

50 Steps News



Issue:34 January/February 2025

Welcome!

Hello and Welcome to our 50 Steps newsletter for January and February 2025!

We hope you've had a positive and healthy start to the year. As we step into a new year, we remain committed to supporting the health and wellbeing of Newham residents.

In this issue, we're excited to share updates, resources, and opportunities to support residents' health and wellbeing. In particular, we are sharing information about our Kick-start 2025 with Well Newham campaign and the many ways residents can access information and advice as well as services that support good health including physical activity, sexual health services and suicide prevention.

Please do get in touch if you have a health initiative you would like to include in the 50 Steps newsletter.

Wishing you a happy and fulfilled year ahead!

Best wishes,

Adeola Agbebiyi - Assistant Director of Public Health

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Kick-start 2025 with Well Newham

Well Newham is here to support everyone in Newham to live well residents, ensuring that residents are aware of the support available to them via the Well Newham website, the Well Newham directory of service, the 5 Ways to a healthier life booklets etc.



- The [Well Newham website](#) is available all year round, providing information and advice on lots of health and wellbeing topics and services.
- The [Directory of Services](#) can be used to refer residents, self-refer, refer friends and family, to over 500 different services most of which are free.
- The [5 ways to a Healthier Life booklet](#) which has the details of over 100 health and wellbeing services in Newham, printed copies can also be picked up in various locations across the borough.

Please share across your network and help people access the support they need!

Free parks tennis sessions

The National Tennis Association are offering free, social tennis sessions for all ages and abilities in Newham every weekend. The session will be led by qualified parks tennis activators with equipment provided.



These sessions are designed to be accessible to everyone, attracting players who are unable to pay for coaching sessions or court bookings.

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

SPEAK - an introduction to suicide prevention skills



**SPEAK – Suicide Prevention
Explore, Ask, Keep-Safe.**

Papyrus will be facilitating an introduction to suicide prevention skills (SPEAK - Suicide Prevention Explore, Ask, Keep-Safe) training. SPEAK training provides in-depth knowledge around suicide prevention and how to have a conversation with someone considering suicide with the aim of keeping them safe for now.

We are passionate about engaging with all communities and those that can often be underrepresented in the conversation about suicide.

We have some places set aside for people living with autism spectrum conditions, parents and carers in recognition of the unique challenges experienced. This autism-friendly session will include regular short breaks for movement, language review, small group work in breakout rooms, and the option to stay in the main room etc. Therefore, we are positively encouraging those from the autistic community and those working with autistic people to take advantage of the funded training.

Read more [here](#) and kindly share across your network.

Community kitchen for people seeking sanctuary

Welcome Newham are delighted to announce that Highway Vineyard Church have been re-commissioned to deliver their community kitchen project for people seeking sanctuary in Newham.

The project will run between January 2025 up to March 2026, and provide 12 families/individuals a week access to two-hour cooking slots on two days a week. Home cooked food is not only important for health, it is an integral part of cultural identity.



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

Sexual health matters

Sexual health is an important part of everyone's health and wellbeing. In honor of National HIV Testing Week, celebrated from February 10 to 16, we want residents to know our local sexual health services offer free sexual health prevention and care (including HIV testing) and a wide range of short and long acting contraception services.



We also want to highlight that black communities experience inequality in health services, including those around HIV. We are therefore supporting the 'Do It London Campaign' and working together to address the long-standing disparities in HIV outcomes among Newham residents of black heritage.

Residents aged 16+ and identify as black, are encouraged to share their views via a survey and be in with a chance of winning gift vouchers.

Help people access the support they need by sharing our sexual health [page](#) across your networks and encourage people you know to complete the [survey](#) so their voices are heard.

Recognising and rewarding contributions in public involvement

Public and Patient Involvement and Engagement (PPIE) is a cornerstone of health and social care, enabling the design and delivery of services that truly reflect the needs of service users, carers, and the wider community. One of the most essential elements of PPIE is ensuring that contributions are valued through robust reward and recognition (R&R) practices.

Reward and recognition is about more than financial compensation. It's about fostering inclusivity, building trust, and ensuring that every voice is heard and valued.

Key approaches to reward and recognition includes reimbursing expense, in-kind support, shopping vouchers, certificates and references, training opportunities etc. By adopting these practices, organisations can nurture genuine partnerships with the public, creating a culture of shared responsibility and mutual respect.

Read more on the ways to recognise and reward public/patient involvement and engagement [here](#)

Spotlight on Btisame Elmhassani - January/February 50 Steps Changemaker

Btisame organises coffee morning for women in Newham to provide a safe and supportive space for them to connect, share experiences, access resources, and engage in activities that promote mindfulness.

Women from diverse fields are invited to share their experiences and expertise, creating a safe space for those also affected by domestic violence, assisting women facing any barriers to feel supported and listened to and creating a path for professional support.

Btisame believes in the potential of every woman and strive to help them discover their skills, acknowledge their qualities, and reach their full potential.

We thank her for all the fantastic work she does and for being a 50 Steps partner!

Read more [here](#) about the work Btisame does.

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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