

# Healthy hub

Three Rivers



For all your health and wellbeing needs, including signposting, workshops and activities visit:  
[threerivers.gov.uk/healthy-hub](https://threerivers.gov.uk/healthy-hub)

**Oxhey Library**  
Bridlington Road,  
South Oxhey WD19 7AG  
Every Thursday 9.30am - 5pm

**Rickmansworth Food Bank**  
Methodist Church, Berry Lane,  
Rickmansworth WD3 7HJ  
Every Tuesday 12noon – 2pm

**Hillside Community Hub** School Mead, Abbots Langley, WD5 0LA  
Every Wednesday 9am - 5pm



Email: [healthyhub@threerivers.gov.uk](mailto:healthyhub@threerivers.gov.uk) or call 01923 727239



Whether you're feeling isolated, struggling with your mental health or looking for some advice on a healthy, active lifestyle, we're here to support you. We have linked up with a range of services across the district to ensure you have access to the support that is right for you.

- **Health and wellbeing advice**
- **Support to lose weight**
- **Help to quit smoking**
- **Cut down on your drinking**
- **Become more active**
- **NHS Health Checks**
- **Council Tax & Revenue and Benefits support**
- **Housing advice**
- **And much more**



To find out more information please contact the Healthy Hub team today on **01923 727239** or email **[Healthyhub@threerivers.gov.uk](mailto:Healthyhub@threerivers.gov.uk)**