



50 Steps News

Issue 9 / February 2022



Welcome

Welcome to the February edition of the 50 Steps Newsletter – giving an update on activities from the health and wellbeing priority areas for Newham.

In this edition you will find:

- COVID-19 update
- Upcoming Carer's Festival
- NHS Cervical screening campaign
- National HIV Testing Week
- Mental health training sessions
- Free Outdoor table tennis
- Newham children's Living Wage song

Share your news with us

Please do let us know what you've been up to in support of one of the 50 Steps. We would love to include your stories in future news updates. Send any stories or photos to Hifsah Malik at hifsah.malik@newham.gov.uk. Together we can make Newham a healthier borough.

Step 2 – COVID-19 Update



Everyday Newham residents continue to come forward for COVID-19 vaccines – 1st, 2nd and booster – and as we move into the next phase of COVID-19, it remains critically important for people to be fully vaccinated. Vaccines protect us from getting severely ill from COVID and reduce our risk of hospitalisation. Residents can get their vaccine in many places around the borough. For details visit: www.newham.gov.uk/bookyourvaccine

East Ham vaccine event for families

Many 12-15 year olds are now eligible for their second COVID-19 vaccine. While most schools are offering vaccination clinics for their students, we know that some families would rather get vaccinated together or speak to a GP as part of the process.

To help families who would like to get vaccinated together, we organised a walk-in family COVID-19 vaccination clinic at East Ham Leisure Centre on Saturday 19th February. The clinic provided Pfizer vaccines (first, second, third and booster) to anyone over 12 years old who is eligible.

A GP was at the clinic to answer questions about the vaccine, alongside the Council's Community Outreach Team who provided information about a range of health-related topics, such as how to quit smoking and maintain a healthy weight.



Key updates

Step 2 – COVID-19 Update

Newham's Vaccine Bus Update

You may have seen the COVID-19 vaccine bus around the borough and on the vaccine clinic schedule. We are thrilled to announce that the bus will now be able to also offer health checks, blood pressure checks and general healthy habits information as well as the COVID-19 vaccines.

To find out when the bus will be near you please check the vaccine clinic schedule [here](#).

If you would like the vaccine bus to come to your organisation or location please complete this [short form](#) or email dan.harris@newham.gov.uk



Online workshop: Dealing with COVID uncertainty and worry

The COVID-19 pandemic has been an anxious time for many of us. It has led to concern and worry about our health, our jobs and livelihoods, and the health and happiness of our loved ones, among many other issues. With restrictions changing and questions still remaining about the virus, you may also be feeling uneasy about the future.

NHS Talking Therapies is holding a #ThoughtfulThursday online workshop on 24 February (6.30-7.45pm) to help anyone feeling anxious about COVID-19 uncertainty. The workshop will cover:

- How COVID-19 creates uncertainty and why it feels uncomfortable
- How uncertainty is linked to anxiety and worry
- How to manage anxiety and worry
- How to improve your resilience in the face of COVID-19 and uncertainty

The workshop will be run by a trained Assistant Psychologist. To sign up click [here](#).

Click [here](#) to read more about **Step 2 – Working together to limit the impact of the COVID-19 pandemic on our residents, both through direct impact of infection and the indirect impact on other aspects of physical and mental health, and social and economic wellbeing**



Key updates

Priorities 3 and 9 – Newham’s First Carer’s Festival



Newham’s first Carer’s Festival is taking place on Thursday 24 March and aims to recognise, support and celebrate the borough’s growing numbers of unpaid carers. Government figures show that Newham has 24,554 carers, but the real figure is likely to be far higher due to residents not identifying themselves as carers and the impact of the pandemic.

The festival will feature music, food, dance, inspirational speakers and entertainment. A broad range of organisations will be at the event to help ensure local carers get access to the practical and emotional support that they need, and providing advice and support on topics such as planning ahead, carers rights, keeping safe at home and mindfulness.

Crucially the event will also be a platform for carers to be heard and influence change. A series of interactive workshops will be delivered to co-produce a new Carers Charter and Carers Resource Pack, and to inform the shape of future Carers Support Services in Newham.

Help spread the word and encourage carers to join us at this important event on Thursday 24 March, 11am – 2pm at East Ham Town Hall (328 Barking Rd, E6 2RP).

To register to attend the event email carersqueries@newham.gov.uk or call 0203 373 1457

For more information visit www.newham.gov.uk/carersfestival

The Festival is being delivered as part of Newham’s ambitious **three year Carer’s Strategy**.

Click [here](#) to read more about **Priority 3 – Supporting people around the determinants of their health**

Click [here](#) to read more about **Priority 9 – Supporting a Newham of communities where people are better connected and supported**



Key updates

Priority 4 – NHS Cervical Screening Campaign



A new cervical screening campaign, 'Help Us Help You', launched on February 14 to raise awareness of the risks of cervical cancer and highlight the preventative benefits of screening.

The Office for Health Improvement and Disparities (OHID), with the support of NHS England and NHS Improvement, is running the four-week campaign. Those eligible for screening - women and people with a cervix aged 25-64 - are urged to respond to their cervical screening invitation letter, and to book an appointment with their GP practice if they missed their last screening.

Two women die every day from cervical cancer in England, yet it is one of the most preventable cancers. Around 2,700 women in England are diagnosed with cervical cancer each year and it is the second most common cancer amongst women under 35 (Cancer Registration Statistics, England 2019).

The campaign also aims to reach groups who may experience additional barriers to attending screening – ethnic minority (Black and South Asian communities) and LGBTQ+ people with a cervix.

Partners in the NHS and local government can help spread the word about the campaign using print and digital materials available from the **Campaign Resource Centre**. For more information on cervical screening, visit www.nhs.uk/cervicalscreening.

Click [here](#) to read more about **Priority 4 – Developing high quality services ensuring equity and reducing variation**



Key updates

Priority 5 – National HIV Testing Week – Get Newham Tested



National HIV Testing Week took place from 7-13 February, during which **Positive East** and **All East** promoted the many ways that Newham residents can get free HIV screening tests. Mayor Rokhsana Fiaz supported the cause and went to Vicarage Lane Health Centre to get her HIV and STI screening with the Positive East team. It is estimated that around 5,310 people in the UK are unaware that they are living with HIV, so it is vitally important that we encourage residents to take an HIV test.

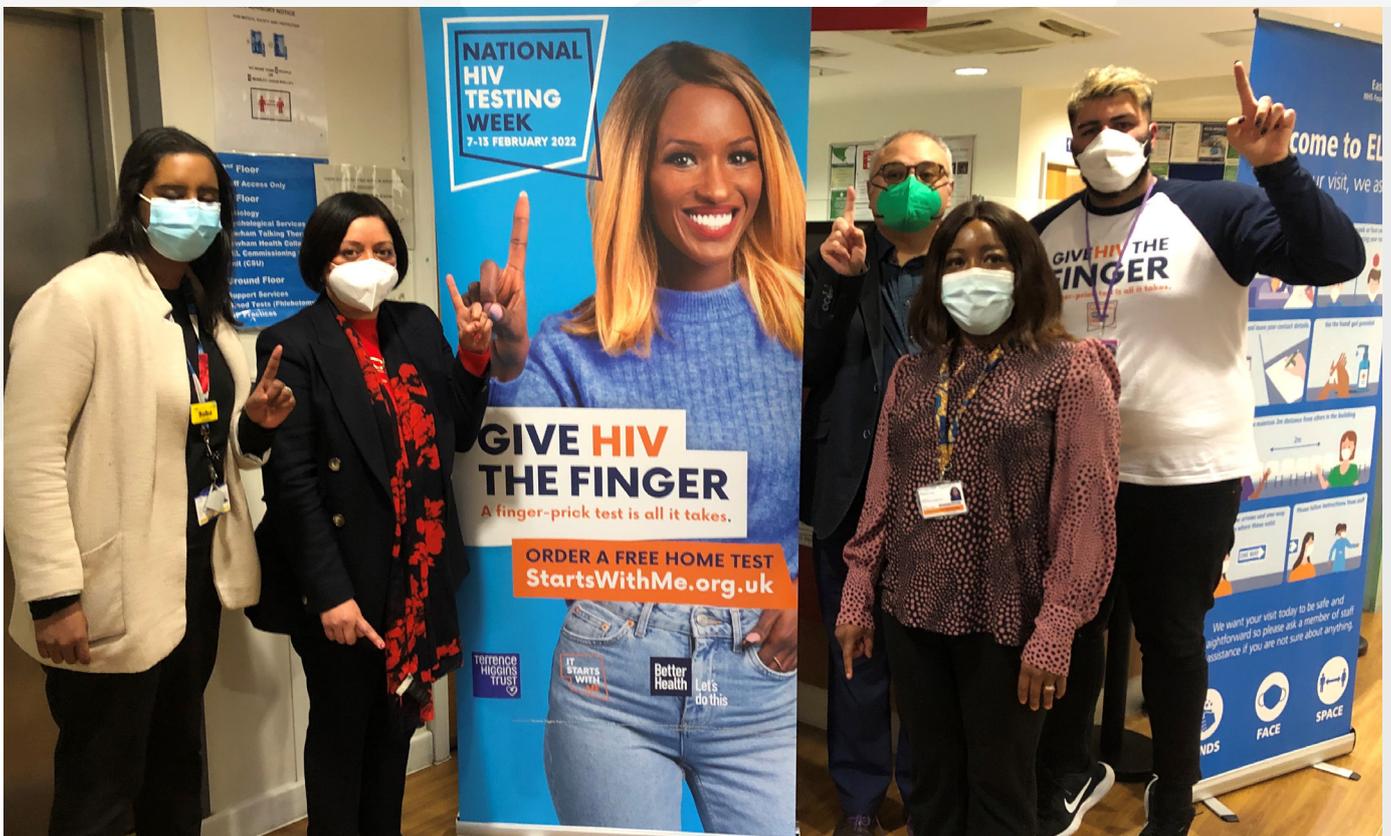
Free testing is available all year round and, with just a finger-prick of blood, it's never been easier to get tested for HIV. Residents can also order a free HIV & STI test from **Sexual Health London** to be delivered to their home address. Alternatively, a test can be picked up from the 'All East' clinic at the Sir Ludwig Guttman Medical Practice in Stratford. Positive East can help guide residents through the process via Zoom or Microsoft Teams. Contact them at prevention@positiveeast.org.uk for more information.

Dr Subathira Dakshina, Clinical Lead for HIV Medicine at Barts Health NHS Trust, said: "I would urge any resident that has the chance to get screened for HIV to grasp that opportunity with both hands. It's free and you'll be doing a positive thing for yourself and your community. And remember – the majority of people living with HIV on effective treatment can live a long and healthy life without the fear of passing on HIV."

Positive East offers a comprehensive range of services for those living with and impacted by HIV. These include training to professionals; workshops, counselling and peer support for people living with HIV; and information, advice, and workshops to help prevent HIV.

If you would like to learn more about Positive East's services, or want to invite them to deliver training or testing at your organisation or workplace, contact Peter at peter.bampton@positiveeast.org.uk

Click [here](#) to read more about **Priority 5– Meeting the needs of those most vulnerable to the worst health outcomes**



Mayor Rokhsana Fiaz at Vicarage Lane Health Centre for HIV Testing Week

Key updates

Priorities 5 and 9 – Mental Health Training Sessions



There are a number of free mental health training opportunities coming up. Join these courses to better understand suicide awareness including prevention and intervention, and become more mental health aware, including looking after your own well-being.

Suicide First Aid: Understanding Suicide Intervention.

Half day training course by **Tower Hamlets Community Education Provider Network (CEPN)**

- Thursday 14th April & Friday 15th April 2022, 13:00 – 17:00. Sign up [here](#)
- Wednesday 11th May & Thursday 12th May 2022, 13:00 – 17:00. Sign up [here](#)

Suicide Awareness and Prevention Training

This 2-hour training is suitable for anyone working with vulnerable clients or those interested in learning more about Suicide Prevention. To find out more click [here](#).

Become Mental Health Aware

Mental Health First Aid Aware training for all front line staff in the borough, run by **Newham Training Hub** in partnership with the CCG and Council. This introductory session will raise awareness of mental health and covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Half day training sessions from 25 February to 4 April 2022. Sign up [here](#).

Click [here](#) to read more about **Priority 5– Meeting the needs of those most vulnerable to the worst health outcomes**

Click [here](#) to read more about **Priority 9 – Supporting a Newham of communities where people are better connected and supported**



Key updates

Priority 8 - Free Outdoor Table Tennis Tables

Click [here](#) to read more about **Priority 8 – Supporting an active borough**

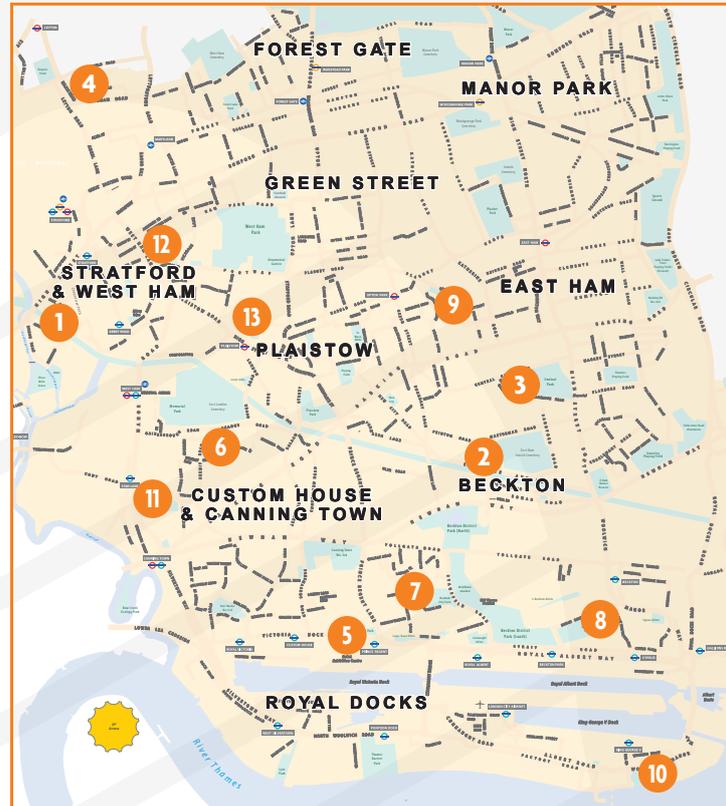


PING! FREE OUTDOOR TABLE TENNIS

Newham has NEW outdoor table tennis tables! Find a location that suits you and get your ping pong on! Simply grab a friend or family member, your bat and balls and play for free now!

MAP KEY

1. **Abbey Lane Open Space**
Abbey Lane, E15 2RP
2. **Brampton Park**
Masterman Road, East Ham E6 3LB
3. **Central Park**
Bartle Avenue, East Ham E6
4. **Chandos Road Open Space**
Chandos Road, E15 1DZ
5. **Cundy Park**
Victoria Dock Road, Canning Town E16 3DL
6. **Hermit Road Recreation Ground**
Bethel Avenue, Plaistow E16 4JT
7. **King George V Park**
King George Avenue, Custom House E16 3HR
8. **New Beckton Park**
Savage Gardens, East Ham E6



9. **Priory Park**
Grangewood Street, East Ham E6 1QZ
10. **Royal Victoria Gardens**
Pier Road, Off Albert Road, North Woolwich E16 2NW
11. **Star Park**
Star Lane, West Ham E16
12. **Stratford Park**
West Ham Lane, Stratford E15 4PT
13. **Valetta Grove Open Space**
Valetta Grove, E13 0JR



New Beckton Park



Royal Victoria Gardens

*At the time of print all tables are accessible and in good working condition.

Key updates

Priority 12 – Newham Children’s Living Wage Song



Inspirational children from St Antony’s Catholic Primary School in Newham have written a song entitled “Realise, Wake Up, Pay Up” as part of a campaign, backed by the Living Wage Foundation and Newham Council, to get employers in the borough to pay the London Living Wage (LLW).

The song movingly highlights the benefits that the LLW will have for children and family life, explaining that if people are better paid, they wouldn’t have to work so many hours and could see their children more.

Nathan Chan, music teacher at **St. Antony’s Catholic Primary School** said: “Our pupils took part in a song writing workshop focussed on the theme of low pay and how it impacts on their parents and family life. Their ideas were compiled and assembled into rhyme by local grime legend (and parent at the school) D Double E. Music has been a fantastic way to engage our pupils on social issues which affect them and their communities, giving them a platform to participate in public life that inspires positive change within society.”

The song was performed for a special **London Living Wage Event** in November 2021 at which the new London Living Wage was announced. The event marked the twentieth anniversary of the Living Wage movement which began in Newham in 2001.

Newham Council was declared a Living Wage Employer, and officially recognised by the Living Wage Foundation, in February 2021. The accreditation was a key milestone in delivering Mayor Rokhsana Fiaz’s pledge that the council should lead by example to tackle inequality and promote fairness in the borough. There are now 54 accredited organisations in Newham (covering 11,000 employees) – up from 47 at the end of November 2021.

Listen to “Realise, Wake Up, Pay Up” song [here](#)

Listen to ‘Celebrate the Living Wage’ song [here](#)

The children also produced another **song**: ‘Another Round of Listen to the Applause’ as a tribute to key workers who worked throughout lockdown and the pandemic.

Click [here](#) to read more about **Priority 12 – Building an inclusive economy and tackling poverty**



Image from ‘Realise, Wake Up, Pay Up’ song video on YouTube.

Changemakers of the month



Step 7: Mavis Wenham, Independent Consultant Health, Care, Community and Wellbeing

Mavis works and volunteers for a range of community sector, informal and statutory organisations and agencies to develop innovative and community-based projects, programmes and user/patient led initiatives.

Click [here](#) to read more about Mavis and Step 7.



Step 18: Dr Helen Stedeford, GP

Helen is a part-time GP and a clinical lead for cancer in Newham. She works with practices, hospitals and colleagues across London to improve cancer screening services as well as medical and other support for those who need treatment. She is currently involved in trialling a self swab smear test that women can take themselves, which is much quicker and easier than going into a GP's practice. Newham has a much lower screening rate than the national average and this trial hopes to increase that figure.

Click [here](#) to read more about Helen and Step 18.



Step 24: Dr Duncan Trathen, Lead GP, Newham Transitional Practice for vulnerable groups, TB Lead for Newham CCG

Duncan and his team help the most vulnerable people to access primary care services and assist them onward to allied health and social care. The TB team in Newham is responsible for latent and active TB screening, as well as coordinating accommodation for homeless TB patients. They work for those least likely to access the high quality care available due to circumstance, language, mental health or isolation, and strive to develop their independence, health and wellbeing. Click [here](#) to read more about Duncan and Step 24.



Step 40: Sandra Amoah

As someone who has struggled with mental health herself, Sandra is incredibly passionate about making Newham a more mental health friendly borough. She is Chair of ASK, a user led participation group that offers organisations the opportunity to listen, learn and ultimately adapt the services they offer to those that suffer with mental health issues.

Click [here](#) to read more about Sandra and Step 40.



Get involved

Read more about the 12 priorities and steps on our website www.50steps.co.uk or contact hifsah.malik@newham.gov.uk for more information.

We want to make sure that we fill our newsletter with things you want to hear about. Please let us know if there is anything you'd like us to include more of, or less of, just email hifsah.malik@newham.gov.uk.

Follow our hashtag [#whatsyourstep](https://twitter.com/whatsyourstep)

www.50steps.co.uk