

# 50 Steps News



Issue:41 March/April 2026

## Welcome!

Welcome to our 50 steps newsletter for March and April 2026

Spring is a great time to get moving and spend more time outdoors. Regular exercise, even short daily walks, helps keep our hearts healthy, strengthens muscles and joints, and supports good mental wellbeing.

Getting outside also helps boost vitamin D, which is important for healthy bones, teeth and muscles. Spending around 10 minutes outdoors each day can help top up vitamin D levels while supporting both physical and mental health.

As part of World Immunization Week (24–30 April), we are continuing to highlight the role vaccinations play in keeping individuals and communities well. Vaccines save lives and remain one of the most effective ways to protect against serious illness and prevent the spread of disease.

The Spring COVID 19 vaccine is now available, offering extra protection to people who are at increased risk of serious illness from the virus – including adults aged 75 years and over (includes individuals who turn 75 years old by 30 June 2026), residents in a care home for older adults and individuals aged 6 months and over who are immunosuppressed. Read on to find out more about how to book and where to get your COVID-19 vaccine if you are eligible.

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

Wishing you a happy and healthy start to Spring!

Elizabeth Owen,  
Public Health Principal

## In this issue:

- World Immunisation Week
- Let's protect our community against Measles
- Spring COVID 19 vaccine
- National Walking Month - Get fitter and earn rewards
- Health Navigator (HN) - Helping You Stay Well
- Better Balance
- Celebrating Amber Nursery in Beckton
- Newham Strengthens Its Leadership in Building a Healthier, Fairer Food System
- Introducing the Community Spotlight section
- Community Spotlight featuring Roma Communities in Newham

## World Immunisation Week

World Immunisation Week aims to promote the life-saving power of immunisation to protect people of all ages, including older adults, against vaccine-preventable diseases.

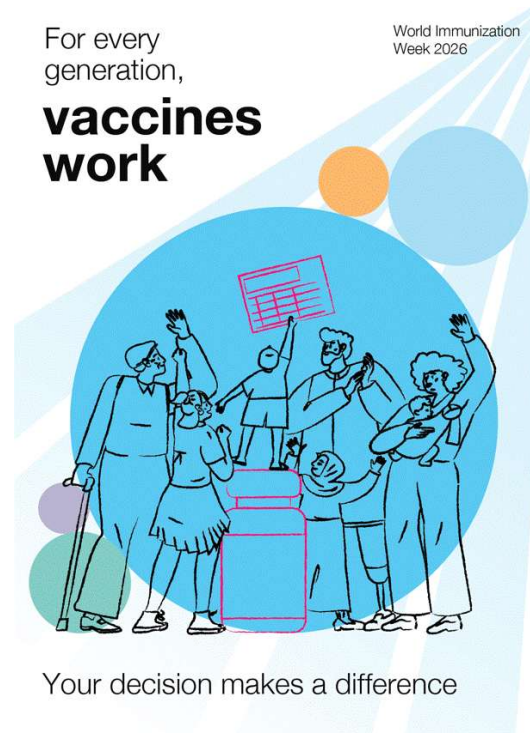
This year's World Immunisation Week theme, "For every generation, vaccines work", aims to promote how vaccines have safely protected people, families, and communities for generations and continue to safeguard our future.

Vaccines are one of the most powerful tools in public health. Over the past 50 years, vaccines have saved more than 150 million lives worldwide. In the UK, the flu vaccine prevented more than 100,000 hospitalisations last winter.

For every generation,

**vaccines work**

World Immunization Week 2026



Your decision makes a difference

This Immunisation Week, help raise awareness of vaccines:

- Reassure families that vaccines are safe and effective.
- Promote that immunisation is the best protection against diseases.
- Encourage residents to check their vaccination record with their GP and book any catch-ups needed. If someone isn't registered, encourage them to register with a GP - [Register with your family doctor – GP | Well Newham](#).
- Remind residents if they are travelling overseas to check what vaccines are needed. Visit [TravelHealthPro](#) for the latest health recommendations for specific destinations - [NaTHNaC - About Us](#)

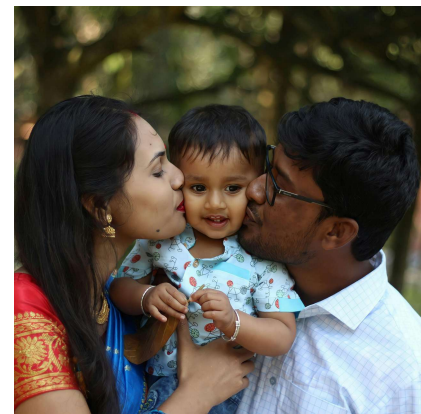
Please share across your network and for more information about vaccinations [read more here](#)

## Let's protect our community against Measles

Bangladesh is battling its worst Measles outbreak in years. For residents and their children who have recently returned from a holiday to Bangladesh, or they have plans to go, we would encourage them to check their vaccination status and be aware of the signs and symptoms.

Measles is a very serious illness. The best defence against measles is the MMR vaccine. The vaccine is free, safe and highly effective. Residents can ask for the vaccine without pork ingredients.

Residents are encouraged to check the vaccination status of their whole family. If you they are unsure, or if they haven't had your MMR vaccine, they should contact their GP.



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

## Spring COVID 19 vaccine: extra protection when you need it most

COVID 19 is still circulating, and for some people it can cause serious illness. This spring, the NHS is offering a COVID 19 vaccine to people at higher risk, to help top up protection and reduce the risk of becoming seriously unwell.

Who is eligible for the Spring COVID 19 vaccine?

You may be eligible for a free Spring COVID 19 vaccine if you are:

- Aged 75 or over (including people who turn 75 by 30 June 2026)
- Living in a care home for older adults
- Aged 6 months or over and have a weakened immune system

The vaccine helps boost protection that can fade over time and offers strong protection against severe illness and hospitalisation.

### How to get your Spring COVID 19 vaccine

If you are eligible, you do not need to wait for an invitation. You can:

- Visit a walk in site. These can be found at [www.nhs.uk/covid-walk-in](http://www.nhs.uk/covid-walk-in)
- Call 119 for free if you can't get online (translators are available)
- Download the NHS App and make an appointment
- Book online at [www.nhs.uk/get-vaccination](http://www.nhs.uk/get-vaccination)

Find the latest information about the COVID-19 vaccine at [www.nhs.uk/covid-vaccine](http://www.nhs.uk/covid-vaccine)

Please share across your networks

## National Walking Month - Get fitter and earn rewards

As we've officially entered National Walking Month it is the perfect time to get more active. With the warmer weather, it's a great time to get more steps in each day.



There are huge benefits of walking longer distances, more often and more quickly. It can help build stamina, burn excess calories and help make the heart healthier.

Downloading the BetterPoints app also means residents can get rewarded for every step and walk they take. Rewards can be spent at participating businesses in Newham; swapped for high street vouchers, or donated to charity.



Please share across your network and see how residents can register [here](#)

## Health Navigator (HN) - Helping You Stay Well

Clinical Coaching is a free NHS-led programme in Newham, delivered with trusted partners Health Navigator and UCLPartners. Launched in July 2025, it offers extra support to residents who may need help managing their health and staying out of hospital.

Eligible residents may be contacted by Health Navigator on behalf of the NHS and offered a dedicated, trained health coach. Coaches listen to residents' needs and support them to manage their health, follow care plans and access the right care at the right time. Taking part is optional, free, and residents can opt out at any time.

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

## Better Balance

Better Balance helping you stay steady, strong and confident.

For residents aged 50 or over living in Newham, Better Balance can help them feel stronger, more confident on their 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 [Well Newham directory of service Joy website](#).

If you have any questions, please email [livewell.newham@gll.org](mailto:livewell.newham@gll.org) or call 0207 392 0267

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

## Celebrating Amber Nursery in Beckton

Congratulations to Little Amber Nursery in Beckton, who have achieved the Early Start Nutrition Silver Award!

The nursery demonstrated outstanding commitment to improving nutrition for early years children, from serving healthy, balanced seasonal menus to creating calm, positive mealtimes.

Key achievements include stronger breastfeeding and formula-feeding support, promotion of the NHS Healthy Start scheme, improved food safety practices, and practical food education through gardening and cooking activities. These changes are helping children develop confidence, healthy eating habits and practical skills, while giving families reassurance that individual dietary needs are understood and supported.

Other nurseries and early years settings are encouraged to get involved with the Early Start Nutrition Awards to strengthen their nutrition offer, support families, and champion healthy eating from the earliest years.

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



## Newham Strengthens Its Leadership in Building a Healthier, Fairer Food System

Newham Council is proud to be featured in this year's Good Food Local: London report, coordinated by Sustain. The report tracks borough progress and celebrates the fantastic food work happening across the city.



This year's findings showcase how Newham and other London councils are helping children eat healthier, addressing food insecurity, and strengthening London's food systems to be more resilient and sustainable. We're delighted to be at the top of the league table again, reflecting our continued commitment to improving food outcomes for our residents and communities.

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

## Introducing the Community Spotlight section

Newham is one of the most diverse boroughs in the country, home to communities with rich histories, cultures and strengths. Community Spotlight is a new section in our newsletter that shines a light on the people, groups and organisations that help make Newham such a vibrant and welcoming place to live.

Through this feature, we aim to celebrate the diversity of our borough, amplify community voices, and recognise the leadership, creativity and resilience found across Newham's communities. Each spotlight offers an opportunity to learn, connect and share stories that reflect the lived experiences of our residents and the positive impact of community-led work.

Get involved: If you are part of a community group, organisation or network in Newham and would like to be featured in a future Community Spotlight, we would love to hear from you. This is an opportunity to share your story, highlight your work and inspire greater connection across the borough.

Please share across your network for others to share their story and make submissions to [phhealth.promotion@newham.gov.uk](mailto:phhealth.promotion@newham.gov.uk)

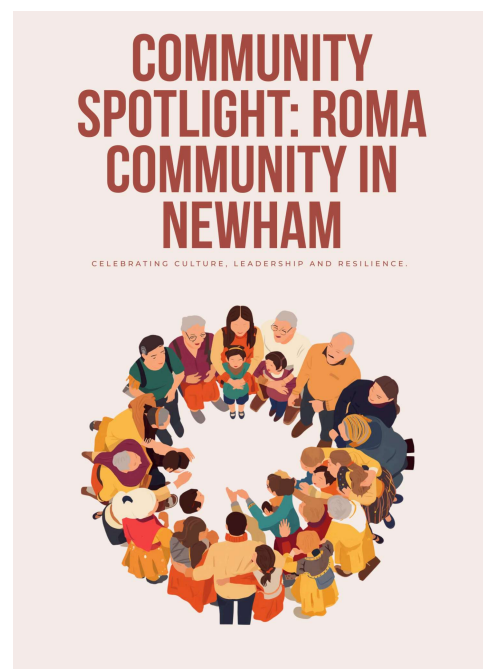


## Community Spotlight featuring Roma Communities in Newham

We are pleased to introduce the first community featured in our Community Spotlight series: the Roma communities in Newham, supported by the Roma Support Group (RSG).

This spotlight highlights the history, culture and contributions of Roma residents, and the vital work being led by Roma-led organisations to support families, celebrate identity and build connections across the borough.

Roma people originally migrated from northern India around 900 years ago. Today, there are an estimated 12 million Roma worldwide, with Newham now home to thousands of Roma residents from across Europe, making it one of the London boroughs with the largest Roma populations.



Founded in 1998 by Roma people, the Roma Support Group (RSG) provides culturally appropriate advice, advocacy and support services. Based in Newham for much of its history, RSG has led vital community support, cultural initiatives and policy work at both local and national levels. In 2014, RSG launched the Roma Bridging Sounds Orchestra in partnership with Newham Music Hub, bringing together around 50 children from diverse backgrounds to perform Roma music, record two albums and perform on prestigious stages, including the Royal Albert Hall.

Over the years, RSG has worked with thousands of Roma individuals whose stories are captured in the Roma Oral History Project. Community champions include Mr Josef Sadowski, the only known Roma Holocaust survivor living in the UK, alongside Mrs Baronita Adam, a descendant of a Holocaust survivor, and Marija Enver, a Newham-based Roma scholar and recent recipient of a European Roma Institute for Arts and Culture Academic Fellowship.

April marked International Roma Day (8 April) and June is Gypsy, Roma and Traveller History Month. Residents, schools and organisations are encouraged to deepen their understanding of Roma communities and take part in events. Schools and partners are invited to join the [2026 GRT History Month Art Competition](#), with resources available from the Roma Support Group.

Please share across your network and [read more here](#) about the amazing work they do

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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](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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