



50 Steps Get Newham Moving

Issue 4 / July 2021



Everyone has experienced significant challenges over the last year and we know that it has resulted in lower levels of physical activity across the borough. It is well known that being active does not only improve physical health, but it can have a huge benefit towards improving mental health as well. It's incredibly important we all act now to increase physical activity in the community.

Priority 8 of the 50 Steps is all about supporting an active borough, ensuring that there is access for everyone in Newham to benefit from physical activity that suits their ability and interests.

This newsletter shares with you what we have been doing to help 'Get Newham Moving'. We hope that you will feel inspired to help us do more.

Help us Get Newham Moving

Spread the word to employees, colleagues and friends/family.

It would be fantastic if you could share our Get Newham Moving initiatives with your network. Or further still, do you have an idea of something we could all do to help keep the borough active?

We'd love to hear from you. Contact nicole.napier@newham.gov.uk.

Changemakers of the month

There are many individuals and organisations that are helping others in the community. We call them Changemakers. Newham Changemakers sit at the heart of our campaign and without them, we wouldn't be able to have such an impact. Anyone can be a Changemaker, below we are showcasing the Changemakers for Priority 8.

Step 33:



Christine Ohuruogo, 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, particularly young people and believes everyone should have the opportunity to be active.

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.



What we've been up to



Daily Mile

Daily Mile: Early Years Pilot

In partnership with London Marathon Events, the Early Start Nutrition Team and the Public Health Sport and Leisure Team we want to inspire children in Newham to be active. We 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!

How to Get Started:

By signing up today you'll be part of our pilot group and have the opportunity to shape the development of The Daily Mile for early years settings across the UK. Click [here](#) to sign up today.

Daily Mile: Primary Schools Grant

We are also working closely with the London Marathon Trust to get as many Newham Primary Schools as possible signed up and delivering The Daily Mile, at least 3 times a week from September 2021. To encourage Primary Schools to sign up to The Daily Mile we are offering a grant of up to £200 to help activate school spaces! This £200 can be used to paint or mark out a Daily Mile track or route in playgrounds/outdoor spaces/or areas. Or schools can get creative, using the £200 for equipment/supplies and turn the whole thing into a project with pupils.

The grant application opened on Friday 25th June 2021 and closes on Friday 30th July 2021. If you are a Primary School interested in applying, please contact Gemma.Tully@newham.gov.uk.

Street Tag

On 10th May 2021 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.

Perhaps you can have a competition between colleagues in your organisation?

Download the Street Tag app on the App Store or the Play Store. For more information, click [here](#).



Summer Activities for Young People

The Summer has finally arrived and with lockdown restrictions easing, it's the perfect opportunity for young people in Newham to benefit from the Summer Holiday Programme, which offers a full range of fun and engaging activities for a variety of ages.

The Summer Holiday Programme can be downloaded [here](#). If you can share with families or young people in Newham, please do. We want to ensure the opportunity to take part in some fantastic activities is there for as many young people as possible.

WE ARE FUN.



What we've been up to



Activating Our Parks

Self-Led Walks

Newham has a number of lovely parks and open spaces to explore including a number of self-led walking routes that have been mapped across the following parks to help keep you active. Just follow the leaf signs!

- Canning Town Recreation Ground
- Central Park
- Memorial Park
- Plashet Park
- Stratford
- Royal Victoria Gardens
- Plaistow Park
- Beckton District South

You can also find the routes [here](#). Why not arrange a walking meeting and try out one of our routes?

All Ability Sessions

In June we launched free inclusive cycling sessions working in partnership with Bikeworks.

Free to access and open to all drop-in sessions which take place in Central Park and Beckton District Park South. There are a range of adapted cycles on offer including tandem tricycles, side-by-side and platform tricycles. The sessions, which alternate between the two parks take place on Fridays, from 11am-1pm. For more information, please contact all.ability@bikeworks.org.uk or 020 8980 7998 option 3.

Summer Programme

- activeNewham programme: activeNewham will be providing a number of sports and activity sessions for children, young people and families across a number of parks this summer including but not exclusive to, Central Park, Plashet Park, Stratford Park, Canning Town rec, Forest Lane Park, Plaistow Park, Priory Park, Royal Victoria Garden and New Beckton Park. These will be free to access and include activities such as; Family Yoga, Family Games, Family Dance, Multi-sport, Youth Boxing, Inclusion activity, Tag fitness, Karate, Rowing and much more!
- Street Games Festivals: Street Games will be delivering 4 Doorstep Sports Festivals for children & young people (11-17) and families in Parks this summer, themed around celebrating the Euro's, and the Olympic & Paralympic Games. These festivals will be free to access and participants may even come away with goodies.
- Urban Sports Roadshows: These travelling roadshows will give children and young people a chance to try different sports such as Skating, Skateboarding and Parkour over the summer.

More information on our Summer Programme is coming soon! Please keep checking our [website](#) for more information.

Our Parks

Our Parks is Coming soon! This summer we plan to launch Our Parks. The 50-week programme will deliver Back to Exercise and Family Fit sessions in 8 parks across the borough targeting inactive females and families. Click [here](#) for more information on Our Parks.

Walking Groups in Newham

activeNewham are delivering a number of weekly and fortnightly walks led by trained walk leaders and supported by Newham's volunteers. The free walks take in Newham's rich and diverse heritage and history, showcasing the old and new, from old town halls and listed buildings, to new infrastructure and progressive developments. To find out where your closest walking group is, click [here](#).

Leisure Centres

Leisure Centres in Newham are back open and offering a range of activities. So whether you want to play sport, work out in the gym, take a swim or attend a fun fitness class then why not visit one of our four leisure and fitness centres and try something new.

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

What we've been up to

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 take place on 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, click [here](#).

Free Led Rides with Adapted Cycles

Led rides exploring the Low Traffic Neighbourhoods of Newham. Every Tuesday and Thursday from Tuesday 29th June to Thursday 26th August, from 1:15-3:15pm. Starting from the Velodrome in Queen Elizabeth Olympic Park. No need to book, just turn up. For more information, please contact all.ability@bikeworks.org.uk or 0208 980 7998 option 3.



Exercise Cards

We are all having to spend more time indoors than we normally would, which can make it harder to stay active. However, there's no reason staying inside means staying still! We've put together some gentle exercises to help older adults and those living in care to keep them moving at home.

The cards, which are categorised to cover: Cardiovascular, Flexibility, Balance and Strength and 5 ways to wellbeing are being distributed to 4800 residents across the borough.

Videos of the exercises are on the activeNewham [YouTube](#) Channel.

Physical Activity Packs

Some of Newham's most vulnerable residents will be supported to improve their wellbeing as Newham Council, working in partnership with London Sport and the Newham Food Alliance, distributes a thousand activity packs this summer.

The packs, which are funded by Sport England's Tackling Inequalities Fund, will consist of a tennis ball, sensory ball, resistance bands, skipping rope and beanbag as well as a booklet giving helpful information on the types of physical activity and exercise residents can do using their new equipment.

The Newham Food Alliance will distribute the activity packs, and the aim is to encourage residents who may not have access to equipment or traditional leisure facilities, to keep active at home, in the park or at other outdoor spaces.

Newham Play Conference

A Play Conference was delivered on Wednesday 30th June featuring speakers from Play England, London Play and Ambition Aspire Achieve (The AAA Zone). The conference was the first step in mapping the current Play provision in the borough, bringing together key stakeholders, organisations and deliverers in the Play space. The conference also looked at identifying gaps and bringing forward ideas on how to work together and improve Play provision, with this information then being used to inform an eventual Play Strategy for the borough.

If you would like more information on the conference or to be involved in the development of Play in Newham please contact: Gemma.Tully@newham.gov.uk



What we've been up to

Further Opportunities

- **LTA Serves Programme:** LTA SERVES is the LTA's leading sport for development programme which takes tennis into the heart of local communities. It takes tennis and its benefits to places it has never been played before and to people who may have never picked up a racket, or thought tennis was for them. LTA SERVES targets young people aged 8-18yrs old from a diversity of backgrounds and is delivered in a variety of venues including: community centres, youth clubs, Mosques, Gurdwaras, Mandirs and Church halls. They support community organisations by engaging and upskilling local people to become 'Tennis Activators' enabling them to deliver tennis sessions to their young people. Equipment is also provided as part of the programme.
- **Wallball:** Interested in setting up Wallball in your area? We can help you activate a space near you with free Wallball activator training.
- **BSUK & Street Games:** Invitation to deliver a pop-up club. Fun at Bat is a bat and ball skills development programme for all children which promotes fun, enjoyment and active lifestyles, while teaching them the fundamental skills of baseball. The programme also has a large emphasis on character development including: responsibility, working with others, safety, self-expression, enjoyment, and social interaction. Importantly, the programme aligns with the five key outcomes (Physical Wellbeing, Mental Wellbeing, Individual Development and Social & Community Development) of the UK Government's strategy for a Sporting Future: A New Strategy for an Active Nation. The requirements for you to run a Fun at Bat Pop Up Club is that you deliver weekly sessions for a minimum of 8 weeks. These sessions can be absorbed into your summer programme.

If you are interested in hearing more about any of these opportunities or getting involved please contact: gemma.tully@newham.gov.uk

Free support for Newham residents to lose weight

A free weight management service is now available to Newham residents. 'Live Well Newham' is a 12-week programme that achieves long-term behaviour change with personalised support combining nutrition, physical activity, and psychology.

The programme is initially being delivered virtually due to COVID-19 restrictions but will move to face-to-face when it is safe to do so. With online group-based support (mixed and single-sex), residents will have the chance to be part of a team, sharing experiences and benefitting from the informal support that comes with group membership.

To find out more for yourself or a patient, click [here](#) or call **0333 577 3010**.

150Club

The 150Club Newham Community Prescription programme aims to reduce rates of diabetes and cardiovascular disease in Newham by helping people to stay healthy. Delivered in partnership by LBN, Newham CCG and West Ham United Foundation, it is a free 12-week tailored exercise programme aimed at residents over 18 at risk of type 2 diabetes, cardiovascular disease and/or obesity. It provides one free exercise session per week and ongoing support from a Lifestyle Advisor.

It can be accessed through a health professional referral or by [self-referral](#). Alternatively, contact Layla McNeilly on **07715 226668** or email 150club@westhamunited.co.uk

For more information on ways to help our community keep active and a list of leisure activities that are available in the borough click [here](#).

Get involved

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

Follow our hashtag [#whatsyourstep](#)
www.50steps.co.uk