



# 50 Steps Helping Newham recover

Issue 6 / September 2021



Many residents have been asking us how they can recover their health after COVID-19. We know that Newham has been particularly hard hit by COVID-19, which has exacerbated health issues and inequality that existed before the pandemic, and made 50 Steps even more important.

To help Newham residents recover, we are launching a Health Recovery Campaign, starting in mid-October. This campaign aims to help residents by providing information on how they can improve their health and the support services available in Newham to help them.

## Step 2:

Working together to limit the impact of the COVID-19 pandemic on our residents, both through direct impact of infection and the indirect impact on other aspects of physical and mental health, and social and economic wellbeing.



## Share your news with us

We know you are all doing so much to help residents recover so please do get in touch so we can tell residents what you're doing. Contact Aine Fuller on [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk)



# Helping Newham recover



## 5 Ways to a Healthier Life

Recovering from COVID-19 involves many different aspects of people's lives. We know that COVID has had a terrible impact on people physically, mentally and financially. And each of these areas affects the other – poor physical health impacts your mental health, which can impact your financial situation and vice versa.

So to cover all this, we are calling the campaign '5 Ways to a Healthier Life' and we will be providing information and support on these five areas:

- **Healthy Body** (e.g. exercise, weight loss, stop smoking, cancer screening)
- **Healthy Mind** (e.g. bereavement, loneliness, anxiety, depression)
- **Healthy Money** (e.g. financial and job support, food support, education and training)
- **Healthy Winter** (e.g. flu/booster jab and keeping warm at home)
- **Healthy COVID Prevention** (e.g. testing, vaccinations, isolating, safety measures)

As part of the campaign we are working on developing a booklet with NHS Newham and a fantastic group of residents, to provide information on '5 Ways to a Healthier Life' and to signpost residents to support services.

We will also have 'health recovery' information tables in high footfall areas around Newham, where people can get information on the support services available, as well as talk to peer supporters and experts on particular topics; such as Stop Smoking Advisors.

**We would like to tell residents about the activities that your voluntary, community and faith organisations are doing to help them recover after Covid. If you would like us to promote what you are doing at the information tables please contact Aine Fuller on [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk)**

### Order your copies

We have copies of the Health Recovery booklet as well as information leaflets, campaign flyers and posters for your communities. If you would like to receive copies please contact Aine Fuller on [aine.fuller@newham.gov.uk](mailto:aine.fuller@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.

## Step 22:



### **Dr Imrana Siddiqui, GP and Clinical Lead for Mental Health**

Imrana is the GP Mental Health Lead for Newham. She works as a GP and is also the Lead for the Workforce Wellbeing Hub, a service set up to support NHS and social care staff. She is directly involved in designing and improving all aspects of mental health services, from perinatal and birth through to old age.

Click [here](#) to read more about Imrana and step 22.



## Step 26:



### **Ajitha Sajeev, Newham's Street Population Manager and Good Food Champion**

Ajitha received the British Empire Medal for her work supporting rough sleepers into more suitable housing. She is an active champion for food culture and supports the Newham Food Alliance. During lockdown, she diverted surplus food donations to a local charity that helped over 500 people. She also ran cooking sessions on Zoom to keep the older community active and engaged in healthy eating.

Click [here](#) to read more about Ajitha and step 26.



## 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 2019, 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 supplied 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 31:



### **Onome Juliet Eric, Volunteer**

Onome is an Active Newham, British Heart Foundation and COVID-19 Health Champion volunteer in Newham. As part of her involvement as a Health Champion, Onome runs a cycling club. Onome set up the cycling club to provide people with an opportunity to exercise and socialise during these difficult times. Her goal was to help keep the community healthy – both mentally, physically and emotionally.

Click [here](#) to read more about Onome and step 31.





# Health Recovery activities in October



## Stoptober

Smoking rates have increased since COVID-19 and many ex-smokers have relapsed. Smokers are at risk of developing serious health conditions such as heart disease, lung disease and diabetes. And we know that people with underlying health conditions are more likely to be hospitalised or die if they catch COVID-19.

So this autumn, we are doing all we can to help residents quit smoking – **Step 42 of priority 10: providing access to high quality support to quit smoking.** The annual NHS Stoptober campaign challenges people to give up smoking for 28 days, making them five times more likely to quit for good. Newham's Stop Smoking Service, run by Queen Mary University of London, will be hosting a number of pop-ups across the borough, including at Custom House and Canning Town Libraries as well as Queen's Market, where they will meet with residents and support them to begin their quit journey.

The voluntary, community and faith sector (VCFS) can also play an important role in supporting residents to quit. In a recent survey to 15 local organisations, we heard that nearly half of organisations hadn't heard about Newham's Stop Smoking Service, yet three quarters of those surveyed agreed that frontline staff would be one of the best ways to share information about the service. To better equip our frontline VCFS staff, our Stop Smoking Advisors will deliver two training sessions in Very Brief Advice on Smoking (VBA). VBA enables frontline staff to encourage smokers to join the programme even if they only have 30 seconds in which to talk. The sessions will take place in November and will be hosted by the Social Welfare Alliance. For more information and to book your place visit [www.newham.gov.uk/socialwelfarealliance](http://www.newham.gov.uk/socialwelfarealliance)



There are other ways to get involved with Stoptober. You can host a pop up Stop Smoking stand at your place of worship, community or outreach centre. You can put up posters and share leaflets within your community, or you can simply share information about the service so that residents can begin their quit journey. If you would like to host a pop up, or display some posters, please contact Shamsia Begum on [s.begum@qmul.ac.uk](mailto:s.begum@qmul.ac.uk)

## About Newham's Stop Smoking Service

Everyone will have their own reasons for stopping smoking. We help people every year through our Quit Well Newham Stop Smoking Service. You are four times more likely to be successful at quitting using the service than if you try it on your own. We offer weekly one to one contact which may take place face-to-face or over the phone, with sessions running during the day and evenings. The service provides 12 week support to pregnant women and partners who smoke. Our experience advisers give practice advice and moral support every step of the way. We can also provide stop smoking medication on prescription for free.

If you or someone you know would like smoking cessation support, talk to your GP or pharmacist, or call Quit Well Newham directly on **020 7882 8230**, mobile **07474 082 330** for text, calls and WhatsApp or visit [www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking)

# Health Recovery activities in October

## World Mental Health Day & World Homeless Day 2021

This year's World Mental Health Day and World Homeless Day will be marked with an event on 8 October to empower residents and inform them how the Council is tackling these issues.

We know that many people have experienced poor mental health and homelessness during the pandemic and need help. This event is coproduced by Newham Council and Newham Community Groups and will provide information on the support available on these two important issues.

Music, poetry, market stalls and inspiring speakers promoting good mental health and preventing homelessness will be available on Friday 8th October, between 10.30am-4.30pm, at Highway Church Hall, 88a Romford Road, Stratford, E15 4EH.

The theme for this year's World Mental Health Day is 'Mental Health in an Unequal World' and during the day visitors will hear people's lived experiences of mental health, watch videos and hear facts about the inequalities people affected by mental illness can face, along with the Council's progress in tackling rough sleeping.

Help spread the word and encourage people to register at: [worldmentalhealthdayandhomelessnessday2021.eventbrite.com](https://worldmentalhealthdayandhomelessnessday2021.eventbrite.com)

For more information contact: [Co-Productionteam@newham.gov.uk](mailto:Co-Productionteam@newham.gov.uk)



**WE ARE SUPPORTING.**



**World Mental Health Day & World Homeless Day 2021**  
Friday 8 October 2021 from 10.30am-4.30pm  
The theme for World Mental Health Day is 'Mental Health in an Unequal World'. Join us for a day of information, discussion and activities on promoting good mental health and preventing homelessness. Refreshments available.  
Where: Highway Church Hall, 88a Romford Road, Stratford, London E15 4EH  
Register now:  
<https://worldmentalhealthdayandhomelessnessday2021.eventbrite.com>  
For more information contact: [Co-Productionteam@newham.gov.uk](mailto:Co-Productionteam@newham.gov.uk)



## Vitamin D Supplements for residents aged 65 years and older

We will soon be offering free vitamin D supplements to all residents aged 65 years and older (Priority 3). This is in recognition of the fact that Newham's older population has been particularly affected by COVID-19, with lockdown exacerbating risks of vitamin D deficiency. Vitamin D is important for bone and muscle health and when people are deficient, they are more likely to experience weak bones, falls and fractures. To make this a success, we need your help to find settings across the borough who would be interested in becoming vitamin D distributors. To find out more or to notify us of your interest in becoming a distributor, please email [Ashlee.Teakle@Newham.gov.uk](mailto:Ashlee.Teakle@Newham.gov.uk)

## The impact of COVID-19 on young families and steps to recovery

Over the last 18 months, the council has been working with University College London (UCL) to research how COVID-19 has impacted pregnant women and families with children under the age of 4 (Priority 1). On 14 October, UCL will be presenting an overview of key findings from the study, which reflect data collected from over 2,000 families across Newham. A wide range of topics will be covered, including the social, economic and health impacts of the pandemic. This will be followed by a discussion about how we can use these findings to strengthen our response and recovery plans to more effectively respond to the needs of families. To register for this event, please click [here](#).

## 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.

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