

50 Steps News



Issue:40 January/February 2026

Welcome!

Happy New Year, and Welcome to our 50 Steps newsletter for January and February 2026!

Many of us start the new year with resolutions, often around our health and wellbeing, especially if the festive season felt a little indulgent. In this edition of the newsletter, we'll share information about Dry January, Try Dry Anytime and the benefits of reducing alcohol intake.



Dry January is a national campaign run by the charity Alcohol Change UK, whose aim is to raise awareness of alcohol-related harms and encourage healthier habits. Alcohol Change UK also runs the Try Dry Anytime campaign.

The challenge encourages us to have open conversations about drinking and reflect on the role alcohol plays in our lives. Alcohol use can affect our health, wellbeing, and relationships more than many of us realise.

Reducing your drinking can lower your risk of stroke, heart disease, liver disease and certain cancers. It can have a positive impact on your mental health, sleep and weight; and even save you money.

It's also important to remember that harmful drinking doesn't only affect those who appear dependent. Alcohol use affects families as well; there are around 200,000 children in England living with an alcohol dependent parent.

If you're curious about your own drinking habits or up for a little challenge of trying a month without alcohol, why not give Try Dry Anytime a try?

Read on to find out about what we did for Dry January Campaign and how to get involved with Try Dry Anytime campaign.

Please do get in touch if you have a health initiative you would like to include in the 50 Steps newsletter.

Wishing you a happy and healthy 2026!

Best wishes,

Sarah Currie - Substance Use Commissioner

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Kick-start 2026 with Well Newham



Well Newham is here to support everyone in Newham to live well residents, ensuring that residents are aware of the support available to them via the Well Newham website, the Well Newham directory of service, the 5 Ways to a healthier life booklets etc.

- The [Well Newham website](#) is available all year round, providing information and advice on lots of health and wellbeing topics and services.
- The [Directory of Services](#) can be used to refer residents, self-refer, refer friends and family, to over 500 different services most of which are free.
- The [5 ways to a Healthier Life booklet](#) which has the details of over 100 health and wellbeing services in Newham, printed copies can also be picked up in various locations across the borough.

Please share across your network and help people access the support they need!

Dry January 2026

Newham Council supported Dry January. This is a national campaign run by the charity Alcohol Change UK, the challenge encourages us to have open conversations about drinking and reflect on the role alcohol plays in our lives.

Try Dry® Anytime 31 days

Alcohol use can affect our health, wellbeing, and relationships more than many of us realise. Alcohol Change UK reports that the estimated cost of alcohol to the NHS in England is £3.5 Billion each year, with health conditions such as liver disease increasing in prevalence.

Did you also know that calories from alcohol can add up quickly? A large glass of wine has around 225 calories, a pint of beer or lager has 222 calories.

To mark this campaign Newham Rise (CGL) ran free events across various areas in the borough, supporting residents and creating awareness.

Although, Dry January has come to an end residents interested in the campaign can take part in Try Dry Anytime. Try Dry Anytime allows people manage their alcohol consumption by taking a break ("dry") at any time of the year, not just in January.

Please share across your network and read more [here](#) on the support available to residents during and after Dry January!

Well Newham Winter and Wealth Checks

From February 3rd to 19th the public health team will be working with partners to bring health and wellbeing services to residents around the borough, via our 'Newham Wealth and Health Checks' roadshow events.

Attendees will be offered their winter vaccines, free health checks and information about key services such as Newham Talking therapies mental health support, financial support (Our Newham money), Well Newham Outreach services, Quit Well Newham and more.

Please share across your networks and read more [here](#) to view the schedule.



The poster features the Well Newham logo at the top left and the Newham London logo at the top right. The main title is 'Newham Winter Health and Wealth Checks'. Below the title, it says 'Find out about the range of services available to support and improve your health and wellbeing'. The central illustration shows a female healthcare professional in a white coat using a stethoscope on a male patient's arm. To the right of the illustration, there is text: 'Join us for a FREE event near you. You'll be offered your winter vaccines, free health checks and information about key services. Local experts will also be available to help you start new habits and change old ones.' Below this is a URL: 'For more information visit https://www.wellnewham.org.uk/'. At the bottom right, there is an illustration of a jar with coins and a red ribbon. The website 'newham.gov.uk' is at the bottom left and 'WE ARE NEWHAM.' is at the bottom right.

National HIV Testing Week 2026

Sexual health is an important part of everyone's health and wellbeing. In honor of National HIV Testing Week, celebrated from February 9 to 15, we want residents to know our local sexual health services offer free sexual health prevention and care (including HIV testing) and a wide range of short and long acting contraception services.



The aim of HIV Testing Week is to raise awareness about the importance of HIV testing and encourage everyone to know their status. HIV testing is free, easy, and confidential. By getting tested, you can help end the HIV epidemic by 2030.

Positive East in partnership with Newham council will be running testing events across the borough, view schedule [here](#)

Help people access the support they need by sharing our HIV Testing Week [page](#) across your networks.

Back to school - 5 things we can all do to help manage winter illness



Back to school - 5 things we can all do to help manage winter illness As children and young people return to school, it's important to be aware of the winter illnesses currently circulating. A few simple habits can help keep children, families and classrooms healthy.

We are sharing an updated [blog published by UKHSA](#) which sets out some of the simple actions that parents of school age children can take to help protect their families and those around them.

Please share across your networks with parents and guardians as it includes public health messaging on staying home when unwell, hand hygiene, catching coughs and sneezes, getting vaccinated, and using NHS resources for more information about winter illnesses.

Nutrition support for Newham families

The Early Start Nutrition Team delivers FREE online nutrition support to Newham families, including webinars and online course.



Weaning your baby webinar and Toddler Meals and Snacks webinar will be hosted 17th and 18th February respectively providing families with information, tips and recipe ideas, plus a chance to ask questions.

- Weaning your baby webinar will cover what foods to offer, mealtime routine and recipe ideas, examples of food textures – from purees to lumpy and finger foods and many more.
- Toddler Meals and Snacks webinar will cover meal planning advice, what foods to offer, creating a positive mealtime environment and many more. Please share across your networks and read more [here](#)

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

Ramadan Champions

Join Newham's Public Health Team in supporting a healthy and safe Ramadan in Newham!

We're looking for Ramadan Health Champions to help friends, family, and the community make informed choices during Ramadan.

What you'll get:

- Training from a medical doctor on fasting safely, managing conditions diet related disease, and healthy eating
- A certificate from the Director of Public Health
- Tempo Time credits for cinema, gym, and more

Please share across your networks



Are you

- Spending Ramadan in Newham?
- interested in supporting your community to make healthy and safe choices this Ramadan?

Become a Ramadan Health Champion

Receive training from a medical doctor on topics such as:

- fasting while on medication
- managing long-term conditions like type-2 diabetes and cardiovascular disease in Ramadan
- developing new, beneficial eating habits
- understanding the best foods to eat to prevent diet-related disease

Participants will receive

- a certificate of participation from the Director of Public Health
- Tempo Time credits to be exchanged for cinema tickets, gym sessions and much more

get in touch at centreforequity@newham.gov.uk



Scan the QR code to sign up

Newham London

WE ARE NEWHAM.

BetterPoints

You can have a positive impact on the environment this February with BetterPoints. BetterPoints users in the UK saved an average of 50kg of carbon dioxide emissions last year, each by choosing sustainable transport over driving. Now, it's time to take that impact even further.

Frienduary is BetterPoints' February campaign aimed at turning individual actions into collective change. By inviting friends to join the app, you're not just growing the community, but also helping to create a greener, healthier future for everyone.

So, how does it work? For every friend who signs up, you'll earn a BetterTicket for weekly prize draws, offering the chance to win up to 50,000 BetterPoints, which is worth £50 to spend on shopping vouchers or donate. Every friend you refer ultimately results in more sustainable journeys, with more people walking, cycling and using public transport.

Download **BetterPoints**, invite your friends to join and help make a lasting impact.

Please share across your network



Better Balance

Better Balance helping you stay steady, strong and confident.

If you're aged 50 or over and live in Newham, Better Balance can help you feel stronger, more confident on your feet and stay independent. The friendly, proven classes support better balance and strength, helps reduce the risk of falls and offers a great chance to meet others from across the borough.



Better Balance is free for eligible residents and includes weekly, in-person classes led by qualified instructors in welcoming community settings.

Classes take place at:

- African Caribbean Resource Centre, Plaistow
- SubCo Trust, Stratford

Residents, families and professionals can sign up by visiting the [Joy website](#).

If you have any questions, please email livewell.newham@gll.org or call 0207 392 0267

Please share across your networks and help people access the support they need.

Put Yourself First campaign

Put Yourself First campaign is now live across North East London. This initiative, led by the North East London Cancer Alliance, aims to empower women aged 50 to 71 to prioritise their health by attending routine breast screening appointments.

Breast cancer screening is vital because it detects cancer early, often before symptoms appear or when tumors are too small to feel significantly improving survival rates and treatment options.

Regular mammograms can detect cancer at an early stage, which increases the likelihood of successful treatment, reduces the need for extensive procedures like mastectomies, and saves lives.

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

NHS
North East London
Cancer Alliance

Breast cancer screening...

put yourself first

Your health is so important, not just for you but for your loved ones around you. So put yourself first for once - and attend your breast screening appointment when invited.

Get your invitation, get booked.

Kindly visit our [50 Steps blog](#) for more information and updates.

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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