



# 50 Steps News

Issue 8 / December 2021



## Welcome

Welcome to the December issue of the 50 Steps Newsletter. It's been a busy month for all of us, especially due to the emergence of the new Omicron variant of COVID-19. The impact of the pandemic has made the delivery of the 50 Steps Strategy all the more important and we thank you for working with us to achieve this – we couldn't do it without you.

In this edition you will find:

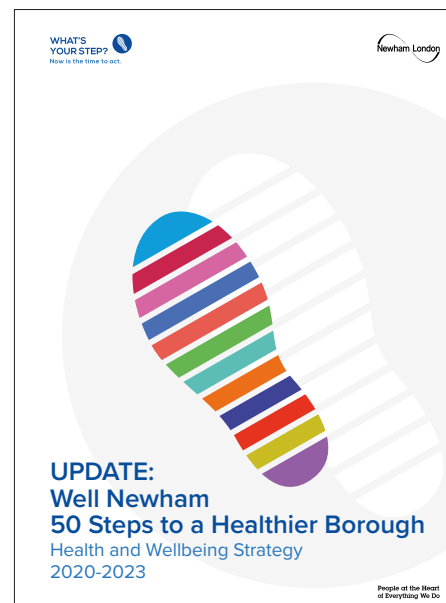
- 50 Steps Update Report
- COVID-19 Update
- COVID-19 Vaccine Community Engagement
- Family Cook and Play Programme
- 'Healthier You in 2022' campaign
- Tackling Health Inequalities
- Physical Activity and Leisure Survey
- Keeping Active Initiatives



See page 2 for our COVID-19 Update

## 50 Steps Update Report for 2021

In November we published our 50 Steps Update Report for 2021. Please find a copy [here](#). We should all be very proud of what we have achieved together, in what has been a very challenging year. The Annual Report includes highlights from each priority, as well as Key Performance Indicators for each step in 2022 so you can see what we are aiming to achieve together going forward.



## 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.

# Key updates

## Step 2 – COVID-19 Update

### Well Newham Omicron Update and Health Recovery Launch

Thank you to those who joined our Well Newham Omicron Update and Health Recovery Launch on 9 December. We found it so helpful to hear all your questions about the Omicron variant as this helps us to better communicate and share information with residents. Your insights on the different areas of health recovery have been really helpful too, and will help us plan and prioritise. We are holding another Omicron Q&A session in the New Year and if you would like us to organise a dedicated Q&A for your organisation please email [publichealthenquiries@newham.gov.uk](mailto:publichealthenquiries@newham.gov.uk)

At the event we launched our Well Newham Health Recovery Campaign and if you would like to find out more about how the 5 Ways to a Healthier Life booklet helps both residents and frontline staff please watch this [short video](#). We have already sent copies of the booklet to over 300 community settings in the borough. Please feel free to order more copies for your community setting and/or the residents you work with via our [website](#) or by emailing Aine Fuller on [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk)

### COVID-19 Health Champions

The COVID-19 Health Champions are an integral part of our fight against the virus - helping to disseminate key information about how residents can keep safe and healthy. We would like to thank each and every one of the Champions for your help. If you are interested in receiving regular information about COVID-19 by email, WhatsApp and Zoom then join our community of over 500 champions. Email [covidhealthchampions@newham.gov.uk](mailto:covidhealthchampions@newham.gov.uk) or WhatsApp +44 7929 792873. For more information visit our [webpage](#).

### Thank you to our COVID-19 Vaccine Community Engagement Organisations

In April 2021, 15 local community organisations joined with us to support COVID-19 Vaccine engagement activities in Newham.

They formed a partnership of local neighbourhood groups, faith-based and ethnic group organisations that were already well connected with, and who represented residents from so many different backgrounds and communities across Newham. Their expertise, experiences and insights were key to better understanding how we can ensure that our vaccine engagement work is as impactful as possible and reaches all our residents.

While each representing communities across Newham, they committed to and delivered a varied programme of work that helped get people vaccinated and make informed decisions. Between them, they have hosted workshops, information sessions, vaccine stalls, recruited volunteers, produced media campaigns, circulated information, and so much more.

We wanted to say a huge thank you to the 15 organisations and their volunteers for their great vaccine community engagement work and for contributing to helping get Newham vaccinated! Your contributions and hard work have been invaluable.

You can read this article in [The Guardian](#) to find out more about the impact of this work.



# Key updates

## Step 2 – COVID-19 Update

### COVID-19 Vaccination Bus

We are delighted to announce that we are launching a dedicated COVID-19 Vaccination Bus for Newham in January. The Vaccination Bus will visit different locations around the borough with trained vaccinators on board, ready to give residents their vaccination. The vaccinators will also be able to talk to residents about any questions and concerns about COVID-19, as well as sharing important information on physical and mental health. You will be able to find out where to find the Vaccination Bus in the weekly vaccine schedule [here](#).

### Well Newham Information tables

As many of you will be aware, we have Well Newham Information Tables in high footfall locations around Newham, six days a week. Our Community Outreach Teams hand out rapid COVID-19 test kits, help people to book their vaccines and answer questions, as well as providing residents with information on how they can improve their health. Please find the Outreach Team's schedule [here](#). If you would like to get help to run your own Health Information Table in your community, please email Aine Fuller on [aine.fuller@newham.gov.uk](mailto:aine.fuller@newham.gov.uk)



Click [here](#) to read more about **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**

### Priority 2 – Family Cook and Play Programme



We are launching new initiatives in January to help reduce childhood obesity in Newham. We are working with local provider, Nutrition Kitchen, to run two 10-week cooking and play programmes for the whole family. One programme will be held in Children Centres/Community centres for Early Years, and the second programme will be in primary schools.

The recipes and exercise will be culturally representative for Newham, with recipes such as a healthy 'Curry in a hurry' and bhangra sessions. The aim is for families to take away 10 different recipes, activities and behaviour changing messages over the programme. Topics will include cooking on a budget, reading labels, portion control, and recommended salt/sugar intake. The programme also offers emotional, social and physical support to families; enabling them to make lasting changes to lose weight and become fitter, healthier and happier. If you would like to host a session, refer a family or find out more, email Sandeep Floré on [sandeep@nutrition-kitchen.co.uk](mailto:sandeep@nutrition-kitchen.co.uk) or call 07526 580 621

### The Manor's Urban Cooking Collective

Aston Mansfield will be running a Healthy eating and cooking programme for young people in schools years 7-9 who:

- Are struggling with weight management
- Are suffering from food deprivation
- Have poor eating habits

Each week the young people will get a meal kit containing a recipe card and the ingredients to cook a meal for the young person's family. Each young person will be asked to film their cooking experience and submit their video. The team will work with the young people and their families to ensure that they have the necessary kitchen equipment to take part in the programme and families will also have access to a weekly food distribution service "Little Manor Supermarket".

To make a referral for this programme contact:

Telephone : 020 3355 3982

Email: [UCC.referral@aston-mansfield.org.uk](mailto:UCC.referral@aston-mansfield.org.uk)

Click [here](#) to read more about **Priority 2 – Supporting people around the determinants of their health**

# Key updates

## Priority 3 – Free vitamin D supplements for Newham residents aged 65 years and older



To help residents stay healthy this winter, we have launched an initiative offering free vitamin D supplements (tablets) to all residents aged 65 years and older. Residents can collect a free bottle from a number of different collection points across the borough. Collection point locations can be found [here](#).

A big thank you to the 30+ distribution sites that are now up and running in the borough! So many partners have been involved – libraries, places of worship, the voluntary sector, GP's, vaccination centres, pharmacies and more. Together, we have distributed almost 3,000 bottles of vitamin D supplements in just 6 weeks!

### What next?

This offer will continue to run throughout the winter period, until spring 2022. These are the months when it is hardest to get enough vitamin D.

There are two ways that you can help increase the number of residents taking up this offer:

1. Promote the offer to the residents that you know and/or work with. Please direct them to the list of collection sites located on our [website](#).
2. If you are in regular contact with residents aged 65 years and older, talk to our Vitamin D Coordinator about becoming a distribution site. You can do this by emailing [rashpal.gill@newham.gov.uk](mailto:rashpal.gill@newham.gov.uk)

Newham Council also has lots of information on other ways that you can stay well and access the support you need this winter. Click [here](#) to find out more.

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



## WE ARE HEALTHY.



### YOUR VITAMIN D SUPPLEMENTS

[www.newham.gov.uk/vitaminD](http://www.newham.gov.uk/vitaminD)

People of the Heart of Everything We Do

### What is vitamin D and why is it important?



Vitamin D helps keep bones, teeth and muscles healthy. People who don't have enough vitamin D are more likely to fall or break bones. A good source of vitamin D is sunlight, but it can be hard to get enough in winter as the sun is not strong enough for the body to make vitamin D. It is also difficult to get enough vitamin D from food alone so doctors recommend taking vitamin D supplements during winter to keep healthy.

## 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.

# Key updates

## Priority 4 – Have your say! Tackling health inequalities in Newham



Health inequalities are unjust differences in health between different groups of people. These differences are caused by circumstances beyond a person's control, such as their ethnicity, sexuality, living situation or immigration status. These circumstances unfairly disadvantage people and limit their chance to live a long, healthy life - and this should not be the case.

Tackling the inequalities that exist within the Newham community underpin the thinking behind every element of the 50 Steps to a Healthier Borough strategy. One of our key next steps is to support the new Health Inequalities Reduction Board, which will have particular focus on developing high quality and inclusive services, ensuring equity and reducing variation.

We will hold a workshop early in the new year to explore issues around health inequalities, structural racism and begin to think about what the priorities should be – and this is where we need your help! We would love to hear your views as to what you think are the most important areas for this board to focus on, whether it be improving outcomes in mental health, addressing structural racism and bias, focussing on diabetes and weight or looking at outcomes in cancer and heart disease. Please let us know by filling in this short survey [here](#).

## Priorities 3 and 10 – 'Healthier You in 2022' campaign



In the New Year, we will be promoting our 'Healthier You in 2022' campaign, aimed at helping residents adopt healthy habits, such as being a healthy weight, stopping smoking and reducing alcohol intake. As part of this campaign, we are putting together a calendar of events to promote the services available, including our Quit Well Newham Stop Smoking Service, and Xyla Live Well Newham Weight Management Programme.

In January 2022, it will have been a year since our Stop Smoking Service - Quit Well Newham - was launched. So far over 900 people have been referred into the service with 440 people setting a quit date. The programme encourages those who are smoking to register with our service or visit their local pharmacy for support. Quit Well Newham provides people with advice, drug treatment and behavioural support, giving them the best chance of becoming tobacco free. Contact Quit Well Newham Stop Smoking Service Monday to Friday 8:30am – 5:30pm. Call: 0207 882 8230 or mobile: 0747 408 2330 for text, calls and WhatsApp or click [here](#) for more information.

Our Quit Well Newham Stop Smoking Service provider, Queen Mary University of London, recently gave 'Very Brief Advice' (VBA) training to members of Newham's Social Welfare Alliance members. This training enables frontline staff to encourage smokers to think about quitting in just a 30-second conversation. We are looking to hold future VBA training within the next year. In addition, VBA+, created by the National Centre for Smoking Cessation Training, is a 10 minute online course available to the general public. After completing the course participants receive a certificate. You can access the course via this [link](#).

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

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



# Key updates

## Priority 8 - Community Physical Activity and Leisure Survey



Help us decide the future of leisure centres in Newham. We are currently undertaking a review of leisure centres in Newham and would love to hear the views of residents and people working in Newham.

- What do you think about physical activity, exercise and local facilities?
- What do you think stops people being more active or accessing their local facilities?
- How can the Council help support an active, healthy Newham?

Please spread the word among residents and tell us your views via this short [survey](#).

**Please note that the survey will close on January 12th 2022.**

We are also holding Online Resident Engagement Sessions in January to hear your views.

Join us on either:

**Friday 21 January 2022: 10am – 12pm**

Book [here](#)

**Wednesday 26 January 2022: 5.30-7.30pm**

Book [here](#)

## Keeping Active

### Street tag

It's not always easy to keep active in winter, so to make exercising fun, we're encouraging residents to use the FREE fun, family-friendly Street Tag game which encourages you to get out and about while earning points for being active! We currently have 357 players on our community leader board and 16 schools involved in our schools leader board.

By participating you have a chance to explore and discover your local area, and green spaces by walking, running, cycling or scooting around, collecting virtual tags along the way! These tags are worth points that add up on your local leader board giving everyone the chance to win prizes.

Don't miss out, join the Street Tag community today! Download the Street Tag app on the App Store or Play Store. For more information click [here](#).

### Our Parks

We are running 'Back to Exercise' and 'Beginner Bootcamp' sessions across eight parks in the borough to help residents keep active this winter. All classes are run by experienced qualified coaches and accessible for all ranges of abilities. Residents can book your exercise classes [here](#).

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



**WE ARE ACTIVE.**



**WE ARE NEWHAM.**

**ONLINE RESIDENT ENGAGEMENT SESSIONS**

Help shape our physical activity, community and leisure offer.

Friday 21st January 2022 – 10am – 12pm  
To book: <https://bit.ly/3J7ubQI>

Wednesday 26th January 2022 – 5.30pm – 7.30pm  
To book: <https://bit.ly/3mkHna5>

Help us decide the future of leisure centres in Newham.  
What do you think stops people being more active or accessing their local facilities?  
What do you think about physical activity, exercise and local facilities?  
How can the Council help support an active, healthy Newham?

People at the Heart of Everything We Do

# Changemakers of the month



## Step 4: Deborah Reid, Best Start in Life Children Centre Lead

Deborah's focus is on improving the health and wellbeing of families with children under the age of five, with a particular emphasis on the most disadvantaged families. This is accomplished through outreach at clinics, breastfeeding support, stay and play and working with health visitors.

Deborah has created and worked with many organisations to get the message across to families that a healthy lifestyle is incredibly important.

Click [here](#) to read more about Deborah and Step 4.



## Step 11: Siobhan Parker, Community Nursery Nurse and Public Health Programme Lead

Siobhan works in the school health service, supporting the delivery of screening programmes, the National Child Measurement Programme (NCMP) and the vision and hearing screening in Newham schools.

Siobhan identifies and improves the health gaps that exist, and listens to local residents so that she can support them to achieve their own health goals.

Click [here](#) to read more about Siobhan and Step 11.



## Step 39: Taskin Saleem, Chief Executive, Subco Trust

Taskin has been involved with many VCFS organisations over the years, setting up services and campaigning on a range of issues.

As part of her current role as Chief Executive of Subco Trust, she has collaborated with both local and national organisations to raise awareness and find solutions around many health and wellbeing issues. More recently as the new Chair of the Diverse Communities Health and Wellbeing Group, she has the additional responsibility of ensuring that services are accessible and appropriately developed for Newham residents.

Click [here](#) to read more about Taskin and Step 39.



## Step 42: Bahia Gherabli

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.”

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



## 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).

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

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