Health & Wellbeing

Healthy Hub Three Rivers
Information, advice and support to stay healthy and well including help to quit smoking, getting more active or finding a local activity.

T 01923 727239

E healthyhub@threerivers.gov.uk

W www.threerivers.gov.uk/healthy-hub

Herts Mind Network
Provide a range of services to support positive mental health and wellbeing.

T 0203 727 3600 **T 01923 256391 (crisis number)**

E info@hertfordshiremind.org

W www.hertsmindnetwork.org

Travel

Communities 1st Shopper Bus Service
The Shopper Bus will take you from your door to the local supermarket. Bus services visit Abbots Langley, Chorleywood, Rickmansworth, Sarratt and South Oxhey.

T 01727 649980

E travel@communities1st.org.uk

Community Cars
Volunteer-led transport service for people who cannot use public transport, providing safe and affordable journeys to medical appointments, shopping, and social activities across Watford and Three Rivers. Bookings are available Monday to Friday.

T 01923 216950

W www.w3rt.org/community_cars

Employment

Hertfordshire Opportunities Portal
Explore career opportunities in Hertfordshire, including jobs and apprenticeships. You can also access tips on finding work experience and developing your skills.

E hopinto@hertfordshirefutures.co.uk

W www.hopinto.co.uk

JobCentre Plus - Watford
Provides a list of current job vacancies in the Watford area and can help with claims for income support and other benefits.

T 0800 169 0190

W www.jobhelp.campaign.gov.uk

ASCEND
Supports people facing unemployment, isolation, health and wellbeing challenges, and complex family circumstances to move positively towards employment, self-employment, training and volunteering.

T 0208 4201364

E contact@ascend.org.uk

W www.ascend.org.uk

Step2Skills
Is here for Hertfordshire residents whether you are out of work and want support into employment or simply need qualifications and courses to upskill, progress or enhance your wellbeing.

T 01992 556194

E step2skills@hertfordshire.gov.uk

W www.step2skills.org.uk

ARE YOU WORRYING ABOUT MONEY PROBLEMS?

There is a range of support available if you are struggling with rising living costs



threerivers.gov.uk

THREE RIVERS DISTRICT COUNCIL

Financial and housing advice

Citizens Advice Service Three Rivers

Provide advice on employment rights, benefits, debt, money, housing and more. Contact one of the CAB offices on the numbers below.

South Oxhey.
T 0208 515 8321

Rickmansworth.
T 01923 293136

Abbots Langley.
T 01923 271707
W www.threeriverscab.org.uk

Advice line (nationwide) *Monday - Wednesday 10am - 9pm. Thursday and Friday 10am - 8pm. Saturday 10am - 4pm.*
T 0800 144 8848

Council Support Schemes

People on low incomes may be able to get Housing Benefit, Discretionary Housing Payments and Council Tax Support from Three Rivers District Council. All schemes will depend on your current circumstances.

T 01923 776611

E enquiries@threerivers.gov.uk

W www.threerivers.gov.uk

Three Rivers District Council Housing Options Team

Housing advice to those that are homeless or at risk of homelessness.
T 01923 776611

E housingenquiries@threerivers.gov.uk

W www.threerivers.gov.uk/services/housing

HertsHelp

A network of community organisations providing advice and support for Hertfordshire residents.

T 0300 123 4044

E info@hertshelp.net

W www.hertshelp.net

Age UK Hertfordshire

Support and advice for older people (50+), their families and carers.

T 0300 345 3446

E info@ageukherts.org.uk

W www.ageuk.org.uk/hertfordshire

Watford Mencap

The Advice and Information Service offers free and confidential advice to people with learning disabilities and their parents and carers..

T 01923 713620

E admin@watfordmencap.org.

W www.watfordmencap.org.uk

Turn 2 Us

A national charity providing practical help, information and easy to use benefits calculator.

T 0808 164 8817 (Help Through Hardship)

W www.turn2us.org.uk

StepChange

Advice on debt and money management.

T 0800 138 1111

W www.stepchange.org

Food

Foodbanks

If you need emergency food in Three Rivers, food banks can provide food parcels. You'll need a food voucher first; to get one, call **01923 776611**, visit a healthy hub, or contact Three Rivers Citizens Advice, HertsHelp or your local family centre.

Healthy Start Vouchers

Help to buy fruit, vegetables and milk if you're pregnant or have a child under 4 and are on a low income.

T 0300 330 7010

E healthy.start@nhsbsa.nhs.uk

W www.healthystart.nhs.uk

Community Supermarket

Provides help for people struggling with accessing healthy food and everyday essentials, with all items priced under £1 and low subscription costs

T 01727 649900

E info@communityhelpherts.net

W www.communityhelpherts.net

Energy Support

Heating & Energy

Three Rivers Home Energy Support Service
A free helpline open to all Three Rivers residents for impartial support and advice on energy saving, energy bills and energy efficiency improvements.

T 0800 107 0044

W www.bhbh.org.uk

Grand Union Community Energy

Improves local community resilience in the face of increasing energy costs and climate change.

T 01442 353276

E info@guce.org.uk

W www.guce.org.uk