



50 Steps News

Issue 16 / September 2022



Welcome

Welcome to the September issue of the 50 Steps newsletter. This edition is all about **Priority 1: Enabling the best start through pregnancy and early years (steps 3-7)**. In this issue, we have the latest news on this priority area, as well as messages from a number of our partners. Please help us spread the word about the support available! If you would like to find out more about Priority 1, please contact ashlee.teakle@newham.gov.uk



Read about:

News

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Polio vaccine booster campaign for children aged 1-9 years old

Following the discovery of poliovirus in sewage in north and east London, the NHS is inviting all children aged 1 to 9 to receive a dose of a vaccine against polio. For some children this may be an extra dose on top of their routine vaccinations. In other children it may bring them up to date with their routine vaccinations.

Why is this vaccine important?

Polio is an infection caused by a virus that attacks the nervous system – it can cause permanent paralysis of muscles. It is rare but can be very serious for unvaccinated people. By getting vaccinated, children are protected from polio.

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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 1: News

Polio vaccine booster campaign for children aged 1-9 years old continued

Why now?

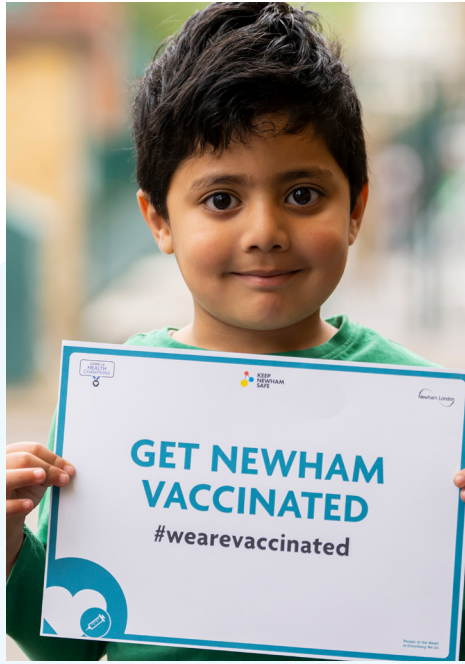
Traces of poliovirus have been found in sewage in some London boroughs, and the best way to protect your child is to make sure they are fully up to date with vaccinations.

What should I do?

If a child is eligible for an extra dose, the NHS will contact their parent/guardian to ask you to book an appointment with your GP surgery for the vaccine. There are also clinics opening up in the community for 6-9 year olds. When details become available, we will post them on our [website](#).

Is it safe?

The polio vaccine has been safely used in millions of children and will give them a high level of protection from poliovirus. You can find more information about polio and the vaccination programme [here](#) and on our [webpage](#).



What if I am not registered with a GP?

If you're not registered with a GP you can either register online or contact a GP surgery near you by phone or email. It's free to register, and you do not need proof of address or immigration status, ID or an NHS number. Find your local GP [here](#).

A message from Newham's Step 5 Changemaker:

“ Apart from clean water and sanitation, vaccinations have been the biggest life-saver since the Victorian times. Polio isn't found in the UK anymore and yet in other countries people have become paralysed and unable to walk because they were not vaccinated and ended up contracting polio.



If we don't vaccinate our children, polio will make a comeback to the UK and we will end up seeing people becoming paralysed. We have done so well as a nation to eradicate polio. Vaccines are absolutely lifesaving. We are fortunate in the UK to have access to vaccines that can protect us from polio. These vaccines are a life-saving gift and it is important that we get vaccinated so that polio doesn't make a comeback to the UK.”

Dr Farzana Hussain

GP Principal and Clinical Director for Newham Central 1, and Step 5 Changemaker

baby buddy™



The go-to free pregnancy and parenting guide

For dads, co-parents and caregivers too!

Baby Buddy App, by Best Beginnings

Baby Buddy is a free pregnancy and parenting app, for all parents, co-parents, and caregivers. The app has birth planning tools, a personal child health record and daily personalised content for mums, dads and non-birthing co-parents.

By registering for the app with a North East London postcode, you will also be provided with local information, such as:

- phone numbers for Newham's maternity helpline, antenatal and postnatal clinics
- visitor and parking information
- details about labour and infant feeding workshops.

Health professionals can also set up a profile on Baby Buddy and use it with the families they work with.

To download from your app store, search 'Baby Buddy'. For more information visit the [Baby Buddy website](#).

Priority 1: News

Welcome to the new Chair of Maternity Voices Partnership



Malaka Sultana

We would like to extend a warm welcome to Malaka Sultana, who recently became the Maternity Voices Partnership (MVP) Chair for Newham.

The MVP is a NHS working group that includes a team of residents and their families, as well as commissioners, midwives and doctors. The group helps to improve local maternity services in Newham by listening to residents' experiences and inviting them to make suggestions on how to make Newham's maternity services better.

If you or someone you know are pregnant or have recently given birth in Newham, MVP would like to invite you to their next meeting, on Friday 30th September, 12:30-2:30pm at Canning Town Library.

If you are interested in joining, get in touch with Malaka at malaka@bestbeginnings.org.uk. If you cannot attend but would like to provide feedback, you can do so through their [website](#).

Free Healthy Start vitamins

In Newham, all pregnant people, new mums and children under the age of 4 can get free vitamins. It doesn't matter what your income or immigration status is. You can collect a bottle from Newham University Hospital, some health centres and most children centres. Click [here](#) to view a list of collection points.

If you want to find out more about Newham's local Healthy Start vitamins scheme and the national food scheme, a training session will be taking place on **Wednesday 2nd November, 10:00-11:00am**. Click [here](#) to register.



Newham Talking Therapies: Mental health workshop for pregnant people and new parents

**Are you pregnant or a new parent in Newham?
Are you experiencing any difficulties with your mental health?**

Newham Talking Therapies is offering a one off community workshop for pregnant people and new parents, focusing on mental wellbeing and providing tips and techniques to help with their health.

When:
Thursday 27th October at 17:30-18:30

Where:
Online, via Microsoft Teams. Click [here](#) to register (choose 'other' on the workshop form and write "perinatal mental health workshop").

For more information, please contact Newham Talking Therapies **028 536 2161** or click [here](#).


East London
NHS Foundation Trust


Newham Talking Therapies
Community Psychological & Employment Support
Twitter: @NewhamAPT Instagram: @NewhamTT
<http://www.newhamtalkingtherapies.nhs.uk>

OCEAN Service for people who have experienced birth trauma and loss

The OCEAN service offers support to women and birthing people who are experiencing moderate to severe mental health difficulties relating to birth trauma and loss. Residents can self-refer or they can speak to their GP or other health professional who can submit a referral for them. Referral forms can be found [here](#). You can also call **020 3222 8047** or email lift.eastlondonocean@nhs.net. Information leaflets are available in a range of languages [here](#).



Priority 1: Messages and updates from our partners

Newham Baby Feeding Helpline

Hazel Jones, Infant Coordinator at Newham Council



Did you know that the way in which babies are fed has a lifelong impact on the health and well-being of both mother and baby?

The **Newham Baby Feeding Helpline** was launched in March 2020 to ensure access to skilled infant feeding support, for all parents in Newham. It is available to help all parents reach their infant feeding goals, however they decide to feed their little ones.”

Here’s what some of Newham’s residents have to say about using the Helpline:

“I really appreciated how things were presented to me as choices and options. I used the helpline for 2 months. That continuity was really important in building my confidence in breastfeeding.” – Sarah



Sarah and her baby

“The helpline has been a game changer for me. Without it I doubt I would have been able to continue breastfeeding. It’s been a great support for questions no one else seemed to have answers for and it’s been a great comfort knowing help is on the other end of the phone”. - Kayleigh



Kayleigh and her baby

To contact the Baby Feeding Helpline you can call, text or Whatsapp to **07534 249 611**. If you prefer, you can also email: baby.feeding@newham.gov.uk.

Infant feeding support in other languages

- The Breastfeeding Network (BfN) runs a support line for Bengali and Sylheti speaking residents. Residents can call between 9:30am and 9:30pm on 0300 456 2421.
- Written information about breastfeeding and bottle-feeding is available in a variety of different languages and can be found [here](#).

Support sessions to reduce inequalities in maternity care

Jenise Jarvis, Interim Low Risk Care and Community Matron at Newham University Hospital



Jenise Jarvis



As part of our work to improve maternity care and reduce

inequalities, Newham University Hospital (NUH) runs fortnightly pregnancy network sessions for pregnant people from Black, Asian and ethnically diverse communities. **Research** shows that in the UK, Black women are four times more likely to die in pregnancy than women from other ethnic groups. These sessions provide a safe space to listen and respond to the experiences of local people.

Since starting this network in September 2020, we have worked with residents to discuss: health issues that are more common in Black communities; important symptoms for women to be aware of; and how to escalate if they feel unwell. We also run reflection sessions for women to raise ideas for how Newham’s maternity service could be more inclusive and responsive to their health needs. The sessions have now opened up to partners, and people who have attended the Network have become friends and developed a support network with each other.

Currently, our consultant obstetricians, midwives, students and admin staff have been undertaking training and in-house study days. The training is about teaching staff how to truly listen to and act on women’s concerns. This is an ongoing initiative.”

If you are a resident who would like to be part of this Network, please email bartshealth.nuhbamaternitynetwork@nhs.net or call **07717 881824**. The support group meets at Newham Hospital every fortnight, on a Monday between 6–8pm at the Education Centre at Newham Hospital (Zone 2, Ground Floor).

Priority 1: Messages and updates from our partners



E16 Health staff at Women's Health Event

Access to a doctor for all in Newham

Dr Scarlett Gard, Newham GP and Clinical Director for Docklands Primary Care Network

“As a Doctor, I am passionate about ensuring that residents understand how to access healthcare in the best way possible. When you visit your GP surgery, it is our role to signpost you to the professional who will best support you and your needs. Doctors work with a team of nurses, health care assistants, care coordinators, pharmacists and social prescribers to achieve this.

Newham has a large number of people, including families, who live in temporary accommodation and we feel strongly that anyone can access care at our surgeries. In fact, all GP surgeries in Newham have signed up to be a 'safer surgeries practice' meaning anyone can register with any GP surgery in the borough. It does not matter if you are new to the country, have no recourse to public funds or if you do not have a permanent address. You do not need proof of documentation. If you do not speak English, we can organise a translator for you.

GP surgeries also want to hear the views and opinions of the residents that they support. Recently, my GP Practice (E16 Health - Albert Road and Pontoon Dock) met with a group of local women who are registered with our practice. The purpose was to listen to their thoughts and feedback on what they think about how healthcare should be delivered. Every GP practice has a patient participation group. If you would like to get involved, contact your GP.”

To register with your local GP, click [here](#).

Newham Nurture

Belinda Ngugi, Perinatal Programme Manager at National Childbirth Trust (NCT)

“Newham Nurture is a community partnership that supports pregnant and new mums from low income, migrant and marginalised communities.

Our goal is to help equip parents who are under-represented within pre-birth services, with practical parenting knowledge and skills. We offer post-birth education, peer support, baby and me sessions, link work and counselling. We also empower local mums to have their voice heard through our Newham Nurture Steering Group.”

Here's what some of Newham's local mums have to say about Newham Nurture:

“Since I was enrolled in the pregnancy class, my life has changed completely. I've been helped a lot - unconditional help - and I'm thankful for the patience you've had with me. I'm very happy because you've helped me also to connect with other organisations to help me and give me things I need because I am practically alone.”
Ms D, asylum seeker

“I go out regularly now with my baby in her sling, I remember when I couldn't go anywhere without your help and I was in so much pain.”
Ms H, Newham Mum

“I was in depression because of my current situation but you made me think different from my past mindset and I'm very comforted with that. Thank you.”
local Newham Mum

If you or someone you know would like support from Newham Nurture, click [here](#) for further information. You can also email newham.nurture@nct.org.uk or phone: **07542 128 205**



Newham Nurture staff and families enjoying a session together

Priority 1: Messages and updates from our partners

Newham Community Project

Rozina Iqbal, Charity Coordinator at Newham Community Project

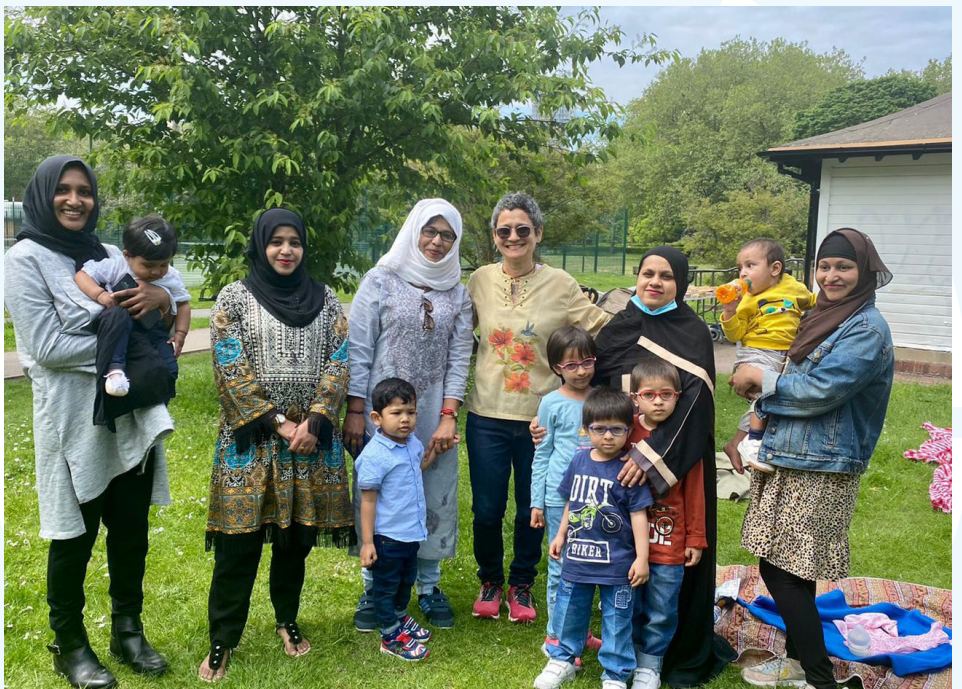
“ To support struggling families, the Newham Community Project distributes weekly groceries and baby necessities including nappies, formula, pushchairs, cribs, and hospital bags for pregnant people. We do this in a non-judgemental and trauma-informed way and we also offer mental health support.

Newham Community Project run over 150 WhatsApp groups such as; Blooming Ladies, New Mums, Baby Feeding Support, Children's Groups, Walks in the Park, and a Stay Calm group.

Newham Community Project beneficiaries are mainly from South Asia. There are cultural barriers and hurdles to families coming forward for the help they desperately need. Many of these families' cultural backgrounds limit women's confidence to go out alone or take children out on their own, so they mainly stay in their rooms all day, with many women living in shared accommodation.

Since 2020, we have been taking families out for picnics in the park, morning walks for mums, trips to London, farms and fields, and days out for all the family. This programme has helped many families, especially women, build confidence and overcome specific cultural barriers. The programme has helped with parents' and children's mental and physical well-being. We also run regular clubs, in conjunction with other organisations, such as book club, coffee mornings, writing skills, rowing and regular walks.”

To find out more or to get involved, please contact Rozina by emailing rozina.i@newhamcommunityproject.org



Priority 1: Messages and updates from our partners

Current research to help children and families in Newham

Michelle Heys, children's doctor and Associate Professor at Great Ormond Street Institute of Child Health, University College London

“Children and young people make up almost a third of the population and yet there's still so much we don't know about how to best support them and their families to be healthy.



Dr Michelle Heys

I work with children and families in Newham who are most vulnerable, to improve their health and the quality of health services within Newham and East London. One of the ways I do this is by working with a research team on a number of different studies. Current research includes:

- The impact of COVID on young families in Newham
- How living in temporary accommodation can affect the health of children and their mothers

- How communities and parents from South Asian ethnicities can work together to optimise feeding practices for children under 2
- How to improve autism diagnosis for children under 5, especially those from non-English speaking families
- How to improve health services for children and young people who are unaccompanied and seeking asylum
- Developing a community group programme to support families of children who have recently been diagnosed with a complex disability

The findings from research like this helps to improve the work of professionals and services across the borough, to ensure that children in Newham get the best possible start in life.”

To find out more about these studies please email elft.scypsresearch@nhs.net

Cook and play project for children's centres

Sandeep Flore, Nutrition Kitchen Lead

“Nutrition Kitchen is a community organisation set out to make Newham's community a healthier and happier place through food, cooking and exercise. The Cook and Play Project was specifically developed for children under the age of 5 and their families to expose them to vegetables, fruit and new culturally diverse dishes. This is paired with fun play activities, to encourage the importance of pairing the consumption of healthy nutritious food with movement and exercise.

Here's what families in Newham have to say about the programme:

“Until these sessions I did not realise how much my daughter loves cooking! She is only two but when she had the opportunity to have a go in the kitchen, I could see she was enjoying herself. I really like the recipes as they are both healthy and nutritional... I really liked that my daughter got to try different vegetables and was shocked by how much she loves carrots. She cannot stop eating them now!” – Gabriella and Nylah. Mum and daughter, Manor Park

“Being at the sessions has made me have a more relaxed approach to allowing Isatu (daughter) in the kitchen with me. Before I was afraid of her getting hurt or making a mess but having her with me and an elder there for supervision works well and Isatu just loves to help! ...Isatu is a fussy eater and since she has been to the sessions her relationship with food has been a lot better. She will try new foods as she touches and chops them, and I feel she is better than before. – Fatama and daughter, Manor Park



Nutrition Kitchen runs sessions at most of Newham's children centres. If you are a professional or resident who would like to get involved, please contact Sandeep Flore at sandeep@nutrition-kitchen.co.uk or call **07526 580621**.

Changemakers of the month



Step 3: Fawn Bess-Leith, Specialist Health Visitor Perinatal and Infant Mental Health

Fawn works with women and their partners experiencing moderate to severe mental health difficulties from pregnancy through to the first year following birth. She is also part of Newham Kids Time Workshop (KTW) team. Fawn's passion and enthusiasm has helped lay the foundation for both early identification and intervention to support families experiencing mental health problems.

Click [here](#) to read more about Fawn and Step 3.



Step 4: Deborah Reid, Early Help Hub Manager

Deborah's role is to support the implementation of Newham's Early Help Framework and provide leadership and coordination for the Early Help Hub - taking responsibility of day to day operations and oversight of case work. She also plays a key role in integrated approach to the care that we provide children in Newham. This means working collaboratively with a wide range of stakeholders across Children and Young People's Services and external agencies including, schools, health and voluntary organisations.

Click [here](#) to read more about Deborah and Step 4.



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 7: 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.

Click [here](#) to read more about Mavis and Step 7.



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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