



KEEPING HEALTHY AND STAYING POSITIVE

STEP 1

Visit: www.stepchange.org

STEP 2

Explore the 'fitness' and 'eat4cheap' sections at:
www.nhs.uk/livewell

STEP 3

See: www.nhs.uk/livewell/winterhealth/pages/keepwarmkeepwell.aspx

STEP 4

Walking is a great way to stay fit and visit places of interest for free: www.walkit.com

Explore: www.actionforhappiness.org
for ways to keep feeling positive

STEP 5

Consider volunteering:

www.volunteercentrelambeth.noisyspace.com

Or becoming a Money Champion yourself!

[020 3242 0954](tel:02032420954)



St Luke's Hub
West London Mission





MY NEXT STEPS...


1 Follow the guidance on the front of this card.

2

3

Local help and support:

Getting online - Digibuddies

 0203 691 5111

Getting a bank account - SHP banking project


 anorman@shp.org.uk


Free money knowhow sessions - Money A+E

 jerryduring@moneyaande.co.uk

Free money mentor sessions - Face Project

 edric.allen@metropolitan.org.uk

 shingirai.nyabango@metropolitan.org.uk

 0203 535 4051

Becoming a Money Champion yourself

 laura.mccullagh@wlm.org.uk

 020 3242 0954