

50 Steps News



Issue:32 September/October 2024

Welcome!

Welcome to our 50 steps newsletter for September and October 2024.

The Council and its partners launched the Ageing Well Strategy in July 2022 with the aim of improving the health and wellbeing of Newham residents aged 50+; and reducing health inequalities. For more information visit: [Ageing Well in Newham](#)

In the first year, the Council refreshed its Menopause Policy and introduced Menopause Cafes; and I have been working with colleagues in HR and Public Realm to better understand the needs of our older workforce in manual jobs.

It's never too early to start developing healthy habits that will support you to age well - that will help us to maintain our independence and quality of life later years.

Every October the world celebrates **International Day of Older People**. This year, Newham residents and staff aged 50+ are invited to the **Newham Ageing Well Festival** to celebrate our residents aged 50+. Find out more about the event below.

We are aiming to attract over 1,500 residents and we are asking for everyone's support to get the message to as many residents as possible as well as providers (as there is space for further activities and stalls).

Please share with the residents you work with and pop along –I look forward to seeing you there.

Gerry O'Kello,
Commissioner leading on Ageing Well.

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Ageing Well Festival 2024

Newham's free Ageing Well Festival will be held on **Saturday 5 October** from 10am-4pm.

Join us to celebrate International Day of Older Persons. Everything will be free including all activities, entertainment and international food.

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.

The festival will feature:

- Over 40 information stalls promoting local services
- An ICT area for support covering digital inclusion, concessionary travel, parking etc
- A health clinic offering vaccinations, free vitamin D supplements, MOTs, bowel cancer screening, and healthy lifestyle advice
- Taster activities (e.g. archery, ballet, Bikeworks, Bollywood dancing etc)
- International food zone (including a BBQ, African, Caribbean, Chinese, Hungarian, Pie and Mash and South Asian cuisine)
- Music
- Grandchildren space

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

Join Quit Well Newham this Stoptober

Newham Council is supporting residents to kick-start the conversation to quit smoking this Stoptober which is taking

The poster for the Ageing Well Festival 2024 is set against a teal background with colorful bunting at the top. It features three photographs: an elderly woman in a yellow shirt dancing joyfully, a man in a plaid shirt cooking at a stall, and a close-up of hands preparing food. The text on the poster includes the event title, date, time, a description of the festival's purpose, and a list of activities.

Ageing Well Festival
Saturday 5 October 2024, 10am-4pm

The Ageing Well Festival is a free event and is part of the Newham Ageing Well Strategy, aimed at improving the health and wellbeing of residents aged 50+ and reducing health inequalities. Come along and connect with others at this fun-filled day of activity that celebrates our older communities and explores what it means to age well.

You can expect:

- Energy advice clinic
- Zumba Gold
- Salsa
- Chair-based exercise
- Bikeworks
- International food court with tasters
- British Sign Language taster sessions
- Glass painting
- Music
- DJ
- Support with getting online
- Virtual reality tours
- Steel pan

newham.gov.uk/AgeingWellFestival **WE ARE NEWHAM.**

place from Tuesday 1st October throughout the month of October.

Quitting smoking can be difficult, but Quit Well Newham offers support and success to help residents quit smoking through group sessions and outreach events at high footfall locations throughout the borough. Awareness sessions and outreach events at high footfall locations throughout October.



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

The Social Welfare Alliance - VBA Smoking Cessation training

The Social Welfare Alliance will be facilitating a Very Brief Advice in Smoking Cessation (VBA) training. VBA is a unique module supporting professionals working within the community to identify people who smoke and who could benefit from quitting.

This session will cover tobacco history and addiction, Quit Well Newham Stop Smoking Service, how to motivate and refer people to the service.

The Social Welfare Alliance also covers other topics such as: mental health, immigration, employment, housing, safeguarding and domestic abuse.

Register [here](#) and kindly share across your network.

Free health checks in Newham workplaces

Newham Council in partnership with Newham Health Collaborative is offering free cardiovascular disease (CVD) health checks in workplaces across Newham until March 2025.



These checks are quick, easy and done by trained professionals who will come to your workplace. They include basic health measures like blood pressure and body mass index (BMI), as well as questions about lifestyle habits like smoking, diet and lifestyle.

The offer applies to all businesses in the borough although the team may be limited by smaller sites and the checks will only be carried out on those aged between 30 and 74, providing they're not taking medication for a long-term condition.

Offering these checks at work makes it easier for employees to get checked without taking time off and many more.

To sign-up your organisation read more [here](#).

Good Thinking

Good Thinking is a free online service supporting the mental health and wellbeing of everyone in London, in a

way that works for them.

Newham Council is passionate about showcasing free services available to Newham residents which is why, in partnership with Good Thinking, we have created a video to explain how to use the website. You may be able to spot several familiar with as all of the content was filmed in and with people



Read more about Good thinking and watch the video [here](#).

AskSARA

Do you work with residents who need help or advice with their daily living activities? Why not try AskSara – an award winning online self-assessment tool that will provide tips for everyday tasks helping them stay safe and independent in their home.

The AskSARA platform provides impartial expert advice and information on products and equipment for older and disabled people of all ages – to help them maintain their independence whether at home or out and about.

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

Winter Wellness

As we prepare for winter there are lots of services available to help you keep well during the colder months. As well as getting vaccinated there are steps you can take to reduce the risk of catching and spreading winter illnesses.

Visit the [Well Newham website winter page](#) for more information on keeping healthy this winter.

Vaccination videos now available on Well Newham website & YouTube channel

A set of videos co-produced with residents, schools and clinicians are now available on the Well Newham website and YouTube channel. These address common questions about vaccinations, providing



answers from clinicians in empowering conversations with residents.

Topics covered by the videos include:

- Vaccine misinformation and ingredients
- Vaccines during pregnancy
- Childhood and teenage vaccinations
- Flu and COVID-19

Read more and watch the videos [here](#).

Join the Real Nappy Revolution in Newham!

We are all making swaps to reducing our single-use plastic consumption, from reusable bags to metal straws you name it Londoners are doing it. It's now time for the single-use nappy to go and real nappies to become the latest switch.

Newham families can now make a positive change for their babies and the planet! Newham council is offering residents free trial kit of reusable nappies worth over £35.

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



Become a Community Health Champion in Newham!

Are you passionate about health and wellbeing? Do you want to help your community stay healthy and well? If so, we invite you to join Newham's Community Health Champions programmes!



These programmes are designed to keep you informed about health and wellbeing topics that matter to you and your community. Becoming a Community Health Champion offers the chance to positively impact your community, grow personally, gain knowledge, feel empowered, and receive recognition for your contributions.

Anyone working or living in Newham can apply.

Read more on how to become a champion [here](#) and kindly share across your network

Update on the 50 Steps to a Healthier Newham Strategy

Spotlight on Ayati Mind - September/October 50 Steps Changemaker organisation

The Changemakers program is celebrating the inspiring work of Ayati Mind.

Black and global majority men often find it challenging to access mental health services that truly resonate with their lived experiences. Recognising this gap, Ayati Mind a

pioneering digital platform was founded by local changemaker Daniel Acheampong in 2022.

Ayati Mind is dedicated to breaking the stigma surrounding men's mental health with the aim to provide accessible, culturally tailored therapy and support to men who often feel overlooked or misunderstood.

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

Read more [here](#).

Call for more Changemakers

Since the refreshed 50 Steps strategy launched, nearly 10 new Changemakers have joined our growing [changemaker community](#) – and we are constantly seeking more.

So many people across the borough look out for each other in so many different ways – whether that is by supporting children with special educational needs and disabilities, helping people experiencing homelessness, advocating for older people in the community or volunteering time and energy to community campaigns, as well as so much more.



Changemakers are celebrated at our annual health event, and will have the opportunity to meet and influence senior leaders in the council.

If you know someone, or if you are someone, who goes above and beyond to improve the health and wellbeing of our communities in Newham, please let us know by filling in this [short form](#) or emailing 50Steps@newham.gov.uk.

Have your say on Newham's Polling Stations

Newham council is undertaking a review of polling districts and polling places to meet the needs of local voters. Residents are being encouraged to share their views to ensure that polling stations are accessible for all, polling district boundaries are set within each ward and the location of polling stations and places are suitable.

Deadline for the survey is Friday 4 October and the results will be published by mid-December.

Fill survey [here](#) and please share across your networks.

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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