



Living Well

Community Wellness & Empowerment Service

Free support
available



Social Group Sessions

What You'll Do



Coffee Mornings



Games, Quizzes, Art
& Creative Sessions



Improve your wellbeing
& connect with others



Chat and share
experiences

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



Social Group Sessions



Arts, crafts
and creative activities



Board games, puzzles
and tabletop activities



Fun quizzes
and group challenges



Coffee mornings
and social gatherings



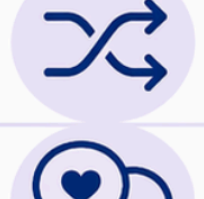
Meet new people
in a small, friendly group



Join simple
group discussions



A safe and welcoming
environment



Join in if you want to –
or just watch



Time to talk
and spend time with others



Supportive group activities
with no pressure