

Healthy hub

Three Rivers

Free
support
and
advice

Have you seen what your local Healthy Hub is doing to help people?

Come along to the **Rickmansworth Food Bank, Methodist Church, Berry Lane, Rickmansworth WD3 7HJ** for an informal chat on **Tuesdays 12noon-3pm and Fridays 1pm-3pm.**

- One to one discussion about your emotional health & wellbeing
- Access to information sessions, workshops and activities
- Information and signposting to local organisations and support
- Free and confidential Chlamydia and Gonorrhoea testing kits and condom packs



For more information or to book an appointment call **07375 365329**
Or you can email **threerivershealthyhub@hertsmindnetwork.org**
Visit **threerivers.gov.uk/healthy-hub**