

ABLEWOW INCLUSIVE SSWOW LEARNINGWOW EWOW HEALTHYWOWS

YORKWOW

Drive less and walk, cycle, use public transport or lift share

YORKWOW

Eat a healthy and balanced diet

YORKWOW

If you smoke, give up with the help of the NHS on 0845 877 0025

YORKWOW

In case of theft, register belongings with serial numbers, such as mobile phones and bikes, at www.immobilise.com

YORKWOW

Visit www.futures4meyork.com for local education and training options for 14–19 year olds

YORKWOW

Ring the National Careers Advice Line on 0800 100 900 for advice on boosting your skills

YORKWOW

Whatever your age find out more about volunteering in and around York by calling York Volunteer Centre on 01904 621133

YORKWOW

Smile and say hello to a neighbour

YORKWOW

Re-cycle as much as you can

YORKWOW

Be a regular saver with the York Credit Union on 01904 676633

YORKWOW

Be more active. Just 30 minutes of exercise a day will help you keep fit and relax

YORKWOW

Work out your ecological footprint on the Without Walls website and take some action to reduce it

YORKWOW

Postcode your personal property to deter thieves. They find marked property difficult to dispose of. Visit www.saferYork.org.uk for advice

YORKWOW

If you drink, stick to the recommended levels of alcohol

YORKWOW

Get involved in decisions that affect your area at your local Ward Committee

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

YORKWOW

GET INVOLVED

The Vision and Community Strategy is ambitious and far-reaching. It is focussed on making York a better place to live in, work in and visit. Over the next few years much work will be carried out to achieve these aims. However, we can all start now by making small differences in our homes and neighbourhoods.

These cards (which you can tear off) suggest a few actions to improve quality of life and build stronger, more sustainable communities for this and future generations.