

Key messages

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

Other important messages to consider

- Damp houses have more mould spores in them, which can cause or worsen existing respiratory diseases, including asthma.
- There may be other things to look out for in homes, for example overcrowding, fire hazards, overheating, very old or broken boilers, noise, inadequate lighting and hoarding.

Why is it important?

- Affordable and safe housing is important for people's physical and mental health and wellbeing.
- In the UK:
 - Falls at home cause around 3,500 deaths and 300,000 hospital treatments each year.
 - Cold houses cause over 8,000 deaths each winter. In addition, around 56,000 people are admitted to hospital because they live in cold housing.
- Housing can be improved in lots of ways once the right people know about the risks.
- In Camden 20% of council stock in Camden are street properties including many solid wall Victorian properties, 10% of homes in Camden are fuel poor and about 5,500 households are overcrowded.
- In Islington social rented housing accounts for 42% of all homes in the Borough, which is high compared to the London average of 24.1%. The private rented sector has the highest levels of fuel poverty, the worst overall housing quality, and the hardest to reach population.

Signposting to local services and online support

Camden	Islington
<p>WISH +</p> <ul style="list-style-type: none"> • Is a referral hub for Camden residents to get access to a range of Warmth, Income, Safety and Health (and Wellbeing) services (WISH). • Through a well and warm visit, for example, residents can get practical advice and interventions around energy efficiency and fuel poverty. • You don't need to know all the services available through WISH + to refer, just that the person you are referring might need some support to improve their health and wellbeing. • Website/contact via: www.camden.gov.uk/ccm/content/social-care-and-health/health-in-camden/wish-plus.en 0207 9743012 	<p>SHINE</p> <ul style="list-style-type: none"> • Seasonal Health Intervention Network (SHINE) is a one stop shop established to tackle fuel poverty and reduce seasonal deaths and hospital admissions in Islington. It delivers interventions designed to improve seasonal health and wellbeing. • Advice and support offered is around energy efficiency, general housing quality, income, social isolation and much more. The team also offers support with fuel debt, making trust fund applications and negotiating payment plans with energy companies. • Website/contact via: www.islington.gov.uk/services/parks-environment/sustainability/energy-services/Pages/shine.aspx To refer, visit www.islington.gov.uk/shine or call 020 7527 2121