



50 Steps News

Issue 12 / May 2022



Welcome

Welcome to the May issue of the 50 Steps newsletter.

We look forward to working with Mayor Rokhsana Fiaz OBE after her re-election, and continuing to work towards a fairer and healthier Newham, as set out in her manifesto and strategy. Thank you all for everything you are doing to help achieve this.

In this issue we have updates on:

- Newham schools achieve Healthy Schools Awards
- 50 Steps Changemaker awarded an OBE!
- Help to change food in Newham
- Free Vitamin D for Newham residents aged 65 and over
- Mental Health Awareness Week 2022
- National Walking Month
- Community Grants: London 2012 Games Anniversary
- May Half Term Holiday Programme
- Honouring Phyllis Nelson
- Welcome to Newham helpline launched



New role for Jason Strelitz

We are delighted to announce Jason Strelitz's new role as Interim Corporate Director of Adults and Health. He will continue to oversee our Public Health work as the statutory Director of Public Health, in addition to Adults Social Care. Adeola

Agbebiyi and Claire Greszczuk will take over day to day public health responsibilities as Deputy Directors of Public Health.

50 Steps Changemaker, awarded an OBE

See page 2 for details.



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 Aine Fuller at aine.fuller@newham.gov.uk.

Together we can make Newham a healthier borough.



Newham schools achieve Healthy Schools Awards

Congratulations to Kensington Primary School for achieving the Healthy Schools Gold Award and Sarah Bonnell Secondary School for achieving the Healthy Schools Silver Award!

Healthy Schools London is a programme that supports London's schools to provide an environment and culture that helps their pupils grow up to be healthy, happy and learn. The award scheme is sponsored by the Mayor of London and recognises and celebrates schools that are making a difference for their pupils and their staff.

The Healthy Schools London programme provides support to schools as they work towards these awards, with local coordinators and a range of resources, tools and advice, as well as regular workshops arranged by the Newham Healthy Schools Lead, Racha Fayad.

To find out more about Healthy Schools London please email Racha Fayad on Racha.Fayad@newham.gov.uk



50 Steps Changemaker, awarded an OBE

We are delighted to report that Ben Levinson OBE, Headteacher of Kensington Primary School and a 50 Steps Changemaker, was awarded an OBE for Services to Education in the 2021 Queen's Birthday Honours List.

Describing the day, Ben told us: "On 30th March I went to Windsor Castle to collect my OBE. It was an incredibly surreal and humbling experience. Being there to accept the award on behalf of all the amazing people I have had the honour of working with was truly special. Everyone was incredibly kind – I've never had so many people congratulate me in such a short space of time!

Prince Charles presented the award and seemed genuinely interested in the work we are doing at Kensington. We talked about the value of education, the benefits of multilingualism, and the current situation with refugees from Ukraine. It is a morning I will remember keenly for the rest of my life. I hope it will also open further doors as we work to improve the education and health of children and communities in East Ham, Newham and beyond."

Congratulations Ben and thank you for everything you are doing to help Newham!

Find out more about Ben's role on page 9.

Key updates

Priorities 3 and 6 – Help to change food in Newham



Are you a Newham resident interested in food?

The University of Oxford is working with Newham Council to understand what positive changes you would like to see to reduce unhealthy food consumption in your community.

We invite you to take part in two online workshops between May and July 2022 to explore the causes behind unhealthy diets in Newham, and tell us what actions you would like to see happen. Each workshop will last up to three hours. The link below has more information about the study and a short 5 minute survey to register your interest. You will receive a £20 voucher for each of the two workshops you participate in.

To find out more about the project and register click [here](#).

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

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



Photo: [Clem Onojeghuo](#)

Key updates

Priority 3 – Free Vitamin D for Newham residents aged 65 and over



Vitamin D helps keep our bones and muscles healthy. Doctors recommend taking vitamin D supplements (tablets) every day, all year round – especially people aged 65 or over. This helps us stay health and reduce risks of falling and breaking bones.

If you live in Newham and are 65 or over, you can collect free vitamin D at locations across Newham all year round. This offer began in November 2021, and since then the council and our partners have given out over 15,000 bottles of vitamin D – that's over 90 people a day! Due to this success and positive feedback from residents, we are continuing the offer throughout the year.

To find out more, including where to collect, visit any Newham library, call Age UK on 020 8981 7124 or visit www.newham.gov.uk/vitaminD.

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

Priority 5 – Mental Health Awareness Week 2022



Mental Health Awareness Week took place this month (9-15 May 2022) and the topic was *Addressing Loneliness*. Loneliness affects so many of us at some point in our lives and can affect our feelings of self-worth and belonging. It's not about the number of friends we have or time spent on our own. It's the feeling when the social connections we have, don't match those we need or want.

In Newham there is lots of help and support available. Visit the links below:

- [Newham Talking Therapies](#)
- [Connect Newham Telephone Befriending](#)
- [Walking groups in Newham](#)
- [Maternity Mates](#)
- [NHS OCEAN Service](#)

The week also marked the launch of **Kailo**, a multi-year research project to help communities, young people and public service partnerships understand the factors affecting young people's (11-25 years) mental health, and co-create strategies to address them.

Organisations receiving small grant funding from Newham Council and East London Foundation Trust met during the week to help connect and learn from each other. Click [here](#) for details of projects funded by the Council's COVID-19 Mental Health and Wellbeing Community Recovery grant. The next round of funding for the will be launched in June 2022.

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

WE ARE SUPPORTING

MENTAL HEALTH AWARENESS

Find joy this spring and stay mentally healthy

For more things you can do in Newham to stay mentally healthy, visit www.newham.gov.uk/stayingmentallyhealthy

WE ARE NEWHAM.



People at the Heart of Everything We Do

Key updates

Priority 8 - National Walking Month



As May is National Walking Month we have compiled a list of opportunities to get you out and about walking in Newham!

Street tag

Street Tag is a FREE, fun, family-friendly game which encourages you to get out and about earning points for being active! We currently have 357 players on our community leader board and 16 schools involved. Walk, run, cycle and scoot, collecting virtual tags along the way! These tags are worth points that add up on your local leader board giving everyone the chance to win prizes. Don't miss out, join the Street Tag community today! Download the Street Tag app on the App Store or Play Store. For more information visit

www.streettag.co.uk



Walking Groups

ActiveNewham are delivering a number of weekly and fortnightly walks led by trained walk leaders and supported by Newham's volunteers. The free walks take in Newham's rich and diverse heritage and history, showcasing the old and new, from old town halls and listed buildings, to new infrastructure and progressive developments. To find out where your closest walking group is click [here](#).

Self-Led Walks

Newham has a number of lovely parks and open spaces to explore including a number of self-led walking routes that have been mapped across the following parks to help keep you active. Just follow the leaf signs!

- Canning Town Recreation Ground
- Central Park
- Memorial Park
- Plashet Park
- Stratford
- Royal Victoria Gardens
- Plaistow Park
- Beckton District South

You can also find the routes [here](#).

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

WE ARE ACTIVE.

WE ARE NEWHAM.



Newham 10 Year Anniversary - London 2012 Games COMMUNITY GRANTS

This year celebrates the 10 year anniversary of the London 2012 Olympic and Paralympic Games. We want to give community organisations throughout Newham the opportunity to commemorate the occasion by delivering events or activity projects inspired by the Games!

Grants of up to £2000 are available for organisations to develop ideas that help people to get active and maybe inspire our next generations of athletes!

For more information or to apply, please visit:

www.newham.gov.uk/olympicgrant

People at the Heart
of Everything We Do

Applications need to be submitted before 5pm on 10 June 2022.

WE ARE ACTIVE.

WE ARE NEWHAM.



Free activities for children and young people to celebrate the up and coming 10 year anniversary of London 2012. Come and try a variety of Olympic and Paralympic Sports.

Sessions include Combat Sports (Taekwondo, Judo, Karate, Boxing), Racquet Sports (Tennis, Badminton, Table Tennis) and Team Sports (Football, Basketball, Volleyball, Hockey, Handball, Baseball/Softball, Rugby).

DATES:

Monday 30th May –
Wednesday 1st June

TIMES/AGES:

12-2pm – 5-11 years
2-4pm – 12-16 years

VENUES:

- Central Park, High Street South, East Ham E6 6ET
- Beckton District Park North, Tollgate Road, Beckton E16 3SW
- Keir Hardie Recreation Ground, Tarling Road, Canning Town E16 1LQ
- Plashet Park, Plashet Grove, Forest Gate E6 1DQ
- Stratford Park, West Ham Lane, Stratford E15 4PT



Book at: http://newham_whitsun_youth_activity.eventbrite.co.uk?s=176503679

For more information: sports@activenewham.org / 07741 293506

HALF TERM HOLIDAY PROGRAMME

People at the Heart
of Everything We Do

Key updates

Priority 9 – Honouring Phyllis Nelson and Community Health Champions



In the original version of the April newsletter we included Phyllis Nelson as a Changemaker. Many of us knew her, not least as a hugely valued member of our Covid-19 Champions, and Phyllis was a wonderful change maker in so many ways in Newham.

We will be remembering and honouring Phyllis' legacy in the coming months, including at an event we are planning this summer. This event will be an in-person event to celebrate the contribution of the COVID-19 Health Champions over the last two years and launch the new Community Health Champions group. We will be sharing further details shortly.

Priority 12 – Welcome to Newham helpline and Champions group



We have set up a new helpline for asylum seekers, refugees, family, friends or hosts. The helpline is free and can provide advice and support on many topics including how to get help for health, money, food, jobs and housing.

The helpline has interpreters who speak many different languages, including Ukrainian, Russian and Romanian.

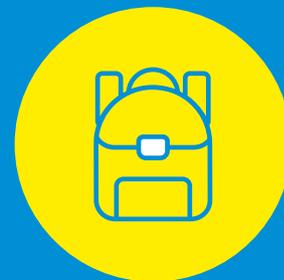
Contact the helpline via email: Welcome.Newham@newham.gov.uk or Freephone: 0800 916 8757 (Monday – Friday 10am-5pm). For immigration advice contact the Ukrainian Advice Project on projectu@dlapiper.com or visit <https://advice-ukraine.co.uk/>

We have also set up a Welcome to Newham Champions group for anyone who would like updates on support, advice, rules and services relating to asylum seekers and refugees settling in Newham. Email: welcomenewhamchampions@newham.gov.uk or WhatsApp: 07977156899

Welcome guides and leaflets are also available for new arrivals from Ukraine and Ukrainian residents of Newham. If you would like to order copies of the leaflets to share, please contact Matt Bury on Matt.Bury@newham.gov.uk

WE ARE WELCOMING.

WE ARE NEWHAM.



ARRIVING IN NEWHAM

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

Changemakers of the month



Step 8: Ben Levinson OBE, Headteacher of Kensington Primary School

Ben is Head Teacher of Kensington Primary School in East Ham, where 660 children attend. Ben also works alongside the Department of Education to support the wellbeing of education staff nationally and has also helped the Youth Sport Trust and BUPA Foundation create the Well Schools movement.

Click [here](#) to read more about Ben and Step 8.



Step 22: Dr Imrana Siddiqui, GP and Clinical Lead for Mental Health

Imrana is the GP Mental Health Lead for Newham. She works as a GP and is also the Lead for the Workforce Wellbeing Hub, a service recently set up to support NHS and social care staff. She is directly involved in designing and improving all aspects of mental health services, from perinatal and birth through to old age.

Click [here](#) to read more about Imrana and Step 22.



Step 33: Christine Ohuruogu

Christine became the first British woman to win a global 400m title, win Olympic and Commonwealth gold, as well as World and European Indoor 4x400m relay gold. As a retired Olympian and Newham resident, Christine is passionate about seeing the area prosper and recognises the role health plays in achieving this. She wants to remove any barriers that are preventing residents from participating in physical activity and sport, particularly young people and believes everyone should have the opportunity to be active.

Click [here](#) to read more about Christine and Step 33.



Step 35: Bisi Imafidon

During the day, Bisi works at a Newham primary school organising activities for pupils before and after school. In the evenings, at weekends and during school holidays, she helps people of all ages to become more active in her role as a sports coach and group exercise instructor.

Click [here](#) to read more about Bisi and Step 35.



Get involved

Read more about the 12 priorities and steps on our website www.50steps.co.uk or contact aine.fuller@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 aine.fuller@newham.gov.uk.

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

www.50steps.co.uk