



# 50 Steps News

Issue 19 / December 2022



## Welcome

Welcome to the December issue of the 50 Steps newsletter. This edition provides information on how to stay safe in the cold weather, as well as news on additional support available with the cost of living. We also have updates on support and activities available for families and vulnerable residents, as well as news of two fantastic events held in November.

Please help spread the word about all the support available.

Inside you'll find:

### Winter support

- Cold weather warning and advice
- Warm havens
- Hot meals
- NHS care over the festive period
- Reducing damp and mould
- Keeping active over the holiday

### Support for families

- Advice on Strep A and scarlet fever
- Newham's Winter Holiday Activity & Food Programme
- Healthy Schools launch event
- Newham Nurture win award
- Street Tag winners

### Support for vulnerable residents

- Health and Wellness Day
- Improved safeguarding for adults with care and support needs



## Winter support Cold weather warning and advice

With low temperatures and severe overnight frosts this winter, it is important that everyone is able to stay warm and especially **those most at risk** from cold weather, including children, older people and those with underlying health conditions.

Here is some advice on the risks of cold weather and tips for staying warm from the UK Health Security Agency (UKHSA), which you can find [here](#):

- If you can't heat all the rooms you're using, it's important to heat the main room you're in during the day and the bedroom just before going to sleep.
- Wear several layers of thinner clothing rather than one thicker layer to keep warm.
- Have plenty of hot food and drinks to keep warm.

There is a lot of support available for residents in Newham who are need help with the cost of living and heating their home. Find out about all the support available [here](#).

For more advice on staying safe and well this winter click [here](#).



### Priority 11

Click [here](#) to read more about **Priority 11 – Building a borough of health promoting housing**

# Winter support

## Need somewhere warm to go in Newham?

For residents who need somewhere warm to go, we have Newham Warm Havens, which are safe, welcoming warm spaces where residents can go, free of charge, for any reason. There are currently 10 libraries and six community centres who are dedicated Warm Havens and will be open for longer during the day. For more information on your nearest Warm Haven, click [here](#).



## Hot meals this winter

Residents who are experiencing financial challenges, preventing them from getting the food they need, can contact the Newham Food Alliance for free hot meals.



To refer yourself or someone who would benefit, please find the referral form [here](#). The information gathered on this form helps the Newham Food Alliance to match you (or the person you are referring) with a partner who is best able to provide the direct food support needed.

If you have any questions or are unable to use the referral form, the team are available to receive calls Monday-Friday (9am-5pm) at **07790 975 086** or email [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)

The Newham Food Alliance is an open collaboration between partners who reach thousands of residents each week with food parcels, hot meals and offer other support.



### Priority 11

Click [here](#) to read more about **Priority 11 – Building a borough of health promoting housing**

## NHS care over the festive period

A&E departments are extremely busy at this time of year. If you don't need urgent attention, your wait will be very long while the sickest patients are treated. Find the right care and consider quicker options like a pharmacy or NHS 111 by clicking [here](#).



### Priority 6

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

## Your route to urgent help



Find out more at [northeastlondonccg.nhs.uk/urgentcare](http://northeastlondonccg.nhs.uk/urgentcare)



# Winter support

## Reducing damp and mould

It is vital that we help residents to reduce the amount of damp and mould in their home, as inhaling or touching mould spores can lead to asthma attacks and cause allergic reactions such as sneezing and skin rashes.

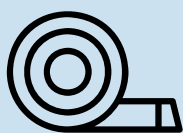
There is free support available for residents whose homes are affected by damp and mould and we have produced a leaflet explaining where to get support and advice. Find a copy of the leaflet [here](#), along with other useful cost of living resources.

### Important information to remember:

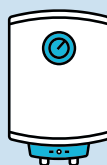
- If you are worried about your physical and/or mental health call 111 free for information on where to get help or talk to your local GP or pharmacist.
- If you are renting, it is your landlord's responsibility to provide a safe, healthy home and fix repairs that might be causing damp. Report any issues to your landlord. If there is no response, contact our housing team: [ENVPrivate.SectorHousing@newham.gov.uk](mailto:ENVPrivate.SectorHousing@newham.gov.uk)
- If you live in council housing get advice and support from Newham Council's Damp and Mould Taskforce: [dampandmouldtaskforce@newham.gov.uk](mailto:dampandmouldtaskforce@newham.gov.uk)



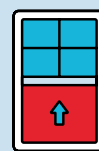
**REPORT IT**



**INSULATE**



**HEAT  
EFFICIENTLY**



**VENTILATE**



**LESS  
MOISTURE**



### Priority 11

Click [here](#) to read more about **Priority 11 – Building a borough of health promoting housing**

## Cost of living information

Our Well Newham Outreach Team are out and about around the borough this winter providing information on the free support and advice to help with the cost of living, as well as support to stay healthy. To find out where we will be, please see our Outreach Team schedule [here](#).

If you would like to stay up to date with support around the cost of living, join the Cost of Living Champions by emailing: [costoflivingresponse@newham.gov.uk](mailto:costoflivingresponse@newham.gov.uk).



### Priority 12

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

# Winter support

## Keeping active over the holiday

If you are looking to keep active over this holiday period, here are the revised opening times for activeNewham leisure centres:

### Festive Opening Hours

	Leisure Centres	Call Centre
24th December	8am - 3pm	CLOSED
25th December	CLOSED	CLOSED
26th December	CLOSED	CLOSED
27th December	10am - 3pm	10am - 2pm
28th December	8am - 4pm	9am - 3pm
29th December	8am - 4pm	9am - 3pm
20th December	8am - 4pm	9am - 3pm
31st December	8am - 3pm	CLOSED
1st January	CLOSED	CLOSED
2nd January	10am - 3pm	10am - 2pm

**active**  
newham



#### Priority 8

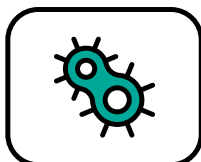
Click [here](#) to read more about **Priority 8 – Supporting an active borough**

# Support for families

## Advice on Strep A and scarlet fever

As you may be aware, there has been an increase in children getting scarlet fever, to a level that is higher than expected for this time of year. In very rare cases, the bacteria that causes scarlet fever can cause an illness called invasive Group A Strep (iGAS). To support families and help them spot the signs and symptoms of scarlet fever and Strep A we have produced the leaflet below. For more information click [here](#).

## STREP A & SCARLET FEVER



### What is Strep A?

- Strep A is a bacteria that causes a mild infection which can be treated with antibiotics
- It can cause some illnesses including a sore throat, scarlet fever, and impetigo (skin rash)
- It can in very rare cases become serious and affect children's lungs and blood



### Symptoms of scarlet fever and Strep A

- Early symptoms of scarlet fever include sore throat, headache, fever
- After 12 to 48 hours, red, tiny (like a pin) rash develops, usually on child's chest and tummy. Sometimes the rash spreads to other parts of their body
- Skin will feel rougher and scratchier than normal (like sandpaper)
- Cheeks might feel flushed and children might be pale around their mouths. It may look is different in darker skins but the feel is the same



### What to do if someone has symptoms

- Call 111 or your GP to find out the reason for the symptoms and get treatment
- Stay at home to reduce the chance of giving other people the infection
- If a child or adult is diagnosed with Strep A (eg scarlet fever), they should stay home until 24 hours after starting antibiotics
- Antibiotics should be taken for as long as the GP prescribed - even if someone feels better
- If your child is having difficulty breathing or turning blue call 999



### What to do to reduce the risk of getting or spreading Strep A

- Wash hands with soap and warm water for 20 seconds
- Use a tissue to catch coughs and sneezes
- Keep away from others when feeling unwell
- Have your flu and COVID vaccines and childhood vaccines



### Why are there more cases of Strep A at the moment

- There are some ideas about why (eg people mixing more) but it isn't yet clear why there are more cases
- The number of cases becoming serious is NOT higher than in the past
- For almost everyone, Strep A causes a mild disease that is easily treatable
- There are more cases of Strep A so there are more cases of serious Strep A (invasive group A Strep)

More information: [www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/streptococcus-a-strep-a](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/streptococcus-a-strep-a)

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



### Priority 5

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

# Support for families

## Newham's Winter Activity Programme

Our Children and Young People Team have produced an extensive **winter activities programme brochure**, for families in Newham. The Holiday Activity & Food (HAF) Programme brochure is filled with lots of exciting, free activities taking place this winter holiday, including:

- Families who are in receipt of benefits-related free school meals, can take up a nutritious meal offer during the school holiday.
- Our Youth Zones will provide a variety of exciting activities such as basketball, table tennis, pool, PS4 computers games and football. Refreshments, lunch and dinner will also be provided.
- A range of festive family fun activities, including festive Lego making, family quizzes, arts and crafts, family movie and popcorn shows, are some of the fun activities on offer at your local libraries.
- Important information for families on how to get help and support during the festive season.

You can find the Winter Activities Programme Brochure [here](#).

For information on the HAF Programme, email: [HAF@newham.gov.uk](mailto:HAF@newham.gov.uk). For any other winter activities queries, email: [CYPactivities@newham.gov.uk](mailto:CYPactivities@newham.gov.uk)



WINTER 22-23 ACTIVITIES PROGRAMME



### Priority 8

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

# Support for families



## Healthy Schools launch event

On 10th November we hosted the Newham Healthy Schools Launch Event, to celebrate the schools who have achieved Bronze, Silver and Gold Awards, and highlight the support available to schools wanting to join the programme.

Over 100 people joined on the day, including Head Teachers and Healthy School Leads from across Newham. We heard presentations from Ellen Wilkinson Primary School - a Bronze accredited school, Sarah Bonnell School (Silver) and Kensington Primary School (Gold) including advice on the accreditation process, key learnings and the benefits of joining the programme.

The Healthy Schools Programme helps both primary and secondary schools to take a whole school approach to health and wellbeing and achieve Bronze, Silver and Gold Awards in recognition of their achievements.

The event was attended by Mayor Rokhsana Fiaz OBE. Matt Jarvis, former professional footballer and West Ham United Club Ambassador, was the guest speaker, and spoke about the link between physical activity and mental wellbeing, and the teachers that inspired and supported him to follow his dreams.

Young Health Champions spoke about how their school environment supports their health and wellbeing and the importance of involving children and young people in health improvement activities, through examples such as School Council and pupil voice.

We also had a marketplace of stalls from 13 services at the event, to let schools know about the range of opportunities and information available to improve the health and wellbeing of school communities.

Samra Malik, Science Lead at Kensington Primary School said:

**The Healthy Schools London programme has been a great tool for Kensington to reflect on the provision that has been put in place to allow staff and children to develop their emotional and mental wellbeing.**

**The Newham Healthy Schools team have been brilliant and are always available to help. I have had countless zoom meetings with them throughout this process and they have always been there to support.**

For more information about the Healthy Schools Programme and how your school can sign up to take part, please contact Amy Hayfield [Amy.Hayfield@newham.gov.uk](mailto:Amy.Hayfield@newham.gov.uk) and Racha Fayad [Racha.Fayad@newham.gov.uk](mailto:Racha.Fayad@newham.gov.uk)

**Thank you to everyone who attended and helped to make the event a success! Together, we hope to make every school in Newham a Healthy School!**



### Priority 2

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

# Support for families

## Newham Nurture receive City of Sanctuary award



We are delighted to share that the Newham Nurture project has received a City of Sanctuary award, in recognition of their contribution to supporting those seeking sanctuary.

**Newham Nurture** is a community partnership with NCT, Alternatives Trust, The Magpie Project and Compost London, supporting women from low income, migrant and marginalised backgrounds during and after pregnancy.

The Maternity Service of Sanctuary title was awarded by City of Sanctuary UK, a nationally coordinated network of organisations and services, including councils, universities, theatres and libraries that welcome and support refugees and people seeking asylum.

Here are some of the wonderful things women have said about Newham Nurture:

“ It’s made me love and care for myself more and makes me special.

“ I found a lot of information from the pregnancy sessions which helped me release my tensions.

“ It’s good for me and my baby to come here. It’s so welcoming, when I come here and they smile, all of my sadness goes away - I have found my sisters here.

“ They are so helpful and caring they helped me a lot in my difficult and challenging time and situation.

“ I am scared to apply for things but Newham Nurture service and the staff made me feel comfortable.

“ Congratulations to Newham Nurture and an extra thank you for the role you play in helping achieve Priority 1 of Newham’s Health and Wellbeing Strategy; Enabling the best start through pregnancy and early years!



### Priority 1

Click [here](#) to read more about **Priority 1 – Enabling the best start through pregnancy and early years**



# Support for families

## Street Tag winners!

Well done to our latest Street Tag winners and to all other teams taking part who have this season completed 17,722,371 steps and covered 27421,6860 miles!

Don't forget to take part in the next leaderboard and if you've never tried Street Tag before why not download the app now to join in the fun. Keep active, earn points and win prizes! Download the Street Tag app from the Play Store or App Store. You can add up to two children to your app. For more information on Street Tag click [here](#).



**We have crowned our latest most active Communities in Newham.**



- **First Place: Earth with 5,369,420 points.**
- **Second Place: Nature with 5,188,065 points.**
- **Third Place: Hiker with 1,508,645 points.**



**Some highlights of the season:**

- **Over 17 million steps**
- **47057 tags collected**
- **27421.6860 active miles covered.**



### Priority 8

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

# Support for vulnerable residents



## Newham Health and Wellness Day

On 16th November we held a health and wellness event, in collaboration with **CGL**, to provide health and wellbeing services for socially vulnerable groups in Newham. 21 partner organisations and charities jointly hosted the event and provided a range of free services and support to 120 vulnerable adults, including people who are homeless and sex workers. The support and services available on the day included:

- Health guidance
- Sexual health testing
- Mental health guidance
- COVID-19 and Flu vaccinations
- Haircuts
- Showers
- Warm lunch
- Toiletries
- Food parcels
- Clothing and shoes

We would like to thank all of the partners that made this event possible, especially the Carpenters & Docklands Centre, for kindly providing the venue and food.

Here are what some of our partners had to say about the day:

“It was really great to be part of an event meets the need of the homeless and look forward to attending future – Newham Talking Therapies.

“It was an amazing event! So much amazing support and warmth swirling together and moving in the same directions – Safe Connections



### Priority 5

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

# Support for vulnerable residents

## Improved safeguarding for adults with care and support needs

Adults with care and support needs require additional safeguarding measures as they are in the care of people in positions of trust (PiPoT). To improve safeguarding for all adults with care and support needs, the Safeguarding Governance Team has developed a new process to improve the management of allegations against People in Positions of Trust.

A person in a position of trust is an employee, volunteer or student who works with adults with care and support needs of any kind. While the term also applies to roles and settings in which an adult has direct with children (e.g. teacher, carer), this new safeguarding process applies specifically for PiPoT working with adults with care and support needs of any kind.

This process will help employers and organisations when allegations fall outside the framework of S42 of the Care Act 2014. This is because some allegations do not indicate alleged abuse or neglect of specific adults with care and support needs, but they still indicate that a person may not be suitable to work or volunteer with adults with care and support needs. Examples of such concerns include (but are not limited to) allegations that a person in a position of trust has:

- Behaved in a way that has abused, or may have abused an adult or child.
- Possibly committed a criminal offence against, or related to, an adult or child.
- Behaved towards an adult, or child, in a way that indicates they may pose a risk of harm to adults with care and support needs.



The process and referral form can be accessed [here](#) along with the referral form which is submitted automatically to a confidential email address [PiPoT@newham.gov.uk](mailto:PiPoT@newham.gov.uk). For further information please contact the Safeguarding Governance Team on [Safeguarding.AdultsAdmin@newham.gov.uk](mailto:Safeguarding.AdultsAdmin@newham.gov.uk)



### Priority 5

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

## Our outreach team are offering emergency accommodation for rough sleepers during the very cold weather.

If you see someone sleeping rough contact @Tell\_StreetLink, call **0300 500 0914** or go to [www.streetlink.org.uk](http://www.streetlink.org.uk)

#NewhamRoughSleepingTeam



## 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).

## Get involved in 50 steps

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).

Follow our hashtag [#whatsyourstep](https://twitter.com/whatsyourstep)  
[www.50steps.co.uk](http://www.50steps.co.uk)

# 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 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.



## Step 8: Ben Levinson OBE, Headteacher of Kensington Primary School

Ben is Head Teacher of Kensington Primary School in East Ham, where 660 children attend. Ben also works alongside the Department of Education to support the wellbeing of education staff nationally and has also helped the Youth Sport Trust and BUPA Foundation create the Well Schools movement.

Click [here](#) to read more about Ben and Step 8.



## Step 33: West Silvertown Foundation

The West Silvertown Foundation was set up in 1995 to help break down the barriers in a very unique area of Newham, to help the most vulnerable and to support a healthy, vibrant and sustainable community, which benefits everyone. With a programme which aims to provide support and encourage integration through community-led activities, they have a diverse programme with a focus on health and wellbeing. These include exercise classes, couch to 5k, fitness for carers, a local walking club and youth football. Most recently, the community-led renovation of a community garden has provided an outdoor space for everyone to enjoy, and to provide a much needed safe outdoor space to meet neighbours and learn new skills.

Click [here](#) to read more about the West Silvertown Foundation and Step 33.

