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Issue 30: May/June 2024

Welcome!

50 Steps to a Healthier Newham strategy launch

We are excited to share with you the recent launch of the 50 Steps to a Healthier Newham (2024-2027) strategy! It was a fantastic event that brought together Newham Council staff, partners, and residents to celebrate this important initiative.

The strategy aims to improve health and reduce inequalities for all Newham residents, and it was officially launched on Monday 29 April 2024. The 50 steps outlined in the strategy are a call to action for all partners, emphasising the importance of working together, sharing knowledge, and communicating better to make Newham a healthier and happier place for everyone.

The strategy builds on the award-winning 50 Steps to a Healthier Newham (2020-2023) approach and is strongly connected to local climate action, the Newham Health Equity Programme, and work taking place to build an inclusive economy.

Thank you to all our partners and stakeholders that joined us at the launch and everyone who is contributing towards the success of 50 steps.

[Read more](#)

[Click here to read the strategy](#)

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Introduction to Changemakers

In April, over 100 of us launched the 50 Steps to a Healthier Newham 2024-2027 strategy. This strategy emphasises the significant contributions made by Newham's community towards health and wellbeing.



The Changemakers program celebrates individuals from all of Newham's communities, inspiring others and building connections, relationships, and collaborations. Over 50 people are already Changemakers.

If you are interested in becoming a Changemaker, or know someone or a group of people who are, we are eager to hear their stories and showcase their work. Our goal is to celebrate their efforts and inspire others.

[Visit the 50 Steps blog for more information and to explore the stories of all the incredible Changemakers.](#)

Introduction to Equity

Equity is the golden thread that runs through the entire 50 Steps strategy because doing the work to deliver equity is fundamental to delivering better health outcomes for Newham residents.



The Newham Health Equity Programme will work with Step teams, Health and Care commissioners and anyone who is curious to identify, explore, and mitigate these inequities, to support services to be fair and effective, and deliver good outcomes for all our residents.

[Read more](#)

World No Tobacco Day

Quit Well Newham delivered two outreach events partnering with Change Grow Live (CGL) Newham Rise and Blakeberry Pharmacy to mark World No Tobacco Day on the 31st May 2024.

This was an opportunity to call on the borough's smokers to quit this habit and highlight the benefits of the free stop smoking support available.

[Find out more](#)

Leisure centre improvements and extended opening times

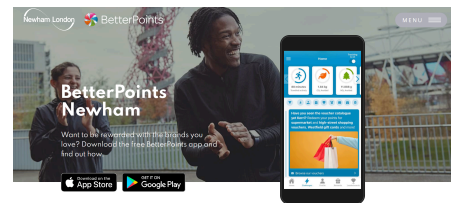
Our leisure centres have recently undergone some improvements. It's been a few weeks since GLL, operating under the Better brand, took over the management of the three sites. Although there have been changes, all the existing activities are still available for Newham residents to enjoy, with the correct membership.

[Read more here](#)



BetterPoints Newham rewards app

In partnership with BetterPoints, we're providing residents with another way to get healthier as well as making Newham a healthier place to live. By simply downloading the BetterPoints app, joining the BetterPoints Newham Challenge, and getting on the move, we can all contribute to a positive change. Walking or cycling for smaller trips can make a difference in how we feel and in our environment.



Thanks to BetterPoints rewards, technology can also have an impact on our finances. Its digital currency can be exchanged for shopping vouchers at local businesses.

Please share across your network and [read more here](#).



Ageing Well Festival - Save the date

Newham Council is delighted to announce the upcoming Ageing Well Festival which will be held on **Saturday 5 October**. Everything will be FREE including all activities, entertainment, and the international food available.

The celebration forms part of our wider Ageing Well strategy, aimed at improving the health and wellbeing of Newham residents aged 50+, while also reducing health inequalities.

Please share across your network and [read more here](#).

Loneliness Awareness Week

Loneliness Awareness Week **10th -16th June** aims to raise awareness of loneliness and encourage local connections. This year's theme, Random Acts of Connection, encourages simple, everyday moments of connection to reduce loneliness.



Residents are encouraged to join us for inspiring activities across the borough including a coffee morning with bingo and quizzes amongst others. Be part of the change — every interaction counts.

Please share across your network and [find more information here](#).

Let's Talk About Autism

Following the launch of our all-age autism strategy during Autism Awareness Month, we are pleased to present a video featuring four autistic professionals from Newham sharing their experiences.

Official data shows that only 22% of autistic individuals are employed, and we are committed to changing this by amplifying these authentic stories. By openly discussing autism, we demonstrate our support for the autistic community.



[Watch the video and read more](#)

What are direct payments?

Direct payments in adult social care allocate funds directly to individuals eligible for assistance, allowing them to purchase their own care services.

This approach offers greater flexibility, control and independence, enabling individuals to effectively address their care needs.

Do share across your network for interested residents and [read more](#)

Good thinking small grants programme

Good Thinking Newham seeks to increase awareness and use of Good Thinking across Newham – and to learn more about what people want and need from Good Thinking.



The organization aims to provide 15 grants ranging from £1,000 to £2,000 each, to help organizations raise awareness and promote Good Thinking in their communities.

Do share across your network for interested organisations and [read more](#)

To read our previous newsletters kindly check our [newsletter archive](#).

If you would like to contribute to the next 50 Steps newsletter, please email your submissions to us at: phhealth.promotion@newham.gov.uk

If you have any questions or suggestions, please don't hesitate to reach out to us at phhealth.promotion@newham.gov.uk.

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