



Visit the Well Newham website and in-person Hubs to find out about support available for your health and wellbeing.

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www.wellnewham.org.uk

Well Newham Supporting you with your health and wellbeing



newham.gov.uk



SCAN ME

WE ARE NEWHAM.

Well Newham

Supporting you and your family with health and wellbeing

Many of us need a little help to be healthier.

For some of us, it's about doing a bit more exercise or giving up smoking. For others, it's about connecting with our community or getting help with things that can cause stress, like money.

Well Newham is here to help you achieve your goals, in a way that works for you.

If you have a long-term health condition, Well Newham can help you look after it and feel better.

VISIT THE WELL NEWHAM WEBSITE:

Visit www.wellnewham.org.uk today to find out more about health and wellbeing and find the support you are looking for.

A lot of the services you'll find on the website are free, and all the information you need including location, opening hours, and who it's for is there too.

SOME OF THE SUPPORT AVAILABLE:

- Advice about managing money
- Help and activities for you and your family
- Social events in your area
- Someone to talk to about your mental health
- Learn about eating to prevent diabetes
- Support to stop smoking
- Free cooking classes
- Make friends at a local gardening group
- Help with housing
- Legal advice
- Services for children and young people
- Help to find good work

VISIT A WELL NEWHAM HUB:

If you'd like to talk to someone face-to-face or get some guidance on how to use the website, you can go to a Well Newham Hub. To find out more, including where and when the Hubs are, visit www.wellnewham.org.uk or call **020 8430 4841**.

FIND OUT MORE ABOUT THE SUPPORT AVAILABLE FOR YOUR HEALTH AND WELLBEING, INCLUDING:



www.wellnewham.org.uk