



# Live Well Empowerment Service

Local support to help people live well, stay independent and connected

Live Well is a free, community-based service for Havering residents aged 18+. It offers early help and practical support before problems become a crisis. The service is delivered by Tapestry Care UK through community hubs in Rainham, Harold Hill and Hornchurch.

## Who is it for?

People who may need a bit of extra support with loneliness, mental wellbeing, long-term health conditions, caring responsibilities, money or food worries, or staying connected to their community.

## How Live Well helps

- One clear referral route into support
- Friendly, strengths-based conversations
- Joined-up help from local voluntary and community organisations
- Support rooted in trusted community hubs

## What to expect

After getting in touch, a member of the Live Well team will contact you for a friendly conversation. Together, you'll agree what support might help and how to access it. Support can be by phone or face-to-face at a local hub.

## Get in touch

- [livewell@tapestry-uk.org](mailto:livewell@tapestry-uk.org)
- 01708 796600
- [www.tapestry-uk.org/livewell](http://www.tapestry-uk.org/livewell)