



# 50 Steps News

Issue 3 / June 2021

## Key updates

### EU Settlement Scheme

The EU Settlement Scheme, which allows EU citizens to continue living in the UK following Brexit, opened on 30th March and applications can be made until 30 June 2021. From July, EU nationals who have not completed their EU Settlement Scheme (EUSS) will face losing their right to live and work in the UK.

A consortium of Newham organisations and charities are behind a 'Stay Settled in Newham' campaign, encouraging those citizens who haven't applied to do so and to reach out should they need advice, support, or guidance with their application.

The consortium includes:

- The Renewal Programme
- New Europeans
- One Newham
- East End Citizens Advice Bureau
- HEALTOGETHER CIC
- Roma Support Group
- Shpresa Programme
- Skills Enterprise
- Work Rights Centre
- Newham Council
- Seraphus - Putting the Humanity back into Migration Law

EU citizens can get direct advice from all the above organisations but are being encouraged to use the referral forms, which can be found at [here](#). If you are in a position to spread awareness about the EU Settlement Scheme we urge you to do so. If you require materials or assets, please contact [victoria.gottschalk@renewalprogramme.org.uk](mailto:victoria.gottschalk@renewalprogramme.org.uk).

### 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 Hifsah Malik at [hifsah.malik@newham.gov.uk](mailto:hifsah.malik@newham.gov.uk). Together we can make Newham a healthier borough.

WE ARE PROVIDING **FREE** HELP WITH:

- Digital Support
- Document Checking
- Specialist Immigration Advice
- Help and Guidance with Applications

**APPLICATION DEADLINE IS JUNE 30th**

**STAY  
SETTLED  
IN NEWHAM**



EU Settlement Scheme

[WWW.RENEWALPROGRAMME.ORG.UK](http://WWW.RENEWALPROGRAMME.ORG.UK)  
MULTILINGUAL HELPLINE: 0808 196 3510  
SUPPORT EMAIL: [staysettledinnewham@gmail.com](mailto:staysettledinnewham@gmail.com)

# Key updates

## Priority 1 – Ensuring families are protected against TB



The BCG (TB) vaccination helps protect babies and young children against tuberculosis (TB). TB is a bacterial infection which usually affects the lungs, but it can also affect other parts of the body, such as the brain. Rates of TB are still high in Newham and so our goal is to ensure all families are aware that babies are eligible to receive the BCG vaccine for free. Currently families will receive a letter with details regarding the vaccination between 2-4 weeks after birth. This letter asks families to contact Vaccination UK to book an appointment. Please note these clinics are not walk in clinics and you must call, text or email Vaccination UK to book an appointment.

There are 5 different venues where babies can get their BCG vaccine. They are:

1. Vicarage lane, 10 Vicarage lane, E15 4ES
2. The Centre Manor Park, 30 Church Road E12 6AQ
3. Plaistow Children Centre, Junction Road E13 9DQ
4. Edith Kerrison Children Centre, Sophia Road E16 3PB
5. Oliver Thomas Children Centre, Matthews Avenue E6 6BU

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

You can also email Vaccination UK [newham.bcg@nhs.net](mailto:newham.bcg@nhs.net) or call them on **07494 867242**.

## Priority 1 – A Healthy Start for all families

**Free vitamins:** As part of our efforts to give every child the best start in life (Step 4), Newham is now offering FREE vitamins to all children under 4 years, pregnant women and new mums! All vitamins are suitable for Halal and vegetarian diets. There are a number of distribution outlets located across the borough and they can be found [here](#).



**Free fruit, vegetables, legumes and milk:** The Healthy Start voucher scheme provides eligible families with between £4.24 and £8.50 per week to spend on healthy food. The scheme is open to families with children under 4 years old and pregnant women in low-income households. Unfortunately, 50% of all eligible families (2,500) in Newham are not accessing Healthy Start and we must work together to increase awareness about the scheme.

If you work with families and pregnant women, you can help by attending a Healthy Start online training session and sharing information. For more information and to register to attend, please click [here](#).

You can also speak to your local children centre, health visitor, midwife, or library for more information about both the vitamin and food voucher schemes. If you'd like to be sent posters and information flyers, please email [asmat.syed@newham.gov.uk](mailto:asmat.syed@newham.gov.uk).

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

## WE ARE HEALTHY. FREE FOOD AND MILK WITH HEALTHY START.



### PREGNANT? CHILDREN UNDER 4?

You may be able to get help to buy **healthy food and milk**. 2,400 eligible families in Newham are missing out.

Pick up a form from your local Children's Centre, library, midwife, health visitor or visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Applying is easy and **DOES NOT** affect your other financial benefits.

**WE ARE NEWHAM.**

**ALL** children under 4 years, pregnant women and new mums can get **FREE** vitamins with **Vitamin D**.



Collect from any of the following Children's Centres: Rebecca Cheatham Nursery School, Kay Rowe Nursery School, Sheringham Nursery School and Children's Centre, Plaistow Primary School and Children's Centre, St Stephen's School and Children's Centre, Altmore Children's Centre, Edith Kerrison Nursery School and Children's Centre, Beckton and Royal Docks Children's Centre

People at the Heart of Everything We Do

# Key updates

## Priority 8 – The Daily Mile Early Years Pilot

In partnership with London Marathon Events, the Early Start Nutrition Team and the Public Health Sport and Leisure Team want to inspire children in Newham to be active and are encouraging early years settings to sign up to take part in The Daily Mile. The Daily Mile is a simple initiative – children can run, jog or toddle at their own pace for 15 minutes, 3-5 times a week. The Daily Mile takes place outdoors and any route can be used, around your setting's outdoor space, a local park or other safe space for children to move. You can also encourage families to take part at home too!



**Sign up today** to be part of the pilot group and have the opportunity to shape the development of The Daily Mile for early years settings across the UK.

## Priority 8 - Inclusive Cycling Sessions for everyone

In June we are launching free inclusive cycling sessions working in partnership with Bikeworks. The sessions will provide a variety of activities including:

**All Ability Sessions:** free to access and open to all drop in sessions which will take place in Central Park and Beckton District Park South. There will be a range of adapted cycles on offer including tandem tricycles, side-by-side and platform tricycles.

The sessions, which will alternate between the two parks will take place on Fridays, from 11am-1pm. For more information, please contact [all.ability@bikeworks.org.uk](mailto:all.ability@bikeworks.org.uk) or 020 8980 7998 (option 3).

**Cycling for Wellbeing:** This is a cycling support group for people experiencing a wide range of health issues including those who are anxious, experiencing mental health challenges or who are socially isolated. The free 4 week programmes will take place at the Olympic Park and provide an opportunity to meet new friends, build confidence, learn new skills and feel the benefits of regular physical activity.

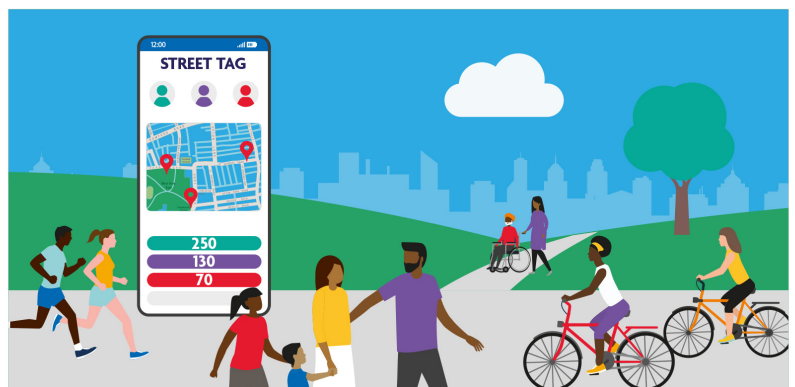
For more information or to book a place, please click [here](#).

## Priority 8 - Street Tag has launched

On 10th May we launched Street Tag, a fun, free smart phone app that offers rewards for exercise. Street Tag turns physical activity into a game and converts walking, running, and cycling into Street Tag points, turning streets and parks into a virtual playground! The family-friendly game rewards families, individuals, schools, and communities for their physical activities such as walking, running, and cycling. When playing Street Tag, you can record the distance you've walked, ran, or cycled by scanning virtual tags with your smartphone at various geographical locations. Watch your total distance accumulate, see how far you climb up the local leader board and win prizes.



## WALK, RUN OR CYCLE AND WIN PRIZES WITH STREET TAG.



Download the Street Tag app on the App Store or the Play Store. For more information, visit [www.streettag.co.uk](http://www.streettag.co.uk)

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

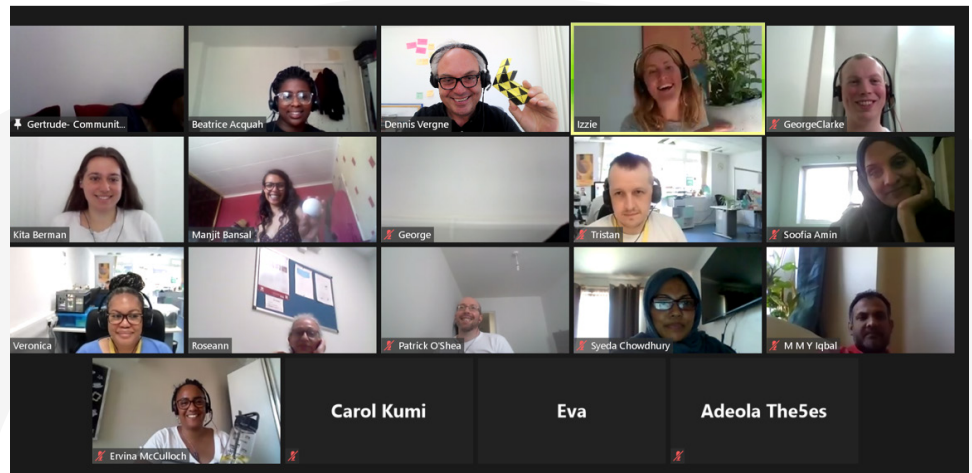
# Key updates

## Priority 9 – Newham Social Welfare Alliance hits 1000 attendees



The Social Welfare Alliance was formed by a cross sector project team in September 2020 to support all frontline workers with information and referral pathways to support residents around income maximisation, immigration support and advice, employment support, housing issues and much more.

Since November 2020 we have been offering a training programme, for those in the borough who are regularly having conversations with residents who are presenting with a range of social welfare issues. There have been over 1000 attendances by frontline workers represented from 100 different organisations, accessing a range of 27 different training sessions.



“Brilliant host. She made a complicated topic with lots of jargon that previously confused me into something clear, easy to understand and immediately applicable to my volunteering role. Fantastic training and a way to help us all understand our fellow Newham residents. Thank you!” Immigration training attendees’ feedback

The programme continues to grow with new sessions added regularly.

Click [here](#) to view the programme and register for sessions.

## Priority 9 – Strategy to enhance volunteering

Building on the efforts of voluntary, community, and faith sectors to shield and support Newham residents through the pandemic, we have launched a strategy that focuses on maximising the impact of volunteering on organisations, communities, and volunteers themselves.

Ranging from Mutual Aiders to Faith Groups, the voluntary sector and Active Newham, the strategy sets out a vision for improving volunteering in all settings and building on the ground-breaking efforts of volunteers during the pandemic.

The strategy sets out our goals to transform the sector by recognising, celebrating, training, and signposting opportunities to volunteer, investing in the organisations and resources that volunteers need, and focusing on driving up participation in the borough.

It will also work closely with the Council’s social integration strategy to place volunteering at the heart of efforts to build a more cohesive, diverse, and integrated Newham.

Click [here](#) to read the volunteering strategy.

Click [here](#) to read more about **Priority 9: Supporting a Newham of communities where people are better connected and supported.**

## Get involved

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

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