

50 Steps News



Issue:33 November/December 2024

Welcome!

Welcome to our 50 steps newsletter for November and December 2024.

Having recently marked World AIDS Day on the 1st December, we would like to highlight the incredible work of our local Sexual Health Services and their partners in promoting good sexual health. This is delivering against Step 14 of our 50 Steps to a Healthier Newham strategy.

Taking care of your sexual health is crucial for your overall well-being, and we're here to help you do just that all year round! We aim to continue raising awareness about AIDS and HIV; celebrating progress in prevention, treatment and care.

Our local specialist sexual health service, All East, offers a fantastic range of services, including free STI testing and treatment, contraception fitting and advice, as well as HIV and other blood-borne viruses prevention. These services are free, confidential, and accessible to everyone. Whether you're looking for advice, testing, or treatment, we've got you covered.

Don't miss out! Visit our Sexual Health Services [page](#) for more information and to book an appointment. Let's make this winter a season of health and happiness.

Wishing you a happy, healthy, and safe winter season!

Aneta Hutek,
Commissioner leading on Sexual health

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Winter Wellness

As we prepare for winter there are lots of services available to help you keep well during the colder months. In addition to getting vaccinated there are steps you can take to reduce the risk of catching and spreading winter illnesses.

In our winter wellness flyer, and on our winter wellness website page, you can find information and advice on how to look after yourself and others this winter, and details of some of the services that are there to support you.

Read more how to stay healthy this winter and download the booklet [here](#)



16 Days of Activism

Come along to our 16 Days of Action events! Newham is proud to support the global 16 Days of Activism movement focused on raising awareness of violence against women and girls. Our local priority is to challenge domestic abuse experienced by survivors of all genders and identities through education, awareness raising and working alongside those with lived experience.



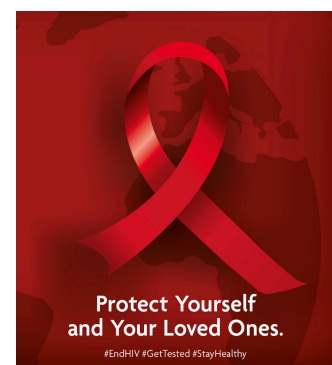
From November 25 to December 10, we will host talks, workshops and in-person advice stalls to offer learning opportunities and advice. They are open to all residents and professionals aged 16+.

Please share across your networks and read more [here](#)

World AIDS Day

World AIDS Day is observed on the 1 December each year. The global movement is aimed at raising awareness about AIDS and HIV as well as celebrating progress in prevention, treatment and care. The day also highlights the need for further support to be available.

An initiative from Fast-Track Cities aims to end the HIV epidemic by 2030. Newham Council fully supports the movement and want to ensure every Newham resident living with HIV gets the help they need, including access to testing.



Help people access the support they need by sharing our sexual health [page](#) across your networks, and read more [here](#)

Black Heritage Communities HIV survey

The London HIV Prevention Programme has commissioned a survey to inform a needs assessment of Black heritage communities. The goal is to gain a deeper understanding of the HIV prevention needs within Black communities in London.



The insights collected will directly inform the design of future services, ensuring they are tailored to meet the needs of these groups more effectively.

Read more [here](#) and encourage people you know to complete the survey so their voices are heard

We Are Food Secure

The challenge of food insecurity has received increasing attention in recent years, and children are more likely than adults to be in food-insecure households.

Newham's 'We Are Food Secure 11-19' project set out to specifically find out

more about the experiences of 11-19 year olds, who sometimes receive less attention than other age groups, and to tailor interventions especially for them.



Funded by the Health Foundation in partnership with the Local Government Association, the project formed part of the wider Shaping Places for Healthier Lives programme. Over the three-year project, we developed complex system maps to improve our understanding of the drivers of food insecurity, held many discussions with stakeholders and young people, and built and tested new interventions based in secondary schools and youth centers.

Read more about what the project has achieved [here](#)

Tackling misconceptions around autism

The Association for Child and Adolescent Mental Health (ACAMH) recently delivered a lesson aimed at tackling

myths and misconceptions around autism. These are just as relevant for adults as they are for children and young people.

Please take 10 minutes to watch the [video](#) on tackling misconceptions and help discard any outdated notions and ultimately embrace a more inclusive approach to autism.

Read more and watch the video [here](#)



Self-Care Week

Self-Care Week, an annual national awareness week, was observed between 18-24 November. The week focuses on embedding support for self-care across communities, families and generations.

This year's theme set by the Self Care Forum charity was 'Mind & Body'.

In an ongoing celebration of self-care, we want to know what self-care means to you and you can also help raise awareness of self-care with your children by using our short quiz.

Read more [here](#) to complete the survey, download the quiz, and read more about Self-Care Week.



Kindly visit our [50 Steps blog](#) for more information and updates.

If you would like to contribute to the next 50 Steps newsletter, please email your submissions to us at: phhealth.promotion@newham.gov.uk

If you have any questions or suggestions, please don't hesitate to reach out to us at phhealth.promotion@newham.gov.uk.

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Our mailing address is: London Borough of Newham, Newham Dockside, 1000 Dockside Road, London, E16 2QU.



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