

Key messages

Housing

1. Having a suitable home is important for your health & wellbeing - look after it and it'll look after you
2. DON'T let issues build up, delay seeking advice, or think that you have no control over the situation
3. Make sure you look into all your options to find suitable housing.

Money

1. Don't put off dealing with debt
2. Take control of your finances using budgeting and planning
3. If you can't manage, get advice. There's plenty of support available locally.

Employment

1. Being employed is good for your wellbeing
2. Having an up to date CV ready for job applications is important
3. Get advice on the types of skills and qualifications you need for the job you are interested in and how to make a strong application. If you can't manage, get advice. There's plenty of support available locally.

Smoking

1. Every cigarette you can resist decreases your risk of developing diseases like heart disease, cancer and stroke.
2. You're more likely to successfully stop smoking if you do it with the Stop Smoking Service. It's never too late!

Healthy eating

1. Eat 5-a-day: Fruit and vegetables are part of a balanced diet and can help us stay healthy.
2. Cut down on fat, sugar and salt whenever you can

Alcohol

1. You may be drinking more alcohol than you realise; it's easy to let it sneak up on you, so make sure you know how much alcohol you are drinking
2. Drink less than the lower risk guidelines: For men and women this is 14 units of alcohol a week (the same as 6 pints of average strength beer a week or 1 1/3 bottle of typical wine)

Physical activity

1. Being active **every day** helps us to stay healthy. Every 10 minutes counts!
2. Adults should do at least 150 minutes of moderate activity every week. That's 30 mins a day, 5 times a week

Mental health

1. You're not alone: one in four of us will have problems with our mental health at some point in our lives.
2. Ask for help early; it can prevent things from getting worse.
3. Use the Five Ways to Wellbeing to improve your emotional wellbeing

Sexual health

1. Sexually transmitted diseases (STIs) can cause chronic ill health as well as infection
2. STIs affect all age groups, ethnicities and sexual orientations, but young people are at particular risk
3. Advice and contraception are free and accessible.

Signposting: 3 key places

| Camden | Islington |
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| <p>WISH Plus</p> <ul style="list-style-type: none"> Referral hub for Camden residents access a range of Warmth, Income, Safety and Health (and Wellbeing) services Advice and support on energy efficiency, general housing quality, income and social isolation, and health and wellbeing services. You don't need to know all the services available through WISH Plus to refer, just that the person might need some support to improve their health and wellbeing. www.camden.gov.uk/ccm/content/social-care-and-health/health-in-camden/wish-plus.en, or call 0207 9743012 Related MECC areas of focus: housing, money | <p>SHINE</p> <ul style="list-style-type: none"> One stop shop to tackle fuel poverty and reduce seasonal deaths and hospital admissions. Delivers interventions to improve seasonal health and wellbeing. Advice and support on energy efficiency, general housing quality, income, social isolation, fuel debt, making trust fund applications and negotiating payment plans with energy companies. To refer, visit www.islington.gov.uk/shine or call 020 7527 2121 Related MECC areas of focus: housing, money |
| <p>Jobs-and-Skills</p> <ul style="list-style-type: none"> This resource is on the Council's website and signposts local support and how people can find out more: www.camden.gov.uk/ccm/navigation/business/jobs-and-skills/ You can also see the latest opportunities by visiting Camden's Jobs and Training Facebook page or on Twitter at @camdenjobsuk Related MECC areas of focus: employment | <p>iWork</p> <ul style="list-style-type: none"> Islington Council's employment service offering one-to-one intensive/personalised support to help unemployed residents get into work using coaching and mentoring techniques Helps people find suitable training, volunteering, work placement or apprenticeship and other support services suitable iWork coaches are based at the Islington Customer Centre, 222 Upper Street, N1 1XR. Call 020 7527 2706; send an email to iwork@islington.gov.uk, or visit one of our local children's centres. MECC areas of focus: employment |
| <p>One YOU (both areas)</p> <ul style="list-style-type: none"> National healthy living campaign - tools, support and encouragement to help people be healthier Comprehensive information and advice covering: smoking, drinking, eating, moving, sleep, stress, diabetes, sexual health and weight loss oneyoucamden.org MECC areas of focus: smoking, healthier eating, alcohol, physical activity, mental health, sexual health | |