

Healthy hub

Three Rivers



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

ASCEND 39, Oxhey Drive WD19 7SD.

Contact Jane Drury on 07483 104911

or email healthyhub@ascend.org.uk

Monday - Thursday 9am-4pm

Rickmansworth Food Bank

Methodist Church, Berry Lane,

Rickmansworth WD3 7HJ

Contact Charlie on 07375 365329

or email threerivershealthyhub@hertsmindnetwork.org

Tuesdays 12noon-3pm and Fridays 1pm-3pm.



The HIVE Leavesden Country Park , College Road WD5 0NX

Contact Charlie on 07375 365329

or email threerivershealthyhub@hertsmindnetwork.org

Wednesdays 12noon-3pm.

