

Living Well Bromley

Living Well Bromley began in 2011 in response to the growing numbers of people calling to the vicarage at Holy Trinity Beckenham asking for help. It has developed into a caring community which aims to be a place where people feel accepted, loved and valued.

Living Well works with their partners to support over 200 people a week with different needs – including addictions, mental health problems, debt or homelessness – in Penge, South East London and the surrounding areas.

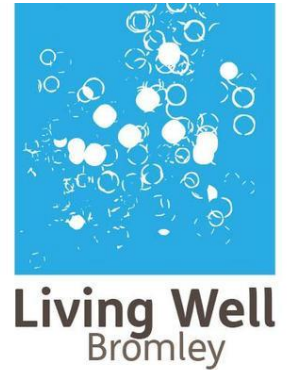
All the services are free and include:

- A food bank three times a week (Tuesdays 3-4pm, Fridays 1 – 2.30pm and Saturdays 10.30am - 12pm)
- A hot takeaway meal every Friday
- Home deliveries for those shielding or unable to come and collect their food
- Advocacy services provide support with housing issues, benefit advice and debt management.
- A range of wellbeing services including Art Therapy, Community Choir and counselling support.
- Spiritual support with Christian prayer and meditation

Anyone in need can self-refer themselves to Living Well and all are welcome.

Living Well relies on its army of over 200 volunteers who keep the charity running smoothly. They are also supported by the local community with food donations including from Sainsbury's Penge, Marks and Spencers West Wickham and Beckenham, Aldi Bell Green and Waitrose Beckenham. There are also collection points in Waitrose Bromley South and Sainsbury's Penge. They receive financial support through donations from local residents, businesses, schools and grant applications.

For further information, please see their website <https://www.livingwell.life/>



Volunteers preparing fresh fruit and veg bags from supermarket donations