

# 50 Steps News



Issue: 35 March/April 2025

## Welcome!

Welcome to our 50 steps newsletter for March and April 2025.

As we welcome the first signs of Spring with longer days and warmer weather, it is the perfect time to increase our levels of Vitamin D. Vitamin D is needed to keep our bones, teeth and muscles healthy. Spending at least 10 minutes outside every day can help boost your vitamin D levels which will positively impact both our mental and physical health.

In celebration of World Immunization Week, which runs from Thursday, April 24th to Wednesday, April 30th, we will be encouraging conversations about vaccinations with the aim of increasing uptake in our communities.

Vaccines save lives. They are the best way of protecting you and those around you from serious diseases, but we understand vaccination is a personal choice.

Read on to find out about ongoing vaccination campaigns and resources to help answer your questions about vaccinations.

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

Wishing you a happy and healthy start to Spring!

Elizabeth Owen,  
Public Health Principal

## In this issue:

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- Edible enterprises market sale day

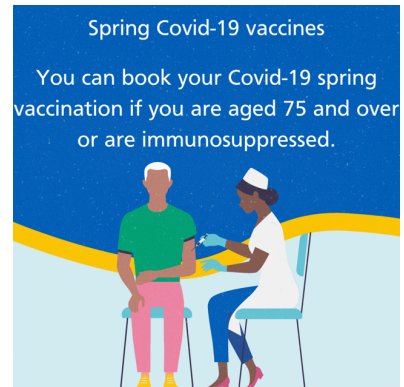
- Update on 50 Steps changemakers

## Spring COVID-19 vaccine campaign

From April to June, the NHS will be offering Spring COVID-19 vaccines to people who are at increased risk of serious illness from the virus.

Residents can get a COVID-19 vaccine if they:

- are aged 75 or over (including those who will be 75 by 17 June 2025)
- are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults



Residents don't need to wait to be invited, they can check their eligibility and book online [here](#) or they can find a walk in clinic [here](#). Those unable to get online can call 119 (translators are available).

Vaccines save lives. They are the best way of protecting you and those around you from serious diseases, but we understand vaccination is a personal choice. You can find the answers you need to make the right decision for you and your family about vaccinations [here](#).

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

## World Immunisation Week

Vaccinations are one of humanity's greatest achievements. They have saved over millions of lives, reducing infant deaths by 40% and allowing more children to live beyond their first birthday.

In North East London, the NHS is promoting the Bright Start in Life campaign, focusing on the importance of early childhood vaccinations. This initiative provides valuable resources and support to parents, ensuring that children receive their essential immunisations on time.



A series of informative videos have been co-produced with residents and healthcare professionals. These videos cover various aspects of vaccinations, including their safety, efficacy, and the importance of staying up-to-date with immunisation schedules.

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

## Newham Health Equity Programme

The Newham Health Equity Programme is releasing a toolkit that services can use to make small

improvements that achieve maximum impact.

The ART Framework, Does it Look Like Newham and Health Equity route map, are a series of quantitative and qualitative tools that can help to embed equity into the work we do. Health equity is about ensuring that everyone in our communities has a fair opportunity health and wellbeing. These tools can help improve the increase impact, and ensure your services are more wide

The team will be running walk through and FAQ events May, at 14:00.

Read more and register [here](#)



## Edible enterprises market sale day

The Newham Public Health Team in collaboration with Kaizen Primary School held a vibrant herb and flower stall just before the Easter break. Year 4 pupils from the school held the stall at Stratford Broadway market, selling rosemary, thyme, mint, and daffodils which were all propagated from their school's Sustainable Urban Drainage Systems (SuDS) planters.



The pupils nurtured the plants, developed marketing strategies, designed signage, set prices, and even wrote an array of recipes for each herb to share with paying customers.

This initiative is a perfect example of taking a whole-school approach to food, combining food education with enterprise, creativity, and wellbeing.

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

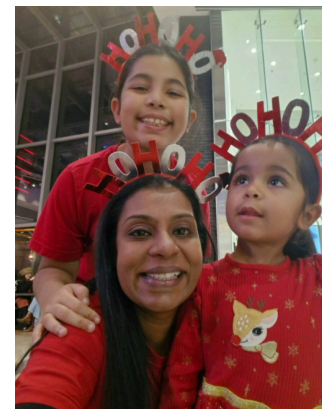
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## Update on 50 Steps Changemakers

### Spotlight on Nicola Thomas -Volunteer and Outreach Coordinator

Nicola volunteers at the E6 Sisters Community Pantry, a community-based initiative addressing food insecurity in East Ham. She has lived in Newham almost all her life, and became involved in the pantry after experiencing personal hardship.

Through the pantry, Nicola found a purpose that allowed her to support others, using her lived experiences to foster a supportive, compassionate environment. Her approach emphasises cultural sensitivity



and inclusivity, adapting pantry offerings to meet the diverse needs of the local community.

Her warmth and persistence help connect residents who may be hesitant to seek assistance, making the pantry a trusted space for support.

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

## **Spotlight on King Olalekan Ogunremi, Community Barber and Founder of Barber Connect Project**

King has been a key figure in the Newham community for over 20 years, transforming his barbershop into a community hub where young people feel safe and supported. Recognizing the role barbershops play in fostering trust, he mentors and guides young men through conversations and community events that address mental health, social isolation, and employment.



He founded the Barber Connect Project to help disengaged youth develop vocational skills and creative outlets like barbering and music. King collaborates with schools, the London Fire Brigade, and local organizations to create opportunities for young people. Committed to expanding his impact, he aims to create dedicated spaces where young people can grow, learn, and find support while inspiring other barbershops to become pillars of community empowerment in Newham.

We thank him for all the fantastic work he does and for being a 50 Steps partner!

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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](mailto: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](mailto:phhealth.promotion@newham.gov.uk).

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