



# Key Messages and Signposting

<p><b>Housing</b></p> <ol style="list-style-type: none"> <li>1. Having a suitable home is important for your health &amp; wellbeing - look after it and it'll look after you</li> <li>2. DON'T let issues build up, delay seeking advice, or think that you have no control over the situation</li> <li>3. Make sure you look into all your options to find suitable housing.</li> </ol>	<p><b>Money</b></p> <ol style="list-style-type: none"> <li>1. Don't put off dealing with debt</li> <li>2. Take control of your finances using budgeting and planning</li> <li>3. If you can't manage, get advice. There's plenty of support available locally</li> </ol>	<p><b>Employment</b></p> <ol style="list-style-type: none"> <li>1. Being employed is good for your wellbeing</li> <li>2. 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.</li> <li>3. If you can't manage, get advice. There's plenty of support available locally.</li> </ol>
<p><b>Health</b></p> <ol style="list-style-type: none"> <li>1. Ask for help early; it can prevent things from getting worse.</li> <li>2. You're more likely to successfully stop smoking if you do it with the Stop Smoking Service. It's never too late!</li> <li>3. One in four of us will have problems with our mental health at some point in our lives. You're not alone.</li> </ol>		
<p><b>Signposting: 3 key places</b></p>		
<p>MECC areas of focus: <b>Housing, Money</b></p> <p><b>SHINE</b></p> <ul style="list-style-type: none"> <li>• One stop shop to tackle fuel poverty and reduce seasonal deaths and hospital admissions. Delivers interventions to improve seasonal health and wellbeing.</li> <li>• 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.</li> <li>• Visit <a href="http://www.islington.gov.uk/shine">www.islington.gov.uk/shine</a> or call 020 7527 2121</li> </ul>		
<p>MECC areas of focus: <b>Employment</b></p> <p><b>iWork</b></p> <ul style="list-style-type: none"> <li>• Islington Council's employment service offering one-to-one intensive/personalised support to help unemployed residents get into work using coaching and mentoring techniques</li> <li>• Helps people find suitable training, volunteering, work placement or apprenticeship and other support services suitable</li> <li>• Call 020 7527 2706; send an email to <a href="mailto:iwork@islington.gov.uk">iwork@islington.gov.uk</a>, or visit one of our local children's centres.</li> </ul>		
<p>MECC areas of focus: <b>Health</b></p> <p><b>One YOU</b></p> <ul style="list-style-type: none"> <li>• National healthy living campaign - tools, support and encouragement to help people be healthier</li> <li>• Comprehensive information and advice covering: smoking, drinking, eating, moving, sleep, stress, diabetes, sexual health and weight loss</li> <li>• Visit <a href="http://www.oneyouislington.org">www.oneyouislington.org</a></li> </ul>		