



50 Steps News

Issue 17 / October 2022



Welcome

Welcome to the October issue of the 50 Steps newsletter. In this issue, we have the latest news and updates on many of the 50 steps, as well as dates for your diary. Please help spread the word about all the support available to improve the health and wellbeing of Newham.

Read about:

- Cost of living crisis support
- Free school meals in Newham
- Winter wellness
- Free flu vaccine for children
- Help to manage demand at local hospitals
- Stoptober activities
- Half-term activities for families
- Free online activity sessions
- New Cycle Taxi Service

Dates for your diary:

- Parent mental health matters workshop: 27 October
- Applied Suicide Intervention Skills Training (ASIST): 1-4 November
- The ASK workshop: Assessing for Suicide in Kids: 7 November
- Healthy Schools Launch Event 10 November



Cost of living crisis support

The cost of living emergency is hitting residents in Newham disproportionately hard. This comes after years of residents finding it hard to meet their basic needs.



More and more residents face financial instability due to inflation, soaring energy bills and housing costs. The combined effects of the cost of living crisis and cold weather over winter presents significant risks to the physical and mental health of residents, and will exacerbate health inequalities.

In addition to the recent measures **announced by the Mayor**, the Council have produced resources providing advice for residents and businesses on how to get **FREE** help if they are struggling financially or require extra support to reduce energy and food costs.

We have also developed resources to signpost residents to the **FREE** emotional and mental health support which is currently available for adults and for children and young people aged under 18.

For more information on free cost of living support please visit www.newham.gov.uk/council/cost-living-response

Continued on page 2.

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.

Key updates

Cost of living crisis support

Over the next few months, we will continue to share information and advice on cost of living crisis support. We would like to hear from you about any more advice which is needed. Please email CostOfLivingResponse@newham.gov.uk.

HOW TO HELP

We run free cost of living training, delivered by Our Newham Money, Newham Food Alliance and the Social Welfare Alliance. The session provides an overview of the **FREE** support available and practical tips for Newham residents on how to cope with the rising cost of living, focusing on food, fuel and money. If you are interested in joining future training sessions on this or would like to request a bespoke session for your organisation, please email agata.roszczyńska@newham.gov.uk.

The session covers:

- How to access grants and schemes available including eligibility criteria
- Benefit and income maximisation
- How to refer residents to access food support and the different types of support available
- Energy and utility bill saving tips
- Case studies



COST OF LIVING



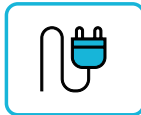
Help with money

Our Newham Money
020 8430 2041
ournewhammoney@newham.gov.uk
www.ournewhammoney.co.uk



Help with food

Newham Food Alliance
07790 975 086
frontdoor@newhamfoodalliance.org
www.newham.gov.uk/newhamfoodalliance



Help with fuel

- Our Newham Money: 020 8430 2041
- East End Citizens Advice: 020 8525 6379 Tuesdays & Wednesdays 10am-1pm
- GLA warmer homes programme: 0300 555 0195
shine@islington.gov.uk



Help with work

- Our Newham Work: 020 3373 1101
ournewhamwork.engagementteam@newham.gov.uk
www.ournewhamwork.co.uk
- Employment Rights Hub for free confidential support and advice if someone is having problems at work 020 3373 6494
- Work Rights Centre for help with employment rights, CV building and benefits
0300 4000 100 (EN) 07437 110951 contact@workrightscentre.org



Help with stress and emotional pressure

- For adults: Newham Talking Therapies: free and confidential psychological support
www.newhamtalkingtherapies.nhs.uk
- For children (under 18): Talk to your doctor or the school. For school health support 020 3373 9983
www.newham.gov.uk/schoolhealth
- Mental health crisis line for anyone: 0800 073 0066 anytime

costoflivingresponse@newham.gov.uk

WE ARE NEWHAM.



Contact us

If you would like to receive regular cost of living information or assist with the crisis response, there are a number of ways you can get involved such as becoming a Cost of Living Champion, Warm Haven volunteer and more. Please contact: CostOfLivingResponse@newham.gov.uk.



Click [here](#) to read more about **Priority 12 – Building an inclusive economy and tackling poverty**

Key updates

Free school meals in Newham

All primary children in Newham get a **FREE**, nutritious lunch every school day, saving families £500 a year per child. Newham is one of only four places in England where every child eats for free in primary school!

But some families are missing out. We want to help spread the word and make sure that everybody knows that lunches are free in all Newham primary schools for all children.

School lunches are made with good quality, fresh ingredients and contain two of the recommended 5-a-day fruit and veg. Parents and children have been involved in deciding the menus to make sure children want to eat them!

By choosing free school meals, you can save the money and time it takes to buy and make packed lunches.



To apply for free school meals visit:
www.newham.gov.uk/freeschoolmeals



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

SAMPLE MENU

| | MON | TUE | WED | THU | FRI |
|--------------------------|---|---|--|---|--|
| Main choice | 'New York' style meatballs with penne pasta | Homemade BBQ chicken pizza | Roast chicken, lemon/thyme stuffing, roast or new potatoes | Lamb and vegetable jollof rice | Pollock in batter with lemon mayo and chips |
| Vegetarian choice | Jacket potato with veg fillings | Homemade mozzarella, tomato and basil pizza | Lentil roast, lemon/thyme stuffing, roast or new potatoes | Tuscan mixed bean pasta bake with focaccia | Sweet potato topped keema spiced vegetarian shepherd's pie |
| Extra choice | Veggie sausage Hot dog in roll | Chicken paella rice pot | Tandoori chicken and naan | Southern-style Quorn burger in roll with slaw | Veggie brunch muffin with chips |
| Veg selection | Sweetcorn Fresh broccoli | Fresh carrots Green beans | Seasonal fresh veg | Mixed veg Sweetcorn | Garden peas Baked beans |
| Dessert | Apple and sultana crunch with ice cream | Strawberry frozen yoghurt with fruit | Jelly with summer fruits | St Clement's drizzle cake | Black forest slice |
| Daily options | Salad bar, deli options, freshly baked bread, fresh fruit, fruit yoghurt, cheese and biscuits | | | | |

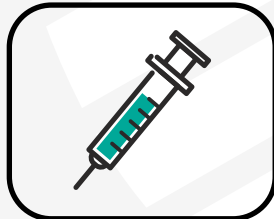
Key updates

Winter wellness

With winter around the corner there are many ways we can look after ourselves and each other during the colder months.

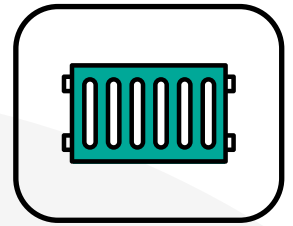
Staying well

- If you feel unwell – even if it's just a cough or cold – speak to your pharmacist as your first source of support. For more advice or help call NHS 111 or visit www.nhs.uk for details of local services.
- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your **FREE** vitamins
 - If you're 65 or older, find out more at www.newham.gov.uk/vitamind or call 020 8981 7124
 - If you're pregnant or have a child under 4, find out more at www.newham.gov.uk/healthystart
- Get your **flu, pneumonia and Covid-19 vaccines** if you are eligible. Being up to date with your vaccinations is the best way to protect yourself against winter illnesses.
 - Find out more about the flu vaccine at www.nhs.uk/flu
 - Find out more about the Covid-19 vaccine at www.newham.gov.uk/bookyourvaccine



Staying warm

Staying warm at home during the cold weather is really important and we know it may be more of a challenge this year than before. Some top tips are:



- Make sure you're receiving any benefits you are entitled to such as the Warm Home Discount, the Cold Weather Payment and the Winter Fuel Payment
- Draw your curtains in the evening, keep doors closed and block out draughts
- Wear several light layers of warm clothes (rather than one chunky layer)
- Stay moderately active in your home
- Wrap up warm and wear shoes with good grip if you need to go outside
- Try to keep your bedroom at 18°C (65°F) and your living room at 18-21°C (65-70°F)
- Get advice on making sure your home is ready for winter such as getting a boiler check by a Gas Safe Registered engineer
- Find out more on how to reduce your bills and make your home more energy efficient at www.simpleenergyadvice.gov.uk or or call Newham's free advice line SHINE on **0300 555 0195**
- It is important to warm your home safely and reduce any risks. For more information visit www.london-fire.gov.uk/safety/the-home
- Check in your neighbours and relatives. It's easy to find winter an isolating time because people are staying home more. Making time to check in on others helps to keep those connections going and provide support to family and friends if necessary.

More information on all of the above can be found at www.newham.gov.uk/winter



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

Key updates

Free flu vaccine for children aged 2-3 years old and primary school children

This autumn and winter, Vaccination UK will be visiting primary schools in Newham to offer the **FREE** flu vaccine to all eligible children from Reception to Year 6. The nasal flu vaccine is painless, quick, and side effects are generally mild. The flu vaccine helps protect children, as well as vulnerable family and friends and is better than having the flu!

To get the flu vaccine, parents/guardians must complete a consent form. Please go to the **Vaccination UK webpage** to give permission, or to decline. For parents who want their child to have the injection (which does not contain porcine gelatine), you can also do this by using the consent link above. To do this, please say no to the nasal flu vaccine (which contains highly processed porcine gelatine). You will then be taken to the page where you can consent for the injection instead. For more information, please click **here** to watch a video. If you are unsure or have any questions, please contact Vaccination UK's immunisation team on **020 8214 1393** or visit **www.schoolvaccination.uk**

To watch the video on flu vaccines for children in other languages click the links below:

[Video in Turkish](#)

[Video in Romanian](#)

[Video in Spanish](#)

[Video in Punjabi](#)

[Video in Bengali](#)

[Video in Polish](#)



BOOST YOUR IMMUNITY THIS WINTER

○ FLU JAB

Parent of a toddler? Flu can be life-threatening and spread more easily in winter.

If your child is aged 2 or 3 years old, you can help boost their natural immunity and help protect others from this virus.

Talk to your GP practice and book your vaccination soon.



Talk to your GP, or book online:
www.northeastlondon.icb.nhs.uk/wintervaccinations



Click **here** to read more about **Priority 1 – Enabling the best start through pregnancy and early years**

More information on all of the above can be found at **www.newham.gov.uk/winter**

Key updates

Help to manage demand at local hospitals

North East London Hospital A&E departments and 999 responders are currently facing extremely high demand which may mean patients using these services will have to wait longer to be seen.

As patients will be seen in order of clinical need this means those with more minor ailments who do not require urgent medical attention will face longer waiting times, as the sickest patients will need to be treated first.

Knowing the **best route to urgent care** can help patients find the treatment they need faster and will help prevent services being overloaded.

To help spread the word to Newham residents, you can use this **communications toolkit** which includes posters, flyers and videos.

Your route to urgent help

Minor illnesses can often be treated at home.

Pharmacists can offer advice as well as medication over the counter.

Your GP surgery should usually be your first contact if you have a health problem.

NHS 111 provides help with a range of medical issues. They can connect you to an appropriate health professional for advice.

Only call for an ambulance if you have a life-threatening medical emergency, or have a severe injury.

Find out more at northeastlondonccg.nhs.uk/urgentcare

NHS



Click [here](#) to read more about Step 1 – Ensure we put health in all policies, using all our tools as partners of the Health and Wellbeing Board, to maximise the health of Newham’s population

Key updates



Custom House Bookshop Stoptober outreach event, October 2022

Stoptober activities

Newham's **FREE** Quit Well Newham Stop Smoking Service is encouraging the borough's smokers to quit smoking by taking part in this year's national Stoptober campaign. Many smokers want to quit, but need extra support to give up this habit. By joining Quit Well Newham, people are four times more likely to quit than if they were to try to do it on their own.

Smokers save £167 per month from quitting.

This is what some Newham residents have said they will be doing with the money they save:

'With the money I save I will use it towards bills and healthier grocery shopping.'

P. Cowens.

'I will use the money for my new baby on the way.'

Mr Karim.

'I will buy new gadgets, electronics and clothes for myself.'

Alexandru Popa

Thanks to Quit Well Newham, more residents gave up smoking in 2021 than in the previous 5 years, with nearly 1,800 people stopping for good.

Quit Well Newham and our Public Health outreach team have been holding outreach events during the course of Stoptober providing information on our stop smoking service and helping residents start their quit journey. There are also weekly drop-in sessions run by Quit Well Newham at North Woolwich and Beckton Library providing free, friendly advice on the many different ways to quit.



Please visit our website for more information www.newham.gov.uk/stoptober



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

Key updates

Half-term activities for families

This autumn school break there's loads to do for children of all ages (including those who are vulnerable) at our Youth Zones, Libraries, Leisure Centres, Children's Centres and Parks. There are many face-to-face activities as well as online over zoom.

The full programme of activities is now online, from pony rides to BMX sessions, youth dances to Black History Month movies and events, alongside youth choir singing, combat sports, badminton, Halloween parties, stories and quizzes and so much more. Most activities are free.

For full details, view the brochure [here](#).



FREE online activity sessions

Are you looking to get fit but don't fancy going outside? Check out this range of FREE, fun online activity sessions to help you get moving indoors. You can choose from 5, 10 or 30 minute sessions, including Couch to Fitness, Bhangra Family Fit and more! To find out more click [here](#).

For more resources to help you stay active at home visit our [Keeping Active at Home website page](#).



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

Key updates

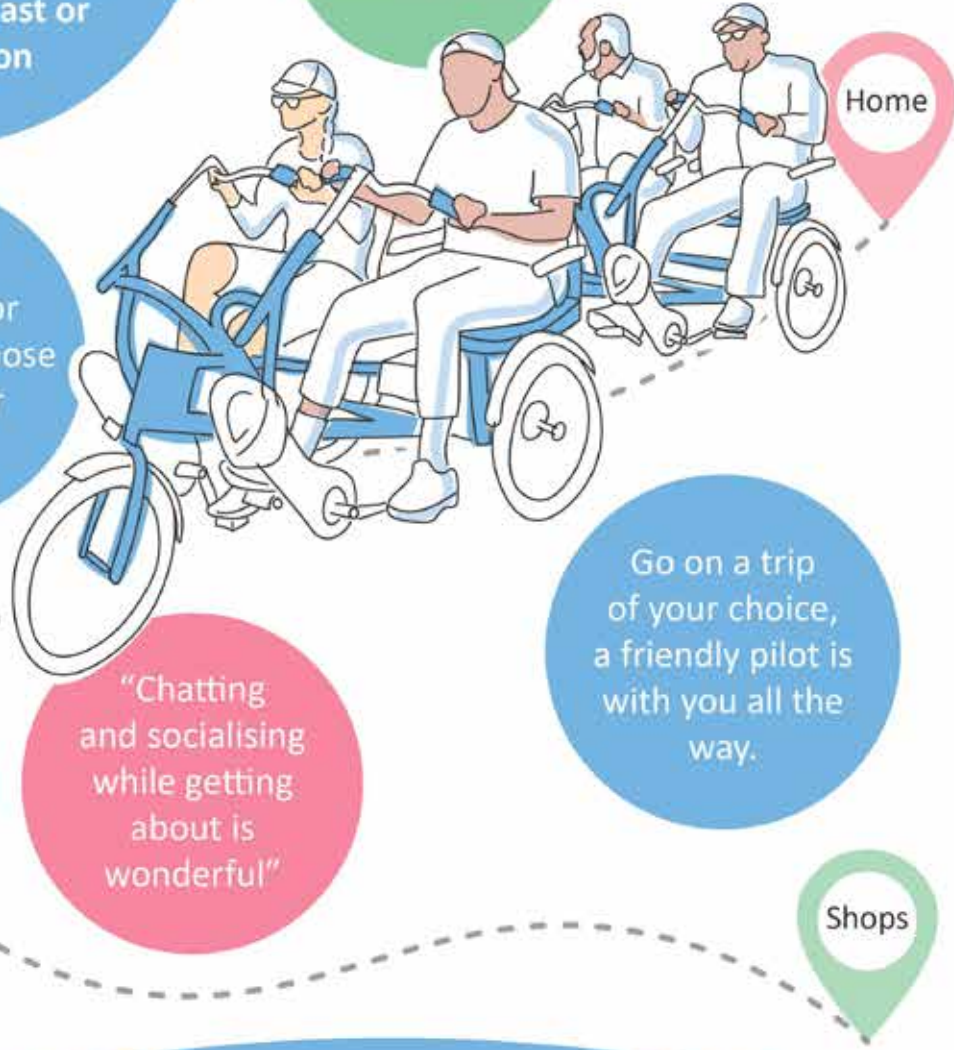
Cycle Taxi Service

A free neighbourhood cycle taxi - in East or West London

"I got a sense of freedom and independence"



Easy and accessible for everyone - choose to pedal for more fun!



Go on a trip of your choice, a friendly pilot is with you all the way.

"Chatting and socialising while getting about is wonderful"

Make one-off trips, regular journeys or group bookings



Book by phone
020 8980 7998 - option 5

Book online
bikeworks.org.uk/cycle-taxi-service

Want to become a Pilot? Get in touch!
bikeworks.org.uk/work-for-us

Key updates

Mental Health Training Sessions for frontline staff

North East London Training Hub in collaboration with North East London Health and Care Partnership are pleased to offer fully funded training to all staff, students and carers in North East London.

Applied Suicide Intervention Skills Training (ASIST) – FULLY FUNDED FOR NEL STAFF

This GOLD standard World Health Organisation endorsed Suicide Prevention course is intensive two-day training for care-givers and key community members. It teaches suicide alertness and an easy to remember framework of practical skills to safely initiate, complete and follow-up on a full suicide intervention.

To qualify you should complete registration with your work email address, otherwise booking will automatically be cancelled. Failure to attend following registration will incur a £150 charge. Lunch and refreshment provided on both dates. You must attend both days fully.

Click on the desired date below to register. Courses run from 0900-1700 on all days.

- **Tuesday 1 and Wednesday 2 November 2022:**
Holiday Inn Express,
713 Eastern Avenue Newbury Park, London IG2 7RH
- **Thursday 3 and Friday 4 November 2022:**
Holiday Inn Express,
713 Eastern Avenue Newbury Park, London IG2 7RH

The ASK workshop: Assessing for Suicide in Kids (face to face)

Do you want to become aware of the ways children at risk of suicide communicate their need for help? Do you want to learn to recognise factors that may increase suicide risk and those that may mitigate it? Do you wish to understand and be able to meet common challenges in working with parents to facilitate safety? Participants of The “ASK” Workshop™ leave better equipped to reduce the risk of suicide and enlist help for young children.

We are delighted to restart face-to-face delivery of The ASK Workshop. This one-day workshop is targeted at staff working with and caring for children age 5 – 15 years of age. There are limited **fully funded** places available for staff working across North East London. Failure to turn up following registration will incur a £120 charge for non-appearance (this is the cost of the training).

- **Monday 7 November 2022**

9am-5pm

Holiday Inn Express, 713 Eastern Avenue, Newbury Park, London IG2 7RH (Redbridge)

To register click [here](#).

Feedback from previous attendees:

‘Excellent, excellent, excellent workshop! One of the most valuable courses I have taken in my career.’

‘This material is extremely well thought out and put together. It exceeded my expectations by far. Congratulations on putting together such a powerful, practical, accessible resource!’

** Do add your name to the waiting list if courses are fully subscribed so priority places can be offered to you for future dates**

For more information and other **FREE** mental health and suicide prevention training including on reducing self-harm and Mental Health First Aid to support young people visit www.nelsuicidepreventiontraining.co.uk



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

Healthy Schools Launch Event

Thursday 10 November 2022, 1-4pm
Old Town Hall, Stratford,
29 The Broadway, E15 4BQ

We would like to invite Headteachers and Healthy School Leads to the Newham Healthy Schools Launch Event. The event will highlight the range of provision available for both primary and secondary schools to support the health and wellbeing of pupils, staff and wider school communities through the programme.

Mayor Rokhsana Fiaz, Director of Public Health Jason Strelitz among other Directors and Cllrs will be attending to celebrate Newham schools that have achieved the Healthy Schools London Bronze, Silver and Gold Awards.

There will be a range of dedicated speakers and presentations, as well as a market place of stalls to allow for informal networking and information gathering. Refreshments and a light lunch will be available.

The event is open to two staff representatives from each school. To book a space, click [here](#).

If you have any questions about the event, please direct your email to Racha Fayad racha.fayad@newham.gov.uk and Amy Hayfield amy.hayfield@newham.gov.uk



Click [here](#) to read more about **Priority 2 – Supporting our young people to be healthy and ready for adult life**

Parent Mental Health Matters workshop

NHS Talking Therapies are holding a special workshop to support new mums and dads and their mental health - see poster to the right.

To register for this FREE workshop, please complete the online registration [here](#). When registering, type 'other' for the name of the workshop and then manually write the title.

PARENT MENTAL HEALTH MATTERS

27th October 5-6pm
via MS Teams

Join us in an online workshop to find out what support is available for new mums and dads, their babies and families.

TO REGISTER TO ATTEND:

- 0208 536 2161
- elft.nttworkshops@nhs.net
- Click the icon to register OR see caption for the registration form

Changemakers of the month



Step 27: 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 37: Mala Muthu, Projects Manager, Skills Enterprise, Birkbeck, University of London

Mala is a projects manager at Skills Enterprise, a charity that supports vulnerable and marginalised people. One of their main services is digital inclusion. Mala feels strongly about the impact a lack of digital skills can have on a person's life – it can lead to poorer health and lower life expectancy, increased loneliness and social isolation and limited access to jobs and education.

Click [here](#) to read more about Mala and Step 37.



Step 42: Bahia Gherabli, Team Leader, HLC, Stop Smoking Advisor, Jetsol Pharmacy

Bahia and the team at Jetsol Pharmacy support local residents to stop smoking. "We aim to give the best support to our residents. We play a crucial role in motivating them to quit for good. We explain to them the principles of nicotine, what cigarettes contain and how it harms their health to enable them to make an informed choice about quitting. Stopping smoking brings a lot of benefits to the health – it improves blood circulation, lowers blood pressure and allows a better lung function."

Click [here](#) to read more about Bahia and Step 42.



Step 43: Burhan Uddin – Manager, Our Newham Money

Burhan is the Service Manager at MoneyWorks, 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, whether that's providing 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 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.

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

www.50steps.co.uk