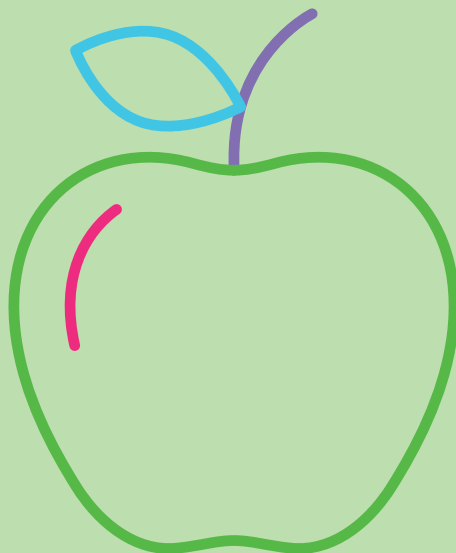


Eating well is good for your health



Eating well has many benefits including increased immunity, healthy heart, and better wellbeing.



Try these **FREE** apps to help you make healthier food choices today



Keep connected, don't feel isolated



Ey Up Me Duck!

If you feel isolated, connect with others, check in with your neighbours, have a chat and a cuppa, and put the world to rights!



Try out new activities and meet new people. Find your local community centre by scanning the QR code or visiting bit.ly/3KuNjc4

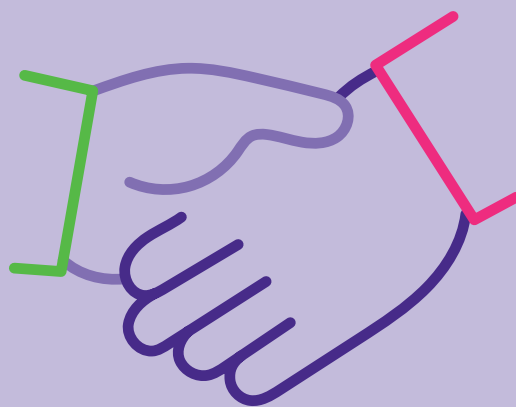


Keep connected, don't feel isolated



Feeling isolated and lonely?

Don't suffer in silence, Healthcare staff can refer you to a Link Worker, who can signpost to local and personal support within the community.



Try out new activities and meet new people.
Find your local community centre by scanning
the QR code or visiting bit.ly/3KuNjc4

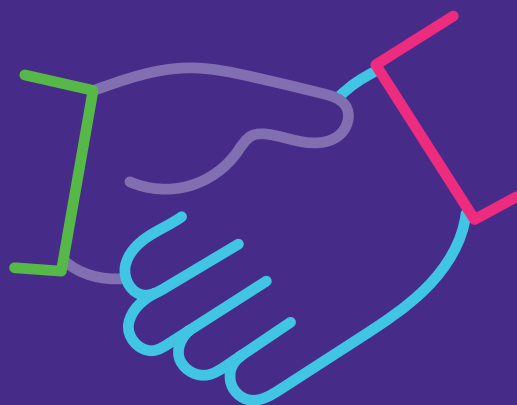


Keep connected, don't feel isolated



Keeping in touch with others can help your mental health.

Community centres are friendly, welcoming places at the heart of community life.



Try out new activities and meet new people.
Find your local community centre by scanning
the QR code or visiting bit.ly/3KuNjc4



Move more and get active



Becoming more active can help improve your physical and mental wellbeing.

No matter how much you do, physical activity is good for you.



Try these **FREE** apps and videos to help you to move more every day

**COUCH
TO 5K**

**NHS
FITNESS
STUDIO**



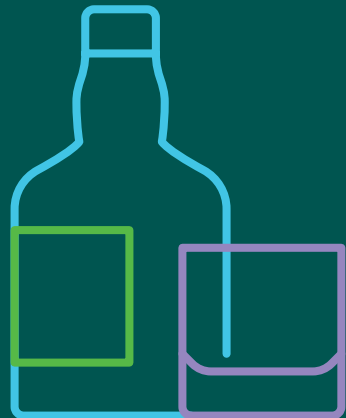
#TakeCareNottingham

Cutting back on the booze



Cutting back can be an effective way to improve your health, boost your energy, lose weight and save money.

Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.



For simple tips to help you start try the **NHS Drink Free days** app



Every Mind Matters



Your mental wellbeing is just as important as your physical health.



Get your free mind plan from **Every Mind Matters** – boost your mood and feel more in control
www.nhs.uk/every-mind-matters/

Call our Mental Health Crisis line on:
0808 196 3779
Open 24/7

Struggling for food?



There is help

Food banks and community groups in your area are here to make sure **you have enough to eat.**

You will always have a **warm welcome** from them – everyone deserves to have enough to eat.

#TakeCareNottingham



SCAN ME

Find your nearest **FREE** and cheap food by scanning the QR code or visiting asklion.co.uk/food

Or call free **0800 458 4114** and we'll help you find the nearest place to go



Nottingham
City Council



Nottingham City
Place-Based
Partnership

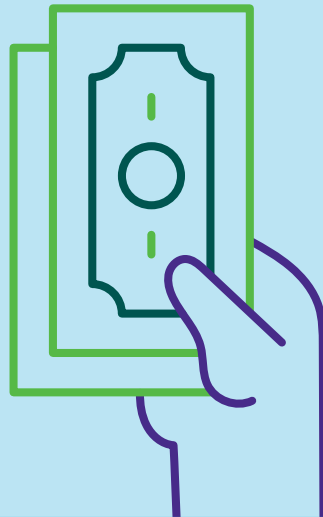
Struggling with money?



There is help

Nottingham Council's friendly Welfare Rights team can support you with issues like debt, eviction, and making sure you're getting the benefits you're entitled to.

#TakeCareNottingham



Contact Nottingham Council Welfare Rights team
weekdays between 8.30am and 4.50pm
Call **0115 915 1355** or email welfarerights@nottinghamcity.gov.uk



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