

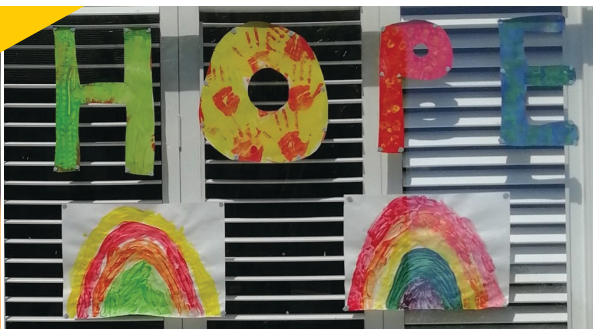
special

# COVID-19

edition

**newham  
mag**

Issue  
422



Sep 2020

**p3**

Measures to  
keep you safe

**p5**

Back to  
school

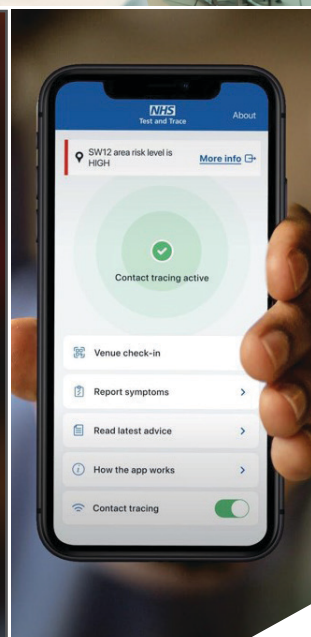
**p6**

Test and  
Trace app

**p10**

Lockdown  
creativity

**WE ARE NEWHAM  
WE CAN PREVENT  
A SECOND WAVE**



**NHS**

**Test and Trace**

**People at  
the Heart of  
Everything  
We Do**



**KEEP YOUR DISTANCE. SAVE LIVES.**

Newham London

# Contents

Stopping a second wave	p3
Mayor's message	p4
Schools are back	p5
Test and Trace app	p6
Sewing scrubs	p8
No more clutter	p9
Express yourself	p10
Looking after your sexual health	p11
Black History Month	p12
Citizens' Assemblies re-start	p14
Putting vacant spaces to use	p15

## NEW RESTRICTIONS ANNOUNCED TO STEM TIDE OF COVID-19

New restrictions are now in force to help slow down the spread of Covid-19 following an announcement by the Prime Minister on 9 September. Social gatherings of more than six people are now illegal, both indoors and outdoors, unless you are at school, work, at a funeral or a wedding, or taking part in team sports. Police now have the power to disband gatherings of more than six people, with fines of £100.

You can still go pubs, restaurants, shops and other venues but only in groups of up to six, provided they allow for social distancing between groups. Places of worship can stay open too, but again, they must set a limit of six people in each group.

We are monitoring the number of cases of Covid-19 in Newham very closely and you can see the latest weekly summary in the borough on our Newham Covid-19 dashboard which provides information about the level and rates of cases and testing. For those details, visit [www.newham.gov.uk/coronavirus-covid-19/covid-dashboard/1](http://www.newham.gov.uk/coronavirus-covid-19/covid-dashboard/1)

The most up to date figures for Newham show that between 1 September and 7 September, the number of new cases in the borough doubled to 101, compared with 52 in the previous week.

## HEALTH SERVICES ARE OPEN FOR BUSINESS

**During the height of the pandemic many non-urgent, non-Covid-19 related medical services were delayed or reduced.**

Now that the peak of the pandemic has passed, the NHS and public health leaders are reminding residents to look after their health and keep their hospital appointments. They are encouraging residents not to put off accessing medical services due to concerns

about being exposed to the virus.

GP surgeries and hospitals across the borough, including those run by Barts Health NHS Trust, have put measures in place to reduce the risk of infection and adapted the way they work so they can continue to treat patients and safely deliver healthcare.

As a result, hospitals look and feel different because of the precautions in place to protect staff and patients. For example, patients who are Covid-19 positive are cared for in dedicated areas of the hospital and separated from patients without the virus. Anyone being admitted may have to be tested

for Covid-19.

Of course, if you are showing symptoms of coronavirus, such as a high temperature, new and persistent cough and/or a loss of taste or smell, you must stay home and book a Covid-19 test via [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test) or by calling 119. You should let your medical professional know you cannot attend and they will reschedule your appointment.

To find out more and to watch a video explaining what to expect when you arrive at Barts Health hospital, go to: [www.bartshealth.nhs.uk/coronavirus](http://www.bartshealth.nhs.uk/coronavirus)

Find us online at [www.newham.gov.uk/mag](http://www.newham.gov.uk/mag) For information on all Newham Council services visit [www.newham.gov.uk](http://www.newham.gov.uk)  
@NewhamLondon [www.facebook.com/newhamcouncil](https://www.facebook.com/newhamcouncil)

If you do not receive the Newham Mag at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Publication of an advert in the Newham Mag does not constitute endorsement of any goods or services offered. The Newham Mag is printed on 100% recycled paper by GD Media Ltd and distributed by Letterbox Distribution.

**PUBLICATIONS OFFICER:** Kay Atwal  
**STAFF PHOTOGRAPHER:** Andrew Baker  
Call the Mag team on **020 3373 1517** or  
email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)  
To advertise in the Mag call  
Julie Madell on **07890 529 090**

# What you can do to stop the spread of Covid-19

**The number of Newham residents with Covid-19 has risen over recent weeks. We all need to play a part in limiting the spread of the virus. Follow these tips to help protect yourself and others:**

## Stay safe

There are ways you can help to stop the spread of the virus:

- Keep at least 2 metres apart from others, if not, take other precautions
- At school, stay in your bubble
- If you are over 11 years of age, wear a face covering when required
- Wash your hands regularly, with soap and water, for at least 20 seconds
- Use hand sanitiser when you do not have access to soap and water
- Stay at home if you or your household are showing symptoms of Covid-19
- If you have symptoms, have a test.

## The main symptoms of Covid-19 are:

- high temperature
- new, continuous cough
- loss or change to your sense of smell or taste.

If you have one or more of these symptoms, isolate at home and get tested:

- Book an appointment at a walk-up or drive-through site through the NHS website or call 119
- If you can't book an appointment, go to the testing site on Hilda Road, E6 1DB, which is open 8am-8pm, every day
- Book a home test through the NHS website.

When you go for your test, wear a face covering and avoid public transport. If this isn't possible, order a home test. For more details, visit [www.nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test)

## Staying at home

Stay at home for at least 10 days from when your Covid-19 symptoms started or from when you tested positive even if you don't have symptoms. Everyone you live with should stay at home for 14 days. Anyone who develops symptoms should get tested.

For more information, visit <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

If you are worried about your symptoms use NHS online coronavirus service at [111.nhs.uk](https://111.nhs.uk) or call **111**. Do not go to places like your GP surgery, hospital or pharmacy.

## Download the NHS Test and Trace App

The new NHS Test and Trace App is an additional tool that you can use to help keep your-self safe and stop the spread of the virus. Visit [www.newham.gov.uk/testandtrace](https://www.newham.gov.uk/testandtrace) which has information on how the app works. Go to page 6 to find out more.

## Newham Covid-19 Helpline

Our Newham Covid-19 Helpline can answer questions. Call **020 7473 9711** or email [covidhelp@community-links.org](mailto:covidhelp@community-links.org) The service is open from 1-7pm everyday.

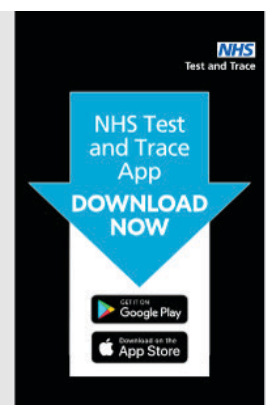
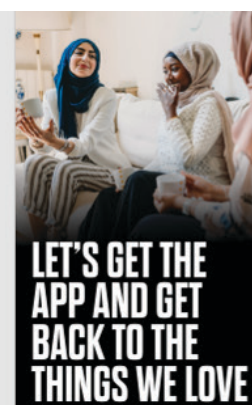
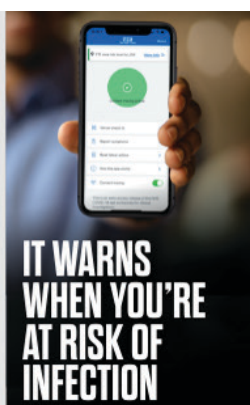
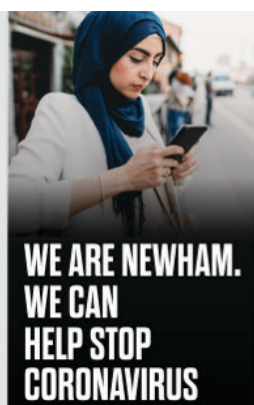
## Covid-19 Health Champions

For easy-to-ready up-to-date information and the chance to ask questions and get answers quickly join the Newham Covid-19 Health Champions or search our growing bank of posters about everything above at [www.newham.gov.uk/covidhealthchampions](https://www.newham.gov.uk/covidhealthchampions)

If we all work together, we can keep Newham safe and prevent a second wave.



**KEEP NEWHAM SAFE**





# Mayor's message

**As we progress through September, schools are back, people are being encouraged to return to work but we are seeing the most significant rise in Covid-19 cases in England since May as a result of community transmission. Analysis of the virus reproduction rate – known as the 'R' – is assessed to be between 1 and 1.2 in the UK, the first time since March. Any number above one indicates the number of infections is increasing and experts are saying that doubling every seven to eight days.**

That's why the government has imposed the 'rule of 6', meaning that no-one should be gathering with more than six people; and continue to wash our hands regularly, wearing a face covering and maintaining social distancing when we are going about our daily business.

Here in Newham we continue to monitor the situation very closely, and while the borough has been a relatively low infection-rate area, we have also seen an increase - which means we can't be complacent. That's why last week I called a Newham Covid-19 Summit, which is part of our ongoing collective borough-wide effort to help our community navigate this challenging phase of the pandemic.

Bringing together a range of local voices, the Covid-19 Summit was another vital opportunity to discuss the way forward here in Newham. Sharing all the latest information on transmission rates locally and what we need to do avert a second wave, representatives from local businesses, schools and early year's providers, faith leaders, the voluntary and community sector, elected representatives, Council officers and our health partners fed in their contributions, which were invaluable. That's why over the coming weeks and months, we'll continue to advance our local plans in response to the Covid-19 threat, and limit the spread of the virus in Newham, by working with all sections of our community.

Every one of us has a vital role to play to keep transmission rates low in Newham. So, whether you are travelling on our buses or trains, doing your weekly shop or taking your children to school, keep following the simple public health guidelines because we know they are the

only sure way to reduce transmission of the virus. These measures are key in our collective response to the virus. There are also more details on how to keep you and your children safe at school on page 3.

Another measure that will help us in the fight to tackle Covid-19 is the launch of the NHS's Test and Trace app, which is part of our robust local test and trace approach. Launched a couple of weeks ago, the NHS Test and Trace App is another useful tool in our fight against the virus. If you haven't downloaded it yet, please do so by using one of the unique codes sent to you through the post.

From the experience of Newham residents who have downloaded it, roll-out across the country will happen soon based on our feedback, so keep an eye out for a questionnaire that is being sent to all households in the borough, along with some phone surveys. Mayor of London Sadiq Khan also recently visited Newham to see how we are mobilising residents and businesses to test the Covid-19 NHS Test and Trace mobile phone app on behalf of all Londoners. He went away impressed.

So as we face the prospects of a challenging autumn and winter – let's keep protecting one another from the threat of Covid-19 because we are all in this together. Take on board the new advice, limit your contact with people you don't live with, don't gather with more than 6 people, continue

to cover your face in shops and enclosed public spaces, wash your hands and maintain 2 metre social distancing where possible. Also don't forget to download the app that we have 'early adopted' in Newham.

Let's work together to beat Covid-19 in Newham.

## Mayor

## Rokhsana

## Fiaz

**Mayor Rokhsana Fiaz OBE**  
**Mayor@newham.gov.uk**

 **@rokhsanafiaz**

 **Rokhsana\_Fiaz**

 **rokhsanafiaz**





# Getting you back to school, safely

**With the new academic year underway, the majority of children and young people are returning to school and college this month.**

Although life at school will be different to before, Newham Council has been working closely with all Newham schools to maximise the control and protective measures to keep children, staff and their families safe. Our children need to be back in school, learning, engaging with their teachers and friends so they can flourish and thrive with their educational, emotional and social development.

It is completely understandable and normal for both children and adults to be worried and unsure about returning to school. You can help prepare your child(ren) by:

- Explaining that everyone is working to stop the virus from spreading.
- Reminding them what they can do to stay safe: Washing hands, face coverings and social distancing.
- Planning things so the lead up to school is fun and distracts them from worries.
- Having an open discussion and listening to their concerns. Be kind to yourself and your family – it is not easy for anyone.

Schools are aware that some children will have lost loved ones or experienced stress at home during the pandemic. They also know that some students will be worried about their health or that of their family. Schools are working with families to support their students.

If your child(ren) had a tough time over the last six months please let your school know so they can make an individualised return plan for them.

We have created a guide or parents and carers which explains what everyone can do to keep our children, families, and Newham safe. To see the guide, visit <https://www.newham.gov.uk/backtoschool> We have also produced a 'Return to school' video for children and their families to re-assure them that schools will be different in September, but safe if you follow Public Health guidance. You can see the video here:

<https://youtu.be/T94-iNblimg>

For more information about Covid-19, visit [www.newham.gov.uk/coronavirus-covid-19](http://www.newham.gov.uk/coronavirus-covid-19)



# Reducing traffic on key streets

**With children returning to schools after months of closure Newham Council is reminding parents that there are restrictions in place around several schools to allow children to travel to school in a less polluting, safer environment.**

The Council is re-instating its Healthy School Streets initiative, launched as a six-month pilot at several schools in late 2019, to measure and improve air quality around the streets of some of the borough's schools.

The trials, which have now resumed, affect streets around

Lathom Junior School, West Ham Church Primary School, Woodgrange Infants School and Godwin Junior School and Chobham Academy – mean that it will be safer to walk and cycle to school, cross the road and with less traffic in the area children will breathe cleaner air.

The Council is also planning on introducing more Healthy School Streets in the coming months.

The Healthy School Streets project is part of a bigger plan by the Council to reduce harmful emissions from vehicles and encourage everyone to adopt more sustainable

forms of transport. The Council is also taking part in its first low traffic neighbourhood as part of a joint initiative with neighbouring Waltham Forest.

The Low Traffic Neighbourhood in Forest Gate, Maryland and South Leytonstone areas is aimed at creating people-friendly streets and making it easier, safer and more convenient to get around on foot, by bike and public transport.

For more information on Healthy School Streets, visit: <https://www.newham.gov.uk/schools-education/healthy-school-streets/1>

# New NHS Test and Trace app launched

**A new NHS Test and Trace mobile phone app has been launched in Newham to help tackle the pandemic and protect residents, before its national roll out.**

The app is available in multiple languages, starting with English, Urdu, Punjabi, Bengali and Gujarati, with more languages added for the national rollout so that more people can benefit from the latest cutting edge technology.

The app features include:

- Infection spike alerts based on postcode – to warn if there is a rise in local infection rates
- A digital (QR) check-in – for use at restaurants, shops, pubs to register you have visited
- A symptom checker
- A link to allow easy to access make a test booking
- A timer feature for those advised to self-isolate: if you are advised to self-isolate, the app will help countdown that period and provide access to relevant advice.

It will work alongside enhanced local contact tracing and testing already offered within Newham and driven by Newham Council's public health team to help minimise the spread of Covid-19 in the borough.

## Unique codes

The app has been designed to help people understand if they are at risk of infection so they can take action to protect themselves and their communities. It has been designed to the highest standards of data privacy and data security. It will not track individuals and does not hold personal information such as name, address or date of birth. For some features, the app may need more information from you (if you are booking a test, for example) but only if you give it your explicit consent.

Every Newham resident has been sent an email or letter with four unique codes to allow them to easily install the app on their SMART phone.



Randeep Sidhu

## The man behind the app

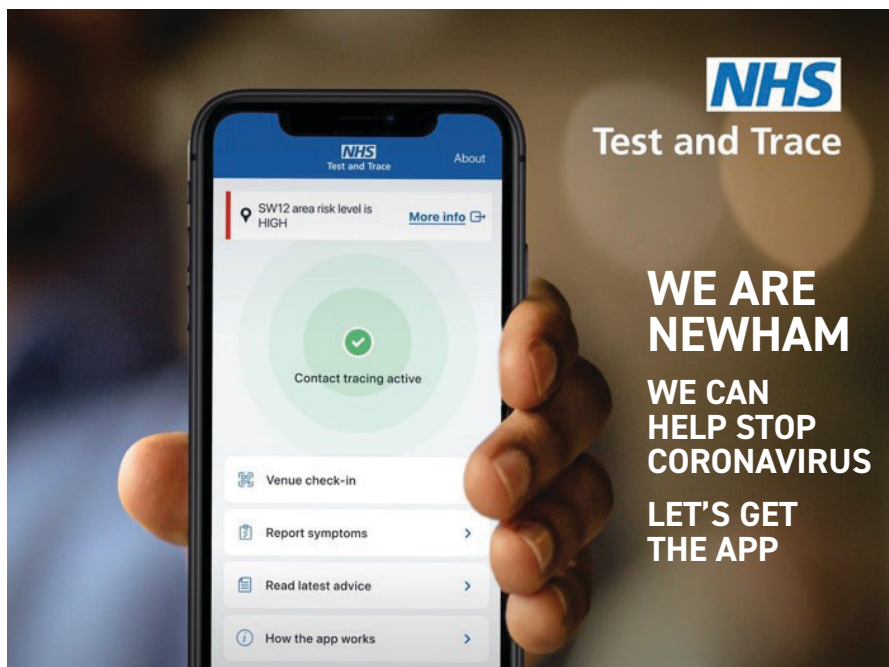
Randeep Sidhu, who designed the app, grew up in the borough where it is being trialled.

Mr Sidhu said: "We've been working really hard to try and build something that helps the communities most affected by Covid-19."

The version of the app being rolled out is "significantly different" to the one originally used in the Isle of Wight. It works by tracking the virus not the person, unlike the one originally used on the Isle of Wight. It doesn't ask for a name, address or date of birth. It provides infection spike alerts based on postcodes to warn if there is a rise in local infection rates and a digital QR check-in, which can be used at venues like restaurants, shops and pubs to register you have visited.

Countries across the world including Germany and Denmark are using the same technology in their own apps, which have been approved by the tech companies.

The government's cyber security team has also given it the green light. "I'm a brown person who grew up in London. I have all the trauma and drama that comes with that. So I understand about concerns about privacy. The app is designed to the highest standards of data privacy and data security - you're completely anonymous, you're not tracked. They don't know where you are, they don't know who you are. We don't know anything about you and the app doesn't ask anything about you."



Although Randeep was born in Southall, he was partially raised in Newham where his uncle runs a greengrocers in Green Street and has downloaded the app.

He said: "Newham is very close to my heart. I've been to every bit of it. This is both personal and professional pride to be able to both build something which helps the communities affected, but also works in Newham."

Even those who don't have a SMART phone will be protected by those around them using the app as it could help them avoid catching the virus.

Although the NHS is hoping the app will reduce the R-level – the average number of people one infected person will pass the virus on to – the trial's purpose is to gauge its use.

"This app is safe and secure. It does not track you, it tracks the virus. Downloading and using it keeps you, your family and your community safe," said Mr Sidhu.

Although the app is only available for those aged over 18, young people can still get involved and we are asking them to help their family and friends to download the app.

For more information about the app, visit [www.newham.gov.uk/testandtrace](http://www.newham.gov.uk/testandtrace)



## Families in Newham: Sign up to share your Covid-19 experiences

**Newham Council is working with scientists at University College London (UCL) on a joint study to assess the impact of Covid-19 on the lives of families and pregnant women in the borough.**

The 18-month study is run by UCL and will examine the social, economic and health impacts of Covid-19 on pregnant women and families with children aged under five.

Findings from the study will help us better understand the impact of the pandemic on our community, respond

more effectively to the needs of young families across the borough. The findings will also help the Council make decisions about what support and services are needed to help families recover from the effects of the pandemic.

Jason Strelitz, Newham Council's Director of Public Health, said: "Covid-19 has had a significant impact on the lives of Newham residents. The information provided by participants through this research study will help us better understand the types of challenges families are facing and how we can best support our residents through this pandemic - both now and into the future."

We need to recruit 2,000 families, including 200 pregnant women to complete a survey. So if you are pregnant, a mother, father or guardian of a child aged under five, and you live in Newham, we want to hear from you.

The easiest way to complete the survey is online at [www.newham.gov.uk/CovidResearch](http://www.newham.gov.uk/CovidResearch). You can also complete the survey over the phone by calling Newham Council's Family Information Service team on **020 3373 0980**. If you would prefer to complete the survey face to face, or require a translator, please let the team know.

If you take part in the study, everything you say and the information you provide will be kept confidential. It will be stored safely and securely and will only be available to the UCL research team. Any findings from the survey will be anonymised so you cannot be identified.

Families who complete the survey will receive a £10 shopping voucher to say thank you.





# Covid-19 heroes:

## Helen Rider

**In her day job Helen Rider is responsible for transporting children with special educational needs to school. When lockdown came into effect in March and schools were closed she joined the hundreds of Newham Council staff who were re-deployed to support vulnerable residents at our #HelpNewham hubs.**

She delivered parcels of food and other essential supplies to residents across the borough, sometimes as many as 40-50 packages a day. However, that wasn't enough for her so she also signed up as a volunteer

for the NHS. Helen quickly realised there was a real shortage of Personal Protective Equipment, known as PPE. When she saw a Facebook post from a couple working with the group For the Love of Scrubs, she decided to get involved.

Helen, who used to sew many years ago, spent her evenings and weekends in what became a labour of love. The couple sent her the cut pieces and Helen wasted no time, sewing 70 scrubs which she donated to Queens Hospital in Romford. At one point she had to self-isolate for two weeks as her husband was

diagnosed with Covid-19 but that did not stop her either – she continued to sew scrubs following reassurance that it was safe to do so.

She said: "It's just something that I wanted to do. I used to sew years ago and when I saw that they needed all this PPE, I just thought 'I can do that'. It really wasn't difficult: I used to get the cut pieces delivered and I sewed them together, did the overlocking and sent them on so they could be washed and ironed. I just felt quite humbled to be doing it. I really enjoyed it."



Helen Rider



Helen sewed together the cut pieces into scrubs for NHS staff

## Switch off engines for the environment

**Newham Council is supporting a renewed campaign across the capital to encourage businesses to tackle the air pollution caused by idling engines. There is now a new call for action amid emerging evidence that air pollution is linked to poor recovery and higher infection rates of Covid-19 due to damage caused to the lungs.**

Idling Action's #EnginesOff

campaign is asking businesses to pledge that their drivers and other employees will not leave their engines on when parked. As well as asking businesses to pledge, the Council's fleet of vehicles will avoid idling whenever possible with employees undertaking driver training in line with the pledge.

As part of the #EnginesOff pledge, Idling Action is offering drivers free

training and a toolkit of resources to businesses whose operations involve vehicle fleets, professional drivers, or employees who travel by car to work.

To find out more about the #EnginesOff Campaign, visit [www.newham.gov.uk/public-health-safety/air-quality-newham/3?documentId=170&categoryId=20023](http://www.newham.gov.uk/public-health-safety/air-quality-newham/3?documentId=170&categoryId=20023) or visit here to find out more about anti-idling initiatives in Newham.

# Clear clutter, stay safe

**Residents living in Newham Council properties are urged to keep communal areas clear of clutter for their own safety as well as fellow tenants.**

The Council has a duty to ensure the safety of all its tenants living in 21,031 of its Council properties, especially those in tower blocks. We have sent all our tenants a letter reminding them to keep all communal areas clear together with a warning that we will take enforcement action if things are left in corridors, landings and stairwells as they risk having them removed.

Such clutter can cause a fire hazard and leaving it in communal areas means tenants are breaching their tenancy agreement. Clutter includes plants, laundry, bikes, rubbish, white goods and furniture as well as security grills being attached to communal walls and doors and other alterations.

Since 1 September 2020 the Council has operated a zero-tolerance approach. We are:

- Ensuring that our communal areas are kept completely sterile, disposing of any items that we find in communal areas with no exceptions and with residents having no opportunity to challenge this

after the point of disposal

- Removing security grills and correct situations where alterations or additions have been made to communal areas
- Highlighting why communal areas should be kept clear and the consequences if they aren't
- Offering assistance to residents to find alternative options to store their goods. If the Council have to store items that are removed, residents may be charged.

To ensure fire safety, risk assessments are carried out in all Council properties with a communal area, such as stairwells or corridors, and are reviewed annually in supported housing schemes and blocks over six storeys. Although regulations don't specify how frequently fire risk assessments should be carried out, in the light of the tragic events at Grenfell Tower, the Council is now carrying out extra safety reviews of properties. We are also prioritising risk assessments for older and vulnerable residents, as well as those living in high rise blocks with cladding.

## Taking a forensic approach

## to tackling fly-tipping

**Chalk paint stencils and CSI tape around fly-tipped rubbish will be appearing on streets across the borough as Newham Council launches an initiative to rid the community of the unsightly menace.**

Residents worked with Council staff to create a range of initiatives to tackle fly-tipping. Five were trialled across Newham including the crime scene tape and chalk paint stencils. As part of the trial, CSI tape was wrapped around a fly-tip, highlighted with a large colour-coded sticker to identify the date, and left in place for five days to show that fly-tipping

is illegal. During that time the enforcement team investigated the fly-tip and crews cleared the rubbish. They also recorded up to 70 per cent fall in fly-tipping.

Chalk paint stencils that highlight the cost of removing fly tips were stencilled on streets from which fly-tips had been removed. Their aim was to highlight that fly-tips don't just simply disappear, but have lasting impacts on the community.

As these resident-created initiatives proved so effective they will now be put in place across the borough as part of a rolling programme. The CSI tape and the chalk paint stencils

will be introduced at a dozen of Newham's worst fly-tipping spots – based on information from residents and Council staff.

Each hotspot will have either the CSI tape or the chalk paint messaging intervention used for any fly-tips for a six- week period. At the end of the period, another 12 fly-tipping hotspots will be chosen as part of the rolling programme.

Find out how to download the Love Newham App so you can report fly-tips in your area: <https://www.newham.gov.uk/contact-information/love-newham-app-website/1>

# Young reveal their lockdown creativity

YOUTH  
**ZONE**

**Many people struggling to cope with the restrictions imposed during the pandemic have found different ways of coping with the challenges brought about by Covid-19.**

Newham Council launched the Young Newham Story Project and invited young people, particularly those who had to study at home as schools were closed, to express their thoughts, share their feelings and experiences of the unprecedented time and hopes for the future through creativity.

We asked them to share their

drawings, photographs, paintings, cake decorations, t-shirt prints, doodles, models, or anything creative that represented their experience of life in lockdown. They could also share a line of their own words, or a quote that meant something to them to help express their feelings.

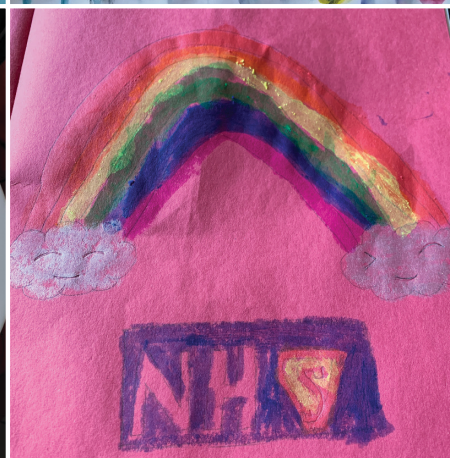
They have produced many pieces of work – including poignant poetry, drawings, photographs depicting their lives during lockdown, complete with social distancing messages, throughout one of the most challenging times for people and

communities in the borough and the nation.

Their works will be exhibited at numerous public sites across the borough displayed on both posters and banners as well as at a pop-up art space in the Westfield Centre throughout September. You can also see the work online at [bit.ly/3jUo9Fy](https://bit.ly/3jUo9Fy)

Not surprisingly, the creative pieces capture the empty streets, parks, queues of people outside shops keeping their distance and children exercising at home, and, of course, tributes to NHS staff and key workers.

**A small selection of the work produced by the borough's young people during the pandemic**





# Sexual Health Week

**Healthy, safe relationships are a key ingredient for our wellbeing. This year, Sexual Health Week (14-20 September) is highlighting the support available for schools in 2020-21, when relationship and sex education becomes a compulsory part of the national curriculum for all school children in England.**

In Newham and across London, the rates of some sexually transmitted illnesses (STIs) like syphilis and gonorrhoea are on the rise, with young people aged 15-24 most likely to be diagnosed. At the same time, levels of HIV have decreased in recent years, but Newham is still classed by Public Health England as an area with 'very high' rates of HIV, with around six in every 1,000 residents known to have it.

Dr Vanessa Apea from Barts Health NHS Trust said: "Young people and people that regularly change sexual partners should get an STI test at least once per year – even if they do not experience any symptoms. A reliable form of routine contraception like an Implant or Intra-

uterine Device for women is the most effective way of avoiding an unplanned pregnancy, but these forms of long-acting reversible contraception don't protect against STIs – so always use a condom with a new sexual partner."

## ACCESSING STI TESTS AND CONTRACEPTION

- If you're experiencing symptoms like bleeding after sex, discharge from the penis or vagina, itching of the genitals, lower abdominal pain or lumps/pain in the testicles, book an appointment online at [www.alleast.nhs.uk](http://www.alleast.nhs.uk)
- If you don't have any symptoms but recently had unprotected sex then book a free STI test online at [www.shl.uk](http://www.shl.uk)
- To access emergency hormonal contraception (EHC or the "morning after pill") call All East immediately on 020 8496 7237 or visit your local pharmacy. EHC can be effective up to 5 days after unprotected sex but is most likely to work if taken ASAP.

# Dealing with Alzheimer's during the pandemic

**Lockdown, social isolation and the disruption to normal routines caused by Covid-19 has affected us all, but for many people living with Alzheimer's, or the dementia it can cause, and for their carers, the loss of familiar routines, and fewer opportunities for face to face contact has been particularly challenging.**

World Alzheimer's Day takes place on Monday 21 September. It is a global opportunity to raise awareness, provide support and demystify dementia, which is caused when the brain is damaged by diseases. Alzheimer's is a degenerative disease that worsens over time and is the most common cause of dementia - but not the only one.

This year, despite the restrictions over events due to the coronavirus, Newham Council wants to increase awareness about the disease by encouraging residents to look out for those who may be suffering with dementia.

You could help by taking time to chat to an older neighbour with dementia, or support them and their family to re-establish regular activities that increase well-being. An older person out alone may not be wearing a face mask for many reasons, but this could include unseen disability, including dementia.

Although the most common early symptom is difficulty in remembering recent events, not everyone with dementia will have the same symptoms. They can vary depending on which part of the brain is damaged, but can include difficulties with thinking, problem-solving or language. This can make it harder for people with dementia to communicate, which can be upsetting and frustrating for them and the people around them. A person with dementia may also experience changes in their mood or behaviour.

Take action and find out more:

- For dementia support services in Newham [www.newham.gov.uk/Dementia](http://www.newham.gov.uk/Dementia)
  - Become a Dementia Friend [www.dementiafriends.org.uk/register-digital-friend](http://www.dementiafriends.org.uk/register-digital-friend)
  - Organise your own memory walk with your household to commemorate someone in your life who has had dementia – post it to Twitter, and send us a photo
- For details of local activities, telephone advice and support, contact Newham New Deal Partnership on 0208 472 0658 or email [info.dss@newhamndp.co.uk](mailto:info.dss@newhamndp.co.uk)

# BLACK HISTORY NEWHAM.

1-31  
OCTOBER

JOIN US AND  
CELEBRATE

**This year's Black History Month is approaching fast and, despite the current restrictions of the pandemic, we want to recognise and celebrate the contributions of our borough's Black residents – both past and present. The programme of events and activities, either online or in venues or outdoors (while observing social distancing) have the theme of Strength, Courage and Determination.**

This year it is ever more important to recognise and learn about the history of Black people in light of the Black Lives Matter movement and the disproportionate impact of Covid-19 on members of our Black community. Among the highlights this year are:

#### **A Discussion with David Olusoga OBE**

An online talk, facilitated by award winning human rights campaigner, writer and artist, Zita Holbourne, during which celebrated historian and TV personality, David Olusoga will discuss what Black Lives Matter means in the struggle for Black British history.

#### **Evening with DJ Norman Jay MBE**

An online event discussing Norman's book, *Mister Good Times*, a vivid and engaging portrait of the man behind the music that inspired a generation of dance music fans.

#### **Long Play Liberation**

A series of live performances and protest advocating for the #Black Lives Matter movement. Audiences will collectively create a playlist of liberation songs for the performances prior to the live events.

#### **Newham's Hidden Figures**

An online event profiling Black residents of Newham who make a difference in the community. Includes an online photographic exhibition.

#### **Frank Bailey - A life of service**

Presentation and talk by local historian Peter Williams, author of *West Ham & its fire brigade*. Discussion about Frank Bailey, one of the first Black, Asian and Ethnic Minority firemen in the UK who joined West Ham Fire Brigade and served at Silvertown fire station.

#### **Black Lives Matter Art Activism**

Online workshops exploring important protest movements to create protest signs, which will be submitted to the Black Lives Matter Art Activism online exhibition.

#### **Ade Adepitan Talks – a digital event for Newham primary schools**

Former Newham schoolboy turned Paralympian, TV presenter and children's author, Ade Adepitan will take part in a digital event for the borough's primary schools. Children can discover more about the childhood, history and the alter-ego who is now the star of his new series, *The Cyborg Cat*.

The programme will be presented via the Newham Black History Month website at **[www.newhamblackhistory.org](http://www.newhamblackhistory.org)** which will also contain more details of the events and activities listed above.

# Tate & Lyle Sugars doubles fund to support Newham

**Tate & Lyle Sugars has announced that its annual Lyle's Local Fund has been doubled to £50,000 this year in recognition of the challenges facing Newham as a result of Covid-19.**

The Fund is open to non-profit organisations and charities for projects that support safe, prosperous and healthy communities in Newham.

Grants of up to £5,000 are available and will be paid before the end of 2020. Applications are open from 21 September 2020 and must be submitted by 23 October. Anyone interested in applying should visit [www.newham.gov.uk/lyleslocalfund](http://www.newham.gov.uk/lyleslocalfund)

Conscious of the fact that Covid-19 has had a huge impact on the economic wellbeing of the borough as

well as its disproportionate effect on Black, Asian and minority ethnic groups, the Fund is encouraging applications from organisations addressing these challenges for the benefit of Newham residents.

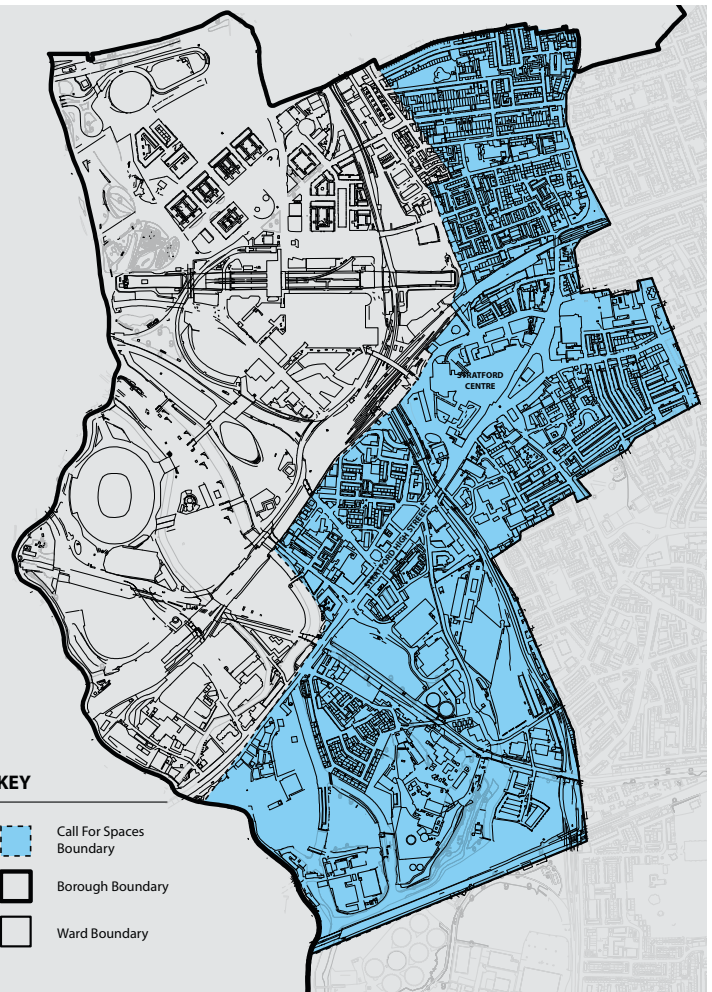
Tate & Lyle Sugars, which has been producing sugar and syrup in Newham for more than 140 years, also has a long history of supporting the local community.

## DO YOU HAVE A VACANT SPACE THAT COULD BENEFIT YOUR COMMUNITY?

We are calling out for empty commercial and retail spaces in Stratford and New Town. Whether an empty ground floor unit or upper floor space that has been vacant for a short time or for years, our new Active Spaces programme aims to bring vacant spaces back to life to support recovery following Covid-19 and support the Council's Community Wealth Building agenda.

**If you are a landlord or landowner, your space could benefit the local community.** Financial support will be provided as up-front seed funding to assist in the refurbishment of spaces. Your space could be offered for short term projects or longer term tenancies, to allow new approaches to business, local support and asset management.

If you have or know of a vacant space in the map area shown, please contact the Stratford Regeneration team on [Stratford.regeneration@newham.gov.uk](mailto:Stratford.regeneration@newham.gov.uk) by Friday 30 October.





# Community Citizens'

## Assemblies return

**Residents will get the opportunity to discover which of their chosen projects have been completed since they were agreed last year. The final round of Community Citizens' Assemblies, which were postponed due to the pandemic, will be taking place throughout September and October, with a limited number of people allowed to attend face-to-face while others can take part online.**

Thousands of residents look part in four rounds of assemblies since they began in September 2018, discussing a variety of local projects to help improve their environment.

The upcoming assemblies will mark the end of a

24-month period of engagement and will give residents an opportunity to share their experiences of taking part in the assembly process.

Two assemblies will be held across the eight neighbourhoods, one at a venue and another online through the Zoom platform from 6-7.30pm. You will need to register at [www.newham.gov.uk/CitizensAssemblies](http://www.newham.gov.uk/CitizensAssemblies) to join the online assemblies or to attend in person. Social distancing measures will be in place and residents must wear a face covering unless they have a valid medical reason not to.

For more information contact [CitizensAssemblies@newham.gov.uk](mailto:CitizensAssemblies@newham.gov.uk)

Community Neighbourhood	Day/ Date	Time	In Venue / Online
Plaistow	Mon 21 September	11am-12.30pm	Newham Town Hall, Barking Road, E6 2RP
Plaistow	Mon 21 September	6pm-7.30pm	Online Zoom Meeting
Beckton and Royal Docks	Tue 22 September	11am-12.30pm	Newham Town Hall, Barking Road, E6 2RP
Beckton and Royal Docks	Tue 22 September	6pm-7.30pm	Online Zoom Meeting
Green Street	Wed 23 September	11am-12.30pm	Newham Town Hall, Barking Road, E6 2RP
Green Street	Wed 23 September	6pm-7.30pm	Online Zoom Meeting
East Ham	Thu 24 September	11am-12.30pm	Newham Town Hall, Barking Road, E6 2RP
East Ham	Thu 24 September	6pm-7.30pm	Online Zoom Meeting
Manor Park	Mon 28 September	11am-12.30pm	Jack Cornwell Community Centre, Jack Cornwell Street, E12 5NN
Manor Park	Mon 28 September	6pm-7.30pm	Online Zoom Meeting
Custom House & Canning Town	Tue 29 September	11am-12.30pm	Old Town Hall Stratford, 29 The Broadway, E15 4BQ
Custom House & Canning Town	Tue 29 September	6pm-7.30pm	Online Zoom Meeting
Stratford & West Ham	Wed 30 September	11am-12.30pm	Old Town Hall Stratford, 29 The Broadway, E15 4BQ
Stratford & West Ham	Wed 30 September	6pm-7.30pm	Online Zoom Meeting
Forest Gate	Thu 1 October	11am-12.30pm	Old Town Hall Stratford, 29 The Broadway, E15 4BQ
Forest Gate	Thu 1 October	6pm-7.30pm	Online Zoom Meeting



For the latest information on essential services, visit [www.newham.gov.uk/coronavirus-covid-19/coronavirus-service-disruptions-updates/1](http://www.newham.gov.uk/coronavirus-covid-19/coronavirus-service-disruptions-updates/1)

# Filling empty spaces to boost community wealth building

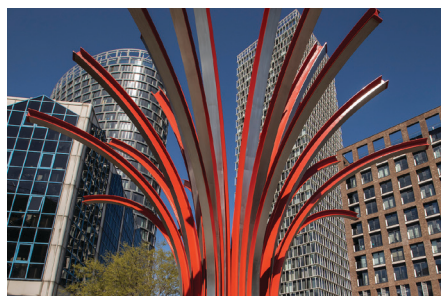
**Newham Council is calling out for empty commercial and retail spaces in Stratford and New Town as part of its plans to bring them back to life after the pandemic, support a community wealth building agenda and create jobs.**

Using vacant spaces will help our town centres recover economically from the impact of Covid-19 and contribute to making Newham a more economically vibrant place to live and work. Whether the space is an empty ground floor unit or upper floor space that has been vacant for months or years, the Active Spaces programme aims to help fund their refurbishment following Covid-19, by backing activities that support the Council's Community Wealth Building agenda.

Some of Newham's thriving sectors and entrepreneurial spirit have been threatened by the negative economic

impact of Covid-19 and it is likely that vacancy rates could increase during this period. However this should not become a barrier to the borough's enterprises and community organisations to grow in these challenging times. The Council has introduced the project to tackle long term vacancy and support the local community and economy with new opportunities.

The spaces can be for both short and long-term tenancies, as well as permanent use. Newham Council will prioritise bids that align with our Community Wealth Building agenda, and particularly those that provide spaces for youth participation, employment and space for creative use for local people in Stratford Town Centre. Landlords or landowners interested in working with the Council can get more details by emailing **stratford.regeneration@newham.gov.uk**



# Time to quit smoking

Stoptober, which begins on 1 October, is a national 28-day challenge encouraging smokers to give up the habit. Research in the last five years has shown that if a smoker can quit for 28 days, they are five times more likely to give up smoking for good.

More than 35,000 people in Newham smoke. If you are one of them, taking part will provide you with immediate health benefits and as well as more money in your pocket. In

addition to helping yourself, you will also protect those around you from the harmful effects of second-hand smoking, especially children who are particularly vulnerable.

There has never been a better time to quit. Smokers are more likely to be vulnerable to coronavirus and could be at greater risk of developing severe disease from Covid-19.

To begin your journey towards a smoke-free life, visit **www.newham.gov.uk/stopsmoking** or call 0300 123 1044.

# ARE YOU RENTING PRIVATELY?

## KNOW YOUR RIGHTS

Your landlord or managing agent cannot ask or force you to move out of your home immediately. They must follow certain procedures to end your tenancy otherwise they may be prosecuted for illegal eviction.

If you are being evicted contact **Private Sector Housing Standards** on **020 3373 1950** or **privatehousing@newham.gov.uk**.

[www.newham.gov.uk/illegaleviction](http://www.newham.gov.uk/illegaleviction)

ARE YOU BEING  
EVICTED?

DO YOU KNOW  
YOUR RIGHTS?

