

**WE ARE  
HEALTHY.**



**WE ARE  
NEWHAM.**



**5 WAYS TO A  
HEALTHIER LIFE**

A Well Newham Health Information Booklet  
Winter 2021

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

# HELPING NEWHAM RECOVER

“

Newham has been hard hit by COVID-19 but our community has come together and shown great strength during this time. The information and services in our 5 Ways to a Healthier Life publication contains a range of support available to help you. I'd like to thank everyone working Towards a better Newham.”



**Mayor Rokhsana Fiaz OBE**

“

Many people I speak to at my GP Practice and around Newham want to be healthier but don't know where to start – that's where 5 Ways to a Healthier Life can help. Look after yourself; eat healthy food, keep active and get your health checked if you're worried about anything.”



**Dr Muhammad Waqqas Naqvi  
GP Partner and Chair Newham CCG**

“

Having a healthy mind is vital. It's often difficult to want to exercise or even try to get a new job if you're feeling down. It's ok if you don't feel ok – and want to ask someone for help. I am pleased we have a range of services here in Newham to help so that together, we can support each other.”



**Councillor Zulfiqar Ali  
Cabinet Member for Health and  
Adult Social Care**

“

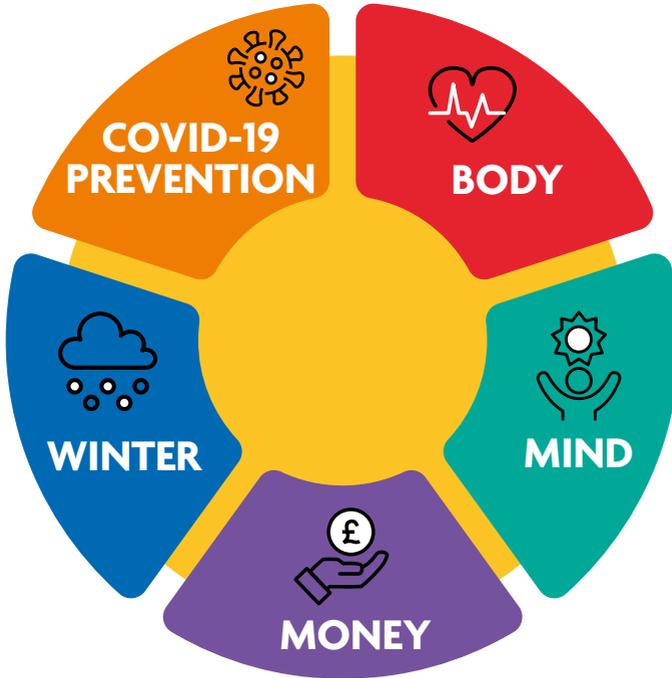
Find what it is that will help you. For me learning new things and sharing what I had learnt during the pandemic helped me so much. I am now a qualified tai chi instructor and I have passed my Level 2 British Sign Language!”



**Bisi Imafidon  
Extended Schools Manager and  
part-time sports coach**

# 5 WAYS TO A HEALTHIER LIFE

Do you want to feel better and be happier? Do you want to improve your health? There are lots of simple things you can do and many free support services in Newham to help you. This booklet covers 5 ways to a healthier life – all of which are connected and help each other:



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View this booklet online at: [www.newham.gov.uk/healthylife](http://www.newham.gov.uk/healthylife)  
Share your journey with us on social media using **#HealthyNewham**



Part of the 50 Steps Health and Wellbeing Strategy

# HEALTHY BODY



Whether you want to feel better, stronger, or healthier, there are many things you can do to have a healthy body - and lots of free services to help you.

A healthy body also helps you feel happier, as well as better able to fight off illnesses in winter. Here you can find information on:

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You can also find lots of free information and advice at:

 [www.nhs.uk/live-well](http://www.nhs.uk/live-well)





## EATING HEALTHY FOOD

Eating healthy food is an important part of having a healthy body and can help you feel better. There are lots of things you can do like:

- Eating 5 pieces of fruit and veg a day
- Cutting down on sugary and salty foods – check the labels
- Eating more beans, fish, eggs and lean meat (e.g. chicken breast)
- Choosing wholegrain, brown bread, pasta and rice and cutting down on carbs where possible
- Going for lower fat cheese, milk and butter
- Drinking lots of water
- Drinking less alcohol – have 2 or 3 alcohol-free days a week

## Healthy food and vitamins for children

Babies and children need healthy food from the start – to help them grow and set them up for a healthier life. If you are pregnant or have children under 4 years old you may be able to get vouchers or money to buy healthy food and milk. To apply, pick up a form from your local Children's Centre, library, food bank, primary school, health visitor or midwife.

☎ 0345 607 6823

🏠 [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Newham also offers free vitamins to all pregnant women, new mothers and children under the age of 4. Speak to your midwife, health visitor or Children's Centre for more information.

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## Need help to pay for food?

If you or someone you know is struggling to pay for food, the Newham Food Alliance (NFA) can help. NFA is a collection of organisations across the borough who reach thousands of residents each week with food parcels, meals and other support.

To get help fill in a form at:

☎ 07790 975 086

✉ [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)

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

## BEING A HEALTHY WEIGHT

Healthy eating and keeping active are the best ways to manage your weight.

Check if you are a healthy weight, as some people are more at risk of ill health from being even a little overweight than others. Use the NHS calculator:

🏠 [www.nhs.uk/live-well/healthy-weight/bmi-calculator](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator)

There are also free programmes in Newham to help you:

### NHS Healthier You programme

If you have been told that you are at risk of developing Type 2 diabetes, ask your GP if you can be referred to your local NHS Healthier You programme. This programme will help you make changes to your diet, weight and how much you keep active – to help stop you from developing Type 2 diabetes.

☎ 0333 577 3010

✉ [info@preventing-diabetes.co.uk](mailto:info@preventing-diabetes.co.uk)

🏠 [www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk)

### Live Well Newham

A free 12-week healthy weight programme covering diet, exercise and mental health.

To sign up:

☎ 0333 577 3010

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

### The 150Club

A free 12-week physical activity programme for people aged 18+ who would like to lose weight and get more active. Eligibility criteria applies.

To sign up:

🏠 [www.whufc.com/club-foundation/projects/community/150-club](http://www.whufc.com/club-foundation/projects/community/150-club)

or ask your GP for a referral. You can also contact Layla McNeilly:

☎ 07715 226 668

✉ [150club@westhamunited.co.uk](mailto:150club@westhamunited.co.uk)

“

The programme was brilliant and has motivated me to be more active on a daily basis. I feel more energetic now and as if I can do anything. I will definitely continue and it is thanks to you (Layla) for motivating me.”

Ben, Newham resident



## KEEPING ACTIVE

Keeping active can help you have a healthy weight and reduce your risk of health problems like heart disease, stroke and dementia. It also helps you feel better, happier and less stressed.

Aim to do a little exercise every day - enough to make you breathe faster and feel warmer, such as:

- Walking or cycling whenever possible, even just 20 minutes a day
- Exercising while listening to your favourite music
- Exercising with friends
- Finding a sport you like
- Try walking, cycling or scooting instead of taking the car or public transport

If you haven't exercised in a while or you have a medical condition, speak to your GP for advice.

There are many free activities in Newham to help you stay active:

### Our parks

Free Back to Exercise and Family Fit sessions in parks around Newham; run by experienced trainers for all abilities.

☎ 0800 111 4464

✉ [getfitnow@ourparks.org.uk](mailto:getfitnow@ourparks.org.uk)

### Bikeworks

Inclusive cycling sessions with adapted bikes that are free to access and open to all.

☎ 020 8980 7998 (option 3)

🏠 [www.bikeworks.org.uk](http://www.bikeworks.org.uk)

### Free sports and physical activity sessions for adults

Female football, Pan Disability football, Park runs, Inclusive activity (Badminton, Boccia, Basketball, Tennis, Cricket, Hockey & more).

☎ 07741 293 506

✉ [Sports@activeNewham.org.uk](mailto:Sports@activeNewham.org.uk)

“

We don't need petrol and we don't need to depend on others, cycling is fun and health-wise it's good for us too!”

**Asfia, Newham resident**

## 5 WAYS TO A HEALTHIER LIFE

### Walking

Free weekly and fortnightly walks led by trained walk leaders and supported by Newham volunteers.

✉ [craig.hughes@activenewham.org.uk](mailto:craig.hughes@activenewham.org.uk)  
☎ 07741 293 510

### Free sports sessions for children

There are also many free sports sessions for children including football, basketball, boxing, table tennis, walking ambassadors.

☎ 07741 293 506  
✉ [Sports@activeNewham.org.uk](mailto:Sports@activeNewham.org.uk)

### Street Tag

A fun, free game using your smart phone, helping to explore your local area and gain rewards for doing daily physical activity.

🏠 [www.streettag.co.uk](http://www.streettag.co.uk)

### Couch to 5k

An NHS app to help you start exercising. It's a 9-week programme of podcasts to help you safely build up to running 5km. You can choose your trainer, including celebrities like Jo Whiley, Sanjeev Koli or Denise Lewis.

🏠 [www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week)



### Park Runs

Free, fun, and friendly weekly 5k community events at Beckton District Park South and Victoria Dock. Walk, jog or run.

🏠 [www.parkrun.org.uk](http://www.parkrun.org.uk)

### Leisure Centres

Visit your local leisure centre for access to swimming, gyms, classes and more. For more information on opening hours and what's on:

☎ 0300 124 0123  
🏠 [www.activenewham.org.uk](http://www.activenewham.org.uk)



## HAVING HEALTHY HABITS

Adopting healthy habits will help you live a healthier life and reduce your risk of stroke and heart disease. This includes stopping smoking and reducing alcohol and drug intake. There are free services in Newham to help you.

Many pharmacies in Newham can help. Ask your local pharmacist or visit:

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

You can take a free, confidential test to check how much you are drinking and how to calculate alcohol units:

🏠 [www.alcoholchange.org.uk/alcohol-facts/interactive-tools](http://www.alcoholchange.org.uk/alcohol-facts/interactive-tools)

## Quit Well Newham

A free 12-week support program for smokers and smokeless tobacco users who want to quit. You can refer yourself:

☎ 020 7882 8230

✉ [clinicbookings@qmul.ac.uk](mailto:clinicbookings@qmul.ac.uk)

📱 07474 082 330 (text or WhatsApp)

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

If you, or someone you know, has become dependent on alcohol or drugs, help is available. Most people need some help or a long-term plan to stay in control or completely alcohol or drug free.

## Newham Rise

A free and confidential drug and alcohol service for Newham residents (adults and young people) affected by substance use, and those who may be impacted by someone else's substance use, like family and friends. You can self-refer:

☎ 0800 652 3879

✉ [newham.referrals@cgl.org.uk](mailto:newham.referrals@cgl.org.uk)

🏠 [www.changegrowlive.org/rise-newham](http://www.changegrowlive.org/rise-newham)

Support for young people:

☎ 0800 652 3879 or 07741 196 424

✉ [NewhamYP@cgl.org.uk](mailto:NewhamYP@cgl.org.uk)

🏠 [www.changegrowlive.org/young-people/newham-young-peoples-service](http://www.changegrowlive.org/young-people/newham-young-peoples-service)

# REDUCING YOUR CHANCE OF GETTING ILL

Finding out if you are at risk of getting a health condition can help to:

- Reduce your chance of getting ill
- Spot disease and get treatment early
- Improve your chance of successful treatment

Take this free NHS health quiz to find out your health score:

🏠 [www.nhs.uk/better-health/how-are-you-quiz](http://www.nhs.uk/better-health/how-are-you-quiz)

The following free services are available in Newham to check your health risk and spot early signs of health issues:

## NHS Health Check

This is for adults aged 40 to 74 to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. You will receive a letter from your GP inviting you for a free NHS Health Check every 5 years. You can also call your GP surgery to book a Health Check. Find out more at:

🏠 [www.nhs.uk/conditions/nhs-health-check](http://www.nhs.uk/conditions/nhs-health-check)

## Cervical screening

Cervical screening checks your risk of cervical cancer and is for anyone with a cervix (the part that connects the vagina to the womb). Women aged 25-49 years are invited every three years and women aged 50-64 years, every five years. Call your GP to make an appointment.

## Breast screening

Breast screening, to detect breast cancer, is for women aged 50 to 71 years. You will be invited every 3 years. If you have missed your appointment, call the London Breast Screening Hub:

☎ **020 3758 2024**

## Bowel screening

Bowel screening, to detect bowel cancer, is for everyone aged 60 to 74 years. You will be invited every 2 years. If you received a test kit but lost it, you can call the bowel screening hub to request another:

☎ **0800 707 6060**

“

I was told if I hadn't gone for my screening it's likely that in a few months I would have needed a mastectomy and the cancer would have spread.”

**Bron, Newham patient**



## IMPROVING YOUR SEXUAL HEALTH

Good sexual health is important for your mind as well as your body. Thousands of residents use the sexual health services in Newham to keep them healthy.

### All East Sexual Health Service

A free and confidential NHS service, providing sexual health screening (including HIV testing), treatment for sexually transmitted infections (STIs), contraception and advice on sex and relationships. Book an appointment online:

☎ 020 8496 7237

🏠 [www.all east.nhs.uk/appointments](http://www.all east.nhs.uk/appointments)

### Sexual Health London

If you don't have any symptoms but want an STI screening test to check, you can order one for free from Sexual Health London:

🏠 [www.shl.uk](http://www.shl.uk)

### Positive East

With early testing and the right treatment, you can still live a long and healthy life with HIV. Positive East provides free support to adults and communities in Newham affected by HIV.

☎ 020 7791 2855

🏠 [www.positiveeast.org.uk](http://www.positiveeast.org.uk)

### Body & Soul

Body & Soul provides a range of free support to families and young people living in Newham affected by HIV.

☎ 020 7923 6880

🏠 [www.bodyandsoulcharity.org](http://www.bodyandsoulcharity.org)

### Pharmacist or GP

You can also speak to your local pharmacist or GP for advice on contraception and some local pharmacies can also provide screening for Chlamydia & Gonorrhoea to residents aged 15-24, as well as emergency hormonal contraception (the 'morning after pill').



# PROTECTING YOUR CHILD'S HEALTH

## Getting your child vaccinated

Vaccines prevent many serious illnesses and are free to all children. Different vaccines are given at different ages but some children may have missed theirs due to COVID-19. To make sure your child's vaccines are up to date and they are protected, speak to your GP, midwife or health visitor. For BCG or school aged vaccinations, contact:

☎ 020 3214 1394

✉ [newham@vaccinationuk.co.uk](mailto:newham@vaccinationuk.co.uk)

For details of the vaccines your child needs at different ages visit:

✉ [www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them](http://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them)

## Protecting your child's teeth

Help protect your child's teeth by:

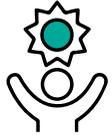
- Making sure your child brushes their teeth twice a day (don't rinse mouth after brushing)
- Reducing the amount of sugary drinks and foods they eat
- Signing up for free NHS dental care – free for all children under 18 (and up to 19 years old in full time education)

To find your nearest dentist talk to your school nurse or search for 'NHS find a dentist' on the internet.

## Register with your GP

Anyone in Newham can register with a GP surgery. It's free to register and you do not need proof of address or immigration status, ID or an NHS number. Contact your local GP surgery to register. To find your nearest GP, ask at your library or visit:

🏠 [www.nhs.uk/service-search/find-a-gp](http://www.nhs.uk/service-search/find-a-gp)



# HEALTHY MIND

A healthy mind is an essential part of a healthy life. It is important for our relationships, jobs and happiness.

Due to COVID, many of us have had to cope with the loss of loved ones, being away from friends and family, as well as job losses. This has led to increased feelings of stress, anxiety and sadness.

If you are feeling anxious, upset and/or finding it hard to cope, help is available. Be kind to yourself and think about what may help you.

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For more information and tips:

 [www.nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters)





## COPING WITH LOSS

### Community Bereavement Support Service

You do not have to cope with the loss of a loved one on your own. Help is available for anyone aged 18+ who has experienced a bereavement. You can get one-to-one support and group counselling sessions, as well as specialist support for people with learning disabilities and autism.

- ☎ 020 7510 1081 / 020 7510 4268
- ✉ [nbs@mithn.org.uk](mailto:nbs@mithn.org.uk)
- 🏠 [www.newham.gov.uk/mithnbereavementservice](http://www.newham.gov.uk/mithnbereavementservice)

## REDUCING ANXIETY AND DEPRESSION

### Newham Talking Therapies

A free and confidential NHS service for residents aged 18 and over (or aged 16-17 years in full time education). Trained therapists develop a tailored plan to help you, involving either face to face therapy sessions, workshops or online. You can ask your GP for a referral or refer yourself:

- ☎ 020 8475 8080
- ✉ [newhamtalkingtherapies@nhs.net](mailto:newhamtalkingtherapies@nhs.net)
- 🏠 [www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)

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### 24 Hour Mental Health Crisis Helpline

This helpline is here if you feel your mental health is getting worse or you are in distress and you need to talk to a qualified mental health professional out of office hours.

- ☎ 0800 073 0066

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### Safe Connections

A suicide prevention support service providing a safe space to talk and guide you, or someone you know, to support services in your local area.

- ☎ 0300 561 0115
- ✉ [safeconnections@mithn.org.uk](mailto:safeconnections@mithn.org.uk)

# HELPING YOUNG PEOPLE TO HAVE HEALTHY MINDS

## HeadStart

HeadStart is for 10-16 year olds living in Newham who would like additional support to improve their mental health.

- ☎ 020 3373 8600
- ✉ [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)
- 🏠 [www.headstartnewham.co.uk/young-people](http://www.headstartnewham.co.uk/young-people)

## Your Time

Your Time provides a 12-18 week programme for young people aged 5-18 (up to 25 for young people with special educational needs and disability), giving a safe and confidential space to help understand feelings and have a healthier mind.

- ☎ 020 3373 9983 (option 6)
- ✉ [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)
- 🏠 [www.newham.gov.uk/YouthBefriending](http://www.newham.gov.uk/YouthBefriending)

## Child and Adolescent Mental Health Service (CAMHS)

A multi-agency specialist mental health service for children and young people aged 0-18 years with complex, severe or persistent emotional, behavioural or developmental problems. To refer your child:

- ☎ 020 8430 9000
- 🏠 [camhs.elft.nhs.uk/Referrals](http://camhs.elft.nhs.uk/Referrals)

If you are 16-18 and you live or study in Newham, you can self-refer:

- ☎ 020 8430 9000
- 🏠 [camhs.elft.nhs.uk/Referrals](http://camhs.elft.nhs.uk/Referrals)



**The Your Time practitioner has made such a positive difference to my son's wellbeing. My son looks forward to his regular weekly catch-up with his practitioner. I don't know where I nor my son would be if it wasn't for Your Time during lockdown."**

**Newham parent**

## CONNECTING WITH OTHERS

### Connect Newham

A chat service for residents who want to have a weekly or fortnightly chat with a local friendly person matched to them; for anything from three to 20 phone calls.

☎ 020 3954 3224

✉ [contact@connectnewham.org.uk](mailto:contact@connectnewham.org.uk)

### Parent Befriending Service

A weekly service for parents/carers of children and young people aged 0-16 years, who need a space to talk and manage parenting challenges like a child's behaviour, anxiety and worries, and family relationships.

✉ [strengthening.families@newham.gov.uk](mailto:strengthening.families@newham.gov.uk)

### Community Neighbourhood Link Workers

They support residents who are feeling lonely. They help build your confidence and create an action plan that supports you to keep active, connected and healthy.

☎ 020 8430 2000 (option 2)

✉ [CNLW@newham.gov.uk](mailto:CNLW@newham.gov.uk)

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

## CARING FOR SOMEONE

It is estimated there are over 24,500 people in Newham providing care for a relative or friend. If you are caring for someone, you do not have to wait until you are struggling, or there is a crisis, before you ask for support.

### Carers FIRST

Carers FIRST provides support to carers of all ages in Newham.

☎ 0300 303 1555

✉ [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

🏠 [www.carersfirst.org.uk](http://www.carersfirst.org.uk)



I worked on the frontline during COVID-19 and it was a period of profound sadness for the lives lost. You have to give yourself time to grieve and talk to those who went through the same thing, so you can realise it's fine to feel affected. That's when you can start seeing more clearly. Hope makes me carry on - and wanting to be there for my patients and our community."

Petra, Newham resident

# HEALTHY MONEY



Money worries can affect us all. It can be a struggle to pay bills, deal with debt or find a job and this can make it difficult to live a healthy life.

If this is something you are facing there is a lot of support available in Newham to help you including:

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# HELP WITH MANAGING MONEY

## Our Newham Money

Our Newham Money can help you to become more confident managing your money, no matter what your circumstances are.

Our Newham Money can help with:

- **Benefits and income advice** - access to all the help you need to pay bills and rent, make sure you are getting all the help you are entitled to and resolve any benefit issues
- **Debt and advice** - free, impartial and confidential debt advice on priority and non-priority debts
- **Energy** - help with energy bills and staying well and warm this winter
- **Affordable loans** - to suit your needs. You can borrow up to £1500 and repay weekly or monthly, spread over two years or less (depending on affordability)
- **Smart spending** - Improve your finances with money saving tips. Get advice on ways to make your money go further, reduce expenses and suggest ways to help you make good buying decisions



For more information:

☎ 020 8430 2041

✉ [ournewhammoney@newham.gov.uk](mailto:ournewhammoney@newham.gov.uk)

🏠 [www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)



**Without Our Newham Money I would not have been able to put food on the table for my three children, thank you Our Newham Money... for helping me through a very difficult time."**

**Newham resident**



## HELP KNOWING YOUR RIGHTS AT WORK

### The Employment Rights Hub

Free, confidential advice and support to residents on issues such as:

- Your rights when you lose your job
- Pay
- Working hours and conditions
- COVID and your rights
- Taking time off work

To get confidential help:

- ☎ 020 3373 6494
- ✉ [employmentrights@newham.gov.uk](mailto:employmentrights@newham.gov.uk)
- 🏠 [www.newham.gov.uk/employmentrightshub](http://www.newham.gov.uk/employmentrightshub)

## HELP GETTING A JOB

### Our Newham Work

A free service to help Newham residents get into work. Whatever your level of experience, you can get support and advice about your next step.

Get help applying for the job you want, as well as guidance on starting a business. You can also get extra support if you have a physical or learning disability.

Register for free to get access to the full list of vacancies and opportunities available.

- ☎ 020 3373 1101
- ✉ [ournewhamwork.engagementteam@newham.gov.uk](mailto:ournewhamwork.engagementteam@newham.gov.uk)
- 🏠 [www.ournewhamwork.co.uk](http://www.ournewhamwork.co.uk)

# LEARNING SKILLS AND TRAINING SUPPORT

## Our Newham Learning and Skills

Our Newham Learning and Skills provides part-time, day and evening courses at a wide range of local centres across Newham for over 8,000 students each year. You can find:

- Part-time courses in lots of areas, including business admin and ICT, cookery, beauty and health
- English language courses
- Courses for young adults aged 19-25 years
- Courses for adults with learning disabilities
- Family learning courses

For more information:

🏠 [www.ournewhamls.co.uk](http://www.ournewhamls.co.uk)



## Apprenticeships

Apprenticeships are also available if you would like to get training and qualifications while you work and earn a salary. You can apply for an apprenticeship if you are:

- Aged over 16
- Eligible to work in England
- Not in full time education

Find out more:

🏠 [www.gov.uk/become-apprentice](http://www.gov.uk/become-apprentice)

# HEALTHY WINTER



As temperatures drop and we spend more time indoors, our bodies need extra help to be healthy – and to protect us from viruses like COVID-19 and flu.

There are many ways we can look after ourselves and each other during winter. Here you can find information on:

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For more information:

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



# STAYING WELL IN WINTER

- Keep active and eat a healthy diet
- Go to your health and care appointments
- Stock up your medicine cabinet early – and ask your pharmacist or GP about your repeat prescriptions
- Speak to your pharmacist about common winter illnesses such as a cold, sore throat, cough or earache

## Vitamin D

This winter, Newham residents aged 65+ years will be able to get free vitamin D supplements. Vitamin D is important for bone and muscle health and it can be hard to get enough of it in winter. When people don't have enough, they are more likely to fall or break bones. There will be many places in Newham where you can collect free vitamin D supplements – find out more from your local library.

# STAYING WARM IN WINTER

One of the best ways to stay well during winter is to keep warm at home. Here are some tips - nearly all of which don't cost money:

- Check if you are entitled to benefits such as:
  - Warm Home Discount:  
[🏠 www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)
  - Cold Weather Payment:  
[🏠 www.gov.uk/cold-weather-payment](http://www.gov.uk/cold-weather-payment)
  - Winter Fuel Payment:  
[🏠 www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment)
- Close your curtains in the evening, keep doors closed and block unwanted draughts (but remember to open windows for some time every day to prevent COVID-19, flu, damp and mould)
- Wear several light layers of warm clothes (instead of one chunky layer)
- Stay active in your home – try exercising to music or online classes
- Try to keep your bedroom at 18°C (65°F) overnight and your living room at 21°C (70°F) during the day
- Wrap up warm and wear shoes with a good grip if you need to go outside

For more information about keeping warm this winter:

- 🏠 [www.nhs.uk/live-well/healthy-body/keep-warm-keep-well](http://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well)



## PREVENTING FLU AND COVID-19

The best way to boost your immunity and protect against flu and COVID-19 this winter is to have the COVID-19 and flu vaccinations.

The flu vaccine is updated every year to fight the latest version of the illness, so it is important you have this year's vaccine even if you had a jab last year. The NHS flu vaccine is free for many people including many children, pregnant women and those over 50 years old.

The flu vaccine will be offered via your GP, local pharmacy and schools. For more information and to find out if you are eligible:

🏠 [www.nhs.uk/flu](http://www.nhs.uk/flu)

It is important to get both your COVID-19 vaccinations and your booster when you are offered it, to get the maximum protection. For more information and to book your vaccine, call the COVID-19 Helpline on:

📞 020 7473 9711

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

## GET YOUR HOME READY FOR WINTER

Get your home ready for winter by:

- Insulating your hot water cylinder
- Getting a Gas Safe Registered engineer to check your boiler
- Checking your smoke and carbon monoxide alarms are working, and electric fires are properly guarded
- Find out if you can get help to warm your home

📞 0800 7833127

🏠 [www.jjcrump.com/keep-warm-keep-well-newham](http://www.jjcrump.com/keep-warm-keep-well-newham)

For more information on how to reduce your bills and make your home more energy efficient:

🏠 [www.simpleenergyadvice.org.uk](http://www.simpleenergyadvice.org.uk)

📞 0800 444 202

If you think you may be suffering from Long COVID (COVID-19 symptoms lasting more than 12 weeks), contact your local GP:

🏠 [www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)



# WHAT TO DO IF YOU FEEL UNWELL

## Get tested

If you have any of these three main COVID-19 symptoms you must get tested with a PCR test:

- A high temperature
- A new, continuous cough
- You've lost your sense of smell or taste, or it's changed

For details of how to get a PCR test, go to the next section on Healthy COVID-19 Prevention (page 26).

## Local Community Pharmacy Support

If you feel unwell – even if it's just a cough or cold – get a COVID-19 test and if it is negative speak to your pharmacist for advice. If it is positive, you must isolate for 10 days (see page 25).

## Your Local GP

Please contact your local GP about ongoing health complications and symptoms. Patients suffering with the long term symptoms of COVID-19 can now access specialist help via their GP.

GP practices have increased the number of appointments available over the phone so that people can have their consultation at home. This means you don't have to travel to the surgery and your risk of exposure to COVID-19 is reduced. If your condition means you need to see a GP face-to-face, this will be arranged.

## Urgent 111/999

If you need more advice or help, call NHS 111 or visit [www.nhs.uk](http://www.nhs.uk) for details of local services. If it is a medical emergency – difficulty breathing, chest pain or an accident – call 999 or visit your nearest A&E department.

 111 or 999

 [www.nhs.uk](http://www.nhs.uk)

# HEALTHY COVID-19 PREVENTION



Although we have come a long way since the start of the pandemic with vaccines and testing, COVID-19 is still a risk to many people in Newham.

Protect yourself and your loved ones by following the five steps for COVID-19 wellbeing:

## Stay safe

- Wear a face covering or mask indoors or in crowds
- Open windows for fresh air to prevent COVID-19 and try to meet people outside when possible
- Avoid crowded places
- Wash your hands regularly

## Be kind to yourself and others

- Stay active and eat a healthy diet
- Talk to someone and ask for help if you're feeling down, anxious or stressed
- Go to your health and care appointments
- Look after each other – your friends, family, community

## Stay home if you have symptoms

If you test positive for COVID-19 and you need to stay at home, help is available with shopping and food, money, staying safe, alternative accommodation and someone to talk to. Contact the Newham COVID-19 Helpline:

📞 020 7473 9711

✉️ [covidhelp@community-links.org](mailto:covidhelp@community-links.org)

## 5 WAYS TO A HEALTHIER LIFE

### Get tested

If you have any of the three main symptoms you must get tested with a PCR test (see symptoms on page 24).

If you have symptoms, there are many ways to get tested:

- Walk through testing (no need for an appointment)
- Drive through testing
- Mobile testing unit - call 119 for details

To to get a free PCR test:

🏠 [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)

If you do not have COVID-19 symptoms, do a rapid lateral flow test twice a week (three or four days apart). This will help pick up an infection early and reduce the risk to others.

- Order online to be delivered to your home:  
🏠 [www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)
- Collect from a collection point, including test sites, pharmacies and libraries. You can find your nearest collection point at  
🏠 [maps.test-and-trace.nhs.uk](https://maps.test-and-trace.nhs.uk)

### Get vaccinated

Getting a vaccine is the best way to protect yourself and others from COVID-19:

- Reduce your risk of getting seriously ill or dying
- Reduce spreading the virus to others
- Reduce the chance of getting Long COVID

There are many places in Newham to get your vaccine including:

- Walk-in clinics
- Some GP surgeries
- Some pharmacies
- Pop-up sites e.g. mosques, nurseries, community centres

To find out where you can get a vaccine call the Newham COVID-19 Helpline:

☎ **020 7473 9711**

🏠 [www.newham.gov.uk/bookyourvaccine](https://www.newham.gov.uk/bookyourvaccine)

You can also book via the NHS website:

🏠 [www.nhs.uk/covid-vaccination](https://www.nhs.uk/covid-vaccination)

# WOULD YOU LIKE HELP?

If you're not sure where to start, or you need help to get online, support is available:

## Social prescriber

Speak to your GP surgery about your local social prescriber – for things like gardening, befriending, healthy eating advice and sports clubs.

## Link Worker

Speak to your local Community Neighbourhood Link Worker

- ☎ 020 8430 2000 (option 2)
- ✉ [CNLW@newham.gov.uk](mailto:CNLW@newham.gov.uk)
- 🏠 [www.newham.gov.uk/linkworkers](http://www.newham.gov.uk/linkworkers)

## Library

Visit your local library:

- Staff can help you access the internet and everything in this booklet
- For details of your local Link Worker
- For information on your local groups and activities

## Pharmacist

Find your local pharmacy:

- 🏠 [www.nhs.uk/service-search/pharmacy](http://www.nhs.uk/service-search/pharmacy)

## Newham COVID-19 Helpline

- ☎ 020 7473 9711
- ✉ [covidhelp@community-links.org](mailto:covidhelp@community-links.org)

If you are pregnant or have a young family there are people here to help:

## Health visitor

- ☎ 020 3373 9983
- 🏠 [www.newham.gov.uk/healthvisitors](http://www.newham.gov.uk/healthvisitors)

## Children's Centre

- 🏠 [www.newham.gov.uk/childrenscentres](http://www.newham.gov.uk/childrenscentres)

To find out more about all the services available from Newham Council visit:

- 🏠 [dos.newham.gov.uk](http://dos.newham.gov.uk)

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If you have any comments or questions please contact the Public Health Team:

- ✉ [Publichealthenquiries@newham.gov.uk](mailto:Publichealthenquiries@newham.gov.uk)
- 🏠 [www.newham.gov.uk/healthylife](http://www.newham.gov.uk/healthylife)

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