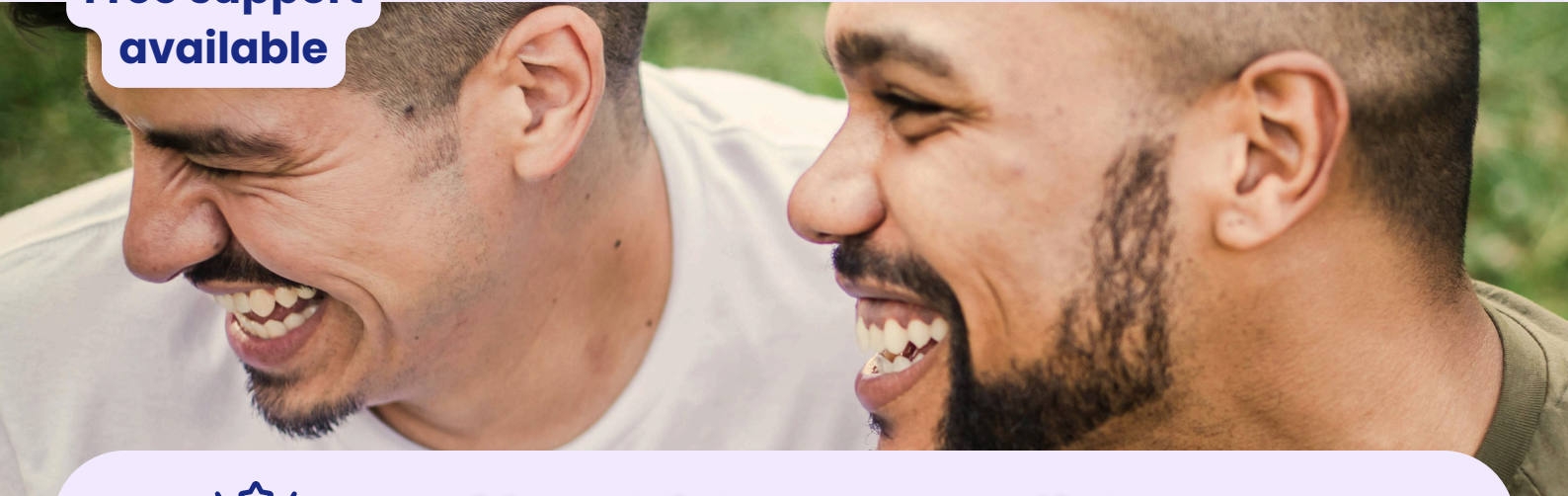




Living Well

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