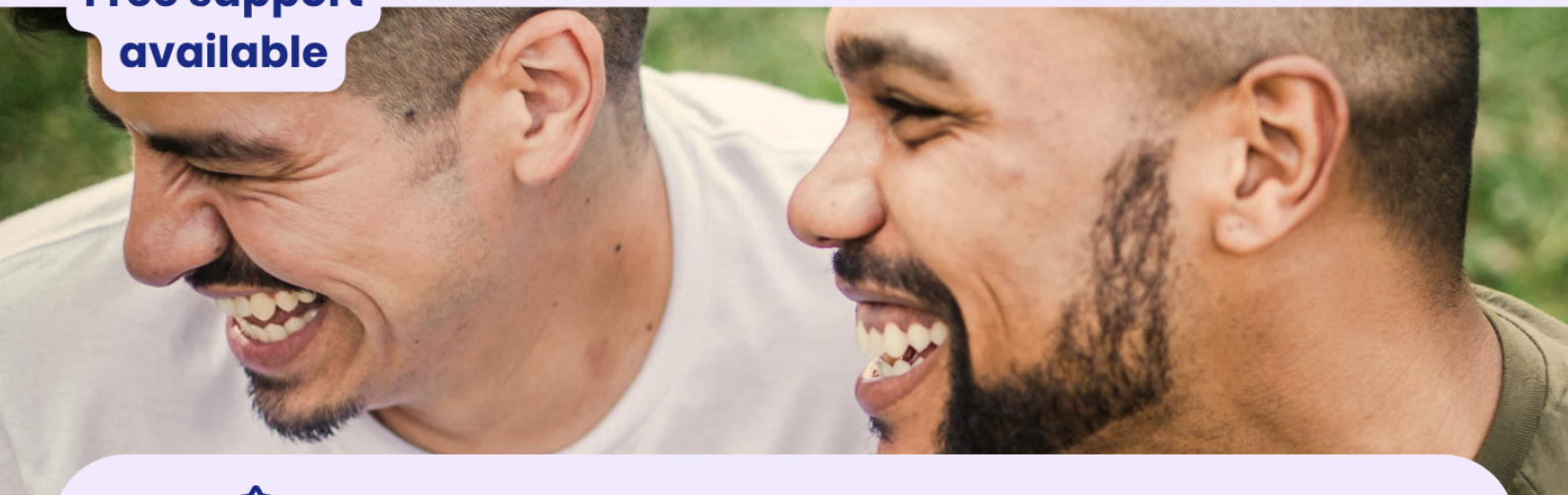




Living Well

Community Wellness & Empowerment Service

**Free support
available**



Life skills & Confidence Sessions

What You'll Do



Daily Living Skills



Money Management



Confidence Building



Communication Skills

Contact us to join

-  www.tapestry-uk.org/livingwell
-  livingwell@tapestry-uk.org
-  01708 796600

-  For Havering residents aged 18-64 years old

Scan to read more
about our services



Life skills & Confidence Sessions



Everyday skills
and money support



Build confidence
at your own pace



Share experiences
and join discussions (if you want to)



Relaxed social time
with refreshments (no pressure to talk)



Support from others
and building connections



Information on local
activities and groups



Support to build independence
and stay connected