

# WELL NEWHAM.

Supporting you with your health and wellbeing



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



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## Supporting you with your 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.

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

### VISIT THE WELL NEWHAM WEBSITE:

Visit [www.wellnewham.org.uk](http://www.wellnewham.org.uk) today to find out more about health and wellbeing and access the support you need.

Well Newham brings all this support together in one place to help you connect with a range of health and wellbeing services and activities in Newham.

### SUPPORT FOR YOU

- Get advice about managing money
- Find social events in your area
- Find someone to talk to about your mental health
- Join a free weight management programme
- Learn about eating to prevent diabetes
- Get support to stop smoking
- Join a free cooking class
- Find a local gardening group
- Find out where to go to get help with housing
- Get legal advice

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

### 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, visit [www.wellnewham.org.uk](http://www.wellnewham.org.uk)

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



[www.wellnewham.org.uk](http://www.wellnewham.org.uk)