

**Have a happy and healthy 2017 from
NHS Croydon and Croydon Council**

Please support Croydon's new digital health and well-being services, designed for you and your children.



Did you make any new year's resolutions this year? Perhaps you're still deciding what changes to make – or are finding the resolutions that you did make a little tricky to keep up?

According to research by internet tracking company IQuantiⁱ, being healthy and getting organised so you can live life 'to the full' are the most popular resolutions that people make.

There are now two NEW online Croydon services to help you achieve your health goals in 2017 – **Health Help Now Croydon** and **JustBe Croydon**

Health Help Now Croydon is a digital service available at www.healthhelpnow.nhs.uk and as a free mobile app. The service is specifically designed to help families to get the right information on where to go for health and well-being information – whenever you need it – whether this is in an emergency, late at night or at the weekend when the GP's surgery is closed.

The NHS works to a target that at least 95% of patients attending an emergency department must be seen, treated, admitted or discharged in under four hours. But the NHS is currently dealing with unprecedented demand for its services; in December some hospitals reported that A&E attendances were up to 30% higher compared to last year.

Health Help Now Croydon also offers specific advice for everyone in your family: babies, children, teenagers and adults. This makes it easier for everyone to find the right treatment for them.

Plus, if you would like help with giving up smoking, losing weight or you are finding the new year and the Spring term a little too much, you can access advice and support directly from Croydon's new well-being service, **JustBe Croydon** at www.justbecroydon.org

This is the first website of its kind for our residents, acting as a go-to resource for help and support with eating a more nutritious diet and keeping to a healthy weight, being more active, improving mental health and well-being, cutting out smoking and more.

JustBe Croydon also features a health MoT, inviting residents to complete an online assessment to get started on their journey to better health. In addition, there are motivational apps, podcasts, videos, expert advice, diet plans and exercise routes, all designed to make it even easier for people to look after themselves.

NHS Croydon Clinical Commissioning Group assistant clinical chair **Dr Agnelo Fernandes** said: "Whether you have accidentally run out of medication, or your child has come home from school feeling unwell or with an injury, Health Help Now Croydon can help.

"The website and app give Croydon's families the help they need to find the most appropriate help fast and when they need it – whether that's from a local pharmacy, their GP or by calling 111 to access Croydon's Walk In, Urgent Care or Minor Injuries Units."

Councillor Louisa Woodley, cabinet member for families, health and social care at Croydon Council, said: "The new JustBe Croydon website means residents are just a click away to self-help and encouragement to lead happier and healthier lives.

"With a little bit of help and support, taking little steps can make a big difference. This is a great resource for Croydon and hundreds of people have already visited the website for advice, information, interventions and support on their lifestyle needs."

How you can help

Visit the Health Help Now website: www.healthhelp.now.nhs.uk

Visit the JustBe Croydon website: www.justbecroydon.org

Download the Health Help Now app from Google Play or the Apple app store.

Share the word on Twitter @NHSHealthHelp and @JustBeCroydon

Like us on Facebook – www.facebook.com/nhshealthhelpnow and
www.facebook.com/justbecroydon/

Tell us what you think!

For Health Help Now at: getinvolved@croydonccg.nhs.uk

For JustBe Croydon at: info@justbecroydon.org

Please feel free to use these tweets

Health Help Now:

Run out of your prescription medicines? Find a local pharmacy using the new, free [@NHSHealthHelp](#) Now app.

Need medical help or advice in a hurry? Download the new, free [@NHSHealthHelp](#) Now app.

Need a late night pharmacy? Download the new, free [@NHSHealthHelp](#) Now app to find out what's open.

Don't queue unnecessarily this winter. Get the information you need from the new, free [@NHSHealthHelp](#) Now app.

Little one feeling unwell? Find local health help fast - download the new, free [@NHSHealthHelp](#) Now app.

Health Help Now – a new health app for Croydon families. Find out more at:
<http://bit.ly/2fyTIHi>

GP practice closed? Download the [@NHSHealthHelp](#) Now app to find the nearest local service to meet your needs.

Health Help Now – when you need health advice fast. Download the app now

JustBe Croydon

Just Be Croydon is now live! Check out the top tips and resources to help become a happier, healthier YOU! www.justbecroydon.org

Follow @JustBeCroydon a get started on your journey to better health & more happiness! www.justbecroydon.org

Start your journey to better health this year. Find out more about #Croydon's new health programme for residents #justbecroydon
www.youtube.com/watch?v=DUWiC8jXI44

Have you taken a Health MoT lately? Visit our website and find out how you're doing
www.justbecroydon.org/health-checker/health-mot/

What will you change in 2017? Little changes can make a big difference to improve your health & happiness. Here's how
www.justbecroydon.org/health-checker/health-mot/

Are you planning to give up smoking? Check out these quick tips to get you #smokefree <https://www.justbecroydon.org/be-smoke-free/>

It doesn't have to be a struggle! Find quick tips to fit a little more exercise into your life at www.justbecroydon.org/be-active/

ⁱ iQuanti analysis of Google internet searches January-October 2016 [online] at: <http://www.nbcnews.com/business/consumer/2017-new-year-s-resolutions-most-popular-how-stick-them-n70189>,