



50 Steps News

Issue 15 / August 2022



Welcome

Welcome to the August issue of the 50 Steps newsletter. This edition is all about **Priority 8: Supporting an active borough** (steps 33 to 36) and celebrating the 10 Year Anniversary of the London 2012 Olympic and Paralympic Games. Please help us spread the word and let us know your news!



In this issue read about:

- 10 Year Anniversary of the London 2012 Games
- Street Tag winners
- Go Sketch Pilot
- BMX Track Launch
- 'You said, we did' - Newham Leisure Services Feedback
- Micro-gyms coming to Newham parks
- Changemakers of the month



Newham children at Canning Town Recreation Ground

10 Year Anniversary of the London 2012 Games

Small Grants Legacy Programme

This year celebrates the 10th anniversary of the London 2012 Olympic and Paralympic Games. There are so many fantastic community organisations helping to continue the legacy of the Games in Newham and we wanted to help commemorate the occasion by providing grants for new events and activities inspired by the Games.

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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.

Priority 8: Supporting an active borough

Small Grants Legacy Programme continued

We would like to thank all the organisations that applied. It was a very competitive process, with 67 applications and fantastic ideas from all. Grants of up to £2000 have been awarded to nine organisations for inspiring projects that will help many Newham residents to get active and maybe inspire our next generation of athletes!

The successful awardees/external partners are:

- **Ascension Community Trust** - Accessible Circuit Athletics Exercise Class
- **Ascension Eagles** - Newham's Future Cheerleading Olympians
- **Becton Young Heroes** - Warrior - Archery Programme for Children with addiction and mental health disorders.
- **Community Education Relief** - Enabling Football Kick for Over 50s
- **Cycle Sisters** - Supporting Muslim women in Newham to cycle
- **Early Start Ltd** - Mini Olympics Family Sports Days
- **Inspire Women, Men and Children** - London 2012 Anniversary Commemoration Project
- **NEWway Project** - Bicycles for the Homeless
- **Pan African Women's Association** - Girls, Get together, Through Equestrian

To find out more visit: www.newham.gov.uk/news-events/olympic-paralympic-legacy



Hear from some of the successful organisations on the difference the grants will make to Newham:

NEWway Project: “The 10 Year Anniversary London 2012 Games Community Grant has equipped a day centre for homeless people in Newham with **6 bikes and helmets**. The bikes will help improve physical and mental health of those who are homeless and facilitate better transformation from street homelessness to integrated society through celebration of the 10th Anniversary of the Olympic Games in London and regular bike trips to local public spaces in the following months.”

Cycle Sisters: “We’re very grateful to Newham Council for supporting our work to engage Muslim women from Newham in cycling. This grant will enable us to help to reduce inequalities in accessing cycling by providing **free bike hire** for our social-led rides and creating opportunities for Muslim women to experience cycling at the Olympic VeloPark. Through this project we will leave a legacy of strong role models who can continue to inspire a more diverse range of people to take up cycling.”

Early Start Ltd: “Early Start were delighted to have been awarded the 10 year anniversary grant by Newham Council. We ran **two Mini-Olympics Family Sports Days** and celebrated sport and some of our London Olympic heroes with over 100 people across our nurseries in Forest Gate and Manor Park. We all had a fantastic time and experienced an incredible energy. Parents and grandparents said the sports games were such a fun way for families to get to know each other and bring us together as a community. Thank you so much Newham Council for the grant and your support”.

Inspire Women Men And Children: “This year 2022, marks the 10th anniversary of the London 2012 Olympics and Paralympic Games. Inspire Women, Men and Children would like to spearhead the commemoration of this occasion by delivering **three days of social, sporting and cultural events** for Newham residents, especially those of Black African, Black Caribbean and Asian heritage. It will bring the community together to socialise at a time when Covid-19 has rendered everybody inactive, isolated and experiencing ill health. It will also remind and inspire people of the promises they made in 2012 to increase physical activity but have negated due to Covid-19”.

Priority 8: Supporting an active borough

Street Tag winners!



Some of the Street Tag winners from St. Luke's Church of England Primary School

Community winners

We have crowned our latest, most active Community team in the Newham Community Leaderboard. A massive congratulations to 'Nature' who clinched first place with a whopping 3,135,435 points.

Very well done also to 'Earth' in second place with 2,135,035 points and 'Hiker' in third place with 1,888,265 points.

Join the Street Tag community today and start winning prizes for being active! To join, download the Street Tag app on the App Store or Play Store. For more information visit www.streettag.co.uk

Primary Schools winners

We have awarded our latest active School team in the Newham Primary School leaderboard. A massive congratulations to St Luke's Church of England Primary School with 16,977,490 points.

Very well done also to Ranelagh Primary School, in second place, with 12,396,185 points and JKK Special School in third place with 4,942,395 points.

Launching in secondary schools

We are also excited to announce that Street Tag is coming to Newham secondary schools from 16 September 2022.

We are looking for the most physically active secondary schools in Newham! The program is FREE for schools, so gear up to be part of the fun that will help staff and students get moving and earn rewards to fund school projects.

Street Tag is an app-based physical activity initiative that incentivises schools, families, and

This is what children and parents from Primary School winner, St Luke's Primary School had to say...

“ It makes me get out more, and explore more places in the borough.” – pupil

“ Street Tag has really motivated my daughter into outdoor activities which was drastically reduced by Covid.” – parent

“ I really like Street Tag because it is a fun way of getting fit and doing exercise for children but parents do it too. It is also a fun way for children to compete with their friends and win prizes.” – pupil

“ I like Street Tag because it has been encouraging me to do more exercise. It keeps us active and makes us fit. Also, in our school if we get a certain amount of points, we get to pie a teacher and that is very fun seeing this.” – pupil

communities to be more active by turning the world around them into a virtual playground. Users acquire points by actively walking, running or cycling to collect the virtual tags that have been placed throughout their community.

Street Tag can also be uploaded as a TfL STARS travel plan story and used as evidence towards your 2022-23 accreditation.

Get involved by emailing MJ at meenakshi@streettag.co.uk and get your primary or secondary school signed up!

Priority 8: Supporting an active borough



Councillor Neil Wilson attending the last Go Sketch session to present pupils from New City Primary School with their medals.

Go Sketch Pilot

Due to the impact of the pandemic on physical activity levels, especially in schools, we worked in partnership with Future Proof CIC to pilot a 6-week Arts & Sports programme at New City Primary School. The project was supported by one of our Change Makers, Paul Archer, and has encouraged approximately 60 pupils from Year 4 to take part in Art and Design and tennis activities.

The weekly sessions involved 60 minutes of tennis coaching delivered by the National Tennis Association and 30 minutes of design time. Activities included:

- Students creating a new team identity, as part of the design challenge
- Animations produced that introduced each task; choosing a captain, creating a team name, and then designing a mascot, logo and crest.
- Each child receiving a project workbook designed by Future Proof and featuring one of our other inspiring Newham Changemakers, Christine Ohuruogu, on the cover.
- Designs put onto a t-shirt and tennis racquet which the

children got to keep at the end of the project to encourage them to keep playing.

- Designing a medal at the start of the programme that would be used as an extra incentive to complete the GoSketch challenge which was presented to all pupils at the final session.

For more information on the project, please contact Nicole Napier on nicole.napier@newham.gov.uk



The winning medal, designed by Ibrahim

“ The programme has been great. It has brought together two subjects that wouldn't normally work together. Providing art alongside sport has allowed us to attract pupils into sport that wouldn't normally want to take part. The children have even asked if they can now do art sessions outside during playtimes and lunchtimes. And with the children taking home their own tennis racquets means that they can do activity in their own time. We would love to do the programme again with another year group.”

Paul Archer (PE Teacher)

“ We were delighted to bring GoSketch to East London with Newham Council. The response from the children and the school was great, they really embraced the programme and threw themselves into the tennis coaching and design challenge. They can be really proud of what they achieved on the court, in the classroom and as a team!”

Tom Hall (Director, Future Proof Purpose & Impact)

Priority 8: Supporting an active borough

BMX Track Launch

It's time to get your helmet on! Friday 22nd July saw the launch of the newly refurbished BMX Track at Gooseley Playing Fields. The Council's Parks and Green Assets and Public Health Teams have been working in partnership with Community Outdoor Group (CoG) to restore the track and provide a cycling activity programme for children and young people over the summer holidays. Residents are encouraged to join the FREE BMX, BMX SEND sessions and Balance Bikes sessions during the six week holiday period.

For more information, click [here](#).



Newham London

FREE SUMMER ACTIVITY PROGRAMME.



25 July – 2 September 2022

Come and join in the wide range of free and fun sports and activities we have going on in Newham during the summer holidays. There's something for children of all ages as well as families and adults.

WE ARE NEWHAM.

BUILDING A
FAIRER
NEWHAM

Summer Activity Programme 2022

To continue the legacy of the 2012 Games, we are delighted to be working in partnership with activeNewham to deliver a wide range of free Olympic and Paralympic sports sessions for children and young people from Monday 25th July to Friday 26th August. Come and try a variety of sports including:

- Combat sports (taekwondo, judo, karate, boxing),
- Racquet sports (tennis, badminton, table tennis)
- Team sports (football, basketball, volleyball, hockey, handball, baseball/softball, rugby).

For more information, or to find out what other fantastic activities we have taking place this summer, click [here](#).

Priority 8: Supporting an active borough

‘You said, we did’ – Progress to date! Newham Leisure Services Feedback

Improved communications:

YOU SAID:

We need to raise greater awareness of the leisure offers available and use more channels and networks to get the word out.

WE DID:

- Created a dedicated webpage where you can find out about sport and activities. This page includes information specifically for adults and children and also features a whole page dedicated to our holiday programmes. Check out our activity pages [here](#).
- Produced a summer brochure featuring all of the activity happening throughout the summer, this is available online [here](#). We have printed copies available in many locations in Newham, as you said you would like more printed materials (find them in children centres, libraries, Youth Zones and with the [Well Newham Outreach Team](#)).
- And we’re working with our colleagues across the Council to improve promotion of all our leisure and sport activities.



Beckton Park table tennis tables

Parks Infrastructure:

YOU SAID:

We need to improve amenities and infrastructure in our parks and open spaces.

WE DID:

- Installed 9 new **outdoor table tennis tables** within parks
- Refurbished the BMX track at Gooseley Playing Fields
- Soon installing several micro gyms as part of a wider pilot project with Swing Fitness (more on this later).
- And we’re working closely with colleagues from the Parks and Green Assets Team on a variety of new projects.

Targeted Provision:

YOU SAID:

We need more leisure activities for specific groups such as, women and girls, families, people with disabilities and additional needs, and older people to name a few.

WE DID:

- Supported a series of SEND specific events called The Gr8 Day to Play, with colleagues in Youth Empowerment, activeNewham and wider partners.
- Developed a wider disability offer as part of the summer’s activity programme including disability tennis and BMX SEND sessions.

The Resident Engagement Summary Report can be found [here](#).

Priority 8: Supporting an active borough

- Provided family activity sessions as part of the **Our Parks** programme, and this summer we have specific family sessions throughout the holidays where families can take part in a number of games based on the Change 4 Life and Disney 10 minute shake up campaign.
- Delivered a **Sporting Memories** session by activeNewham which older residents can attend to take part in activity and reminisce about some of their favourite sporting moments from the past.
- We are working closely with colleagues to develop the new Ageing Well strategy, ensuring that physical activity for older adults is included.
- Organised a number of larger physical activity festivals to take place this year, related to major sporting events such as the Women's European Football Championships and the Commonwealth Games which are also free to access.
- Provided other free to access physical activity programmes including Street Tag, Street TT (table tennis app) and **walking groups**.

Sport & Partnership Working:

YOU SAID:

We should continue to work in partnership with National Governing Bodies of Sport to introduce new programmes and improve facilities that support residents to be active.

WE DID:

- Worked with Table Tennis England to install new table tennis tables in parks and also provide some table tennis tables to care homes within the borough. It also allowed us to deliver a table tennis offer as part of the wider school holiday programme.
- Working with the Lawn Tennis Association (LTA) on plans to upgrade some of our local tennis courts.
- And we're looking at more exciting opportunities to bring into the borough in the future, like Padel for example.

Leisure Centres:

YOU SAID:

We need to improve access to leisure centres, ensuring they are welcoming for all, provide a varied activity offer, are easy to access and widely promoted.

WE DID:

- Undertook significant work over the last 18 months to develop a new leisure contract that will provide a high quality leisure and sport offer for residents.
- Held a number of resident engagement sessions and released a survey in order for you to be able to share your views about the current leisure infrastructure and offer.
- Collated all of the feedback and comments we received, as well as considering feedback from other sources, into a summary report. This has informed the development of a new leisure contract which will be implemented in mid-2023.

Varied and Low Cost Activity:

YOU SAID:

We need to provide a wide ranging leisure activity offer, that is flexible to your changing needs, easy to access and free or low cost.

WE DID:

- Included free activity sessions across a number of parks on a weekly basis including table tennis, bootcamp style fitness and family fitness. The **Our Parks** programme also offers online sessions such as Couch to Fitness.
- Included a free and varied activity offer in different park locations this summer, for a range of age groups, that include trying some popular Olympic and Paralympic sports to celebrate the 10 year anniversary of the London 2012 Games.

The Resident Engagement Summary Report can be found [here](#).

Priority 8: Supporting an active borough



Micro-gyms coming to Newham parks

We are very excited to announce that we are working with FitTech startup **Swing Fitness** on a pilot project to install several 'smart' micro-gyms that will be placed in parks and green spaces across the borough.

Swing Fitness will offer users affordable, pay-as-you-go access to high-quality strength training equipment, in local green spaces. The use of the 'Swing Box' is supported by the Swing App, which provides access to virtual classes, and allows users to track their activity, monitor their progress, connect with others, and reach their fitness goals.

'Swing' is a FitTech startup working with councils, local organisations and NHS social prescribers to improve the health and wellbeing of local communities. The primary goal is to positively impact the physical and mental health of local communities, as well as combating feelings of loneliness and isolation. Swing also aims to reduce the growing gap in health inequalities due to the increasing cost of living.

It is a very exciting pilot project, bringing a new and innovative idea to some of Newham's parks.

Changemakers of the month



Step 33: Christine Ohuruogu, Retired Olympian and law student

Christine became the first British woman to win a global 400m title, win Olympic and Commonwealth gold, as well as World and European Indoor 4x400m relay gold. As a retired Olympian and Newham resident, Christine is passionate about seeing the area prosper and recognises the role health plays in achieving this. She wants to remove any barriers that are preventing residents from participating in physical activity and sport.

Click [here](#) to read more about Christine and Step 33.



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 35: Bisi Imafidon, Extended Schools Manager and part-time group exercise instructor/sports coach

During the day, Bisi works at a Newham primary school organising activities for pupils before and after school. In the evenings, at weekends and during school holidays, she helps people of all ages to become more active in her role as a sports coach and group exercise instructor.

Click [here](#) to read more about Bisi and Step 35.



Step 36: Ravinder Bopara, Professional cricketer

Ravinder is the first Newham born England International cricketer. As an elite sportsman, he is a role model to aspiring sportsmen and women in the borough and spends much of his spare time supporting young cricketers at Frenford Youth Club.

Click [here](#) to read more about Ravinder and Step 36.



Get involved

Read more about the 12 priorities and steps on our website www.50steps.co.uk or contact 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.

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