

# Live a better life

Healthier body and mind



# Live a Better Life Programme

The aim of the programme is to help and support anyone over the age of 18 from the London Borough of Havering and B&D with a mental health issue to come together to enjoy social, healthy and sporting activities. These activities will improve physical health and mental wellbeing, thereby reducing the risk of obesity, diabetes and heart disease, as well as developing coping skills for mental health.

This will be done through various physical and group activities where participants can build confidence, combat isolation and enable the formation of 'Get Out' Peer Networks to strengthen connections with the wider community.

## What does the service offer?

- A 12 week health and wellbeing programme
- Physical and sporting activities
- Health workshops
- Meet 'N' Greet sessions
- Walks
- Emotional Wellbeing Workshops
- Mental health support
- Personal health plan



For further information please contact **Havering Mind** on:

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Supporting and Educating  
the local community



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