

Employment

Key messages

- Being employed is good for your wellbeing – it helps you feel valued and boosts self-esteem – and often it's the best way out of financial difficulties.
- Having an up to date CV ready for job applications is important. 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. There's plenty of advice and support locally.

Signposting to local services and online support

Camden	Islington
<p>Jobs and Skills in Camden</p> <ul style="list-style-type: none"> • This resource signposts to 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 twitter @camdenjobsuk <p>Job Centre Plus</p> <ul style="list-style-type: none"> • Provide advice and support around work, training and benefits. Go to: www.camden.gov.uk/ccm/content/contacts/categories/jobcentres.en <p>Communities into Training & Employment (CITE)</p> <ul style="list-style-type: none"> • Helps people to gain employment or to increase their employability. They also help people to continue to develop their skills in the workplace and to progress to their next job. www.cite4jobs.org 0203 002 8149 	<p>iWork</p> <ul style="list-style-type: none"> • Islington Council's employment service offers one-to-one intensive/personalised support to help unemployed residents get into work using coaching and mentoring techniques. • The service can also help 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. Parents can also see iWork coaches at local children's centres, where they'll be able to receive assistance looking for work, as well as finding suitable childcare. • To make an appointment: Call 020 7527 2706 Send an email to iwork@islington.gov.uk Visit one of our local children's centres.



Key Messages and Signposting

Housing

Key messages

- Having a suitable home is important for your health and 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.
- There is plenty of support on hand locally to deal with issues including improving housing conditions.

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

Money

Key messages

- Don't put off dealing with debt. The earlier you deal with/tackle debt issues the better.
- It is possible for you to take control of your finances – budgeting and planning can help. If you can't manage, get advice. There's plenty of support available locally.

Signposting to local services and online support

Camden	Islington
<p>Camden Care Choices</p> <ul style="list-style-type: none"> • The Money Matters section offers a range of advice and information on: <ul style="list-style-type: none"> ○ Social care payments ○ General information and advice ○ Paying for care ○ Independent financial advice ○ Managing money, debt and bills ○ Claiming benefits ○ Council tax and housing benefits ○ Advice about pensions • http://camdencarechoices.camden.gov.uk/i-need-help-with/money-matters • You may also refer to WISH+: www.camden.gov.uk/ccm/content/social-care-and-health/health-in-camden/wish-plus.en 0207 9743012 	<p>Islington Money Advice</p> <ul style="list-style-type: none"> • Islington Council's website Money Advice page signposts advice on dealing with debt and money worries and other useful contacts. www.islington.gov.uk/advice/money-advice/

Healthy Eating

Key messages

- 5-a-day: Fruit and vegetables are part of a balanced diet and can help us stay healthy. It's recommended that we eat at least five portions of different types of fruit and veg a day.
- Cut down on fat, sugar and salt whenever you can.

Signposting to local services and online support

<p>NHS Choices - presents a range of useful nutritional advice, guidance and links</p> <ul style="list-style-type: none"> • Food and diet www.nhs.uk/livewell/goodfood/ • Healthy eating tips http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx
<p>One You – the current national healthy living campaign providing tools, support and encouragement to be healthier</p> <ul style="list-style-type: none"> • Eating www.nhs.uk/oneyou/eating
<p>Change4Life – national healthy living campaign</p> <ul style="list-style-type: none"> • Eat Well www.nhs.uk/Change4Life/Pages/healthy-eating.aspx
<p>BDA Food Fact Sheets</p> <ul style="list-style-type: none"> • These are written by dietitians, to help people learn the best ways to eat and drink to keep your body fit and healthy. www.bda.uk.com/foodfacts/home

Physical Activity

Key messages

- Being active every day helps us to stay healthy. It's easy to move more and doing something is better than nothing. Start small and build up gradually. Every 10 minutes counts!
- It's recommended that adults do at least 150 minutes of moderate activity every week. This can be broken down to five sessions of 30 minutes of aerobic activity like cycling or fast walking.

Signposting to local services and online support

<p>NHS Choices - presents a range of useful health and fitness advice, guidance and links</p> <ul style="list-style-type: none"> • Fitness www.nhs.uk/livewell/fitness/
<p>One You – the current national healthy living campaign providing tools, support and encouragement to be healthier</p> <ul style="list-style-type: none"> • Moving www.nhs.uk/oneyou/moving
<p>Get Active London – a one-stop shop for sports and physical activities in London helping people find clubs, venues or sports activity in the capital.</p> <ul style="list-style-type: none"> • http://www.getactivelondon.com
<p>BDA Food Fact Sheets</p> <ul style="list-style-type: none"> • These are written by dietitians to help people learn the best ways to eat and drink to keep your body fit and healthy. www.bda.uk.com/foodfacts/home

Alcohol

Key messages

- It's easy to let drinking sneak up on you and you may be drinking more alcohol than you realise.
- Reduce your risks by knowing how much alcohol you are drinking and make sure you don't drink more than the lower risk guidelines:
 - For men and women this is 14 units of alcohol a week
 - This is the same as 6 pints of average strength beer a week or 1 1/3 bottle of typical wine

Signposting to local services and online support

<p>One You – the current national healthy living campaign providing tools, support and encouragement to be healthier</p> <ul style="list-style-type: none"> • Drinking www.nhs.uk/oneyou/drinking
<p>Don't Bottle it Up – an online alcohol drinking level test</p> <ul style="list-style-type: none"> • https://dontbottleitup.org.uk
<p>ICAS Camden – integrated alcohol service offers advice, information and interventions (some of these are available from 23 Camden GP surgeries) for people concerned about their own or someone else's drinking. http://www.icascamden.org.uk/</p>
<p>CASA Islington – direct access alcohol service http://blenheimcdp.org.uk/services/casa-alcohol-service/</p>
<p>PCADS (Islington) – GP supported alcohol and drug treatment http://www.whittington.nhs.uk/default.asp?c=11503</p>



Key Messages and Signposting

Mental Health

Key messages

- You're not alone. Research suggests that one in four of us will have problems with our mental health and emotional wellbeing at some point in our lives.
- Help is available and getting help early can prevent things from getting worse.
- The Five Ways to Wellbeing show what we can all do to improve our emotional wellbeing:
 1. Connect to people
 2. Be Active
 3. Keep learning
 4. Give – do something for someone
 5. Take notice of what's around you

Signposting to local services and online support

IAPT – are Camden and Islington's Psychological Therapies Services offer free, confidential help for problems such as stress, worry, depression and insomnia.

- www.icope.nhs.uk
- www.iesohealth.com
- www.leavalehealth.com
- The therapies offered are for adults of all ages, from young to old and can help people learn ways to help themselves/feel more able to cope with problems.
- GPs can make referrals to the IAPT and have iCope staff who are linked to their GP practice. Patients can also self-refer to the services' self-referral lines, please contact iCope at: <http://icope.nhs.uk/contactus> (for information and/or self-referral).
- IAPT services cannot provide urgent or emergency help. If you need urgent help go to www.candi.nhs.uk/contact-us/urgent-help to find the relevant points of contact

Sexual Health

Key messages

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

Signposting to local services and online support

<p>Central and North West London NHS</p> <ul style="list-style-type: none"> • Discreet sexual health and HIV services and information including STI testing and treatment (GUM), contraception, HIV and viral hepatitis testing, treatment and care. • www.cnwl.nhs.uk/services/sexual-health-hiv/
<p>Do it London - is a London-wide sexual health campaign aimed at increasing HIV testing and promoting safer sex to all residents in the capital.</p> <ul style="list-style-type: none"> • Opportunities to a doctor, nurse or health adviser about their concerns around HIV and STIs, i.e. someone to support them through the testing process. • For more information go to: www.doitlondon.org/about/
<p>Young People's Sexual Health Network</p> <ul style="list-style-type: none"> • Across Camden and Islington for up to 25 year olds • Confidential service • Email: camish.network@homerton.nhs.uk
<p>UrLife Website</p> <ul style="list-style-type: none"> • Signposting to national and Camden local sexual health and other services • http://www.urlife.org.uk

Smoking

Key messages

- Every cigarette you smoke harms your body and can cause diseases like heart disease, cancer and stroke.
- It's never too late to stop smoking and you don't have to do it alone – you're four times more likely to quit smoking successfully with the Stop Smoking Service.

Signposting to local services and online support

<p>Smokefreelife Camden</p> <ul style="list-style-type: none"> • A service providing stop smoking support and advice across the borough. <p>For more information or an informal chat about stopping smoking, please call their team of advisors on 0800 1070 401 or text/SMS QUIT to 66777 www.smokefreelifecamden.co.uk</p>	<p>Smokefree Islington</p> <ul style="list-style-type: none"> • Stop smoking services across the borough to help smokers quit and resources for professionals working with smokers. <p>If you live, work, study in Islington call 0800 093 9030 or 020 3316 1043 to speak to a stop smoking advisor, or go to www.smokefreeislington.nhs.uk</p>
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