

**Live Well
HAVERING**

Health & Wellbeing Booklet 2025



Your guide to over 100 FREE health and wellbeing support services in Havering.

Published February 2025



Live Well Havering

The NHS, Havering Council, the Police, London Fire Brigade and lots of local groups in Havering are coming together to help you with your health and wellbeing.

We want people to live long, happy and independent lives. This booklet is here to help you to find support to live well in Havering.

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Accessibility

You can find out how accessible each service listed in this booklet is by looking at the symbols next to them:



Takes place online/has the option of joining online.



Suitable for families and children to attend.



The service offers support in multiple languages.



The venue is accessible for wheelchair users.



Inclusive for people with learning disabilities.



This service understands how to communicate with residents who are hard of hearing, d/Deaf and who use British Sign Language.



Inclusive for people with visual impairments.

Accessibility is our priority. We welcome any feedback on how we could do better.

Please go online to view our website and this booklet in a different language or format using the accessibility toolbar.

If you need this booklet in another format and you cannot go on our website, contact us at:

✉ livewellhaverling@haverling.gov.uk

🏠 livewellhaverling.org.uk/m/resources

How to use this booklet

In this booklet, you can find service information for 100s of local support services. The following symbols are used to display their contact details:

📞 Phone number ✉ Email 🏠 Website 📍 Address

Healthy Body

Information & advice

Medical emergency

Go to A&E if you have a life threatening problem.

☎ 999

🏠 [livewellhavering.org.uk/111](https://www.livewellhavering.org.uk/111)

d/Deaf residents and those with speech needs can use:

🏠 [999bsl.co.uk](https://www.999bsl.co.uk)

🏠 [relayuk.bt.com](https://www.relayuk.bt.com)



Non-urgent medical help & advice

☎ 111

🏠 [111.nhs.uk](https://www.111.nhs.uk)



Ongoing health problems

Contact your GP practice. Register online or at your local GP practice. You don't need ID or paperwork. For help to register, see p.22.



Minor illnesses

Go to your local pharmacy for advice and medication. Many pharmacies are open late and over the weekends. You do not need an appointment. Some offer free medication delivery services.

🏠 [livewellhavering.org.uk/FindPharmacy](https://www.livewellhavering.org.uk/FindPharmacy)

Healthy eating

Mealia digital meal planner

🏠 [mealia.co.uk](https://www.mealia.co.uk)



Rainham Library wellbeing sessions

Every first Wednesday of the month 10-11am with a registered nutritionist.

☎ 07905 773550

✉ sa.nutritiontraining@gmail.com

🏠 [sanutrition.org](https://www.sanutrition.org)



Foodbanks

Phone your local foodbank:

- **Harold Hill Foodbank**

☎ 01708 386323

- **Romford & Collier Row Foodbank**

☎ 07548 674958

- **Rainham Foodbank**

☎ 01708 397484

Free school meals

All Primary School children get free school meals. However, applying gets your school extra money to pay for extra-curricular activities.

🏠 [livewellhavering.org.uk/fsm](https://www.livewellhavering.org.uk/fsm)

Healthy Start food & vitamins

Free vitamins and support for pregnant people and families with children under 4 to buy healthy food and milk. Applying is easy and does not affect other financial benefits. Apply online or speak to your Children's Centre, Midwife or Health Visitor.

🏠 healthystart.nhs.uk



Online weight management support group

Free group with a registered nutritionist to help you with your weight management goals.

📞 07905 773550

✉️ sa.nutritiontraining@gmail.com

🏠 sanutrition.org



Health & Wellbeing Coaches

Help with your health, weight, to stop smoking or to eat healthier. Contact your GP receptionist for a referral.

NHS Oviva Type 2 Diabetes Remission Pathway

Free 12-month programme to put diabetes into remission. 13 weeks' meal replacements included. Talk to Oviva or your GP Practice Nurse to find out more.

📞 0333 047 9999

✉️ hello@healthieryou.org.uk

🏠 healthieryou.org.uk



NHS Diabetes Prevention Programme

Free one-to-one coaching and advice to prevent type 2 diabetes.

📞 0333 047 9999

✉️ hello@healthieryou.org.uk

🏠 healthieryou.org.uk



Live Healthier Havering

Free 12-week weight management programme for over 18s who meet the criteria.

📞 01708 463181

✉️ haveringweightmanagement@everyoneactive.com

🏠 livewellhavering.org.uk/LHH



Learning Disability Healthy Lifestyle Programme

Free 12-week programme for adults with a mild or moderate learning disability.

📞 01708 463181

✉️ haveringweightmanagement@everyoneactive.com

🏠 livewellhavering.org.uk/eald



Children's Centres

Free support and activities to give your child the best start in life.

✉️ childrenscentres@havering.gov.uk

🏠 livewellhavering.org.uk/cc



HENRY Healthy Families

Healthy lifestyle support for families with children aged 0-5 years old. Go to your local Children's Centre for information.

✉ Havering0-19SPA@nelft.nhs.uk



Breastfeeding Welcome Scheme

Find breastfeeding friendly locations near you.

🏠 livewellhavering.org.uk/BFWelcome

LatchOn Havering

Drop-in breastfeeding support.

✉ info@latchon.org.uk

🏠 latchon.org.uk



Keeping active

Couch to 5k

Free NHS app to help you safely build up to running 5km.

🏠 livewellhavering.org.uk/CT5K



Park Runs

Free, fun and friendly weekly 5k runs at Raphael's and Harrow Lodge Park.

🏠 parkrun.org.uk



Online Chair Based Yoga

Weekly class for all ages and health conditions. Pay what you can afford from £3.

📞 07707 668867

🏠 mindandmovement.uk



Sport for Confidence

Specialist accessible sports for adults with additional needs and disabilities.

📞 01245 950502

✉ info@sportforconfidence.com

🏠 sportforconfidence.com



Weekly Tea Dance in Upminster

Friendly social afternoon of latin and ballroom dancing. £3 per session.

📞 01708 431016

✉ sportsdevelopment@havering.gov.uk

🏠 livewellhavering.org.uk/teadance

Ramblers Wellbeing Walks

Free regular group walks.

📞 01708 431016

🏠 livewellhavering.org.uk/RWW

MyPlace Table Tennis Club

Table tennis for adults in Harold Hill. All levels welcome and equipment provided.

📞 07703 108522

✉ colin.sherrin@hotmail.com



Mardyke Community Centre

Free low impact fitness class for over 60s.

📞 07766 951671

✉ meganwrenatsek@gmail.com



England Netball

Accessible netball sessions for all abilities.

✉ londonandsoutheast@englandnetball.co.uk

🏠 englandnetball.co.uk/play-netball

Eagles Badminton

For all ages and abilities.

✉ enquiry@eagles-badminton.co.uk

🏠 eagles-badminton.co.uk



Kay's Adult Swim

Swimming lessons and aqua aerobics for adults.

☎ 07957 567915

✉ kasswimuk@gmail.com

🏠 kasuk.co.uk

HASWA

Accessible exercise classes.

☎ 01708 522789

✉ office@haswa.org.uk

🏠 haswa.org.uk



AgeUK RBH

Falls prevention exercise classes.

☎ 02082 206000

✉ admin@ageukrbh.org.uk

🏠 livewellhavering.org.uk/fallspriv



Latin & Ballroom Dance

Dance programme (with discount for over 60s).

☎ 01708 431016

✉ sportsdevelopment@havering.gov.uk

🏠 livewellhavering.org.uk/dance

Havering Exercise Referral Scheme

For adults with long-term health conditions. Discounted membership available. Speak to a health professional for a referral.

☎ 01708 463190

✉ haveringexercisereferral@everyoneactive.com

🏠 livewellhavering.org.uk/eaer



Leisure Centres

Swimming, gym, classes and more.

Central Park Leisure Centre

☎ 01708 382820

Harrow Lodge Leisure Centre

☎ 01708 454135

Sapphire Ice & Leisure

☎ 01708 206892

Rainham Leisure Centre

☎ 01708 202810

Abbs Cross Leisure Centre

☎ 01708 450167

🏠 everyoneactive.com



Over 50s free swim

Contact your local leisure centre to book.

🏠 livewellhavering.org.uk/swim50



This Girl's Ability

Sport and activities for girls and young women with disabilities.

☎ 07518 671812

✉ contact@thisgirlsassability.co.uk

🏠 thisgirlsassability.co.uk



Harold Wood disability cricket team (for ages 8+)

☎ 07962 259591

🏠 haroldwoodcc.com



Yoga at Ardleigh House

Weekly £5 class with Angela.

☎ 01708 431016

✉ sportsdevelopment@havering.gov.uk

Sleep

National Sleep Helpline

Speak to trained sleep advisors.

☎ 03303 530 541

🏠 livewellhavering.org.uk/sleephelpline



Stop smoking support

Stop Smoking London helpline

☎ 0300 123 1044

🏠 stopsmokinglondon.com



Specialist stop smoking support

Personalised advice, free vape kit/nicotine replacement therapy to help you to stop smoking.

☎ 02087 248018

✉ healthy.lifestyles@lbdd.gov.uk

🏠 livewellhavering.org.uk/stopsmoking



Drugs, Alcohol & Gambling

Talk to Frank

Honest information about drugs.

🏠 talktofrank.com



Change Grow Live

• Aspire

Specialist free confidential drug and alcohol support for Havering residents aged 18+.

☎ 01708 747614

✉ havering.info@cgl.org.uk
🏠 changegrowlive.org/aspire-havering

- **Wize Up**

Specialist free confidential drug and alcohol support for Havering residents aged 10-18.

☎ 07920 807726

✉ WizeupHavering@cgl.org.uk

🏠 changegrowlive.org/wize-up-havering

- **Family support group**

Support for families affected by substance use.

☎ 01708 747614

✉ havering.info@cgl.org.uk



Families Anonymous

Free support group and helpline for families affected by substance use.

✉ office@famanon.org.uk

🏠 famanon.org.uk

GamCare

Free support for people affected by gambling.

☎ 020 7801 7008

🏠 gamcare.org.uk



Sexual health

Sexual Health London

If you have no symptoms, you can order a free home test.

🏠 shl.uk



Sexual health clinics

Information and advice about contraception, STI testing and treatment.

☎ 020 8970 5724

🏠 bhrhospitals.nhs.uk/sexual-health



C-Card

Free condoms from a location near you for under 25s.

🏠 comecorrect.org.uk/havering



Support from your local pharmacy

Get advice on STI testing and contraception. Some pharmacies do STI screenings and emergency hormonal contraception (the 'morning after pill').

Positive East

Free HIV / STI testing and wellbeing support for adults affected by HIV.

☎ 020 7791 2855

✉ talktome@positiveeast.org.uk

🏠 positiveeast.org.uk



Healthy Mind

Mental health crisis

Mental Health Direct crisis line

Open 24/7.

☎ 0800 995 1000



Samaritans

For when life is difficult.

☎ 116 123

✉ jo@samaritans.org

🏠 samaritans.org



Safe Connections

Suicide prevention support service.

☎ 0300 561 0115

✉ safeconnections@mindthnr.org.uk



Papyrus HOPEline

For young people with suicidal thoughts.

☎ 0800 068 41 41 (Text 88247)

✉ pat@papyrus-uk.org

🏠 papyrus-uk.org

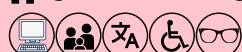


Mental health & wellbeing support

Good Thinking

Free online wellbeing tools.

🏠 good-thinking.uk



Havering Talking Therapies

Free talking therapy and support groups for over 18s.

☎ 0300 300 1554 Option 2
(Mon-Fri 9am-5pm)

✉ haveringtalkingtherapies@nhs.net

🏠 talkingtherapies.nelft.nhs.uk/havering



HBBS Counselling

Free or reduced-cost counselling for Havering residents.

✉ enquiries@hbbscounselling.org

🏠 hbbscounselling.org



Switchboard

National LGBTQIA+ support line and online chat.

☎ 0800 0119 100

✉ hello@switchboard.lgbt

🏠 switchboard.lgbt



Relate

Counselling and mediation.

☎ 01708 441722

✉ enquiries@relatelinee.org.uk

🏠 relatelinee.org.uk



The Proper Blokes Club

Walk and talk groups for men in Romford, Hornchurch, Upminster, Redbridge and across London.

☎ 07397 501110

✉ theproperblokesclub@gmail.com

🏠 theproperblokesclub.co.uk

Haivering Mind

Information, advice and support for people struggling with their mental health.

☎ 01708 457040

✉ reach.us@haiveringmind.org.uk

🏠 haiveringmind.org.uk



Thames Chase Wellbeing & Tree Walks

Slow paced walk around Thames Chase, followed by tea and coffee. £4 per person every Thursday.

☎ 01708 642970

✉ sarah.young@thameschase.org.uk

🏠 livewellhaivering.org.uk/tcwalks



Skate Gals & Pals

Rollerskating and wellbeing events for marginalised communities.

☎ 07478 710380

✉ info@skategalsnpals.com

🏠 skategalsnpals.com



Forest Farm Peace Garden

Outdoor therapy for people with mild to moderate mental health issues in Hainault Forest.

☎ 07525 131996

✉ info@forestfarmpeacegarden.org

🏠 forestfarmpeacegarden.org/referrals



Forestry England Nordic Walking & Forest Strolls

Free walks for all abilities.

🏠 forestryengland.uk/feel-good



Children & young people's wellbeing

Kooth online wellbeing space

Confidential tool for 11–18 year olds to reach qualified practitioners.

🏠 kooth.com



ChatHealth

Confidential messaging helpline and live chat for 11–19 year olds to anonymously contact a school nurse for advice and support.

☎ 07507 326645 (text)

🏠 chathealth.nhs.uk



Children's Centres

See p.4.

stem4 free apps for young people

- **Calm Halm** – to manage the urge to self-harm.
- **Clear Fear** – for anxiety.
- **Move Mood** – for low mood and depression.
- **Combined Minds** – for those giving young people mental health support.
- **Worth Warrior** – for low self-worth, poor body image and eating disorders.

🏠 stem4.org.uk



Youth Service

Free / low-cost activities for young people aged 10-19 (up to 25 with SEND).

✉ youthservice@havering.gov.uk

🏠 livewellhavering.org.uk/youthservice



SWITCH Minds

Mentoring programme.

☎ 020 8597 2900

✉ info@lifelineprojects.co.uk

🏠 livewellhavering.org.uk/switchminds



Kaleidoscope

Free social club for young LGBTQIA+ people aged 17-24.

✉ kaleidoscope.romford@gmail.com

🏠 kaleidoscoperomford.com



The Habbit Factory

Inclusive theatre workshops for children and young people.

☎ 07985 377781

✉ hello@thehabbitfactory.org

🏠 thehabbitfactory.org



Muslim Youth Helpline

Free non-judgemental, confidential culturally sensitive support 365 days a year.

☎ 07478710380 / Text on WhatsApp 0808 808 2008

✉ help@myh.org.uk

🏠 myh.org.uk



Stop. Breathe. Think.

Free online counselling for young people aged 8-21.

🏠 stopbreathethink.org.uk



Beat Eating Disorders

Free support and helpline.

☎ 0808 801 0677

✉ help@beateatingdisorders.org.uk

🏠 beateatingdisorders.org.uk



Child and Adolescent Mental Health Service (CAMHS)

Specialist mental health service.

☎ 0300 300 1888

✉ referralsacorncentre@nelft.nhs.uk

🏠 nelft.nhs.uk/camhs



Support for parent carers

Parenting support programmes

Support on a range of topics.

✉ parenting@haverling.gov.uk

🏠 livewellhaverling.org.uk/parenting



Homestart Havering

Emotional support for families with a child under 5 years old not in full time education.

☎ 01708 455551

✉ info@homestarthavering.co.uk

🏠 homestarthaveringredbridge.co.uk



For **baby feeding**, see p.5

Ardleigh Green Family Centre

Drop-in every first Tuesday of the month to support families with wellbeing, money, bereavement, housing and more.

📍 65 Ardleigh Green Road, RM11 2LF.

🏠 livewellhaverling.org.uk/Ardleigh



Butterflies family peer support

For low mood, anxiety and depression since pregnancy / having a baby.

✉ butterflies@haverling.gov.uk

🏠 livewellhaverling.org.uk/butterflies



Caring for someone

Havering Carers Hub

Support for unpaid carers aged 18+ including information, advice, social groups, training workshops, carer assessments and benefit checks.

☎ 01708 961111

✉ info@haverlingcarershub.org.uk

🏠 haverlingcarershub.org.uk



Havering Young Carers Service

Support for carers aged 5-18.

☎ 03001 111110

✉ youngcarers@imago.community



Sunbeams coffee afternoons for carers of children with SEND

☎ 01708 745626

✉ admin@thegoodshepherd.co.uk



Havering SEND Family Voice

Support for parents and carers of children and young people with SEND.

☎ 07858406933

✉ info@haveringsendfamilyvoice.org

🏠 facebook.com/HaveringSENDFV



SEN Coffee Mornings

Every first and third Friday of the month at 10am.

📍 Holy Cross Church Hall, Park Lane, Hornchurch, RM11 1PX

☎ 07860119450

✉ jfp65@hotmail.co.uk



Support for veterans

Togetherall

Free 24/7 mental health support service for veterans.

🏠 togetherall.com/en-gb/



Veterans' Gateway

Wellbeing information and support.

☎ 0808 802 1212

🏠 veteransgateway.org.uk



Op COURAGE

NHS Veterans' mental health and wellbeing service.

✉ snhs.veteranshis.se@nhs.net

🏠 nhs.uk/opcourage

Support for people seeking asylum & refugees

Havering One Stop Shop

Free advice & support on a range of issues every Wednesday 10am-2pm. Ukrainian and Russian language support available.

📍 YMCA, 29 Rush Green Road, RM7 0PH



RAMFEL

Support for migrants in crisis.

✉ info@ramfel.org.uk

🏠 ramfel.org.uk



The Magic Stork

Migrant mental health support.

✉ support@themagicstork.com

🏠 themagicstork.com



House of Polish & European Community (HOPEC)

Community connection & support for migrants.

☎ 07869558880

✉ admin@hopec.org.uk

🏠 hopec.org.uk





Connecting with others

Havering Libraries

Free activities for all ages.

🏠 libraries.havering.gov.uk/boookshelf



Check in & chat befriending

Telephone befriending.

📞 01708 922214

✉️ volunteering@haveringvc.org.uk

🏠 haveringvc.org.uk



Tea, Cakes and Chat

Social group for over 55s.

✉️ teacakesandchat@icloud.com

🏠 teacakesandchat.co.uk

Di's Diamonds

Social group for over 50s.

📞 0208 220 6000

✉️ disdiamonds@ageukrbh.org.uk

🏠 livewellhavering.org.uk/disdiamonds

Men's Shed and Cafe at Upminster Baptist Church

Spaces for men to do woodwork and socialise.

📞 01708 783711

Havering Asian Social and Welfare Association (HASWA)

Low cost / free social events, groups and activities.

📞 01708 522789

✉️ office@haswa.org.uk

🏠 haswa.org.uk



OrangeLine

Confidential telephone support and in-person social groups for people who are bereaved, lonely or isolated.

📞 01708 758649

🏠 livewellhavering.org.uk/orange-line



Bereavement

At a Loss

Bereavement signposting website.

🏠 ataloss.org



Child Bereavement UK

Supports families when a baby or child dies or is dying, or when a child is bereaved.

📞 0800 0288840

🏠 childbereavementuk.org



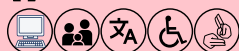
Sands

Support for parents after pregnancy loss or the death of a baby.

☎ 0808 164 3332

✉ helpline@sands.org.uk

🏠 sands.org.uk



Facing the Future

Safe online support groups for people bereaved by suicide.

✉ ftf@cls.org.uk

🏠 facingthefuturegroups.org



Muslim Bereavement Service

Support for women of any faith who have lost a loved one.

☎ 0808 164 3332

✉ info@mbss.org.uk

🏠 mbss.org.uk

Grief Talk live chat and helpline

Free support for bereaved children and young people.

☎ 0808 802 0111

🏠 griefcounter.org.uk



HBBS Counselling

See p.9.

Talking Therapies Bereavement Support Group

See p. 9.

Long-term health conditions & disabilities

ADDUP ADHD support

For children and families.

☎ 01708 454040

🏠 addup.co.uk



Sycamore Trust

Support group for autistic residents.

☎ 02085 179317

✉ enquiries@sycamoretrust.org.uk

🏠 sycamoretrust.org.uk



The Sibling Group

Activities for siblings of disabled young people.

☎ 07359 008118

✉ grace@thesiblinggroup.org

🏠 thesiblinggroup.org



Care Coordinators

Support for residents with complex needs to manage their care. Speak to your GP receptionist for a referral.

Tapestry

Day centres, activities & support for residents with care needs.

☎ 01708 796600

✉ hello@tapestry-uk.org

🏠 tapestry-uk.org





APPLE Prostate

Information and advice for anyone affected by prostate cancer.

✉ info@appleprostate.co.uk

🏠 appleprostate.co.uk

Macmillan Cancer Information & Support Service

Support for anyone affected by cancer.

☎ 01708 435174

✉ bhrut.cancerinfoandsupport@nhs.net

🏠 bhrhospitals.nhs.uk/macmillan



YMCA Cancer Rehab Programme

Free 10 week exercise programme for people diagnosed with / who are receiving treatment for cancer.

🏠 livewellhaverling.org.uk/cancer_rehab



Parenting with Cancer

Support for parents with a cancer diagnosis.

🏠 fruitflycollective.com



From Me To You

Support for Black people living with cancer.

✉ info@frommetoyou-uk.org

🏠 frommetoyou-uk.org



Shine Cancer Support

Support for people aged 20-49 with a cancer diagnosis.

✉ london@shinecancersupport.org

🏠 shinecancersupport.org



Breast Cancer Now

Speak to a specialist breast care nurse. Local support for people affected by breast cancer.

☎ 0808 800 6000

🏠 breastcancer.now.org



St Francis Hospice

Palliative and end of life care and specialist advice line for pain and symptom control.

☎ 01708 758643

🏠 sfh.org.uk



Cancer Coach peer support

For people who have completed cancer treatment.

☎ 02039 837616

🏠 cancersupportuk.org/cancer-coach



Diabetes UK support line

Information and advice about diabetes.

☎ 0345 123 2399

✉ helpline@diabetes.org.uk

🏠 diabetes.org.uk



Bat & Chat Table Tennis for people with Parkinson's

Join a certified coach at MyPlace for £4 per session.

✉ colin.sherrin@hotmail.com



Parkinson's UK Havering

Support and social events for people affected by Parkinson's and their families / carers.

☎ 07486 708863

✉ pukhavering@gmail.com

🏠 parkinsons.org.uk



Dementia UK helpline

Talk to a specialist dementia nurse.

☎ 0800 888 6678

🏠 dementiauk.org



Alzheimer's Society Havering

Support for people affected by dementia and their carers.

☎ 01708 739293

✉ Havering@alzheimers.org.uk

🏠 alzheimers.org.uk



The Dementia Music & Social Club

2 social clubs a week (in Rainham and Romford). £6 per person.

☎ 07721 458581

✉ dmscenquiries@hotmail.com

🏠 thedementiamusicandsocialclub.webador.co.uk



Upminster Dementia Choir

Fortnightly choir for those living with dementia and their carers.

☎ 01708 641317

✉ upminsterdementiachoir@gmail.com

🏠 livewellhavering.org.uk/dementiachoir



Sight Action Havering

Support for Havering residents with impaired sight.

☎ 01708 375238

✉ enquiries@sightactionhavering.org.uk

🏠 sightactionhavering.org.uk



Havering Association for People with Disabilities (H.A.D.)

Support services and activities for people with physical and sensory additional needs in Havering.

☎ 01708 476554

✉ admin@hadhavering.co.uk

🏠 hadhavering.co.uk



Healthy Money

Help with money

National Debtline

Speak to an adviser.

☎ 0808 808 4000

🏠 nationaldebtline.org

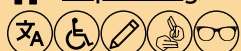


Christians Against Poverty

Money management and debt support for people in RM1, RM2, RM3 and RM5.

☎ 0800 3280 006

🏠 capuk.org



Havering Council Emergency Assistance Scheme

Emergency financial support.

🏠 livewellhavering.org.uk/eas

Citizen's Advice

Confidential advice on benefits, debt, employment, immigration, housing and more.

☎ 0808 189 8273

🏠 citizensadvicehavering.org.uk



Foodbanks

See p.3.

Havering Libraries

Free pre-loved warm coats and school uniforms.

🏠 libraries.havering.gov.uk/bookshelf



Peabody Here to Help

Confidential support with budgeting, benefits, foodbank vouchers, debt, employment, digital skills and homelessness.

☎ 01708 776770

✉ haveringfloatingsupport@peabody.org.uk

🏠 livewellhavering.org.uk/peabody



S.M.I.L.E.

Support for families in financial crisis.

☎ 07415141437

🏠 smilelondonessex.com



AgeUK BHR information & advice
See p.21.

Help with NHS costs

Support paying for prescriptions and dental costs:

🏠 livewellhavering.org.uk/healthcosts

Help with bills

Havering Energy Doctors

Free home visit to help you save money on energy costs.

☎ 07943 877099

✉ energydoctor@ageukrbh.org.uk

🏠 livewellhavering.org.uk/energydocs



SHINE

Free advice & tips to reduce energy bills.

☎ 0800 953 1221

✉ shine@islington.gov.uk

🏠 shine-london.org.uk



Boiler Upgrade Scheme grants

For heat pumps and biomass boilers.

🏠 gov.uk/apply-boiler-upgrade-scheme

ECO4 scheme grants

Support for people to make their home more energy efficient.

🏠 livewellhavering.org.uk/ECO4

Great British Insulation Scheme

Free or cheaper insulation.

🏠 livewellhavering.org.uk/insulation

Essex & Suffolk Water

Free water saving kit.

🏠 esw.watersavingkit.com

TOP TIP!

If someone is vulnerable, contact their utility providers and mark them as needing priority support and accessible information. 

Help getting a job

Havering Works

Free one-to-one support for unemployed residents to explore training options, find jobs, write applications and prepare for interviews.

☎ 01708 434456

✉ havering.works@havering.gov.uk

🏠 havering.gov.uk/haveringworks

Maximus UK

Specialist employment support for care leavers, disabled people, refugees, homeless people, victims of domestic abuse, people who use alcohol/substances and veterans.

☎ 0300 4568110

✉ PioneerLondon@maximusuk.co.uk

🏠 whpp.maximusuk.co.uk



Volunteering

Havering Volunteer Centre

Support finding you the right volunteering opportunity.

☎ 01708 922214

✉ volunteering@haveringvc.org.uk

🏠 haveringvc.org.uk



Healthy Home

Help with housing

Housing advice

Contact:

- Citizen's Advice (p.18)
- Peabody (p.18)

Mary Ward Legal Centre

Free, independent legal advice on housing and social welfare issues.

☎ 020 7831 7079

🏠 marywardlegal.org.uk

Havering Council Housing team

Support for Council tenants.

☎ 01708 776770

🏠 haverling.gov.uk/housing-1



Homelessness support

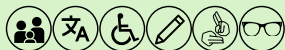
Register as homeless and get support.

🏠 livewellhaverling.org.uk/homeless

In a homeless emergency

☎ 01708 432824 9am to 5pm

01708 433999 5pm to 9am



Streetlink

Let their team of responders know when you see someone sleeping on the street.

🏠 thestreetlink.org.uk



Pest Control

If you are a Council tenant, report animals, birds and insects found in your home online.

🏠 livewellhaverling.org.uk/pc



Housing Repairs, Damp & Mould

If you are a Council tenant, report a repair using your online housing account:

☎ 01708 434000

🏠 livewellhaverling.org.uk/repairs



Damp & Mould Workshops

Free education sessions to learn how to keep your home damp-free. Sign up and take home free microfibre cloths and protective gown.

✉ Communityhealthconnectors@haverling.gov.uk

🏠 livewellhaverling.org.uk/dampworkshop

Staying independent

AgeUK RBH

Information, advice, support and activities for over 50s.

☎ 020 8220 6000

✉ admin@ageukrbh.org.uk

🏠 ageuk.org.uk/redbridgebarkinghavering



Care Navigators

Support for residents 50+ with long term health conditions to stay independent.

☎ 020 8220 6000

✉ ageuk.bnd@nhs.net

🏠 livewellhavering.org.uk/carenav



AgeUK RBH Gardening service

Low-cost gardening service for residents 50+.

☎ 020 8220 6000

✉ homesupportservices@ageukrbh.org.uk

🏠 livewellhavering.org.uk/ageukrbhgardening



Home, Settle & Support

The British Red Cross can support with settling back at home after being in hospital or can give short term support to those vulnerable in the community.

☎ 07873623473

✉ BHRHomeSettleSupport@redcross.org.uk



NHS and Care Volunteer Responders

Get short-term support with picking up and doing your shopping, prescriptions or medical equipment.

☎ 0808 196 3646

🏠 nhscarevolunteerresponders.org



Getting online

Public wi-fi and computers

All Havering libraries have free internet access and computers for library members. Contact your local library for more information.



Digital skills training, devices & data

If you're struggling to afford to get online, contact the Community Health Connectors for a free SIM card and data, digital skills training and a free device (subject to availability).

✉ Communityhealthconnectors@havering.gov.uk

🏠 livewellhavering.org.uk/simcards



Digital Skills Club

Join HASWA's drop-in every Tuesday 1-3pm at £5 a class.

☎ 01708 522789

✉ office@haswa.org.uk

🏠 haswa.org.uk/activities



Digital Champion Service

Digital skills training for residents aged 50+.

☎ 07946032332

✉ digitalchampions@ageukrbh.org.uk

🏠 livewellhavering.org.uk/ageukrbhdigital



An extra helping hand

Social Prescribing

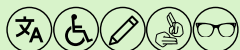
Support for non-medical things affecting your health and wellbeing (like money, housing and more). Speak to your GP receptionist for a referral.

Local Area Coordinators

Support in Rainham, Collier Row, Romford and Harold Hill to help you to stay safe, well, independent and connected to your community.

☎ 01708 433 472

🏠 livewellhavering.org.uk/lac



Help filling out forms

For help doing applications or form filling, you can get support from:

- **Citizen's Advice** (p.18)
- **Peabody** (p.18)
- **British Red Cross** (p.21)
- **Havering One Stop Shop** (p.13)

Transport

Blue Badges, Freedom Passes and other help with travel

🏠 livewellhavering.org.uk/blue



Dial-A-Ride

Accessible door-to-door bus service for people with disabilities, 7 days a week, 7am-11pm.

🏠 tfl.gov.uk/modes/dial-a-ride/



Taxicard

Subsidised taxis and private hire vehicles for people who may find it hard to access public transport.

🏠 londoncouncils.gov.uk/services/taxicard



For support with accessible transport, contact

- **AgeUK RBH** (p21)
- **Peabody** (p18)

Social Care

If you are concerned about an adult being abused or harmed, call our Safeguarding team for advice and support

☎ 01708 433550

If an adult requires support with their care needs call Adult Social Care

☎ 01708 432000

Healthy Community

Green Spaces

Visit our map of green spaces to find somewhere to get outdoors.

🏠 livewellhavering.org.uk/green-spaces

Keeping Safe

Report anti-social behaviour, like

- Noise late at night
- Vandalism, graffiti & littering
- Nuisance caused by animals
- Behaviour that causes harassment, alarm or distress

🏠 livewellhavering.org.uk/report

Call the police on 101 (or 999 in an emergency) to report:

- Aggressive, drunken or intimidating behaviour
- Drug dealing or drug use
- Criminal damage



Fire safety

Get tailored advice for your home.

🏠 livewellhavering.org.uk/Fire



In a fire emergency

📞 999



Report a crime anonymously

📞 0800 555 111

🏠 crimestoppers-uk.org/fearless



Victim Support

Independent and confidential advice for crime victims.

📞 08 08 16 89 111

🏠 victimsupport.org.uk



True Vision

Report a hate crime.

📞 999 / 101

🏠 report-it.org.uk



Galop

Support for LGBTQIA+ people who have experienced abuse.

📞 0800 999 5428

✉ help@galop.org.uk

🏠 galop.org.uk



CATCH

Support following a hate crime if you are over 18.

🏠 catch-hatecrime.org.uk

Domestic Abuse, Sexual Assault & Safeguarding

National Domestic Abuse Helpline

☎ 0808 2000 247

🏠 nationaldahelpline.org.uk



Havering Women's Aid

Support for women experiencing abuse.

☎ 01708 728759 (Mon-Fri 9-5)

🏠 haveringwomensaid.co.uk

MENDAS

Support for men experiencing abuse.

☎ 01708 737364

🏠 haveringwomensaid.co.uk/mendas

Survivors UK

Support for men, boys and non-binary people who have experienced unwanted sexual activity. Chat online or via text Mon-Sun 12pm-8pm.

☎ 020 3322 1860

🏠 survivorsuk.org



National Ugly Mugs

Safety and wellbeing advice and support for sex workers.

☎ 0800 464 7669

✉ admin@nationaluglymugs.org

🏠 nationaluglymugs.org

East London Rape Crisis

Free, confidential, specialist help for women and girls who have experienced sexual violence / assault.

☎ 0800 160 1036

✉ rapecrisis@niaendingviolence.org.uk



Report a safeguarding concern

If you're worried about an adult, contact Adult Social Care

☎ 01708 432000 (Mon-Fri 9-5)

In an emergency or outside of office hours

☎ 01708 433999

If you're worried about a child, contact the Child Protection Team

☎ 01708 433222 (Mon-Fri 9-5)

In an emergency or outside of office hours

☎ 01708 433999

🏠 livewellhavering.org.uk/ReportASC



Support for local groups & organisations

Get advice and support with challenges like

- Applying for funding
- Finding a venue
- Getting materials or furniture
- Understand and support write the documents or policies you may need.

🏠 livewellhavering.org.uk/CommunitiesTeam

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Keep up-to-date on all things
health and wellbeing in
Havering.

Find out about:

- Free health and wellbeing support
- Exciting community events
- Important updates
- Good news stories

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phone camera



If you have any comments or feedback on this booklet,
we would welcome your thoughts at

✉ livewellhavering@havering.gov.uk

If you need this booklet in a more accessible format, or
in another language, contact us at

✉ livewellhavering@havering.gov.uk

Our partners

