

# 50 Steps News



Issue:31 July/August 2024

## Welcome!

Welcome to our 50 steps newsletter for July and August 2024

As we embrace the summer season, this edition shines a spotlight on the work of Newham Council's Leisure and Sports team and its partners in championing an active borough.

Read on to find out about all the fantastic physical activity opportunities available for everyone living and working in Newham this summer, many of which are free!

We also encourage you to read and share our top health tips for residents and professionals this summer, on our [Summer wellness page](#).

Wishing you a happy, active and fun-filled Summer!

Best wishes,  
Carly Clarke

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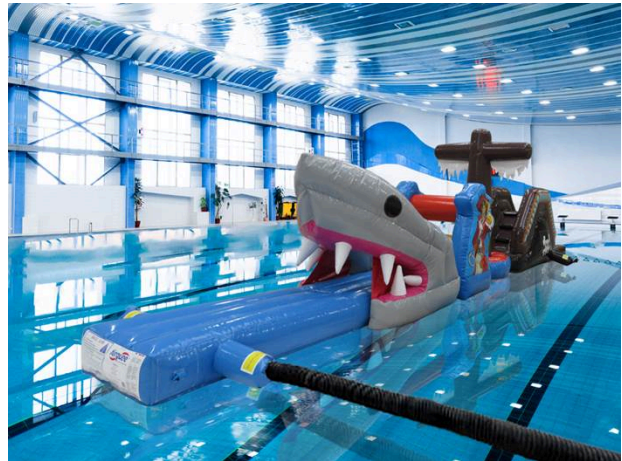
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## Enjoy Summer offers at Newham leisure centres

Newham residents can access a wide range of activities aimed at supporting and improving their health and wellbeing this summer in any of the three leisure centres across the borough.

There are activities for everyone including Better Swim School, Soft Play for children and Family Fun Swims. Alongside our leisure centres, you can also get involved in Newham's Active Communities Programme, which provides FREE physical activity sessions in the borough's parks.



[Read more here](#)

## BetterPoints - Explore Newham Summer Challenge and earn shopping vouchers!

Get outside and get active this summer and take part in our six-week summer holiday challenge, which started on Monday 22 July and will be ending on Sunday 1 September!



By simply downloading the BetterPoints app we can all contribute to a positive change. Over the summer you can earn some extra points by being active in Newham's parks and green spaces.

[Read more on how to participate here](#)

## Newham physical activity map now live!

Newham residents can now find out about the range of facilities and activities on offer across the borough to help them get active, via the Newham Physical Activity Map.

The map contains information on local leisure centres, parks and open spaces, sport facilities and much more.

## Newham parks tennis - Summer opportunities!

Newham residents can experience the joy of tennis at any one of the nine tennis court facilities managed by the National Tennis Association, offering top-notch tennis facilities all year round.

Services available include court bookings, annual passes, holiday camps, open days, and weekly professional coaching

Printed copies of the map can be collected from any of the local libraries or downloaded from the [Well Newham website](#).

sessions. No matter the age or skill level, there's something for everyone.

[Read more here](#)

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

## Newham at the London Youth Games 2024

Since April 2024, GLL, Newham's new leisure provider, has been coordinating Newham's entries into the London Youth Games on behalf of Newham Council. A total of 167 young people took part in 24 sports, with more participating in trials and training sessions.



There are opportunities available for anyone eager to get involved in the next season, and the first event will be Cross Country in November.

[Read more here](#)

## Free park tennis volunteers wanted!

The National Tennis Association is on the hunt for enthusiastic volunteers to run weekly tennis sessions held at various parks around Newham on a Saturday or Sunday morning.

The chosen volunteer(s) will receive FREE coach training from the experienced coaches and other LTA mentors to help them run the sessions like a pro!

Please share with anyone who might be interested and [read more here](#)



## Swing Fitness

Through our partnership with Swing Fitness, we are providing local communities in Newham with FREE



## Our Parks

access to high quality fitness equipment outdoors.

Residents can access this equipment at Plashet Park, Central Park and West Ham Park.

[Read more here](#)

Residents can now make the most of the summer weather with FREE outdoor fitness classes in the local parks! Movement outdoors is especially great for boosting mood, relieving stress, and building fitness. Newham's leisure and sports team have partnered with Our Parks to bring residents FREE fitness classes across local parks in Newham.

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

## Free equipment lockers coming soon!

Newham's leisure and sports team are working in partnership with London Sport and Equip to pilot five FREE Equipment Lockers across the borough.

The lockers will be located at Plaistow Park, Plashet Park, Royal Victoria Gardens, Stratford Park and Warrior Square Estate.

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

## Windrush 2024: The Rites of Passage programme

The Windrush 2024 Rites of Passage funded programme has so far engaged 770 residents including primary school children and senior residents.

There are a lot of FREE programmes and events to come in August including the Film and Feast programme and Caribbean cooking workshops on 9th August, so help spread the word among the residents you work with to register for these FREE sessions.

[Read more here and kindly share across your network](#)



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## Funding opportunity

### Apply for grants of £2,500 towards cargo bikes for Newham workplaces

Workplaces in Newham still have time to apply for one of 24 grants of up to £2,500 towards the cost of a cargo bike, helping to cut transport costs and improve air

quality in the borough. Applications are open until 1 September 2024.

[Read more here and kindly share across](#)

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## Update on the 50 Steps

### Spotlight on ANKH Place - Just 50 Steps Changemaker organisation



This summer edition, the Changemakers program is celebrating the inspiring work of ANKH Place. ANKH Place CIC is a commissioned service for young Black men aged up to 30, who have had lived experience of mental ill-health and/or experience of using mental health support services.



The organisation plays an important role in helping people in Newham to feel comfortable and confident in accessing destigmatised mental health support. We thank them for all the fantastic work they are doing and for being a 50 Steps partner!

[Read more here](#)

## 50 Steps guide for partners now available

50 Steps to a Healthier Newham 2024-2027 is our collective approach to improving health for all Newham residents, and reduce health inequalities.

This is something we are all doing together. More than 50 teams and partner organisations have been involved in co-designing the steps and hundreds of local organisations will be involved in collectively delivering impact.

To highlight the importance of working together to achieve 50 Steps, we have created a guide and resources for partners to use. This includes the 50 Steps logo, logos for individual steps, hashtag #50StepsNewham and more.

[Read more about the guide and available resources here.](#)

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## Mental health resources

Some tips and resources people might find useful during this time are below.

- To help you feel safe in yourself reach out to friends or neighbours. You could share this information with them too, so they also have the tools to look after themselves during this challenging time.
- It helps to support your body to support your mind. You can find exercises on the [NHS website](#).

- Meditation, visualisations, and mindfulness can also help. The NHS recommends the Headspace app. Their [website](#) also has some free resources and a chance to try some of their guided meditations.
- The [Good Thinking website](#) has free, supportive practices including different faith led approaches to help reduce anxiety and mental distress.

For urgent mental health support, you can call the NHS for free at 111. Select option 2 for the local mental health crisis phone line. This is available for 24 hours a day, every day.

If you would like to report a safety concern, any incidents or information relating to crime or disorder including hate crime, please call 101 or visit [www.met.police.uk](http://www.met.police.uk) to report the concern to the police.

If you feel that you are in immediate danger, please call the police at 999.

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

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