



Issue 23: April 2023

Welcome

Wishing you a warm welcome to the April issue of the 50 Steps newsletter. I hope you had a lovely long Easter weekend and those marking Eid al-Fitr had a wonderful time celebrating!

This has been a busy month, as always! A particular highlight was presenting the [50 Steps strategy two-year progress report](#) to the Health and Wellbeing Board. The report details the achievements of everyone involved in delivering the strategy over the past year. Please do have a read and I'd like to thank everyone who is helping to make a healthier Newham, especially during these challenging times.



However, there is much still to be done. We will soon be starting the process of refreshing the 50 Steps strategy to build on all the progress made and plan for the next few years. We hope you, our partners, will contribute and take part in upcoming events to co-develop the strategy. We will be in touch shortly with more details on this.

This month I also attended the Council's Climate Action Working Group. Climate action is a key priority for the Council and many of our partners. Climate change poses a significant public health challenge and collective climate action is needed to reduce emissions and help prevent consequences for us all in Newham. We all have a role to play and there are many ways you can make a difference. [Get in touch](#) to take part in addressing climate change together.

This month our spotlight is on a new all-age weight management service that we have just launched in Newham. This service is important in delivering steps 11 and 17 in the 50 Steps strategy; helping adults and children be a healthy weight. Please read more on it below and share details of the service with those who may benefit.

Wishing you good health and happiness.

Best wishes

Claire Greszczuk

Deputy Director of Public Health (interim)

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Spotlight on...



Support for all ages to be a healthy weight

This month we launched a new (and free!) all-age weight management and movement service in Newham, to help residents, families and children be a healthy weight and increase levels of physical activity. This enhanced programme will help to deliver steps 11 and 17 of the 50 Steps Strategy and underpins many of the 50 Steps priorities.

The service builds on the work that we have been doing with Live Well Newham Weight Management Service over the last two years, through which 1,167 adults in Newham have been helped to be a healthier weight and eat more healthily. This new service now includes vital support for families around cooking and weight management.

In Newham, over two-thirds of adults are overweight or obese and more than one in four children in year 6 at primary school are obese. Fewer people in Newham are eating a healthy '5-a-day' vegetables and fruit quota than in London and England, and the number of adults doing exercise is also lower. Overweight and obesity are increasing in Newham and England, in part due to the pandemic and the cost of food.

Overweight and a diet high in starchy, sugary, processed and salty food is strongly linked to health conditions like heart attacks, high blood pressure, type 2 Diabetes and strokes. Starting to change what you eat, managing weight and moving more can make a real difference to how we feel and preventing those illnesses from starting.

Our ability to maintain a healthy weight is influenced by many factors, known as wider determinants. These are: where (and if) we work and our income; access to affordable, healthy food and knowledge about how food affects our health; safe, activity and exercise opportunities; and good air quality. Income makes a big difference, as there is strong evidence that the cost of healthy food is higher and rising faster than the cost of unhealthy food. Our genes and age also play a part. For example, the older we get the harder it is to for our bodies to deal with unhealthy or processed food. People of African, South Asian and Chinese heritage experience the damaging effects of overweight and unhealthy food at a lower weight/BMI level than white people. For this reason, we want to make a wide a range of support available in Newham to help residents eat well, get support to regain a healthy diet and weight, and move more.

The new enhanced programme is FREE and will be delivered by Xyla Health and Wellbeing and comprises four different ways to achieve a healthy weight depending on need:

- Live Well Newham – adult weight management
- Live Fit Newham – adult weight management, focused on physical activity

- Healthy Future – family weight management for Children, young people and their families
- M-Fit – male-only adult weight management with a focus on physical activity

All of these programmes are 12 weeks long and start with a one-to-one session followed by 12 group sessions. They are all run by a qualified local health coach. Each programme has been developed by qualified, experienced dietitians, psychologists, physical activity specialists and medical professionals, to support people in achieving a healthy weight. Sessions run locally across Newham and we have specific men-only and women-only groups, as well as sessions that are delivered in English, Urdu and Bengali based on demand.

Sonia, a Newham resident who signed up for the adult weight management service, told us: "I've seen more positive results in these 12 weeks than I did in 2 years!"

For more information visit the [Live Well Newham website](#), email [Live Well Newham](#) or call 0333 577 3011.

Find out more



Newham tops league table of London councils

We are delighted that our work to address food security has been highlighted in [Sustain's annual Good Food For All Londoners report and league tables](#). Divided into two parts, the *Beyond The Food Bank* section looks at the work of all London councils to address food security for residents, whilst *Good Food For London* looks at council work to promote a joined up approach to a good food economy.

Newham Council has been ranked joint top of the league table in *Beyond The Food Bank* and noted for leading the way in areas including the borough's Food Alliance, Food Poverty Action Plan, Cash-first responses, NRPF, Universal Meals and the Holiday Activity Fund. In *Good Food For London* the council has ranked joint seventh with leadership on food growing and a separate award for a joined up community wealth building approach to The Good Food Economy.

Neil Wilson, Cabinet Member for Adults & Health representing the council at the report's launch said "We have come a long way since 2018 when we were 22nd and 29th on these two league tables. It is the result of a concerted and connected, one

borough approach. We remain ambitious, however, with exciting work on completing Newham's membership of the Sustainable Food Places network and on Climate NOW amongst our key priorities for 2023!"

[Read the report here](#)

Helping residents to age well with free vitamin D



Since November 2021, we have been providing free vitamin D supplements to Newham residents aged 65 to help them age well (step 14 of the 50 Steps). Thank you to all our 50 partners, many of whom are VCFS, in Newham who hand out the vitamin D. Since the offer began, together we have handed out over 28,000 bottles of vitamins D – that's over 90 people a day!

Vitamin D helps keep our bones and muscles healthy; reducing the risk of falling and breaking bones. Doctors recommend taking vitamin D supplements every day, all year round – especially for people aged 65 or over.

To find out more, including where residents can collect free vitamin D, visit any Newham library, call Age UK on 020 8981 7124 or visit www.newham.gov.uk/vitamind

[Find out more](#)

LBN Mental Health & Wellbeing Community Grant now open

We're pleased to announce that the LBN Mental Health & Wellbeing Community Grant is now open for applications. The grant is to support community-based organisations working with residents whose mental health has been [disproportionately affected](#) by the pandemic in Newham; to strengthen the protective factors that can improve their mental wellbeing.

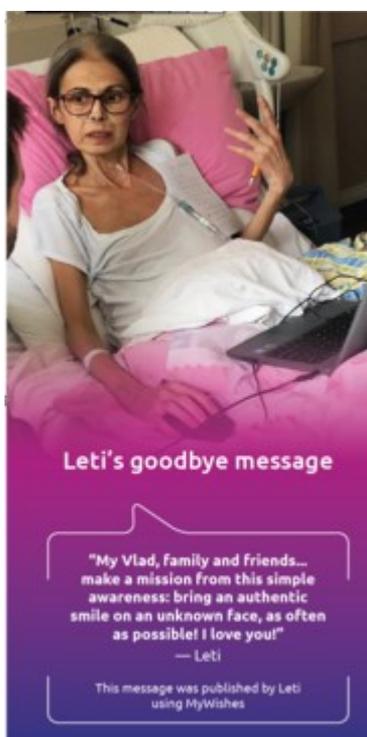
This is the third and final round of this funding and covers topics including social isolation, bereavement, reducing the mental health impacts of financial insecurity, strengthening men's mental health and trauma informed support. **Applications close on Wednesday 24 May 2023 at 5pm** and the grant is available for any local voluntary, community or faith sector (VCFS) organisation based-in and/or delivering mental health and wellbeing services in Newham (registered on the [Compost](#) Survey

list).

You can get help to fill out the application form over the phone by emailing MHWgrant@newham.gov.uk or book a support and advice session with Compost by emailing Compost at info@compostlondon.org.uk

Find out more and apply

Dying Matters Awareness Week event



For this year's Dying Matters Awareness Week (2 - 7 May) our colleagues in Adult Social Care are working together with partners to encourage residents to normalise conversations about death, dying and bereavement.

Stigma around grieving, a lack of understanding about what it means to be ill, and what happens when you're dying, means that too many of us struggle to cope when faced with the death of someone close to us.

To help raise awareness about the support available, we will have an information stall **outside Stratford Mall on Wednesday 3 May, from 10am to 3pm**, for residents to speak with advisors about planning ahead and bereavement support.

The Council has also commissioned [MyWishes](#); a free online platform that enables residents to document their dying wishes, download and share them with both their

loved ones carers. We have also co-designed a [Planning Ahead leaflet](#) for residents. Hard copies are available on request from:

Commissioning.Assistant@newham.gov.uk

Find out more

Training opportunities

Social Welfare Alliance training for frontline staff



Since November 2020, the Social Welfare Alliance has been offering free training for anyone who has regular conversations with residents experiencing social welfare issues. We are delighted to say that we have now had over 4000 attendances from over 200 organisations! Attendees come from many different roles including social prescribers, advisors on money and debt, family support workers and volunteers.

The free, online sessions are delivered by expert tutors and cover topics such as: mental health, immigration, employment, housing, safeguarding and domestic abuse. We regularly update our training programme based on demand, as well as the current challenges our residents are facing.

View the full programme here [SWA Training Programme](#) and more information can be found on our webpage www.newham.gov.uk/socialwelfarealliance

If you have any questions or would like to discuss adding a new topic to the programme please contact Agata Roszczyńska
Agata.Roszczyńska@newham.gov.uk

Find out more

Building resilience & wellbeing workshop

The Social Welfare Alliance is holding a free two-hour 'Building Wellness and Resilience' workshop with Trainer & TEDx Speaker Andy Coley, to equip frontline staff and volunteers with practical tools and techniques to manage stress, build resilience, and enhance your overall well-being.

The workshop will focus on the Newham community, exploring the unique challenges and stressors faced in the borough, and providing tailored strategies to help you cope and thrive.

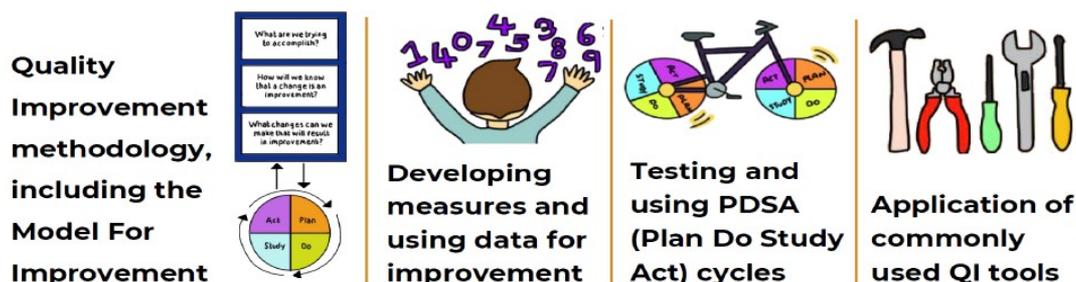
The workshop will take place on **Monday 22 May, 10:00-12:00**.

[Sign up here](#)

Get help to reduce health inequalities with Q.I

Do you want to reduce inequity in Newham and change things for the better? Come along to an Introduction to Quality Improvement training day, run by North East London NHS colleagues, to learn about how QI can help you to tackle an equity issue. This training is open to anyone working in a health-related role in Newham.

Quality Improvement is a systematic way to help you work collaboratively towards meaningful change by using a set of tried and tested tools to solve problems. This course runs across one day and is in person at different venues across East London. Sessions are taking place once a month over the next year.



[Register here](#)

Suicide prevention training

North East London (NEL) Training Hub in collaboration with NEL Health and Care Partnership are offering the following free suicide prevention training to all staff, students, carers and interested community members in Newham:

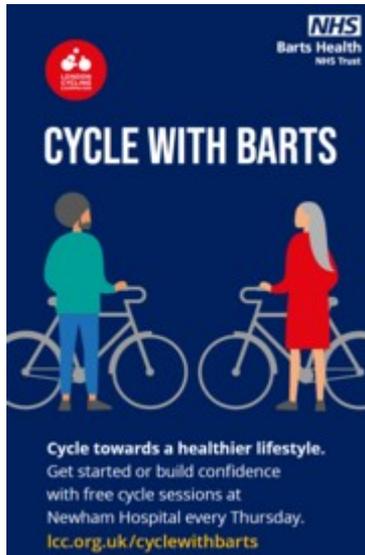
- Demystifying self-harm (various dates between June – November)
- Motivational interviewing (May-October)
- Applied suicide intervention skills training (May and July dates)
- safeTALK suicide prevention awareness training (31 May)

Funded (free) places are limited so book early to avoid disappointment!

[Find out more](#)

News from our partners

Cycling sessions with Barts Health



Barts Health are running cycling sessions every Thursday at Newham Hospital throughout May, in collaboration with London Cycling Campaign and Greener NHS.

The fun, free sessions are run by professional instructors and open to all abilities, with bikes and helmets provided. Residents will learn in a safe environment about good cycling routes and paths in Newham and can graduate to become an independent cyclist or be introduced a local group.

[Sign up here](#)

Newham Talking Therapies Mental Health Day

To help residents improve their mental health as part of this year's Mental Health Awareness Week (15-21 May), Newham Talking Therapies (NTT) are hosting an event at **Stratford Library on Wednesday 17 May (9-5pm)**. Residents will be able to take part in workshops including mindfulness and yoga sessions and talk to experts for advice and support.

Newham Talking Therapies hold regular mental health workshops throughout the year and have helped over 350 residents with their mental health so far this year! One resident who attended a workshop on managing worry said: "Going through the reasons behind worries, the types of worry and also the grounding technique were really useful. And reassuring that worry is normal was really nice, as I often overthink that I should not be worried about things."

[Register for the event or a workshop here](#)

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