



50 Steps News

Issue 10 / March 2022



Welcome

Welcome to the March 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 updates on:

- COVID-19
- New Cook and Play programme
- Ukrainian Community Event
- World Obesity Day
- Food security report
- Champions evaluation
- Introducing Anne Bowers
- Social Welfare Alliance training
- Children's poster competition
- Changemakers of the month

Step 2 – COVID-19 Update

Throughout the pandemic our focus has always been on:

- Limiting the spread of COVID-19 in the community
- Protecting those most vulnerable from the worst health impacts of COVID-19
- Supporting our community to navigate the wider health, social and economic impacts of COVID-19

The government's 'Living with COVID-19' plan, doesn't change what matters most for protecting our own health and the health of those around us. In Newham we are continuing with many of our approaches and remaining alert as ever to changing circumstances, while also focussing on other risks to physical and mental health and wellbeing.

Vaccination remains critical – the vast majority of people in hospital with serious illness from COVID-19 are those who are unvaccinated. We are continuing to support those who haven't had a 1st, 2nd or booster to get vaccinated as this is the most important thing we can do to keep people safe.

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Newham London

WE ARE VACCINATED.

WE ARE NEWHAM.



It's not too late to get your COVID-19 vaccines or booster. Getting vaccinated is the best way to avoid getting seriously ill and ending up in hospital if you get COVID-19, and allows you to do the things you love.

Find out more at
www.newham.gov.uk/bookyourvaccine

People at the Heart
of Everything We Do

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.

Key updates

Step 2 – COVID-19 Update continued



There is still a lot of COVID-19 in Newham – over 300 confirmed cases every day – and while that remains the case, our existing safety measures remain important to protect each other:

- Isolating if we have COVID-19 symptoms
- Ventilating indoor spaces wherever possible – particular crowded spaces
- Wearing masks in indoor crowded places where possible
- Test before seeing people, especially if they are at high risk from COVID-19

Here is a summary of the new rules:

DATE	ACTION
From 21 February	<ul style="list-style-type: none"> ● Education and childcare settings no longer required to conduct twice weekly rapid tests
From 24 February	<ul style="list-style-type: none"> ● No legal requirement to isolate if test positive ● COVID-19 isolation support payment stopped <ul style="list-style-type: none"> - Statutory sick pay stops from 24 March ● No need for contacts of a case to do daily testing for 7 days ● No need to isolate if a contact and not fully vaccinated
From 18 March	<ul style="list-style-type: none"> ● When you travel to England from abroad you: <ul style="list-style-type: none"> - Do not need to take any COVID-19 tests before you travel or after you arrive - Do not need to fill in a UK passenger locator form - Do not need to quarantine when you arrive ● This applies whether you are vaccinated or not ● It includes people who are transiting through England ● You should follow any rules that your travel provider tells you to follow <p>For more information click here.</p>
From 24 March	<ul style="list-style-type: none"> ● Statutory sick pay provisions for COVID-19 stops
From 1 April	<ul style="list-style-type: none"> ● Advice to isolate if COVID-19 positive stops, and people are asked to take personal responsibility to protect themselves and others ● Free testing (symptomatic and asymptomatic) stops <ul style="list-style-type: none"> - We hope to continue to make symptomatic testing available for oldest age and high risk groups (details to be confirmed) - Testing will be available to purchase ● Voluntary COVID-19 status evidence no longer required but NHS app will continue to enable evidence for travel
Still ongoing	<ul style="list-style-type: none"> ● ONS survey ● Spring booster programme for care home residents, 75+ and 12+ immunocompromised (details to be confirmed) ● Maintaining capacity to ramp up testing if necessary ● Pharmaceutical treatments as primary line of defence
Other	<ul style="list-style-type: none"> ● All COVID-19 laws will expire

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



Priority 2 – New Cook and Play programme to help families across Newham to be healthier



Nutrition Kitchen is helping us to deliver a new cooking and play programme in schools and children centres around the borough. The programme introduces children and their families to healthy nutritious meals in a fun and innovative way, suitable for all.

The COVID-19 pandemic has led to an increase in unhealthy diets, reduced levels of activity and an increase in the prevalence of unhealthy weight in some of our communities. Newham want to support residents by offering programmes for the whole family to enjoy and become part of a community of families on the journey to a healthy, happier life.

During the Cook and Play sessions, families will take part in cooking culturally appropriate recipes and play activities. They will also learn about behaviour change techniques covering a variety of topics including: cooking on a budget, portion control, label reading, healthy swaps, fussy eating, salt and sugar intake and much more.

If you know a family in Newham who would like to attend a session, they can contact Sandeep Floré at Nutrition Kitchen on sandeep@nutrition-kitchen.co.uk or call 07526 580 621.

All primary schools in Newham are also welcomed to get in touch with Sandeep Floré if they too would like to host a Cook and Play session.

Click [here](#) to read more about **Priority 2 – Supporting our young people to be healthy and ready for adult life**

Tollgate Primary School Head Teacher, Ms O’Conner said: **“Our families have been hit hard by the pandemic. It has had a catastrophic effect both on the mental health and financial stability of our families. Nutrition Kitchen will teach our children and parents to eat healthy whilst being able to manage a tight budget. Week one of working with Nutrition kitchen was such a huge success. The team were excellent. I cannot thank them enough.”**

A parent who attended a session also said: **“I really enjoyed going to the cooking club. Not only was I able to spend time with my child, it was also with other families at Tollgate Primary School. There was a variety of food and ingredients I had never used before, was a great way to explore new foods and tastes. I really think this group will help me and family to manage and prepare healthier meals at meal time.”**

Key updates

Priority 3 – Ukrainian Community Information Event



In partnership with Praxis, the Renewal Programme, RAMFEL and the NHS, we held an information event for Ukrainian residents affected by the crisis in Ukraine on Monday 21 March at Stratford Library.

The event enabled Ukrainian residents to meet charities and services who provided information on:

- How they can help their family get to the UK
- Help with the new visa changes
- How they can help their family and friends access support when they arrive (such as schools, financial support, access to healthcare etc)

For more information on ways to help visit: www.newham.gov.uk/ukraine

Help us to spread the word about the support available:

Ukrainian Family Scheme

The Ukraine Family Scheme is a programme that helps Ukrainians to join family members. It is free to apply, and it will allow Ukrainians to live, work and study in the UK and access public funds (e.g. benefits). To find out more and apply online visit: www.gov.uk/guidance/apply-for-a-ukraine-family-scheme-visa

For assistance, call the free helpline on +44 808 164 8810 (0808 164 8810 if you're in the UK). If you cannot contact UK 0808 numbers, use +44 (0)175 390 7510.

Homes for Ukraine

People, charities, community groups and businesses in the UK can apply to have a named Ukrainian or Ukrainian family to stay with them in their home or in a separate property for at least 6 months. If you want to be a sponsor but don't know anyone personally fleeing Ukraine, you can also record your interest in being a sponsor. Sponsors must not charge rent but will be eligible for an optional 'thank you' payment of £350 per month. To apply visit: homesforukraine.campaign.gov.uk

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

Information for Ukrainian Residents of Newham about Arriving and Staying in the UK



This leaflet is to help Ukrainian residents of Newham:

- Help your family get to the UK
- Help your family and friends obtain a visa / asylum when they arrive in the UK
- Help existing residents to stay in the UK

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



HEALTHIER YOU IN 2022.

BE A HEALTHY WEIGHT.

Find out how we can help, including nutrition, cooking and exercise support.

Visit: www.newham.gov.uk/healthyweight



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WE ARE NEWHAM.

Priority 4 – Healthier You in 2022: Being a Healthy Weight



Friday 4th March was **World Obesity Day** – a day of action to tackle the increased risk to people who are overweight. On the day, Live Well Newham joined our Community Outreach team at Beckton ASDA to promote the support people can receive in Newham to be a healthy weight, as part of our ‘Healthier You in 2022’ campaign.

People who are very overweight are at greater risk of getting Type 2 Diabetes, heart disease and some types of cancer. In addition, there is a greater risk of developing severe symptoms and ending up in hospital with COVID-19 if you are very overweight, even if you are young, according to the **ZOE Study**.

If you, or someone you know, would like help to be a healthy weight, there is lots of free support in Newham:

- The 12-week **Live Well Newham** programme – to sign up call 0333 577 3010 or click [here](#)
- The **M-Fit** programme for men. To sign up visit [here](#)
- The **Cooking and Physical Activity** Programme. To find out more email [Sandeep](#) or call 07526 580 621. You can also make a referral [online](#)
- The 12-week **150Club** programme. To sign up contact Layla McNeilly on 07715 226668 or via [email](#)
- **Bags of Taste** programme. Contact Sarah Hooker on 07870 270844 or via [email](#)
- The **NHS** has also developed an online 12-week weight loss plan. Find out more [here](#)

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

Key updates

Priority 6 – Newham Council leads on food security



We are delighted that we have been acknowledged as one of London’s leading council’s on food security, ranking joint 2nd in the ‘Beyond the Food Bank’ report and joint 6th in the ‘Good Food For All Londoners’ report out of London’s 33 councils.

Since the start of the pandemic we have been working with voluntary, community, faith sector partners, and food surplus charity ‘The Felix Project’, to support thousands of households facing food insecurity.

As a result, this group – the Newham Food Alliance – has used more surplus food (good food that is going to waste) than any local authority in the UK in 2021.

The **Newham Food Alliance** is an open collaboration between partners who reach thousands of residents each week with food parcels, meals and other support.

If you or someone you know is experiencing financial challenges that are preventing them from getting the food they need please complete this [form](#) to make a referral to the Newham Food Alliance. If you have any questions or are unable to use this form team are available to receive calls Monday-Friday (9am-5pm) at 07790 975 086 or email frontdoor@newhamfoodalliance.org

Beyond the Food Bank
Which councils are leading the way in tackling food poverty?

	Overall Score	Food poverty alliances	Food poverty action plans	Cash first responses to food insecurity	London Living Wage	Food access for older and disabled people	Food access for BAME people	No recourse to public funds	UNICEF UK Baby Friendly initiative	Healthy Start	Free school meals	Holiday activities and food
Lambeth	91%	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Camden	85%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Newham	85%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Islington	82%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Greenwich	79%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Tower Hamlets	79%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Hackney	79%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Hammersmith and Fulham	79%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Lewisham	79%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Southwark	76%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Enfield	70%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Brent	67%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Redbridge	67%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Barking and Dagenham	64%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Haringey	64%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Merton	64%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Waltham Forest	61%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Bromley	55%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Kensington and Chelsea	55%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Barnet	52%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Richmond	52%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Kingston	45%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Sutton	42%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
City of London	39%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Harrow	39%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Ealing	36%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Havering	36%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Hounslow	36%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Bexley	0%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Croydon	0%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Hillingdon	0%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Wandsworth	0%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green
Westminster	0%	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green

Click [here](#) to read more about **Priority 6 – Create a healthier food environment**

Key updates

Priorities 3 and 9 – Champions Evaluation



During COVID-19, more than 600 people across Newham have been **COVID-19 Champions**, receiving information about COVID-19 from the Public Health team in Newham and then sharing it with their friends, their family and their wider community. They've also been sharing back with the council what has and hasn't worked – and we've been acting on that feedback.

An independent evaluation has now been published about the programme; what worked, what could be better and how we can learn from this new kind of relationship between the community and the council for other work. The evaluation and the summary slides can be found [here](#).

If you would like to know more about the Champions, the evaluation or anything else about the programme please contact Anne Pordes Bowers on anne.bowers@newham.gov.uk or send a WhatsApp to +44 7929 792873.

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**



An external review of the London Borough of Newham's COVID-19 Health Champions programme
www.newham.gov.uk/communityChampions

Priority 9 – Introducing Anne Pordes Bowers, our new lead for Community Public Health



We're pleased to welcome Anne Pordes Bowers as the new lead for Community Public Health in the Public Health Team. Anne has been in Newham since May of 2020 leading on the COVID-19 Health Champions programmes and a range of other ways that the team partners with community members, community, voluntary and faith sector groups. Anne's remit is primarily Priority 9 – Supporting a Newham of communities where people are better connected and supported. This includes a focus on working with communities, with voluntary, community and faith groups and with the thousands of volunteers in Newham. Anne is also leading our work on Newham as a mental health friendly borough.

Anne starts her role mid-March and is really keen to meet people and learn from your experiences and expertise. She'd really like to visit and see places and people in person. If you'd like to talk to Anne please email her on anne.bowers@newham.gov.uk.

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

Key updates

Priority 9 – Over 2,200 attendees on the Social Welfare Alliance training programme



Since November 2020 the **Social Welfare Alliance** has been offering a training development pathway, for those in the borough who are regularly having conversations with residents who present with a range of social welfare issues.

We are delighted that there have now been over 2200 attendances by Frontline workers from all sectors with a variety of job roles including – social prescribers, advisors on money and debt, family support workers, and volunteers.

The training programme is regularly updated based on demand and the current challenges our residents are facing. There are a variety of sessions within different themes including; Mental Health, Immigration, Employment, Housing, Safeguarding and Domestic Violence. The sessions are delivered by expert tutors working within these areas, advising what you as a frontline worker can do to immediately support, and where you can refer to for more specialist advice.

The purpose of the training programme is to enhance the skills you already have and facilitate you getting in touch with others having similar conversations across the borough. The training is all delivered online and free to attend, after attending

a session we will recommend other sessions to support your learning, provide resources and useful contact information for you to refer back to. The Social Welfare Alliance report for November 2020-July 21 can be viewed [here](#).

To view the programme and book on to sessions please visit www.newham.gov.uk/socialwelfarealliance

Attendees on the programme said:

“I didn’t know much about processes for those that are homeless or under threat of homelessness so this session was very helpful at broadening my knowledge. There is much I can apply to my day to day working and I found the information on duty to refer and the homeless test very helpful.”

Housing and Homelessness training attendee

“Brilliant host. She made a complicated topic with lots of jargon that previously confused me into something clear, easy to understand and immediately applicable to my volunteering role. Fantastic training and a way to help us all understand our fellow Newham residents. Thank you!”

Bitesize Immigration training attendee

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

TRAINING THEMES



Immigration



Finance, Employability and Housing



Mental Health Support



Gambling, Drug and Alcohol Addictions



Domestic Violence



Family and Wraparound Services



Other sessions including Safeguarding



COVID-19 related

THANK YOU FOR NOT SMOKING POSTER COMPETITION.

All children and young people aged 5-14 years old. Help us make Newham smoke-free by 2030

THE TASK

Design a poster to say 'Thank you for not smoking' to people in Newham.

HOW TO ENTER

Email your poster to publichealthenquiries@newham.gov.uk

*Posters must be portrait or vertical. Remember to write your name, age, school year and school name on your poster.

PRIZES TO BE WON

£20 cinema voucher, activity bag including tennis ball, bean bag, sensory ball, skipping rope and resistance bands and a £50 book voucher for your school.

*Winners will be announced for each Key Stage (1, 2 and 3)

Winning posters will be on Newham bus stops in June 2022 as well as council social media and website, and local media.



CLOSING DATE: 29 APRIL 2022

Find out more at www.newham.gov.uk/thankyoufornotsmoking

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Priority 10 – Thank You for Not Smoking Poster Competition

We have just launched a **poster competition** calling on children and young people aged 5-14 years to design a poster saying 'Thank You For Not Smoking'. The campaign aims to raise awareness of the harms of smoking to children and help work towards a smoke-free Newham by 2030.



Children and young people living in households with a smoker are three times more likely to smoke than children from smoke-free homes. In addition, a third of smokers take up the habit before they are 16 years old.

The competition is open to all Key Stage 1, 2 and 3 pupils in Newham (children aged 5-14 years) until Friday 29 April 2022. Entries must be emailed to publichealthenquiries@newham.gov.uk along with the following information: Full name, age and school year of pupil, and name of school.

For more information, visit www.newham.gov.uk/thankyoufornotsmoking.

Click [here](#) to read more about **Priority 10 – Working towards a smoke free Newham**

Changemakers of the month



Step 16: Maria Iglesias Head of Operations, Praxis

Maria leads the delivery of holistic services which support around 2,000 at risk people per year, including the provision of specialist immigration advice. Without free immigration advice, families often cannot access other basic services such as healthcare, free school meals, universal credit and housing. One of their projects, The Praxis' Housing Project, won Homeless Link 2019 Innovation Award and was a finalist of the 2019 Guardian Public Service Awards and 2018 World Habitat Awards.

Click [here](#) to read more about Maria and Step 16.



Step 17: Dr Tamara Hibbert, GP

As a local GP, Tamara has daily contact with patients in all walks of their lives, supporting them with a variety of health needs. She works with patients, their families and carers to investigate their concerns, tailor interventions, provide guidance and reassurance when needed.

Click [here](#) to read more about Tamara and Step 17.



Step 26: Ajitha Sajeev, Newham's Street Population Manager and Good Food Champion

Ajitha received the British Empire Medal for her work supporting rough sleepers into more suitable housing. She is an active champion for food culture and supports the Newham Food Alliance. During lockdown, she diverted surplus food donations to a local charity that helped over 500 people. She also ran cooking sessions on Zoom to keep the older community active and engaged in healthy eating.

Click [here](#) to read more about Ajitha and Step 26.



Step 42: Angela Bartley, Deputy Director of Population Health at East London NHS Foundation Trust

Angela works for East London NHS Foundation Trust as a consultant in public health to better understand the health needs of the local population and examine some of the causes of poor health and wellbeing such as smoking. She works with the council and mental health service users to explore how people with poor mental health can be better supported to quit smoking and remain smoke free.

Click [here](#) to read more about Angela and Step 42.



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