

# Enjoy free virtual reality and wellbeing sessions

**VR is an amazing way to have an immersive,  
engaging experience like no other.**

Join us at our pod on Thorpe Close near Portobello Green,  
W10 today Friday 1 March, from 9.30am to 5pm

- Great opportunity to try out going on a rollercoaster, paint pictures and meet football legend Les Ferdinand all in virtual reality
- Chat with us about your wellbeing
- Tell us what you think about our services
- Share ideas on how we can make our services better for the future



# If you'd like to talk to someone:



- **Grenfell Outreach**

Call **020 8962 4393** and ask for a regular follow-up call if you want this. Also available overnight from 10pm to 7am.

- **Emotional support**

Free confidential NHS service for children and adults affected in any way by Grenfell.

Visit **[grenfellwellbeing.com](https://grenfellwellbeing.com)** or call **020 8637 6279**

- **You can also contact your GP**

There will be more VR and wellbeing events soon, keep an eye on our website/social media

Website: **<https://grenfellwellbeing.com>**

Twitter: **@CNWLNHS**

Facebook: **CNWLNHSFT**

