



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




Tapestry
prevention, care and support

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



A safe and welcoming
environment



Supportive group activities
with no pressure