

Race & Health Seminar 3: Moving for Health

18 September 2025 6-7:30pm



The purpose



WHY are we doing this?

- People's **health and wellbeing** are affected by many things — like their **background, culture, and life experiences**.
- In a diverse place like **Newham**, it's important to understand how **ethnicity connects to health**, so we can make things fairer for everyone.



HOW are we doing this?

The events will be hosted **online every 2 month** on different topic to develop more **knowledge** and **awareness** of:

- The **data** and **academic evidence** of the relationships between ethnicity, health and wellbeing
- The **real live experiences** of people from different ethnicities around their health and wellbeing, and their family and friends
- The **support, services** and **resources available** for people.



WHO is leading this?

- The topics will be chosen by the **Newham Race Equality Forum** and the **Public Health team**.
- They'll focus on issues where some ethnic groups face **unfair differences in health**.

Why ethnicity focus?



While we recognize that other factors, such as disability, sexual orientation, gender identity, and more, also play a critical role in health equity, this seminar focuses specifically on ethnicity because:

- **Persistent disparities in health outcomes and access** to care among racial and ethnic communities point to an urgent and ongoing equity gap.
- People of colour often **experience worse health outcomes** compared to white populations. For example, they face higher rates of chronic diseases (such as diabetes and heart disease), as well as higher infant and maternal mortality rates.
- This work is **part of a broader project** aimed at exploring how race and ethnicity influence health outcomes.

Equality



The assumption is that **everyone benefits from the same supports**. This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

Justice



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed**. The systemic barrier has been removed.

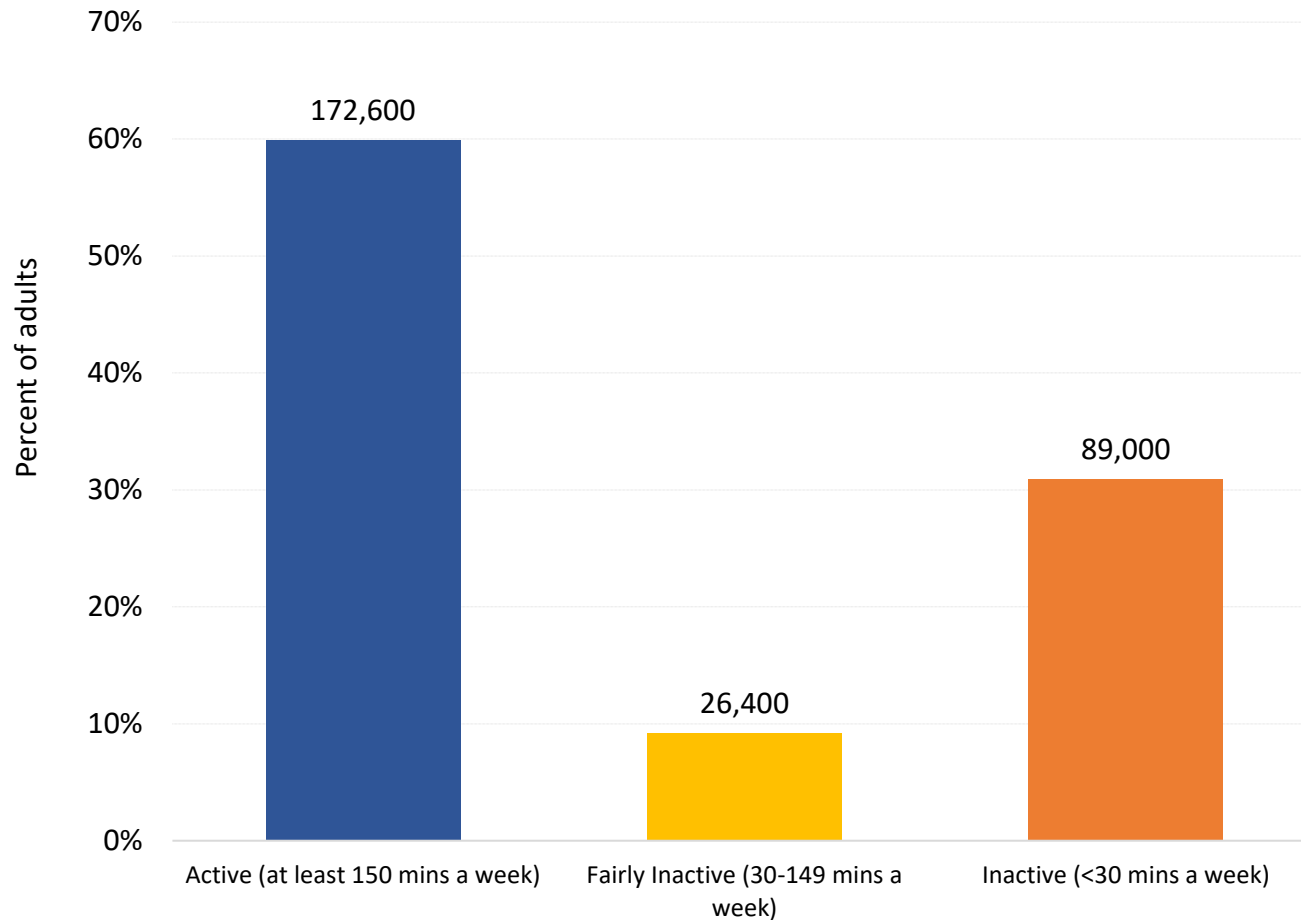
Guest speakers and their slides

- **Trends in Physical Activity in Newham.** Nicole Napier, LBN. (*slides 5-9*)
- **Better Points Newham Challenge.** Nicole Napier, LBN. (*slides 5-14*)
- **Newham Active Communities.** Sam Arnold, GLL. (*slides 15-22*)
- **Live Well Newham Weight Management Programme.** Hayle, GLL. (*slides 23 -27*)
- **Get Active Get Healthy (GAGH).** Kolsuma Miah, LBN. (*slides 28-34*)
- **Newham Tennis Association.** Alex McNaughton. (*slides 35-38*)

Trends in Physical Activity in Newham

In Newham now 6 in 10 adults are active

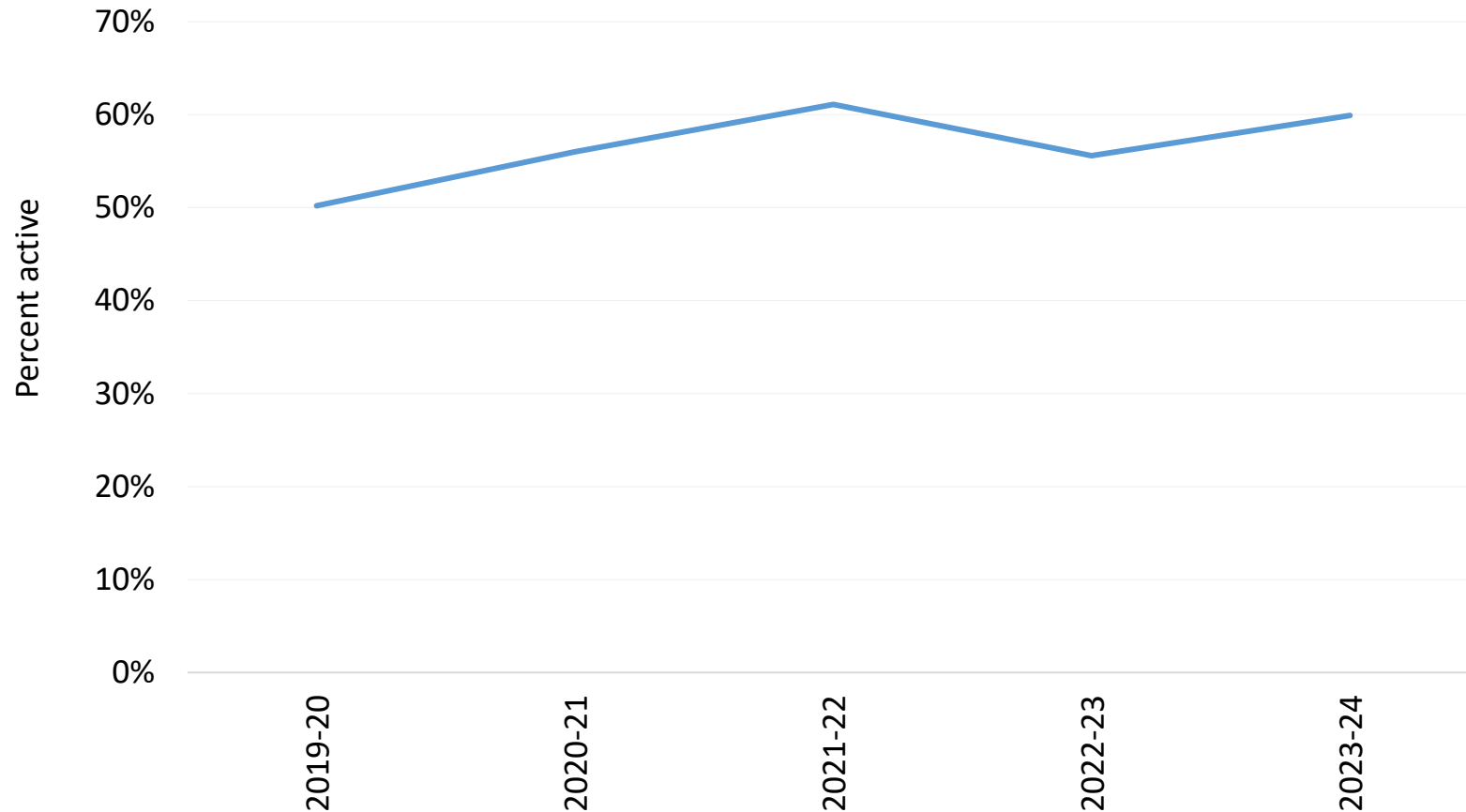
Physical activity among Newham adults (2023-2024)
Number above bars refers to estimated population in Newham



- Approximately 172,600 Newham adults (60%) engage in at least 150 minutes of physical activity a week, considered as 'active'.
- An additional 26,400 (9%) are considered 'fairly active'.
- 1 in 3 people in Newham (89,000) are considered 'inactive' as taking part in less than 30 minutes of physical activity a week.

We have seen a 25% increase in active adults since 19-20

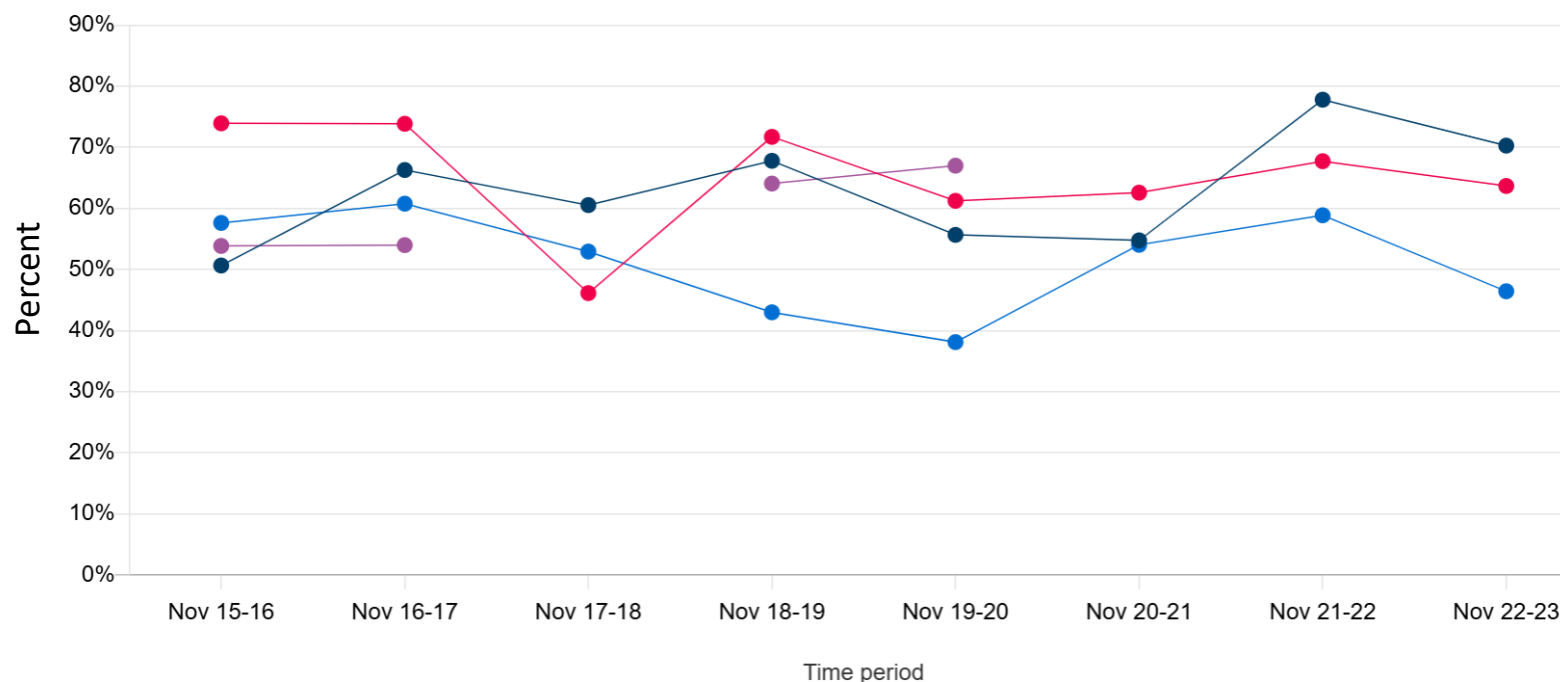
Percent of adults considered active in Newham
Numbers on graph refer to no. of adults



- Since 2019-20 the share of adults considered active has risen from 50 to 60%. This amounts to an approximately 34,500 additional adults.
- As of 2023-24, there are an estimated 172,600 adults in Newham considered 'active'.
- This is up from 138,100 in 2019-20

Physical activity varies by ethnicity in Newham

Percent of adults considered **active** (150 or more mins of physical activity in a week)



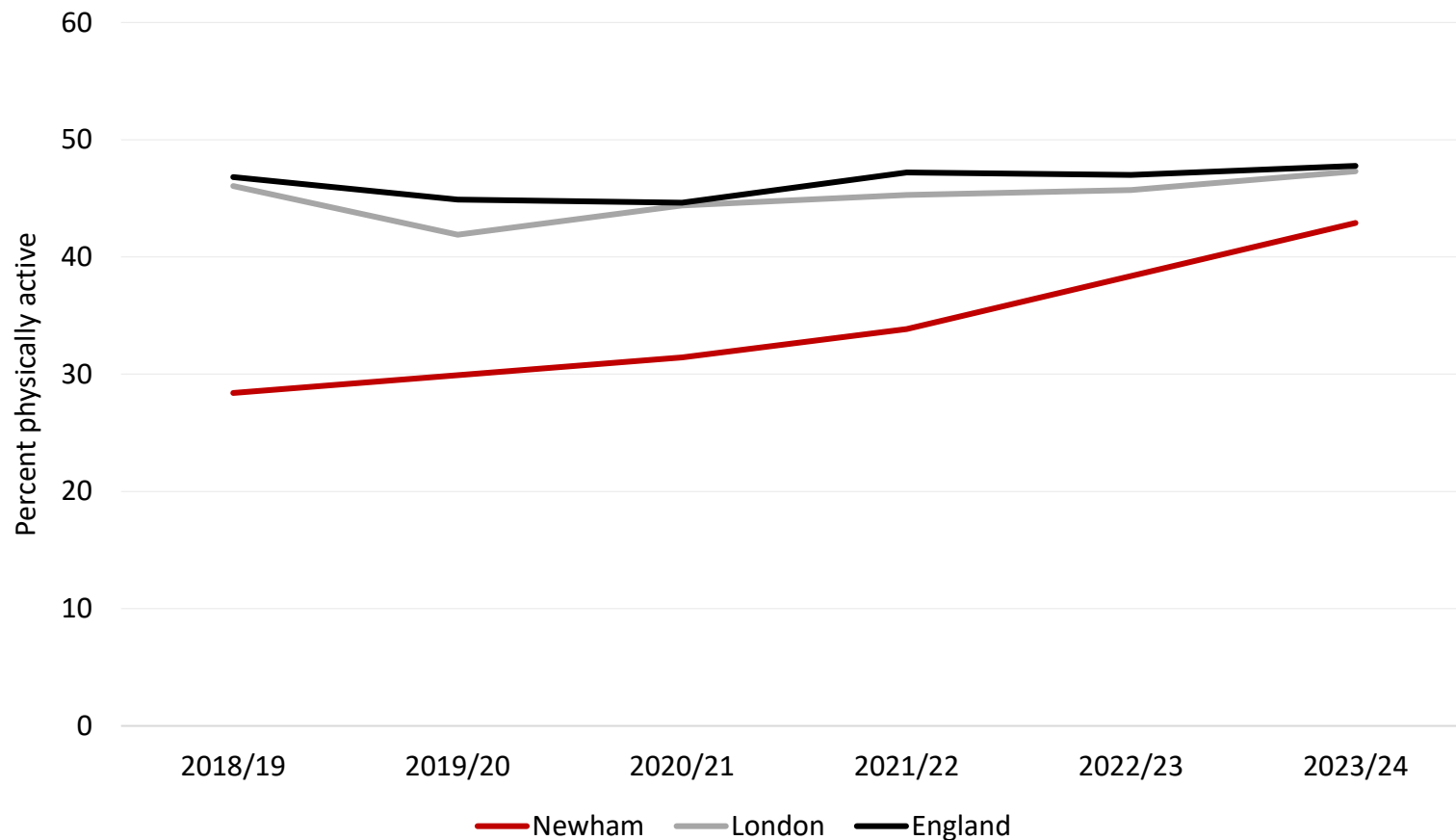
% Levels of activity (Main - 3 categories) by Ethnicity:

■ White British
 ■ White Other
 ■ Asian (excluding Chinese)
 ■ Black
 ■ Chinese
 ■ Mixed
 ■ Other ethnic origin

- As of 2022-23, White British and White Other adults in Newham have a higher share who are considered 'active'.
- 70.3% of White British adults in Newham are considered active compared to 46.4% of Asian adults.
- Residents from Asian ethnic groups have consistently reported lower activity levels since 18-19

Improvement in physical activity among Newham 5-16 year olds

Percentage of physically active (at least 60 minutes per day) 5-16 year olds



- The percent of 5-16 year olds in Newham who are considered physically active has improved since 2018/19, increasing from 28% to 43% in 5 years.
- This is in contrast to London and England which have seen the percent of young people who are physically active largely stay the same.

BetterPoints Newham Challenge

Overview & Background

The BetterPoints Newham Challenge launched in March 2024. The behaviour change programme incentivises active travel and increases in physical activity among residents (aged 14+) who are inactive, embedding regular daily exercise through walking, cycling or running.

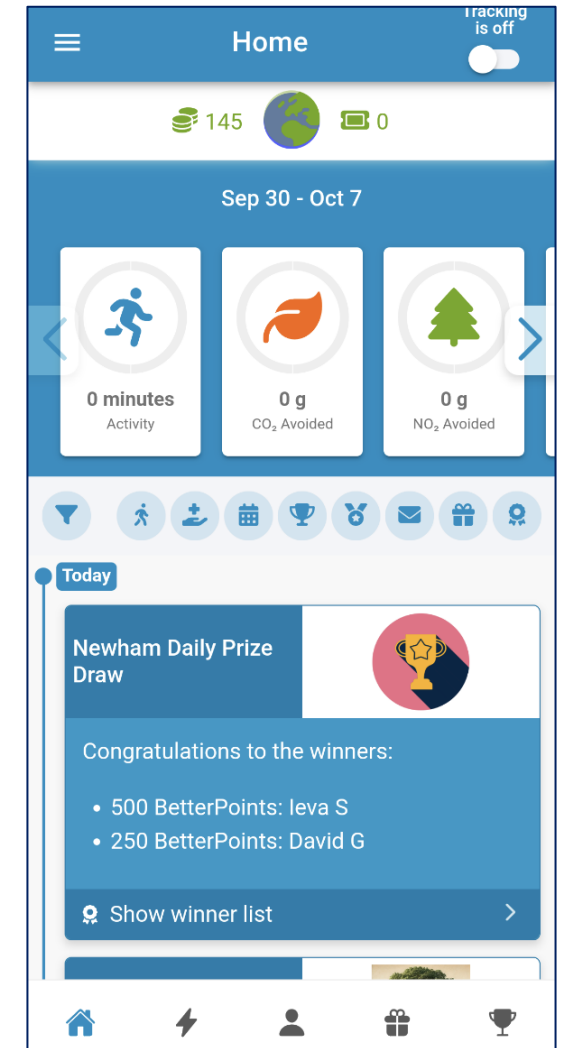
Once users start moving, activity is automatically recorded. Users then start to receive BetterPoints rewards, a digital currency which can be exchanged for shopping vouchers, or alternatively, a charity donation.

To encourage users to meet the recommended national physical activity guidelines of 150 minutes per week, users receive 1 point per minute for a maximum of 150 minutes of activity they undertake and are also entered into daily and weekly prize draws to earn additional points and prizes.

The app also records travel modes, distances and CO2 mitigated.

1903 active users to date (2341 registered).

[newham.gov.uk](https://www.newham.gov.uk)



WE ARE NEWHAM.

Boosted points

Fancy a swim or gym session this weekend? Take a look at how you can **boost your points** when you visit a selection of **Leisure Centres in Newham**.



Tap here find out more



Taking part in a class, workout or swim at local leisure centres in Newham (Atherton, East Ham and Newham).

Anyone for Tennis? Earn extra BetterPoints when you play at one of the Tennis Courts in the Borough of Newham.



New Tennis Rewards



Playing tennis at one of Newham's 10 park tennis venues.

Get active over at **Queen Elizabeth Olympic Park**. Take a look at how you can **boost your points** when you visit a selection of centres.



Tap here find out more



Getting active on the QEOP (London Aquatics Centre, CopperBox Arena, Lee Valley Hockey & Tennis Centre and Lee Valley Velopark).

Local businesses & local good causes

Local businesses offering rewards/incentives include LN Fitness, Brothers Accountancy, Plant Lovers London, National Tennis Association, Dialogue Hub & Café and GLL (other organisations currently in discussions).

Ten local good causes have been added to the app so far: Vision Ability, Lola's Homeless Ladder, Magpie Project, Newham New Deal Partnership, Newham Solidarity Fund, Dialogue Hub & Café, The Renewal Programme, St Saviours Church, Minhaj-ul-Quaran and Green Street Masjid.



How to join BetterPoints?

How to sign up:

Step 1 - Download the free BetterPoints app from the App Store or Google Play.

Step 2 - To take part in the BetterPoints Newham challenge make sure auto tracking is toggled on.

Step 3 - Get out and get active! The app will record your trips and award BetterPoints to spend or donate.

For information on the BetterPoints Newham Challenge visit the [website](#).



You'll find the latest version of the BetterPoints app in your app store here.



Newham Active Communities



BETTER

GLL

in partnership with



Better/GLL

- Established in 1993, GLL is the largest UK-based charitable social enterprise delivering leisure, health and community services.
- Under the consumer facing brand Better, we operate 240 public Sports and Leisure facilities, 120 libraries, 10 children's centres and 5 adventure playgrounds in partnership with 50 local councils, public agencies and sporting organisations.
- Better leisure facilities enjoy over 57 million visitors a year and have more than 700,000 members.



GLL

in partnership with

Newham London

GLL in Newham

- In April 2024 GLL was awarded the leisure contract for Newham
- This meant that we started operating the 3 main leisure centres in the borough, East Ham, Newham and Atherton
- In addition to operating the leisure centres we also took on the Active Communities team as well



GLL

in partnership with

Newham London

Newham Leisure Centres

- You'll find a wide variety of activities for all ages to enjoy from gym workouts, fitness classes, group cycling, women-only activities and facilities, athletics and football
- All 3 leisure centres offer swimming lessons for both children and adults as well as dedicated pool time for women and disabled.
- Wide variety of memberships to choose from including the resident card which offer free swimming for under 16s and 60+



Active Communities

- As the active communities team we partner with the local authority, to help those who are more at risk of being physical inactive become active again
- We work with 5 main target groups consisting of Women & Girls, Children & Young People, Older Adults, those from culturally diverse backgrounds and people with disabilities



GLL

in partnership with

Newham London

Active Communities Programme

- Our largest off is the active communities programme
- This programme runs nearly all year round with weekly activities taking place
- The sessions are free/low cost and take place in both our leisure centres as well as in community settings all across Newham

ACTIVE COMMUNITIES PROGRAMME

Q4 2025

The Better Community Sport programme is delivered in partnership with London Borough Of Newham to provide physical activity & sport in the community.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Womens Only Multi-Sport FREE 10am-12pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Inclusive Activity FREE 10:30am-12:30pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	Senior Coffee Mornings FREE 9am-11am East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Sensory Walks FREE 9:45am-10:45am Plasnet Park, 207 Plasnet Grove, London, E7 8QR (Meet by library)	Learning Disability Pilates FREE 11am-12pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Pan-Disability Football (fortnightly) FREE 10am-11am Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD
Junior Gym Cost varies on membership 4pm-6pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Junior Gym Cost varies on membership 4pm-6pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Junior Gym Cost varies on membership 4pm-6pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Senior Coffee Mornings FREE 11am-12pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Junior Gym Cost varies on membership 4pm-6pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	Junior Badminton £4 10am-12pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT
Swim For Women Cost varies on membership 8pm-9pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	After School Multi-Sports FREE 3:30pm-5:30pm Little Ilford Youth Zone, 1a Rectory Road, Manor Park, London, E12 6JB	Learning Disability Dance FREE 12pm-1pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Youth Multi-Sports FREE 4pm-6pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Junior Gym Cost varies on membership 10am-6pm East Ham Leisure Centre, 324 Barking Rd, London, E6 2RT	Sensory Tennis FREE 12:15pm-1:45pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD
	Young Adults Street Cricket FREE 6:30pm-9pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	Learning Disability Tennis FREE 12:30pm-1:30pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	Back to Netball FREE with any membership 6pm-7:30pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD	Swim For Women Cost varies on membership 4:30pm-6pm Atherton Leisure Centre, 189 Romford Rd, London, E15 4JF	Womens Cricket FREE 2pm-4pm Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD

For more information on the programme, please email: ActiveCommunitiesNewham@gll.org or visit better.org.uk/better-newham

 @GLL_Communities_Newham  @newham_better



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 277938. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Internal Revenue Charity no. 3843398 VAT registration no. 219749175.

GLL

in partnership with



Special Projects

- In addition to our Active Communities programme we also run a number of special projects including
- London Youth Games
- Physical Activity Inclusion Fund
- London Mini-Marathon
- Better Club Games
- GLL Sports Foundation
- Holiday Programmes
- And many more!



GLL

in partnership with

Newham London

To find out more please visit our
website

better.org.uk/newham



GLL

Live Well Newham Weight Management

Commissioned by Newham Council



How Does a Resident get involved?

There are two ways to get involved.

1. Visit your GP to get a referral.
 - This method is important if you have other health conditions that we need to know about.
 - This is a useful way if you prefer to do things in person and like to avoid using technology or the internet.
 - Your GP will then send us a form to our secure NHS email address, for us to assess and accept.
2. Self-refer to us using this link - <https://www.better.org.uk/self-referral>
 - When you open the link, choose '**Newham**' from the drop-down options
 - After clicking on '**Newham**' a new page opens to give us your personal details. Please give as much information as possible

What Happens?

- We receive a referral from the GP/Self Referral/Joy website and check eligibility.
- If not eligible, we notify the GP and an automated message tells the customer to see their GP.
- If accepted, the customer receives a welcome email and text telling them what to expect next and the patient enters a queue to be called.
- We call accepted referrals and give them a choice of programmes, and we also send notifications about new, upcoming courses.
- We then book the residents on their chosen course.

What Happens?

- 48 hours before their appointment they get a reminder text and email.
- They will also receive automated texts and emails for different attendance types, such as non-attendance, rearranging, and so on.
- The resident then attends their 12-week course.
- We issue discounted memberships after week 2 (induction done by then)
- We send a text after every session with the course content summary including helpful videos and support.

Useful Information

- Live Well Newham Website:
 - <https://www.better.org.uk/livewell-newham>
- Child Weight Management Website:
 - <https://www.better.org.uk/leisure-centre/london/newham/atherton-leisure-centre/newham-xplore>
- Self-Referral Portal:
 - <https://www.better.org.uk/self-referral>
- Leisure Centres in Newham
 - <https://www.better.org.uk/leisure-centre/london/newham>
- Contact Email for Residents & Public:
 - Livewell.newham@gll.org

Get Active, Get Healthy Programme

Kolsuma Miah
Community Neighbourhood Senior Officer

What is the Get Active, Get Healthy Programme?



The *Get Active, Get Healthy* programme is a long-standing initiative developed to support Newham residents in improving their health and wellbeing through a variety of physical activities. Funded by Public Health, the programme has been running for over a decade and offers **free exercise classes** to Newham residents aged **35 and over**.

A diverse range of activities is available, including:

Zumba

Yoga

Pilates

Salsa

Bollywood Dance ...and more.

Beyond promoting physical health, the programme plays a vital role in tackling social isolation by providing opportunities for residents to connect, engage, and build friendships in a welcoming environment. It also contributes to improved mental wellbeing, offering support for individuals experiencing stress, anxiety, or depression.

Interesting Stats and Facts

- Some sessions were more popular than others with an average of 40 participants taking part in the activities.
- Summer time had the highest number of attendees.
- Popular activities across the borough are Chair-based exercise, Pilates and Dance Classes.

These are statistics from the past year 2024.25:

- **2,161** sessions were delivered
- **43,225** participants took part in the activities
- **60** different activities were delivered across the neighbourhoods
- Over **20% of men** and **80% women** took part in the activities

Testimonials

Ranga, Senza Dance Class:

'This is one of the best sessions here. I love the fact that it starts of slow and then goes faster. You can feel your body working up a sweat and your heart starting to pump faster. It feels great when you get this feeling. After the session, I just feel so energetic!'

RC, Chairsbased Exercise:

'I worry about missing a session because I feel like I will put on weight. I come regularly because it is helping me keep my weight down and also helping with my other health issues as well.'

Mr S, Yoga Classes:

'I come to the Yoga sessions with my friends each week and I look forward to this all week. I try to attend other sessions too but this is the only one my friends attend. We come here, we have a good catch up before the session and then after the session we go meet elsewhere. It is a great way for me to come out of my home as I have been quite isolated since my wife died so this helps me feel connected to the community.'

How to access the programme?

The activities are available on the Joy Website. Please visit www.thejoyapp.com

Each neighbourhood provides a series of activities that is catered for their local residents. You can contact your Community Neighbourhood Senior Officer for more details. Here are the details of the Community Neighbourhood Senior Officer for each area:

SOUTH QUADRANT

Beckton and Royal Docks:

Samantha.Ulysses@newham.gov.uk

Custom House and Canning Town:

[Merdeen.Wright-](mailto:Merdeen.Wright-Simpson@newham.gov.uk)

Simpson@newham.gov.uk

EAST QUADRANT

East Ham:

Hajera.Khan@newham.gov.uk

Manor Park:

Kolsuma.Miah@newham.gov.uk

CENTRAL QUADRANT

Plaistow:

Natasha.Abankwah@newham.gov.uk

Green St:

Dilawar.Hussain@newham.gov.uk

NORTH QUADRANT

Stratford:

Joanna.Sniegucka@newham.gov.uk

Forest Gate:

Glennette.BowlesDove@newham.gov.uk

Get Active, Get Healthy Manor Park



Free exercise classes for all residents who are 35 years and over.



Date	Activity	Venue	Time
Tuesday	Senza Dance	Jack Cornwell Community Centre, E12 5NN	9.30- 10am
Tuesday	Yogalate	Jack Cornwell Community Centre, E12 5NN	10.45-11.45am
Tuesday	Chair-based Exercise	Wordsworth Surgery, E12 6SU	10-11am
Wednesday	Dance Fitness	Jack Cornwell Community Centre, E12 5NN	10-11am
Thursday	Chair-based Exercise	Jack Cornwell Community Centre, E12 5NN	10-11am
Thursday	Chair-based Exercise	Trinity Centre, East Ave, London E12 6SG	11.30-12.30pm
Friday	Chair-based Yoga	Jack Cornwell Community Centre, E12 5NN	10-11am

For more information please email CN.ManorPark@newham.gov.uk or call 02033730858

newham.gov.uk

WE ARE NEWHAM.

Photo Gallery



Where can you play?



NEWHAM
PARKS TENNIS



27 Courts Across 9 Local Park Tennis Venues in Newham Parks Tennis:

- **Canning Town Rec, E16 3PB**
- **Central Park, E6 3HN**
- **Gooseley Playing Fields, E6 6AW**
- **Hermit Road Rec, E16 4JT**
- **Little Ilford Park, E12 5NG (*Floodlights & Mini Tennis Courts*)**
- **Lyle Park, E16 2AU (*Floodlights*)**
- **Plashet Park, E6 1DQ**
- **Royal Victoria Gardens, E16 2FH**
- **Stratford Park, E15 4PT (*Floodlights*)**

Who is playing in Newham?



NEWHAM
PARKS TENNIS



Asian or Asian British (Chinese, Vietnamese, Indian Pakistani, Bangladeshi, any other Asian background) - 36%

Black (Black British, Caribbean, African) - 12%

White (White British, Irish, Gypsy, Roma, European) - 37%

Mixed or Multiple ethnic groups - 11%

Other ethnic groups - 4%

How can I get involved?



NEWHAM
PARKS TENNIS



Free Park Tennis

- Join a free weekly tennis session every Saturday or Sunday at 10:00am.
- Aimed at social play; come solo or with friends and family, everyone is welcome!
- Open to all ages and abilities – no experience or equipment needed.
- Sessions run at: Canning Town, Gooseley Playing Fields, Hermit Road, Little Ilford Park, Plashet Park, and Royal Victoria Gardens.
- Number of people who have attended a free session in 2025 (so far) - 835

Annual Pass

- Play unlimited tennis across all 9 *Newham Parks Tennis* venues for just £35 a year.
- The pass covers the whole household – fantastic value for families.
- Other flexible memberships for everyone, including options for monthly payment as well as weekly social sessions to meet other local players.
- *Pay & Play* - you can also book a one off court to play with friends and family.

Coaching Programme

- A full programme of weekly tennis coaching for children and adults of all levels.
- Holiday camps in school breaks – great for kids to learn, stay active, and make friends.
- Beginner-level tournaments – a fun, supportive way to put new skills into practice.
- You can start building your skills, whether you're picking up a racket for the first time or aiming to improve your game.

Where to find out more?



NEWHAM
PARKS TENNIS

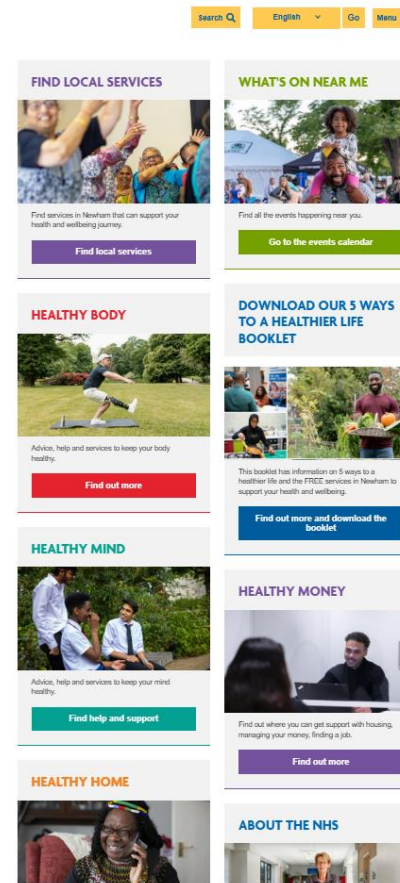
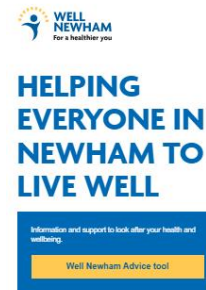


- Visit Newhamparkstennis.org.uk for information about all of the Newham Park Tennis offering including booking courts / coaching / Free Park Tennis / Annual Passes.
- If you have further questions please get in touch with our customer service team on hello@newhamparkstennis.org.uk

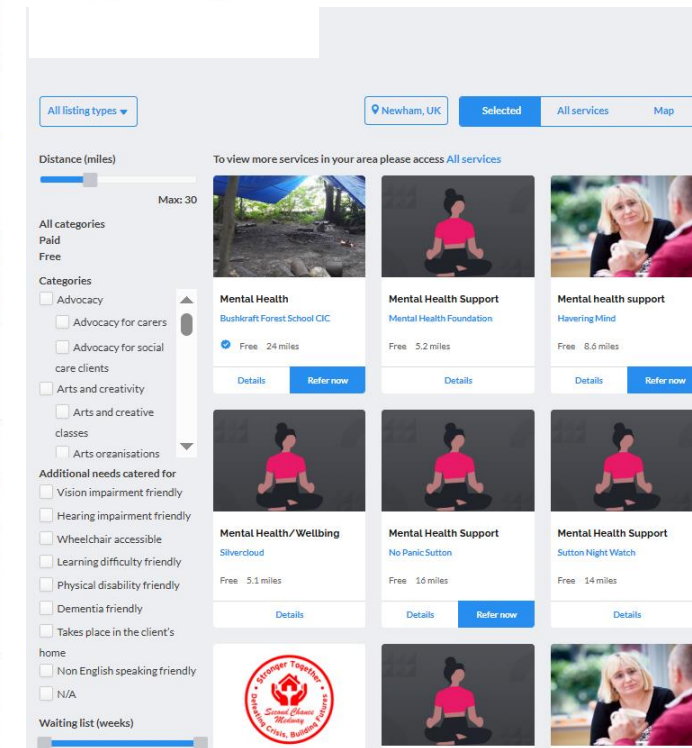
Other resources

Well Newham & Joy

- The **Well Newham Website** is a new standalone website for all things health and wellbeing specifically for Newham residents.
- The site contains **information** on all the **key themes** (mental health, physical activity money, housing, etc.) in easy to understand language
- Page dedicated to **keeping active**: <https://www.wellnewham.org.uk/advice/keeping-active>
- The Well Newham website links our new directory of services, powered by a platform called **Joy**.
- It is a centralised directory of **over 450 health and wellbeing services**.
- **Majority of the services are free.**
- Residents can self-refer, or you can refer them on their behalf.
- Browse services available: <https://services.thejoyapp.com/>



joy



Your voice matters

Feedback



We would love to know:

How would you rate overall today's session?

What did you enjoy the most?

What could be improved in the future sessions?

What would you like next?

What other health topics would you like us to cover in the future sessions?

Share with us your feedback by completing short form <https://forms.office.com/e/924yvXNWaM> or email to communityhealthchampions@newham.gov.uk



Next session : 20 November 6-7:00pm on Zoom

Theme: Women's Cancer Awareness

Where: Online (Zoom). Reminder e-mail with log in details will be sent to those who have registered.

Register here:

<https://forms.office.com/e/1RzJgNR6aG>

For any questions, contact

communityhealthchampions@newham.gov.uk

Thank you!

