

*All sorts of things in life affect our health and wellbeing.*



Live Well Greenwich offers signposting and support to get the help you need with:



Eating well



Money, debt and benefit advice



Moving more



Employment and training



Stopping smoking



Drinking less



Support with housing needs



Social and community activities



NHS Health checks and support for managing your long term condition

*“With the help of a Live Well Greenwich coach I’ve been able to achieve many of the things I personally needed. They were very encouraging with my health issues and got me financial advice. I’m very thankful for the attention and care provided.”*

**Local Greenwich resident**

**Choose which way Live Well Greenwich can help you:**



Visit **[www.greenwichcommunitydirectory.org.uk](http://www.greenwichcommunitydirectory.org.uk)**  
The local one-stop website to find health, wellbeing, social care and community information and services near you.



Call the **Live Well Greenwich Line** on **0800 470 4831**  
A free helpline staffed by local, trained health and wellbeing advisors for signposting and support to live well.

Monday – Thursday      8.30am – 7.30pm  
Friday                      8.30am – 5.30pm  
Saturday                  9am – 12 noon

*A message can be left outside of these hours.*



Talk to a local **Live Well coach** at one of our community hubs for signposting and support to live well.  
Call the **Live Well Greenwich Line** on **0800 470 4831** for more information.

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

  
**ROYAL** borough of  
**GREENWICH**