



Aiming higher?

Staying healthy and the benefits of working





Recognising the importance of staying healthy and personal progression are key to finding and keeping a home.

Why is it important to have a healthy diet?

Ready meals, snacks and take-aways are expensive and their unhealthy ingredients won't stop you from feeling hungry for long. Cooking with fresh ingredients is healthier and will save you money. You can cook bigger meals and use any leftovers another day. Remember...

- *to cover them in the fridge and eat within a few days*
- *that leftovers can also be frozen*

How to save money when shopping

- Plan your meals and make a shopping list
- Look for special offers on:
 - *pasta, rice, noodles*
 - *dried & tinned beans*
 - *tinned tomatoes and passata*
- Buy cheaper cuts of meat such as chicken thighs or minced beef
- Canned oily fish and frozen fish is often cheaper than fresh fish
- Frozen vegetables are cheap and still count towards your 5 a day
- Buy fruit and vegetables from local shops and markets

Find out more at:

www.nhs.uk/Livewell/eat4cheap/Pages/cheap-food-shopping.aspx



What are the benefits of working?



- Work is key to your well-being, identity and social status
- Unemployment is harmful. It is linked to...
 - poor general health
 - poor mental health
 - higher medication & hospital admissions

Can I calculate how much better off I will be?

To calculate how much better off you will be if you start work, visit:

www.entitledto.co.uk



I am 25 years old. How much better off would I be per week if I started working?

Unemployed:

JSA	£72.40
HB	£84.04
Total:	£156.44

If you started working 30 hours per week at £6.50 per hour

Income:	£189.32
HB:	£0.00
Tax Credits	£52.78
Total:	£242.10

Better off: £85.66

.....

I am 21 years old. How much better off would I be if I started working?

Unemployed:

JSA	£57.35
HB	£84.04
Total:	£141.39

If you started working 30 hours per week at £6.50 per hour

Income:	£189.32
HB:	£1.51
Total:	£190.83

Better off: £49.44



What are the effects of alcohol and drug use?

Alcohol and drug use can help you relax, to celebrate or simply forget.

These can make you...

- less inhibited
- slower in your senses, reactions and thought process
- have sex you later regret
- get injured
- get into arguments
- become vulnerable



How can alcohol and drug use affect my housing?

Alcohol and drug use can also affect your housing. They can:

- cause tension with your housemates
- lead to your eviction

Your landlord can evict you if you ...

- breach your tenancy agreement
- cause serious nuisance
- use the property for illegal activity
- damage the property



Find out more

Health & wellbeing

www.nhs.uk/livewell/Pages/Livewellhub.aspx

Employment & training

Job Centre Plus
Kings House, Clarendon Road,
Harrow, HA1 1YJ

Tel: 0345 604 3719

Mental health

Harrow Mental health Services
Tel: 0208 422 9443

Alcohol & substance abuse

Compass Tel: 020 8861 2787

WDP Harrow
Tel: 020 8515 7830

Email: harrow@wdp-drugs.org.uk

Get in touch?

For more information please contact Harrow Council's Housing Needs Team:

@ housing.advice@harrow.gov.uk

☎ 020 8424 1093

