



For a referral please contact the
Access Team

Call: 020 8356 6262
(Mon - Fri 9am - 5pm)

Minicom: 020 8356 3356

Fax: 020 8356 4638

Email: access@hackney.gov.uk

Write to:
Hackney Council
Access Team
2nd Floor
Hackney Service Centre
1 Hillman Street
E8 1DY

Social care professionals can
also make referrals to this
service.

City and Hackney 
Teaching Primary Care Trust

Produced by Hackney Design, Communications & Print • December 2010 • PJ43486



Happy and Healthy
in the City and Hackney
(3H)

 **Hackney**



3H is a FREE service helping people stay happy, healthy and independent!

Who is it for?

3H is for people who:

- live in Hackney
- are aged 55 and over
- need a little extra support

What can we do for you?

We can:

- offer support and advice
- help you contact another service
- organise a volunteer to support you
- keep in touch to see how you are getting on

Examples of where we can help:

“I would like to be more active, but don’t like going out on my own”

Tariq, aged 63

“I would like to meet other people, as I feel lonely”

Jemima, aged 71

“I had 5 falls in the last 6 months and I am very scared of having another fall. I need some help to build up my confidence”

Mary, aged 81

“I want to move house so that I am closer to my family”

Daniel, aged 78

“I would like to talk to someone”

Sunita, aged 61

“I am really worried about our finances, my husband used to look after this”

Awrala aged 78

“I would like to go swimming again”

Michael, aged 58

“My family helps me a lot but I would prefer to do things on my own — all I need is a helping hand”

Irvin aged 91

There are lots of ways to make people feel happy and healthy. What would make you happier and healthier?

