

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



Face your
problems –
accept them,
get advice and
start regaining
control

Don't hide away.
Share your
problems with
others and help
them with
theirs



Keep active, eat well and get enough rest

Address your health concerns. Stay warm and attend your appointments and checkups

Find time to
do things you
enjoy - get out, meet
people, enjoy your
community
and city











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

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- 020 3242 0954