



GETTING **THROUGH**  
THIS **TOGETHER**

# London is full of amazing people and communities who have come together during the most challenging of times.

Many Londoners are speaking to family, friends, and trusted others in the community to support themselves through the cost-of-living pressures.



Visit [thriveldn.co.uk](https://thriveldn.co.uk) for ideas, inspiration, and resources to support togetherness.