham.gov.uk/covid-19-vaccination

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

Key updates

Priority 3 – Upcoming Mental Health Online Workshops in April and May



Newham Talking Therapies, in partnership with Newham Council, are holding an evening workshop on Men's Mental Health on Thursday 21 April 2022 (6.30 - 7.45pm). Lots of men have times when they feel low, anxious, lonely and often like there is no one to talk. This will be a confidential online workshop run by a trained Assistant Psychologist to talk about topics such as why it can be difficult to talk about men's mental health, tools for self-awareness and managing stress. To register for this workshop visit: <https://forms.office.com/r/Ax9JznEKLf>

Newham Talking Therapies, together with the Community Bereavement Support Service, are holding a workshop on Dealing with Grief and Loss on Tuesday 17 May 2022 (5-6pm). This workshop will cover topics such as why we grieve, the different stages of grief, and tools for self-care. To register for this workshop visit: <https://forms.office.com/r/Ax9JznEKLf>

For more information visit: <https://newhamtalkingtherapies.nhs.uk> or email elft.nttworkshops@nhs.net

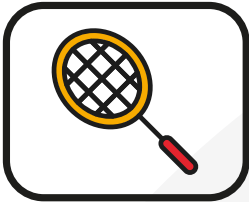
Click [here](#) to read more about **Priority 3 – Supporting people around the determinants of their health**



Key updates

Priority 6 – Support for families over the April school break

Click [here](#) to read more about **Priority 6 – Create a healthier food environment**



Activities to do: Holiday Activities and Food Programme

- Free Holiday club places across Newham for primary and secondary school children
- Need to be receiving benefits related free school meals
- Sport, drama, cooking, music, arts & crafts, dance, fun day trips and much more
- Free meal every day
- Every club has its own booking process
- To book www.newham.gov.uk/haf



Help with food: Newham Food Alliance

- Newham Food Alliance provides food to Newham residents unable to afford food
- Fill out referral form newham-self.achieveservice.com/service/NFA_Referral
- Call 07790 975 086 Monday-Friday (9am-5pm), email frontdoor@newhamfoodalliance.org



Help with money: Our Newham Money

- Our Newham Money can help Newham residents struggling with everyday costs or debt
- Free confidential service
- Information www.ournewhammoney.co.uk
- Call 020 8430 2041 Monday-Friday (9am-5pm), email ournewhammoney@newham.gov.uk

Newham COVID-19 Helpline: **020 7473 9711** (9am-7pm, every day) or email covidhelp@community-links.org

Key updates

Priority 8 - Street Tag winners!



Huge congratulations to St Luke's C of E Primary School who are the latest winners of the Newham Primary School Leaderboard with 16,708,885 points and 'nature' who have been crowned the latest winners of the Newham Community Leaderboard with 3,075,430. Do you think you have what it takes to be our next champions. Walk, run or cycle your way to the top of the Street Tag leaderboard by downloading the @streettaghq smartphone app!

Start collecting points & tags today! For more details on how to play, please visit [Newham Street Tag – Physical activity – Newham Council](#)

We are also excited to announce that Street Tag is coming to Secondary Schools, launching on 25th April. We are looking for the most physically active secondary school in Newham!

If you are interested in signing up for the free Newham Street Tag programme and earning prizes for your school, please email MJ at meenakshi@streettag.co.uk or fill out an online form at <https://streettag.co.uk/secondary-schools>

Click [here](#) to read more about **Priority 8 – Supporting an active borough**



We have crowned our latest most active Newham School team in the **Newham School leaderboard Season, 2022 Champions**, 'St. Luke's CoE Primary' with 16,708,885 points.

Second place finish goes to Ranelagh Primary School with 12,440,040.

The **third** place finish goes to JFK Special School with 5,547,445.

Some highlights for this season...
This season's leaderboard achieved 37 million steps, over 140,540 tags collected, and over 74,173 active miles covered.



We have crowned our latest most active Newham community team in the **Newham community leaderboard Season 3, 2022 Champions**, 'nature' with 3,075,430 points.

Second place finish goes to earth with 1,693,600.

The **third-place** finish goes to Power Play with 1,453,845.

Some highlights for this season...
This season's leaderboard achieved 12 million steps, over 39,539 tags collected, and over 17,571 active miles covered.



Key updates

Priority 8 - Our Parks timetable



Our NEW Our Parks timetable has launched! Free Back to Exercise, Box Fit, Abs, Tums and Thighs and Bootcamp sessions are taking place across the borough. All classes are run by experienced qualified coaches and accessible for all ranges of abilities. So turn up, tone up and get fit for free. Book your exercise classes at www.ourparks.org.uk



Priority 8 - Newham Leisure Services Feedback

The council is currently working to improve the borough's leisure services for residents. As the current leisure services management contract is coming to an end, it is a great opportunity for us to consider how we deliver the best possible leisure services that supports as many residents as possible to lead active, healthy lives and support wider health and wellbeing outcomes.

Thank you to everyone who took part in our recent online Community Physical Activity and Leisure Survey, as well as Resident Engagement Sessions (online and face to face) over the last few months. We have heard the views of adults, mental health service users, young people, young people with disabilities and their families and we have developed a Resident Engagement Summary Report which can be found at: [Newham Leisure Services Feedback – Physical activity – Newham Council](#) This invaluable feedback will be an integral part of our planning to improve the borough's leisure services.

Click [here](#) to read more about **Priority 8 – Supporting an active borough**



Key updates

Protect your loved ones this Ramadan

When friends and family breathe in your secondhand smoke – what we call passive smoking – it isn't just unpleasant for them, it can damage their health too. People who breathe in secondhand smoke regularly are more likely to get the same diseases as smokers, including lung cancer and heart disease.



Call : 0207 882 8230
Email: clinicbookings@qmul.ac.uk



Priority 10 – Help to Stop Smoking this Ramadan



This Ramadan there is lots of help available to quit smoking. Fasting requires abstinence from smoking as well as eating and drinking during the day, so Ramadan provides an ideal opportunity for smokers to quit.

Quitting smoking for Ramadan has various health benefits, especially for diabetics. It can result in improved blood pressure levels and blood circulation, increased insulin reception, decreased cholesterol levels, and decreased complications. Look out for the social media campaign by QMUL Stop Smoking Services and help us spread the word. Find out what help is available at: www.newham.gov.uk/stopsmoking or call Quit Well Newham on 020 7882 8230.

THANK YOU FOR NOT SMOKING POSTER COMPETITION.

All children and young people aged 5-14 years old
Help us make Newham smoke-free by 2030

THE TASK

Design a poster to say 'Thank you for not smoking' to people in Newham.

HOW TO ENTER

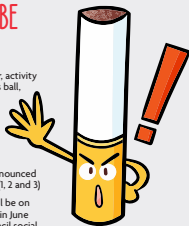
Email your poster to publichealthenquiries@newham.gov.uk

*Posters must be portrait or vertical.
Remember to write your name, age, school year and school name on your poster.

PRIZES TO BE WON

£20 cinema voucher, activity bag including tennis ball, bean bag, sensory ball, skipping rope and resistance bands and a £50 book voucher for your school.

*Winners will be announced for each Key Stage (1, 2 and 3).
Winning posters will be on Newham bus stops in June 2022 as well as council social media and website, and local media.



CLOSING DATE: 29 APRIL 2022

Find out more at www.newham.gov.uk/thankyoufornotsmoking

WE ARE NEWHAM.

People at the Heart of Everything We Do

Priority 10 – Thank you for Not Smoking Poster Competition

There is still time to submit entries to our Thank you for Not Smoking Poster Competition for children aged 5-14 years old! The competition closes on 29 April 2022. Please help us spread the word among families and children.

Find out more at www.newham.gov.uk/thankyoufornotsmoking

Click [here](#) to read more about **Priority 10 – Working towards a smoke free Newham**

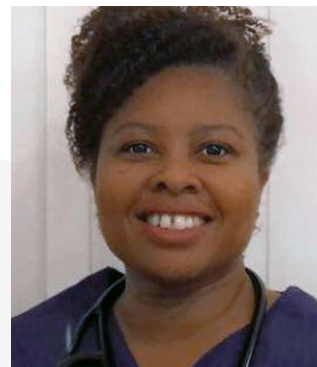
Changemakers of the month



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.



Asim Uddin, President of UKIM Masjid Ibrahim and Islamic Centre

Asim is president of a mosque and is very active in his local community. In March, he was approached by some local residents who were struggling to feed their families during the start of the pandemic. As a result, he decided to set up a local community food hub and be part of the Newham Food Alliance. With a team of volunteers, the community food hub now supplies 800 hot meals a day, as well as handing out and delivering food packages to families wanting to cook from home. Click [here](#) to read more about Asim and Step 27.



Step 40: Bailey Mitchell, Borough Director at East London NHS Foundation Trust

Bailey is involved in co-producing a new model for mental health services that will be adopted nationwide. Newham is 1 of 12 regions in the country that is helping to do this. This model is revolutionising the way we look at mental health services, moving away from just treating the symptoms of a condition in isolation and towards a more holistic and integrated approach.

Click [here](#) to read more about Bailey and Step 40.



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.

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