



50 Steps News

Issue 18 / November 2022



Welcome

Welcome to the November issue of the 50 Steps newsletter. In this issue, we have updates on protecting your health this winter and cost of living support, including Warm Havens opening across Newham. We also share tips on how to keep your home warm, dry and free from condensation and mould as much as possible.

When times are hard, people are under immense pressure and increased stress. So this issue shares where to find help, and how to raise concerns. Please help spread the word about all the support available.

Inside you'll find:

- **Warm havens open across Newham**
- **Increasing access to the London Living Wage in Newham**
- **Guide to staying well this winter**
- **Catch-up clinics for childhood vaccines**
- **Action to prevent domestic abuse**
- **Work to prevent tuberculosis in Newham**
- **Improving the mental health of new mums**
- **Carer's Rights Day**
- **Safeguarding Adults Week Maryland School Black History Art Exhibition**
- **Macmillan Cancer Support Centre**
- **Christmas lights switch on**
- **Dates for your diary**



Mayor Fiaz and councillors at the East Ham Library Warm Haven

Warm Havens open across Newham

We have just launched the first phase of our network of **Warm Havens**, which are at our 10 libraries and six community centres. Operating according to the Warm Havens Charter, the dedicated safe and inclusive spaces give practical help for anyone needing respite due to the cost of living crisis.

To help our partner organisations to offer Warm Havens, we have also launched a dedicated grants programme. This will give up to £500 to a voluntary sector or faith organisation considering becoming a Warm Haven and could be used to expand the services available to residents within the space. We want to ensure as many residents as possible can receive the help they need.



Step 43, Priority 11

Click [here](#) to read more about **Priority 11 – Building a borough of health promoting housing**

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.

Key updates

Tips to save energy and reduce damp in homes

To help residents save energy and keep warm, we have produced a leaflet with information on how to get support to reduce gas and electricity bills. For instance, did you know that you can save around £80 a year by unplugging your TV and computers and not leaving them on standby mode?

We have also developed a guide for frontline staff to help them identify when a resident needs help and direct them to the right support.

To help residents prevent condensation and mould in their home, we have produced a leaflet with tips and ways to get support.

You can find these and all our cost of living support materials [here](#).

Cost of living events for the diary

We are partnering with the Mayor of London to host information stands, providing residents with information and advice on cost of living support and protecting your health over winter.

The initiative is supported by Transport for London (TFL) and will be available at particular TFL locations in Newham. To find out where we will be each week please see our Outreach Team schedule [here](#).

DebtBus

DebtBus is also coming to Newham, providing residents with free and confidential advice from Debt Free advisors on topics including debt, benefits, and welfare. The bus will also host webinars on a range of topics

ENERGY SAVING TIPS



Save around £80 a year just by remembering to unplug your appliances and not leaving them on standby mode



Save about £35 a year on bills by replacing all of your old bulbs and halogens with LEDs



Only fill the kettle with the amount of water that you need and save around £7 a year



Turning down your thermostat by just 1°C can save between £80-£100 a year



Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills



DIY draught-proofing of windows, doors and filling holes in floors can save up to £25-£35 a year on heating bills



Washing your clothes at 30°C can help you save a significant amount of money on utility bills



When buying new appliances check the energy label to make sure you're buying an efficient product

Tips to reduce damp, mould and condensation



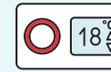
HANG WASHING OUTSIDE

During winter months dry in the bathroom with door closed and window slightly open or extractor fan on.



VENTILATE

Reduce overnight condensation by 'cross-ventilating.' Open windows from opposite sides of the house for 30 minutes during the day.



HEAT EFFICIENTLY

On cold days keep the temperature to 18°C in bedrooms and 21°C in the living room, lowering the temperature at night and when you are out.



DEHUMIDIFY

De-humidifiers reduce humidity and condensation on cold surfaces, which means you can run the heating less and save money in the long-term.



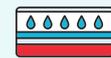
LOW MOISTURE

Always cook with pan lids on preventing steam from escaping – it'll be cheaper as you use less energy to cook.



VENTILATE

Use an extractor fan if possible. They only cost pennies to run every month and can make a big difference.



INSULATE

Loft and wall insulation and draught proofing will keep your house warmer. Ask your landlord to get these works carried out.



CLEAN

Wipe down mould growth using a diluted bleach solution.

including budgeting, debt options, and mental health.

The DebtBus is coming to Rathbone Market on 24-25 November, 2022 from 9am-5pm.

To find out when the bus is visiting in January and February visit our [website](#).



For more information about Warm Havens and all cost of living support in Newham please visit:

www.newham.gov.uk/costoflivingresponse

Key updates

Increasing access to the London Living Wage in Newham



Enabled Living staff celebrating London living Hours accreditation

Last Week was **Living Wage Week** (14-20 November), and we are delighted that one of our 50 Steps Changemakers - Enabled Living – has achieved accreditation as a Living Hours employer. They are the first health and social care organisation in London, as well as the first business in East London, to get this accreditation. This is in addition to Enabled Living's existing Living Wage accreditation, achieved in 2018.

This is an important achievement in a sector that is struggling to keep staff in post. Enabled Living has retained 90% of its workforce since being accredited in 2018 - 50% of whom are Newham residents.

“At times it can be equally challenging and rewarding working in health and social care, but being paid a fixed salary not only means I can plan ahead, but it also motivates me to be productive because I know my time and work is being valued by my employer.”

Michael Lascelles, Driver Fitter

In Newham there are now 67 organisations who are London Living Wage (LLW) employers, up from 46 last year (2021). The employers include 13 charities, three schools, five hospitality and three health organisations. A large number of LLW employers are small and medium-sized businesses with less than ten staff, which reflects the diverse range of businesses in the borough. The increase in LLW employers demonstrates that good

progress has been made, even during these financially challenging times.

As a 50 Steps Changemaker, Enabled Living has been encouraging and supporting local businesses, charities and anchor organisations to join the London Living Wage. Activities include:

- Being a member of the Royal Docks Action Group, which has launched the 'Royal Docks Living Wage Place' 3-year plan to increase LLW employers in the area by 50%. This would secure a pay rise for over 3,000 employees in Newham.
- Delivered a workshop at the 'Meet the Buyers' event at ExCeL London on how small business and charities can become accredited.
- Supported research on Living Hours and the impact on ethnic minority employees conducted by the Living Wage Foundation.
- Recruited their first young apprentice from Newham who is paid the London Living Wage.
- A member of the Mayor of London's Health and Social Care workstream for making London a Living Wage City.

If you would like to find out more about the LLW accreditation process and what it is like to join, email Mathew.Sheehan@enabledlivinghealthcare.co.uk

If you would like to know more about the London Living Wage Foundation, email tazkia.khan@livingwage.org.uk



Step 49, Priority 12

Click [here](#) to read more about **Priority 12 – Building a borough of health promoting housing**

Key updates

A guide to staying well this winter

With winter around the corner there are many ways we can look after ourselves and each other during the colder months.

Get your vaccines

- COVID-19 Vaccines: everyone over 5 years old is eligible. Most people are eligible for 2 vaccines, a booster, and some seasonal boosters



www.newham.gov.uk/covidvaccine

- Flu: anyone 50 and over, anyone who is pregnant, people with specific health conditions www.newham.gov.uk/flu
- Polio, MMR and other childhood immunisations: children can catch up on their vaccines at any time see www.newham.gov.uk/childhoodimmunisations for more information

Keep yourself safe from COVID-19, Flu and winter viruses

- Let fresh air in if meeting indoors, or meet outside
- If you have symptoms of COVID-19 or flu, try to avoid contact with others, especially vulnerable people, until you feel better
- Wash your hands regularly for at least 20 seconds with warm water and soap



Staying healthy

- Eat fresh fruit and vegetables as much as you can and aim for one hot meal a day. If you need help to pay for healthy food contact the [Newham Food Alliance](#)
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity) www.newham.gov.uk/community-parks-leisure/physical-activity
- Stay connected and try to talk to at least one other person every day. Get in touch with connect Newham for a friendly conversation www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending or your local Community Neighbourhood Link Workers www.newham.gov.uk/cnlw or email cnlw@newham.gov.uk



- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your free vitamins. If you're 65 or older, find out more at www.newham.gov.uk/vitaminD or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at www.newham.gov.uk/healthystart

What to do if you feel unwell

- Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional
- Contact your GP or NHS 111 or visit www.nhs.uk if things are more serious
- If you have a medical emergency, call 999 or go to your nearest A&E department
- If you want to talk to someone about your mental health call Newham Talking Therapies on 020 8175 1770 or the Crisis line 0800 073 0066



Getting help with the cost of living

- Contact Our Newham Money if you're not able to afford heating, food or other essentials www.ournewhammoney.co.uk or call 020 8430 2041
- The Newham Food Alliance can help with food. Contact 07790 975086 or email frontdoor@newhamfoodalliance.org
- Find out more about winter grants for fuel www.newham.gov.uk/health-adult-social-care/staying-well-winter/6
- Find out more about free grants to improve insulation in your home from GLA Warmer Homes 0300 555 0195 or contact shine@islington.gov.uk
- It is important to warm your home safely and reduce any risks. For more information visit www.london-fire.gov.uk/safety/the-home



Step 13, Priority 3

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

Key updates

Catch-up clinics for childhood vaccines

A message from Vaccination UK to parents in Newham:



Has your child missed any of their school age vaccinations?

We are running catch up clinics in November and December for the following vaccinations (dates in the table below):

- Flu Vaccinations: Reception-Year 6
- HPV: Year 8-Year 13
- DTP and ACWY: Year 9-Year 13
- MMR: Year 8-Year 9
- Polio Booster: 6-9 year olds

If you would like to attend, please call Vaccination UK on **020 8214 1393** or email **newham@v-uk.co.uk** to make an appointment. If you would like your child to have their vaccination at school, please complete an online consent form [here](#).

For more information on childhood vaccinations click [here](#).



Catch-up clinic dates	Time	Venue
Friday 2 December 2022	3.30-5pm	Canning Town Library 18 Rathbone Market, E16 1EH
Thursday 15 December 2022	3-5.30pm	Jack Cornwell Community Centre Jack Cornwell St, E12 5NN
Monday 19 December 2022	10am-2pm	The Well Community Centre 49 Vicarage Lane, E6 6DQ
Wednesday 21 December 2022	10am-2pm	Vicarage Lane Health Centre 10 Vicarage Lane, E15 4ES



Priority 1

Click [here](#) to read more about **Priority 1 – Enabling the best start through pregnancy and early years**

Key updates

Action to prevent domestic abuse in Newham

We're marking the launch of our Domestic Abuse Strategy with 16 Days of Action. This begins on the International Day for the Elimination of Violence against Women (25 November), and runs until Human Rights Day on 10 December 2022.

The public launch event takes place on 25 November in a fully accessible venue at The Resource Centre, 200 Chargeable Lane. The Mayor of Newham, Rokhsana Fiaz OBE, will be attending, along with a range of support services providing confidential advice for residents and survivors about the help available locally.

Following the launch, Newham Council with our partner Hestia, will be holding a series of talks, webinars, workshops and forums for residents seeking advice, support and educating the professionals offering it.

Domestic abuse can affect anyone, which is why our support services are fully inclusive and provide support to residents of all genders and identities. Our services are confidential and our 24/7 helpline can offer support at any time.

For all domestic abuse support and enquiries, visit www.hestia.org/newham or call the helpline on **0808 196 1482**.

WHO IN THIS PICTURE HAS

EXPERIENCED DOMESTIC ABUSE?



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The helpline is open 24/7: **0808 196 1482**

WE ARE NEWHAM.



Step 23, Priority 5

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

Key updates

Work to prevent and treat tuberculosis in Newham

Newham has one of the highest rates of tuberculosis (TB) in the country at around 40 people per 100,000, compared to 16 per 100,000 in London and 8 per 100,000 nationally.

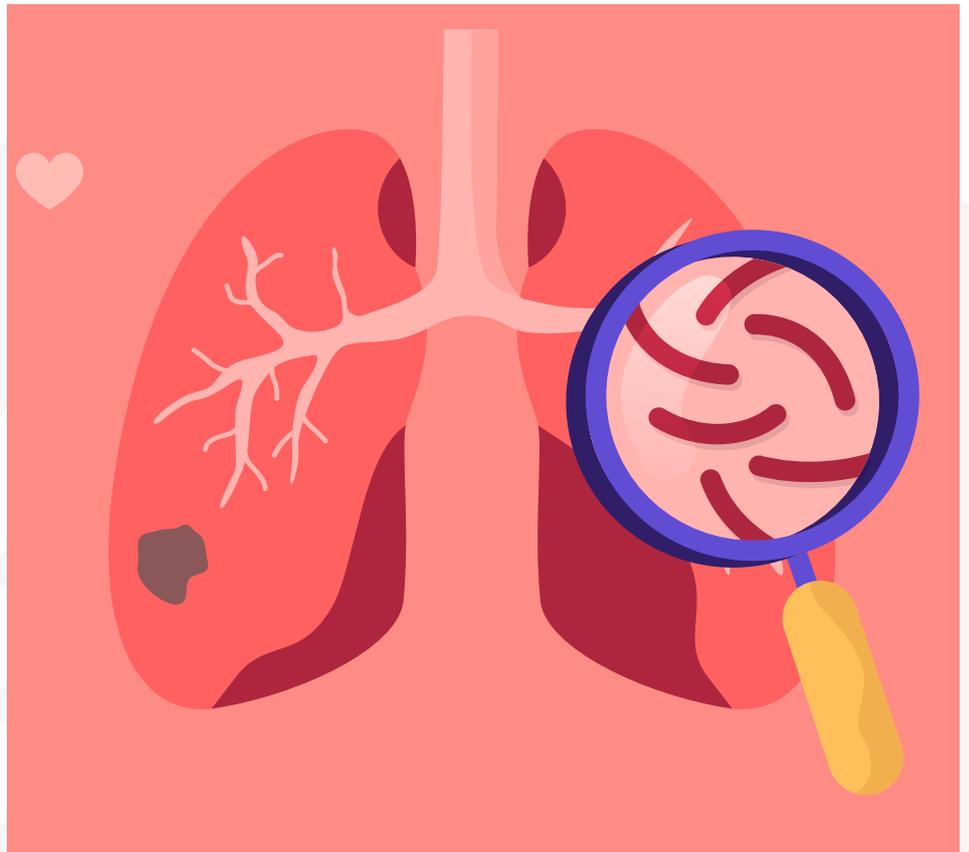
To improve knowledge regarding the identification, prevention and treatment of TB in Newham, Barts Health recently held training sessions with frontline staff. The training sessions also included anonymous stories from TB patients to show the challenges they face when completing treatment.

The challenges residents with TB face

It can be hard for people with insecure housing and jobs to take long courses of TB treatment. These issues cause additional stress and moving from house to house makes it harder for nursing teams to support them to take their treatment.

TB story

A resident with severe coughing, night sweats and weight loss was diagnosed with TB in A&E. They had no recourse to public funds. The resident started treatment and was discharged home. They were initially doing well and managing their medications. However, soon after discharge, they were asked to leave their home by their housemate because of having TB.



The resident was re-admitted to A&E as re-infectious because they stopped taking their treatment.

However, while in hospital the resident was referred to the London No Recourse to Public Funds Housing Pathway, and as a result they were provided with housing support for the duration of treatment.

Housing Pathways

To help nurses and frontline professionals find suitable and secure housing for TB patients, simple and visual housing pathways have been created by Barts Health. These include referral routes and key contacts to help patients get the support they need.

For more information about TB, please visit [TB Alert – for a future without tuberculosis](#).



Step 24, Priority 5

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

Key updates

Improving the mental health of new mums

Having a baby is a wonderful but also stressful life change for many.

To help address this, **Best Beginnings** has collaborated with **Dope Black Mums** to create a series of films looking at maternal health and wellbeing. The videos are in a discussion format, with mums talking to each other about their own personal experiences with things like maternal mental health, breastfeeding and coping as a new mum.

The videos have a particular focus on Black, Asian and ethnically diverse mothers, as they are at greater risk of experiencing postnatal depression and anxiety compared to white mothers. This is due to the cumulative effects of racism, social isolation, deprivation and migration, as well as lower levels of support and treatment.

Help us spread the word and share the videos with mums you know – you can find the videos [here](#). For more information and the videos click [here](#).



Step 3, Priority 1

Click [here](#) to read more about **Priority 1 – Enabling the best start through pregnancy and early years**

Maryland School Black History Art Exhibition

A message from The Maryland School Equality Team:



Maryland School is hosting our annual children's art exhibition to celebrate Black History Month. The exhibition, sponsored by Newham Council, runs until December 8th and is open to the public.

The theme this year looks at how current significant individuals of colour are shaping the future. Each key figure is honoured by a piece of artwork which showcases a Black artist and their style of art. Children have studied the work of Yinka Shonibare, RA; Frank Bowling, RA; Larry Achiampong; and Lakwena Maciver.

The children have explored the topics of equality, diversity and inclusion in Britain today, such as 'Belonging to a community', 'Africa and the world', 'True supporters, equality and diversity in British football' and 'Climate justice'.

Educators from schools around London, Buckinghamshire and Bedfordshire visited on the opening day of the exhibition and visitors have had high praise for the exhibition:

“What a brilliant exhibition, I learnt so much about the different art forms and inspirational leaders, incredible! Absolutely outstanding. The young people must be so proud. I will highly recommend it.”

Layla Conway, Head of Education for London Legacy

“With such a diverse pupil population with potentially conflicting cultural views, it was interesting to see how differences are celebrated at Maryland Primary School. The children who I spoke with at lunchtime had a strong sense of belonging and could articulate their views clearly and confidently.”

Raj Blanchard, Assistant Headteacher, Prendergast Ladywell School



Priority 2

Click [here](#) to read more about **Priority 2 – Supporting our young people to be healthy and ready for adult life**

Key updates



Macmillan Cancer Support Centre, Newham University Hospital

Macmillan Cancer Support Centre

A message from Maaria Bhatti, Macmillan Information and Support Manager:



The Macmillan Cancer Information and Support Centre offers a free confidential service to anyone living with cancer, their relatives, friends and carers. We can help with:

- information and support on all aspects of living with cancer such as cancer treatment and its side-effects
- emotional support as often as you need - no referral or appointment required
- practical support
- information about money worries, including advice on welfare benefits and grant applications
- access to local services like support groups, counselling services and wellbeing programmes

Newham University Hospital, and are a drop-in service – there is no need to book. We can also provide information and support over the phone and via email. We're open Monday to Friday, 10am-4pm.

This is what one cancer patient had to say about the support he received: **“One of the problems us boys have is that we don't like to ask for help, but Macmillan made me feel like you weren't asking for help. The oncology team suggested I go down to the information centre. Mario was immediately able to click onto the sorts of things I might need.”**

Paul, diagnosed with prostate cancer in 2012.

For more information on the Macmillan Cancer Information and Support Centre click [here](#).

Contact Colsum Akanjee-Khan and Maaria Bhatti on **020 7363 8758** or email: Bartshealth.macmillannuh@nhs.net

We are located on the ground floor, Zone 1 entrance of



Step 18, Priority 4

Click [here](#) to read more about **Priority 4 – Developing high quality services ensuring equity and reducing variation**

Key updates

Carer's Rights Day 2022

Carers First is running an event to celebrate Carers Rights Day 2022 on Thursday 24th November, 10am-2pm at Highway Vineyard Church (Stratford, E15 4EH). The event is an opportunity for carers to find out about their rights and hear about the services and support they can get in Newham. There will also be dedicated 'Laughter Yoga' sessions and refreshments available.

To book on the event or find out more contact Sabina Akhtar at Sabina.akhtar@carersfirst.org.uk

For more information on Carer's First click [here](#).



Step 39, Priority 9

Click [here](#) to read more about **Priority 9 – Supporting a Newham of communities where people are better connected and supported**

Safeguarding Adults Week

This week is Safeguarding Adults Week (21-27 November); an occasion created to highlight issues including abuse, neglect and exploitation which may affect adults at risk.

This year, we're raising awareness of abuse in its various forms – physical, sexual, financial, psychological and more - to help residents spot signs of abuse. We want to create a fairer Newham by protecting every member of our community and we can do this by helping to equip Newham residents with the knowledge to recognise when abuse may be occurring as well as what steps to take if you believe an adult is at risk.

We will be sharing information throughout the week about the safeguarding support available locally and providing resources for those who would like to learn more about protecting adults at risk.

To find out more about how to protect people at risk of abuse or neglect visit our [website](#).



DID YOU KNOW THAT IT'S SAFEGUARDING ADULTS WEEK?

21-25 NOVEMBER 2022

Safeguarding means protecting an adult's right to live in safety, free from abuse and neglect. It is about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect.



WE ARE NEWHAM.



Step 39, Priority 9

Click [here](#) to read more about **Priority 9 – Supporting a Newham of communities where people are better connected and supported**

WE ARE TOGETHER AT CHRISTMAS.

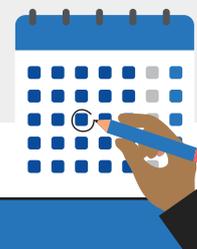
WE ARE NEWHAM.



For more information please visit
www.newham.gov.uk/togetheratchristmas



Date for your diary



Date	Event
Tuesdays and Thursdays from 22 November to 15 December 2022	Cost of Living and Wellbeing Outreach Information Table. For dates and times visit our website .
24-25 November 2022 9am-5pm	DebtBus – mobile cost of living advice Rathbone Market, Canning Town, E16 1EH
Thursday 24 November 2022 10am-2pm	Carers Rights Day Event Highway Vineyard Church, Stratford, E15 4EH
Friday 25 November 2022 10am-12.30pm	Domestic Abuse Strategy Launch The Resource Centre, 200 Chargeable Lane, E13 8DW
Friday 2 December 2022 3.30-5.30pm	Childhood vaccines catch-up clinic Canning Town Library, 18 Rathbone Market, E16 1EH
Friday 2 December 2022 4-6pm	Christmas Lights Switch On The Grove, E15 1EL
Saturday 3 December 2022 4.30pm (Christmas market 10am-5pm)	Christmas Lights Switch On Woodgrante Market, Corner of Sebert and Woodgrante Roads, Forest Gate E7 0NQ
Wednesday 7 December 2022 3.30-6pm	Christmas Lights Switch On Rathbone Market, E16 1EH
Thursday 8 December 2022 2-6pm	Christmas Lights Switch On Queens Market, Green Street E13 9BA
Thursday 15 December 2022 3-5.30pm	Childhood vaccines catch-up clinic Jack Cornwell Community Centre, Jack Cornwell St, E12 5NN
Monday 19 December 2022 10am-2pm	Childhood vaccines catch-up clinic The Well Community Centre, 49 Vicarage Lane, E6 6DQ
Wednesday 21 December 2022 10am-2pm	Childhood vaccines catch-up clinic Vicarage Lane Health Centre, 10 Vicarage Lane, E15 4ES
Weekdays until December 8 2022 2-6pm	Maryland School Black History Art Exhibition Maryland Primary School, Gurney Road, Stratford, E15 1SL

Changemakers of the month



Step 24: Dr Duncan Trathen, Lead GP, Newham Transitional Practice

Duncan and his team help the most vulnerable people to access primary care services and assist them onward to allied health and social care. The TB team in Newham is responsible for latent and active TB screening, as well as coordinating accommodation for homeless TB patients. They work for those least likely to access the high quality care available due to circumstance, language, mental health or isolation, and strive to develop their independence, health and wellbeing.

Click [here](#) to read more about Duncan and Step 24.



Step 45: Lorraine Tabone, Lola's Homeless

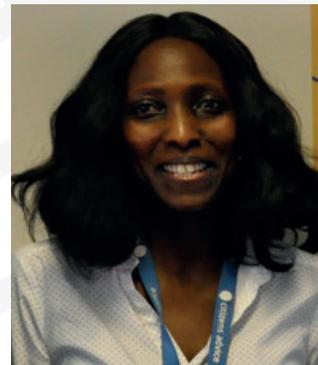
Lola's Homeless is a community group supporting the homeless in Newham. After her own experiences of being homeless and an encounter with a young homeless girl called Chloe, Lorraine decided to set up the group. They offer a wide range of support to those sleeping rough, including food, clothing, advice, paying for accommodation and attending hospital appointments.

Click [here](#) to read more about Lorraine and Step 45.



Step 48: Florence Acen, Team Leader Newham Citizens Advice East End

Florence helps run advice services for Newham residents at Citizens Advice East End. Citizens Advice are a local independent charity and are members of the national Citizens Advice network. They provide advice and casework on debt, welfare benefits, employment rights, housing, basic immigration, consumer, family and personal issues. Last year, they helped 37,000 people increase their incomes by £22 million through support such as, savings on their gas bills, reversing incorrect benefit decisions, budgeting, writing off and rescheduling debts. Click [here](#) to read more about Florence and Step 48.



Step 49: Mathew Sheehan, Managing Director Enabled Living Health and social care service

Enabled Living Healthcare provide a range of services that help Newham residents live the life they choose. They offer community equipment, sensory support and wheelchair and specialist seating services to support people to continue to live independently in their own homes. They are proud to be a Newham Council owned company and have been an accredited London Living Wage employer since 2018.

Click [here](#) to read more about Mathew and Step 49.



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