



# 50 Steps News

Issue 13 / June 2022



## Welcome

Welcome to the June issue of the 50 Steps newsletter. In this edition we cover our response to the detection of the polio virus in London as well as updates on many of our priority areas.

Please help us spread the word about what's happening in public health in Newham and let us know your news. In this issue we have updates on:

- Winners of the 'Thank you for not smoking' poster competition
- 50 Steps wins at the 2022 MJ Awards
- Increase in COVID-19 cases
- Newham's response to polio detected in London
- Events to launch Newham's first Ageing Well Strategy
- Diabetes Week activities
- Mental health community grants now open
- New strategy and commissioning process approved
- Launch of Street Table Tennis this summer
- Women's only keep-fit sessions

## Prize-winning children help to make Newham Smoke-free

Three children from schools across Newham have won a poster competition to say 'Thank you for not smoking' to Newham residents.

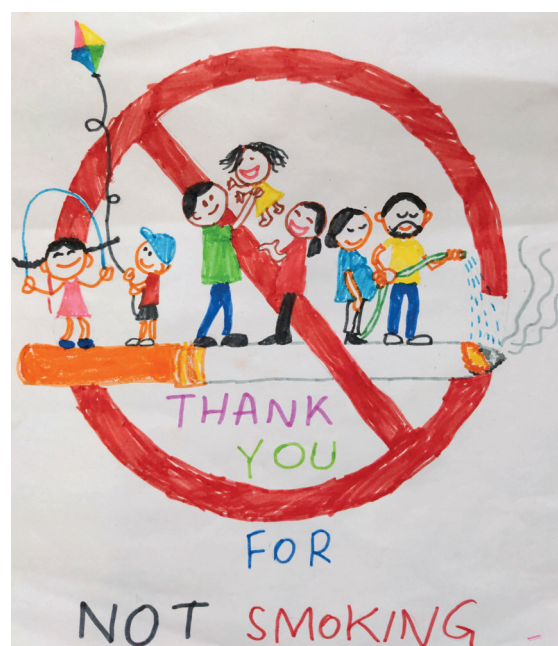
In March 2022, Newham Council launched a competition for schools across the borough to design posters with the theme 'Thank you for not smoking'. Entrants were asked to design posters that best illustrated why those that smoke should stop. Newham's Young Health Champions chose three winners and three runners up from each category – Key Stages 1, 2 and 3, including ages 5-14.

Smoking is currently the biggest cause of death and illness in Newham, where 14% of the adult population in Newham smoke - higher than the London average (13%). The 'Thank you for not smoking' competition was run alongside our 'No Smoking Day' campaign, supporting our work towards achieving Priority 10 and a smoke-free Newham by 2030.

Winners and runners up were presented with certificates and prizes at Newham's Clean Air Day on Thursday 16 June 2022. To view all the winners and runners up click [here](#).

For help with stopping smoking visit: [www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking)

Newham Stop Smoking Competition  
Winner KS1: Diva, aged 7, Sandringham Primary School



## 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 Aine Fuller at [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk).



## 50 Steps wins at the 2022 MJ Awards

Our 50 Steps to a Healthier Borough Strategy was winner of the best Place Based Approaches to Health Equity at last week's MJ Awards, beating competition from four other councils across the UK.

The judges praised our joined-up approach to addressing health inequalities, saying: "Newham impressed us with its leadership endorsement, community co-production, and multiple stakeholder involvement."

This was, and continues to be, very much a collaborative effort to help address health inequalities in Newham so thank you and well done to all!

For more on our 50 Steps Strategy click [here](#).

For more on the MJ Awards click [here](#).

## Increase in COVID-19 cases across the UK

There has been a slight increase in COVID-19 cases recorded both nationally and in Newham this month. We are encouraging everyone to make sure they are fully vaccinated and follow the five ways to living with COVID-19 safely. There are lots of places across Newham where you can get your COVID-19 vaccine. Visit our website for more details: [www.newham.gov.uk/bookyourvaccine](http://www.newham.gov.uk/bookyourvaccine)

## 5 STEPS FOR LIVING WITH COVID-19 SAFELY

<b>DO THE BASICS</b> 	<b>GET VACCINATED</b> 	<b>GET TESTED</b> 	<b>STAY HOME</b> 	<b>STAY HEALTHY</b> 
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[www.newham.gov.uk/coronavirus](http://www.newham.gov.uk/coronavirus)

## Newham's response to polio virus detected in London

Following the detection of the polio virus during a routine sewage inspection at Beckton Sewage Works, we are working closely with the UK Health Security Agency to monitor the situation. We are reassuring residents that the risk of infection is extremely low and that if you have the full course of vaccines, you will have life-long protection against Polio.

If you are not sure if you or your child are vaccinated, or when you or your child need to get vaccinated, look in your red book or speak to your GP, Health Visitor or School Nurse. You can also visit the [NHS website](#) to find out about different vaccines and when to have them. The important thing to know is that it's never too late to get vaccinated.

Up until the age of 5, vaccines are offered for free by your GP. Some vaccines also happen at school and students in Year 9 can get vaccines to protect against Diphtheria, Tetanus, Polio and Meningitis from now until July 2022.

To find out more visit: [www.newham.gov.uk/childhoodimmunisations](http://www.newham.gov.uk/childhoodimmunisations)

To view Mayor Rokhsana Fiaz's statement on the issue click [here](#).

This is part of our work to achieve Priority 1 – enabling the best start through pregnancy and early years.

### VACCINES KEEP YOU SAFE

Protecting yourself from polio (and other diseases)

Get a vaccine for 6 diseases including polio when your child is



Then... get a vaccine for 4 diseases including polio when your child is



Then... get a vaccine for 3 diseases including polio when your child is



You must have all of these vaccines to be fully protected.

How do I know if my child has had their vaccines that protect against polio?

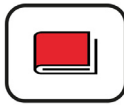
Your child's Red Book will include records of all your child's vaccinations

If you don't have your Red Book, your GP will be able to tell if your child has received all their vaccines

Can people over 14 get vaccinated against polio?

Yes – if you've not had a polio vaccine you can get a vaccine for FREE

Speak to your GP if you have questions or to book a vaccine [www.newham.gov.uk/polio](http://www.newham.gov.uk/polio)



Become a Community Health Champion  
[chc@newham.gov.uk](mailto:chc@newham.gov.uk)  
Whatsapp / text 07929 792873



### VACCINES KEEP YOU SAFE

Where to get a vaccine if your school-aged child hasn't had theirs

DATE	TIME	LOCATION
Monday 25 July 2022	10.30am-2pm	Beckton Globe Library, 1 Kingsford Way, E6 5JQ
Wednesday 10 August 2022	10am-2pm	Vicarage Lane Health Centre, 10 Vicarage Lane, E15 4ES
Monday 15 August 2022	10am-2pm	The Well Community Centre, 49 Vicarage Lane, E6 6DQ

#### TO BOOK

Tel: 020 8214 1393 / 020 8214 1395

Email: [newham@v-uk.co.uk](mailto:newham@v-uk.co.uk)

To find out more: [newham.gov.uk/polio](http://newham.gov.uk/polio)

If your child is under the age 5, please contact your GP to arrange to get your vaccines.



Become a Community Health Champion  
[chc@newham.gov.uk](mailto:chc@newham.gov.uk)  
Whatsapp / text 07929 792873



# Key updates

## Priority 3 – Events to launch Newham’s first Ageing Well Strategy



We are delighted to announce a series of events in July to mark the launch of our first Ageing Well Strategy. Residents are invited to the events and will have the opportunity to find out about services and activities to help with ageing well, and get involved in shaping services.

The strategy provides a comprehensive approach to improving the health of residents aged 50+ and was co-produced in partnership with local health and care, services, community organisations, as well as many Newham residents.

Each event is linked to one of the five priority areas in the strategy:

- Information and Communication
- Home; Finance, Employment
- Volunteering and Retirement; Community
- Connection and Neighbourhood
- Planning and Preparing for Later Life.

For more information and to get involved in shaping services for residents aged 50+ visit [www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell), email [ageingwell@newham.gov.uk](mailto:ageingwell@newham.gov.uk) or call 020 3373 8915.

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

## WE ARE AGEING WELL.

## WE ARE NEWHAM.



Improving the health and wellbeing of residents aged 50+ and reducing health inequalities

[www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell)



Come along to an event to mark the launch of Newham's first Ageing Well Strategy, find out about services and activities to help you age well, and get involved in shaping services.

### Mature Money

Employment opportunities, finance support, volunteering and retirement

**Wednesday 13th July 2022**

**3-7pm**

Highway Vineyard Church, 88a Romford Road, E15 4EH

### Ageing Well Community Festival

Eating well, healthy and safe neighbourhoods, local services and activities, connected integrated communities

**Tuesday 19th July 2022**

**11am-4pm**

Central Park, E6 3HW

### Planning and Preparing for Later Life

Planning ahead, advance planning, living well with dementia, end of life care, integrated care

**Wednesday 20th July 2022**

**10am-3pm**

Canning Town Library, 18 Rathbone Market, E16 1EH

### Ageing Well At Home

Keeping safe and warm, support to maintain your home, adaptations and

independence, specialist housing, rough sleeping and homelessness prevention, domestic and sexual violence support services

**Thursday 21st July 2022**

**3-7pm**

The Resource Centre, 200 Chargeable Lane, E13 8DW

### Ageing Well and In the Know

Promoting positive ageing and challenging stereotypes, accessing clear and useful information, communicating easily with the council and other services, digital inclusion

**Friday 22nd July 2022**

**3-7pm**

Beckton Globe Library, 1 Kingsford Way, E6 5JQ

### Get Involved

- Join the Ageing Well Strategy Resident Advisory Group
- Represent your community at an Ageing Well Delivery Group
- Sign up to receive information about Ageing Well services, activities or events.

For more information or to get involved, contact: [ageingwell@newham.gov.uk](mailto:ageingwell@newham.gov.uk) or call 0203 373 8915.

Refreshments and activities provided at all events

# Key updates

## Priority 4 – Diabetes Week activities



Earlier this month we celebrated Diabetes Week (13-19 June) with dedicated health check days on our Health and Vaccine Bus, provided in partnership the Newham Health Collaborative.

Our bus travelled around the borough enabling residents to get their blood pressure, cholesterol, BMI and blood sugar checked for free.

We also created infographics to raise awareness of:

- Support services available in Newham to reduce the risk of, and help people to live well with, diabetes.
- The signs and symptoms of Type 2 Diabetes and how to check your risk using this online tool. Encouraging residents to speak to their GP if they experience any of these.

We have also been raising awareness of the many small things you can do to live well, like walking every day; eating more vegetables and fewer sugary foods and drinks.

Diabetes affects 28,000 Newham residents, about one in 14 people, and those from South Asian, Black African and African-Caribbean backgrounds have an increased risk of developing it.

Please help us spread the word about the free support in Newham to help everyone live well:

[www.newham.gov.uk/diabetes](http://www.newham.gov.uk/diabetes)

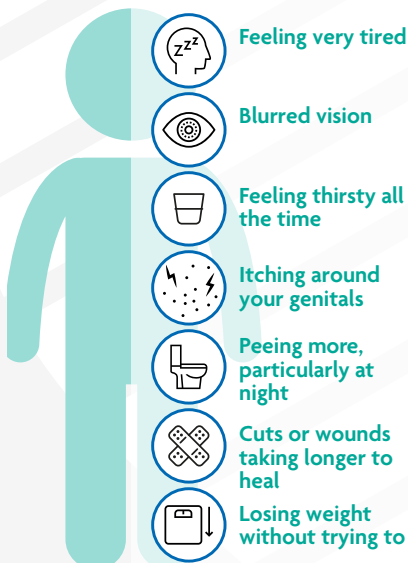
Click [here](#) to read more about **Priority 4 – Developing high quality services ensuring equity and reducing variation**



## WHAT IS TYPE 2 DIABETES?

It's when your body can't process sugar very well so your blood sugar level becomes dangerously high.

### Symptoms include:



If you have any of these symptoms, speak to your GP.

### Who is at risk?

1 in 14 people have type 2 diabetes in Newham. You're more at risk if you:

- Are over 40 years old (25 for South Asian people)
- Have a close relative with diabetes
- Are an unhealthy weight
- Have South Asian, African-Caribbean or Black African heritage

Check your risk at

<https://riskscore.diabetes.org.uk/>

### Did you know?



There are lots of small and easy things you can do to live well. Things like walking every day; eating more vegetables and fewer sugary foods and drinks.

We have lots of **FREE** support in Newham to help you. Exercise groups, cooking classes, walking groups and more.



Visit our website to find what's right for you and sign up today.

[www.newham.gov.uk/diabetes](http://www.newham.gov.uk/diabetes)

If you are struggling to pay for food, the Newham Food Alliance can help.

Visit [www.newham.gov.uk/newhamfoodalliance](http://www.newham.gov.uk/newhamfoodalliance)

**WE ARE NEWHAM.**



# Key updates

## Priority 5 – Applications open for mental health community grants



We have just opened applications for the **London Borough of Newham Mental Health & Wellbeing Community Grant** which runs until Wednesday 13th July 2022.

We are looking to fund between eight and ten organisations in this round of funding and will focus on projects which address loneliness and social isolation, bereavement and grief, trauma, fear and anxiety and/or reducing mental health impacts caused by financial insecurity. The maximum grant available for each organisation is £10,000 (total funding amount £60,000).

The grants are aimed at reaching those who need it most. This includes:

- People with pre-existing mental health conditions
- People on low income, unemployed, struggling with debt and/or at risk of eviction
- Children and young people, young people at risk of exploitation, young carers
- Black African, Black Caribbean and Asian communities
- Adult carers
- People with learning disabilities and developmental disorders
- People with long-term physical health conditions
- People experiencing domestic and sexual violence

To apply send a completed copy of the application form to [MHWgrant@newham.gov.uk](mailto:MHWgrant@newham.gov.uk).

The deadline for applications is 5pm, Wednesday 13th July 2022. For more information click [here](#).

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



## Priority 5 – New strategy and commissioning process approved



### Domestic Abuse Prevention Strategy

A new three-year Domestic Abuse Prevention strategy and action plan have been developed in consultation with survivors, residents and perpetrators and take a borough-wide public health approach to prevent domestic abuse.

The strategy includes 12 priorities with quarterly targets to measure their effectiveness. In the first year the strategy will deliver:

- A campaign to raise awareness of domestic abuse and how survivors can access support;
- The development of an enhanced multi-agency response;
- Employment of specialist officers to assist domestic abuse survivors with housing;
- The development of our Women's Safety Plan.

The council recognises that women face particular challenges due to societal misogyny - the 2022-25 Domestic Abuse Strategy is one of the ways we're addressing this and building a fairer Newham for all.

The strategy will create a whole borough community response that creates an understanding of the whole picture for each survivor, their family, friends, neighbourhood and the wider Newham community. It will also incorporate preventative measures to avert violence against women and girls occurring, as well as ensuring support services are culturally appropriate for all of our communities.

### Supported Accommodation commissioning

Our plan to provide Newham residents living in supported accommodation with access to a new range of bespoke support has been approved by Cabinet.

The new Dynamic Purchase Vehicle (DPV) will have an approved list of providers through which we can commission the care and support that residents will need. It will be in place for five years, with Cabinet having the option of extending it for a further five year period.

The DPV will include support in the categories of Supported Living; Prevention and Floating Support; Vulnerable & Complex Homeless and Rough Sleeping Support; Extra Care; Shared Lives; Care Homes; and Immigration Advice and Support.

This initiative is part of the council's Adults and Health vision to improve the health and wellbeing of all adults in the borough. The council is building a fairer Newham through supporting people to live as independently as possible within their local communities.

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



# Key updates

## Priority 8 – Street Table Tennis comes to Newham this summer



We are launching a new opportunity for residents aged 16+ to play table tennis at any time using the table tennis tables in our parks, and the Street TT app.

The app is free and open to everyone aged 16+; from those who play casually to those who play more competitively. Players just download the StreetTT app and can find someone to play table tennis with at one of our park table tennis tables. Participants can build ranking points, collect achievements and play in special tournaments or simply use the app to connect and play with friends.

To get involved, just scan the QR code on the flyer or at one of our table tennis tables located in the following parks: Hermit Road Recreation Ground, Central Park and Royal Victoria Gardens.

We also have weekly coaching sessions at the following locations:

- **Sundays, 1-2pm**  
Hermit Road Recreation Ground, Hermit Road, Plaistow E16 4JT
- **Sundays, 3-4pm**  
Central Park, High Street South, East Ham E6 6ET
- **Wednesdays, 5-6pm**  
Royal Victoria Gardens, Pier Road, Off Albert Road, North Woolwich E16 2NW

To find out more about StreetTT please visit: [www.streettt.com/about](http://www.streettt.com/about)

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

Newham London

# WE ARE ACTIVE.

# WE ARE NEWHAM.

SUMMER STREET TABLE TENNIS

StreetTT

Hermit Road Rec  
Sundays @1pm - 2pm  
Central Park, East Ham  
Sundays @3pm - 4pm  
Royal Victoria Gardens, North Woolwich  
Wednesdays @5pm - 6pm

STREETTT.COM

JUNE, JULY,  
AUGUST 2022

BUILDING A  
**FAIRER**  
NEWHAM



# Key updates

## Priority 8 – Women's only keep-fit sessions

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



## Free Weekly Female Sessions

Circuit Training, Exercise to Music, Weight Management, BMI, Blood Pressure Checks, Health & Well-Being Talks, Nutrition Advice

**Wednesday's, 9:30-12noon**  
**Jack Cornwell Community Centre E12 5NN**

**Book Now!**

Email: [info@p-a-l-a-c-e.com](mailto:info@p-a-l-a-c-e.com)

Tel: 07795 064 116



# Changemakers of the month



## Step 5: Dr Farzana Hussain, GP Principal and Clinical Director for Newham Central 1

As a local GP, a big part of Farzana's role is to ensure the younger members of the community are kept safe from infectious diseases through vaccinations. London has a low uptake of childhood vaccinations and her job involves communicating with parents about how important it is to immunise their children.

Click [here](#) to read more about Farzana and Step 5.



## Step 6: Sarah Porter, Headteacher

Sarah is Headteacher at Kay Rowe Nursery School and Children's Centre, which is a maintained nursery school. This type of school is part of Newham education history and has been promoting early years education for nearly 100 years. The schools are funded by the Greater London Authority and Newham Council to work as supportive mentors for private childcare providers.

Click [here](#) to read more about Sarah and Step 6.



## Step 34: Paul Archer, PE teacher

Approximately 16 years ago Paul recognised that there were no sports clubs designed for those with a disability. He believed everyone should have equal opportunities to keep fit and to participate in sports. He therefore started his very own disability multi-sports club which began with one participant, his son. It grew organically by word of mouth and has developed into multiple sessions a week for a range of individual needs.

Click [here](#) to read more about Paul and Step 34.



## Step 24: Dr Duncan Trathen, Lead GP, Newham Transitional Practice for vulnerable groups TB Lead for Newham CCG

Duncan and his team help the most vulnerable people to access primary care services and assist them onward to allied health and social care. The TB team in Newham is responsible for latent and active TB screening, as well as coordinating accommodation for homeless TB patients. They work for those least likely to access the high quality care available due to circumstance, language, mental health or isolation, and strive to develop their independence, health and wellbeing. Click [here](#) to read more about Duncan and Step 24.



## Get involved

Read more about the 12 priorities and steps on our website [www.50steps.co.uk](http://www.50steps.co.uk) or contact [aine.fuller@newham.gov.uk](mailto:aine.fuller@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 [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk).

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[www.50steps.co.uk](http://www.50steps.co.uk)