



Living Well

Community Wellness & Empowerment Service

**Free support
available**



Information, Advice, and Form Filling Support Sessions

What You'll Do



**Form filling
support**



**Advice and
guidance**



**Step-by-step
practical help**



**Understanding
paperwork and
processes**

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**



Form Filling Support Sessions



Help to understand
forms and paperwork



Form filling
support



Clear advice and help
(you can ask questions)



Help with applications
and services



Help with online
and paper forms



Build confidence and independence
at your own pace



Find services and
get help to access them



Friendly, practical support
you can trust