Independent Living

The magazine of Hertfordshire Independent Living Service

Please take your free copy

Inside:
• Puzzles
• Recipes
• Life stories
• Memories
and much more!

A visit to the Jubilee Centre...

Happily Ever After
Michael and Joan celebrate 60 years of marriage and a letter from the Queen!

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We’re proud winners of
THE QUEEN’S AWARDS FOR ENTERPRISE: SUSTAINABLE DEVELOPMENT 2019

We’re driven by a commitment to producing great food, while doing business that respects people, the environment and the wider community. In doing so we believe we can make a real difference to the lives of our customers, some of whom are the most vulnerable in our society.

apetito is proud to work in partnership with Hertfordshire Independent Living Service.

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Welcome to the fourth edition of our HILS magazine, ‘Independent Living’

Being the Chief Executive of HILS is both an honour and a delight, but one of the extra benefits is being able to read the wonderful articles and stories about our amazing clients in our magazine before anyone else!

In this edition I’ve loved reading about William who creates remarkable models from Lego, and Michael and Joan who received a letter from the Queen; what famous clients we have! I also enjoyed the Summer Memories shared by our Kingfisher Club clients, and the fun and happiness of those recollections. It reminded me that retaining a joyful spirit and a playful heart is important for us all, at every age and stage of life. I remember very clearly my Grandmother telling me (at the grand age of 86) that she still felt 18 on the inside. Staying young at heart is something which many wise people have written about. One of my favourite quotes is from George Bernard Shaw who said: “We don’t stop playing because we grow old; we grow old because we stop playing.”

Occasionally I’m lucky to accompany one of our caring HILS team members as they go about their work, delivering meals, doing exercise sessions, or leading games and crafts in our fun clubs. But whatever their role, I’m always struck by the laughter that accompanies every interaction with our clients, by the jokes made and the memories shared.

I hope that you will have great fun reading this magazine, and I’d love to hear from you if you’d like to feature in the next one. But in the meantime, I hope that you will find something that makes you laugh, and remember that we’re never too old to have fun!

With warmest good wishes to you all.

Sarah Wren, MBE
Chief Executive
Hertfordshire Independent Living Service
Having recently celebrated 60 years of marriage, Michael and Joan share some of their most cherished memories and look back on the early days of their relationship.

On New Year’s Eve in 1958, 22-year old Michael was busy preparing for a dinner dance and a blind date with an unknown lady. He did not suspect that this would be the beginning of a 60 year romance that would result in three children, nine grandchildren, and three great-grandchildren.

An unexpected meeting

Michael: I used to work in a factory where we made suspension springs. My friend Biff, the work foreman, invited me to join him and his wife to celebrate New Year’s Eve. Well, I said “okie dokie” and a few days later he dropped a bombshell

– he said “my wife is bringing along a friend as a date for you”. And that’s how we met!

I should have known I was doomed, really. Here’s the thing: Joan’s first name is actually Margaret, and my middle name is James, so we both have the initials “MJ”!

Where was your first date?

Michael: I remember that I was getting ready to meet her and trying my best to look like Tony Curtis with the combed, quiff hair. I was the only boy so I had my own bedroom and was spoilt rotten. My mum walked by and said “Oh, got a date have we?” I said that I did and that I had known this girl for a couple of weeks. Since I was the only boy, my mother wanted to check out any girl that I went with more than twice, so Mum told me to bring her round for tea at the weekend. Anyway, that weekend I met her at the bus stop and walked her to my house. For some reason I didn’t use my key, instead I knocked on the door. My mum opened the door and just as I was about to introduce them, Mum grabbed Joan, shouting “Oh, hello Joan! Do come in”; they left me on the doorstep feeling very confused. Turns out they were old friends!

Joan: He’s right, he did just say “Shall we get married?”, and I said “Yes”.

Michael: We got married at Willesden registry office. Nothing fancy, just a short simple ceremony, over and out!

How did Michael propose?

Michael: I didn’t get down on one knee or anything. I just said “Oh you, how about it?” But it worked!

Joan: He’s right, he did just say “Shall we get married?”, and I said “Yes”.

Michael: Then we bought our first house in Neasden for a couple of thousand pounds, with grass out front, a back garden and three bedrooms— it would probably be worth a whole lot more now, I wouldn’t like to be young and starting out in London today!

What’s your most memorable anniversary?

Joan: Well, we’ve had so many now. The 50th was good, we went to Luton Hoo. Our oldest, Tony, booked it all for us. We had a meal and stayed overnight with our whole family, it was a lovely surprise. Our faces when we walked in and saw them all there! It was magical.

How did you know Joan was the one?

Michael: I don’t know, it’s difficult to say. We just hit it off, from the first date. I used to change girlfriends faster than my socks. Maybe it’s because she’s a much better dancer than me. I’m brilliant at the jive, but she can do it all!

Michael: It wasn’t actually that mysterious. When I first left school, I worked in a grocery shop and his mother used to come in during the rationing, that’s how we got to know each other.

Michael: In a word, obedience!

Joan: But on our 60th we had a card from the queen! My two daughters bought these lovely frames for us to put it in. Then we went to Luton Hoo again with all the family, it was lovely. Oh… and since it was our diamond wedding anniversary, he did get me a diamond ring.

What is the secret to a happy marriage?

Michael: In a word, obedience! She who must be obeyed, I always say. If she tells me to do something, I do it on the spot.

Happily ever after
Health and Wellbeing Client of the Season

HILS Health and Wellbeing services are designed to help people to improve their wellbeing through good nutrition and safe physical activity. We hear so many incredible stories of people who, with hard work and determination, have made some truly astounding changes to their lives. Our new ‘Health and Wellbeing Client of the Season’ award was created to celebrate their successes and inspire other older people to take part.

Our first ever Health and Wellbeing Client of the Season winner was 87-year-old Derick Moore, who joined our Active Ageing programme in the spring of 2018. Back then, Derick was frustrated that he no longer had the strength to hold up his head to eat at the table, and couldn't look after himself the way he used to.

Despite these challenges, he was determined to get some of his independence back. On joining Active Ageing, Derick began receiving one-to-one support from Nicki, a HILS exercise instructor who specialises in helping frail older people to become more physically active. In just nine weeks, his family was already seeing improvements.

"Last year, Dad was drinking from a baby’s feeder cup because he couldn’t lift his head to drink from an ordinary cup,” says his daughter, Karen. "Now when I cut his hair and trim his beard, he is able to hold his head up so I can get under his chin. Brilliant!"

But Derick was determined to be able to stand up and take a few steps without support.

“We have been working very hard on building up his core strength and leg muscles,” says Nicki. “Derick is now able to stand with virtually straight legs. He has taken one hand off the frame, which was an impossible task when we first started, and has even managed to take his first four steps! We both cheered with delight when Derick did this, it was so uplifting to see how happy it made him.”

"It is so inspiring to see people like Derick refuse to let age, or poor health, prevent them from leading happy and fulfilling lives,” says HILS Chief Executive, Sarah Wren. She adds: “Every day, I hear such wonderful stories where, with a bit of support and a tenacious spirit, our clients are able to regain their independence and start feeling healthier.” A huge well done to Derick on achieving your aims and becoming our very first Health and Wellbeing Client of the Season!

Celebrating our Health and Wellbeing Client of the Season

Before Active Ageing

Nine weeks later

One year later

Nicki presenting Derick with his award!
William the Lego legend

Walking into William’s apartment is like entering a wonderland. Everywhere you look there are fantastic cars, trucks, lorries – even a fully functioning Ferris wheel!

Each one of these meticulously crafted miniatures is made from Lego or wood, and can take from just five days to two months to construct.

William’s interest in Lego building started three years ago after his wife of many years, Betty, passed away. He had always enjoyed constructing wooden and matchstick models, but found himself drawn to the colourful plastic bricks as a way to maintain his manual dexterity.

“I’ve got limited movement and hardly any feeling in my right hand from a damaged nerve, plus arthritis in both knees and a few other problems”, says William, “But I don’t take any notice of it, I don’t let it get me down!”

In this short time, he has gone from building tiny four-inch Mini Cooper replicas, to creating a 4,124 piece rollercoaster, with carts that actually roll around the track!

However, for this lifelong car fanatic, William’s favourite piece is his 22-inch Bugatti with a fully functioning engine.

“The racing cars are always my favourites, but I’ve done most cars I can get my hands on!” he says. William keeps up-to-date with Lego’s latest releases, and always excitedly anticipates the arrival of new models: “You should see the size of the boxes they come in, it’s really exciting!”

Costing from £150 to up to £350 per model, it’s not the cheapest hobby. However, it does make buying William birthday and Christmas gifts easier. “My family got me the blue Bugatti for Christmas a few years back, it cost £329! We have tried some of the cheaper brands, but they’re just not as good.”

For the past few months, William has actually taken a break from building any new models and has been focusing his efforts on repairing his collection, after they were damaged while moving home.

“A lot of them fell apart after I moved, so I’ve been mending them. Some pieces are really fiddly and fall out, so I’ve got a special glue to stick them on.” Ever the creator, William isn’t one for sticking to the instructions either.

“I do copy the book a bit, but I’ve got pieces from other models left over, so sometimes I make them my own way.”

William also enjoys making rugs for family and friends, including a stunning landscape featuring a waterfall.

“I used to make rugs with my wife Betty. I like to take a break from Lego sometimes and make rugs instead.”

William the Lego legend

Just like James Bond!

William’s pride and joy: A replica Bugatti

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Lego-making isn’t William’s only talent!
Maintaining a healthy weight is vitally important for good health. We often hear about the negative effects of overeating, but did you know that being underweight can be just as dangerous? As people get older, they may find their appetite getting smaller and find it more difficult to eat enough to maintain a healthy weight. Fortifying meals is an easy way to increase the calorie and nutritional value of your meals. By fortifying your foods, you can increase your intake without increasing your portions! Why not try these fortified recipes for yourself?

**Scrambled eggs**

You’ll need:
- 2 medium sized eggs
- 15g butter
- 1 heaped tablespoon of skimmed milk powder
- 2 tablespoons of cream cheese

Let’s start with breakfast

1. In a bowl, whisk together the eggs, skimmed milk powder and cream cheese.
2. Place a non stick pan on a medium heat to melt the butter.
3. Once fully melted add the whisked egg mixture.
4. Wait 20 seconds, then begin to gently stir the eggs until they begin to form fluffy clumps.
5. Once cooked to your liking, turn off the heat and serve immediately.

For some extra calories, why not enjoy with some baked beans?

**100 calorie boost!**

Having extra snacks between meals is a great way to eat more calories, each of these snacks below provide 100 calories.

- 2 Quality Streets
- 1½ Digestives
- 15g of walnuts
- 2 Jaffa Cakes
- 40g of raisins

**Pea & Ham**

You’ll need:
- 60g peas
- ½ small onion, chopped
- 75ml vegetable stock
- 1½ tablespoons of double cream
- 1 heaped tablespoon of skimmed milk powder
- 2 slices of ham
- Thick slice of bread with butter

Soups can be great for hydration too!

1. In a saucepan, add the peas, chopped onion, vegetable stock, skimmed milk powder and bring to the boil.
2. Once the peas and onions are a mushy like texture, remove from the heat and add the double cream.
3. Blend the contents until smooth using a stand or hand blender.
4. Enjoy with chopped ham on top and thick slice of bread with butter on the side.

For more information on healthy weight gain and helpful recipes visit: www.hertsindependentliving.org/nutrition-and-wellbeing/

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**How clean are your teeth?**

Neglecting our gnashers can not only leave us uncomfortable or in pain, it can also affect the way we eat. A sore mouth, or ill-fitting dentures, can lead to a loss of appetite and taste. This can mean we eat less, or only eat certain types of foods, putting us at an increased risk of becoming malnourished. Some medications can even leave us with a dry mouth and without the protective saliva we need to fight bacterial infections. But don’t worry! Here are some simple things we can do to keep our teeth and gums healthy.

- Always remove the dentures from your mouth before cleaning. Do this over a sink filled with water to avoid breaking them if dropped.
- Rinse them under water to remove any debris, then brush the teeth with a toothbrush as if they were your own.
- If you need to go into hospital, make sure that you label and store your dentures somewhere safe so they don’t get lost or damaged.
- If you struggle to get to your dentist, you may be able to arrange a home visit, by speaking to your dentist or GP.
- Make sure you have the right toothpaste by checking the label, it should have between 1400-1500ppm (parts per million) fluoride content.
- Clean your teeth twice a day and brush for two minutes, making sure you get every side and surface of your teeth.
- Don’t rinse your mouth out, this means the fluoride in the toothpaste stays on your teeth – which is good!

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**Top tips for a Colgate smile**

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**Top tips from HILS’ dietitians**

Healthy weight, healthy you!

Healthy weight, healthy you!

Healthy weight, healthy you!

Healthy weight, healthy you!

Our Community Dietitian Emmy shares some great advice for keeping the sparkle in your smile!
In February 2019, HILS launched a new service to help care homes across the west of the county to support their residents with their nutritional needs, delivered in partnership with Hertfordshire Community NHS Trust and Herts Valleys Clinical Commissioning Group.

The Nutrition Awareness team visits care homes to assess their nutrition knowledge, and provides training to help staff spot the signs of malnutrition. Care homes who demonstrate excellent nutrition support for their residents can achieve a bronze, silver, or gold accreditation in Nutrition Awareness.

“For years now, we’ve been seeing first-hand how something as simple as good food can really change people’s lives. It is a privilege to be partnering with the NHS and care homes to make sure that people get the best possible care. We’re thrilled, and so excited for what’s to come!” says Sarah Wren, HILS Chief Executive.

Care home staff have also been enjoying the training sessions with our Nutrition Awareness Team. “I now feel more confident in introducing new foods”, commented one participant. “If a resident is losing weight, I know I can do something by making small changes to their food and drinks.”

Sarah Nieberg is the care home manager for Rosebery House, which was recently awarded a silver accreditation in Nutrition Awareness. She agrees that this training was very useful for her teams. “Receiving the accreditation was really great for all of us. Although we were hoping for gold, we were still absolutely thrilled! It does the world of good to let staff know that they are doing the right thing.”

The Nutrition Awareness team has also been blown away by the resourcefulness of care home staff, who are trying to encourage residents to eat and drink enough. “We have been so impressed by the creative ideas in care homes”, says HILS Nutrition and Wellbeing Visitor, Phoebe Markwick. “From snack walls, pop-up restaurants, even a pretend pub…there are too many to name! It’s important that care homes are praised on the things that they are doing well, and we can help them with areas they want to improve on through our training.”
**Pyramid maths**

Fill in the gaps: Each adjacent number should total the number above:

```
405

23
14 9
7 7 2

24
8 3

4 6 9 7
```

**Mini Sudoku**

**Easy**

```
5 1
5 1
6 4
2 1
4
```

```
2 3
4
5
```

**Medium**

```
5 4 2
2 4 6
6
```

**Hard**

```
5 3 4
6 5
2 5
```

```
3 5
1 5
5 4
```

**A Royal word search**

Can you find all the Royals hidden in the word search below?

Elizabeth
Philip
Charles
Camilla
Diana
William
Kate
George
Charlotte
Louis
Harry
Megan
Archie

**A riddle to fiddle**

Can you answer the riddles below?

A boy has as many sisters as brothers, but each sister has only half as many sisters as brothers. How many brothers and sisters are there in the family?

When I’m hanging on a branch I’m green, but when you buy me in the market I’m brown. Filled with a sweet clear liquid that’s hard to reach, I’m something of a summer time treat. What am I?
Sun, sea and memories

We sat down with our Kingfisher Club members to look back on fond memories of the summer holidays

Trips to the seaside
"We didn’t have a car then so it was a long, boring journey. We had some chips which was a treat in those days." - Pam

"I was ‘demobbed’ to Blackpool. I also remember being evacuated. We were put on coaches and taken to Northamptonshire, no real holiday things were available." - Ron

"We went to the beach. When the sea came in it came up to our stomachs." - Amy

Fond memories
"We couldn’t afford a holiday but we used to play out until it was dark." - Alf

"My Grandma had a big house so we used to stay with her in the summer." - Stella

"We had to move to Wales in the war, I remember the house! I visited there once as we drove past that way to Ireland. They are wonderful memories." - Val

Midsummer mischief
"Every year my family went to Highfields Caravan Park in Clacton. One year my sister left me in the sandpit. Luckily enough I had a badge with my caravan number on the back. Just as my sister was getting a telling off, the lady that found me walked me towards my mum asking ‘Is this your daughter?’ As my mum thanked her, she clumped my sister around the ear!" - Kim, volunteer

"My mum went to dip her toes in the sea so me and my brother decided to hide her shoes. We made loads of sand dunes and hid her shoes under one of them, then when we were ready to leave the beach she asked where her shoes were. We were laughing and explained what we had done so we started knocking down all the dunes looking for them as my brother and I forgot which one we hid them under. After a long time searching, we never actually found them! My mum was not happy about walking into the town to buy new shoes, she was worried she was going to hurt her feet! After a slight telling off she saw the funny side and all was ok. Needless to say we never did it again!" - Gina, Club Co-ordinator

Do you have a special memory you would like to share in our next edition? Please write to us! See page 3 for our contact details.

Are you a budding artist, gardener, photographer, or creative crafter? We’d love to show our readers photos of your work! See page 3 for contact details.

“Art is not what you see, but what you make others see”
Edgar Degas
Located at the heart of St. Albans, the Jubilee Centre is a thriving community hub hosting a wide range of social and leisure groups, from baby sensory classes, to ballroom dancing, and chair-based yoga sessions. It is also home to our Kingfisher Club, a drop-in lunch club, and is a base for our county-wide meals on wheels service. But this hasn't always been the case!

The Jubilee Centre opened its doors in 1896 as a Victorian school called Garden Fields, which operated until the late 1970s. During this time several events were recorded. The chronicles of the Jubilee

For decades head teachers made notes in a log book recording all affairs from stationery deliveries to historic events like the end of World War I. Around the 1900s it was recorded that the railings around the school playground had been removed for quite some time. The lack of security left the building vulnerable to vandals who set fire to a bin! To the delight of both the school and residents, new railings were later erected in 1970, but this wouldn't be the last time the building would be subject to anti-social behaviour.

In the later part of the decade, the school was eventually sold to the City & District Council and was converted into a day centre for older and disabled people. The centre featured a drop-in restaurant and was also used to prepare meals on wheels - much like it is today!

But despite its service to the community, in 1986 the building was raided yet again when vandals broke through a kitchen window and gained entry to the building. They wreaked havoc on the community hub destroying equipment, overturning furniture and causing chaos in the kitchen, so much so that the Centre's daily 'Senior Citizens Club' was cancelled.

A cycle of community support

In 2008, the Jubilee Centre was reborn when St Albans City and District Council partnered with HILS to revitalise the building and attract a new generation of residents through its doors. Following a much-needed refurbishment, we moved our meals on wheels service into the Centre, established a drop-in restaurant for older people and our Kingfisher Club. Since then we have delivered almost one million tasty and nutritious meals to older and vulnerable people from this site alone!

Helping you get together

Over the past couple of years, the Jubilee Centre has also benefited from the support of a dedicated group of residents, called the Friends of the Jubilee Centre. With their help, we have been working very hard together to improve the building further as well as organising an array of fun events. Not only have we attracted thousands of locals to the Centre, we even had a royal visit from the Duchess of Cornwall who met with attendees at our annual Christmas Luncheon!

The Friends of the Jubilee Centre (FJC) was established in 2018 to galvanise the community to come together and support the recognition of the Jubilee Centre as a valuable community asset. Since the Association’s launch, they have worked hard to improve the appearance of the building and encourage new initiatives that promote intergenerational connections, whilst combatting loneliness and isolation.

To get involved or find out more, visit: friendsofthejubileecentre.org

If you're in the area, why not pay us a visit, or come to one of our events?

To stay up to date with all that's happening visit our event page here:

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Charitable objectives:

1. The relief of poverty, sickness and disability by the provision of meals and services to people who are elderly, frail, ill, disabled or otherwise in need.

2. The relief of unemployment.

We reinvest any surplus into helping our clients and expanding our services. We also like to give our clients small gifts throughout the year, to make them feel special and cared for. Previous gifts included our teddy bears, calendars and free cream tea packs. Without kind donations, this would not be possible.

Sarah Wren, Chief Exec. of HILS, says:
“I want to thank all our supporters who allow us to continue providing these vital services; we wouldn’t be able to do it without people like you. When you donate, you will be helping to support our work to tackle malnutrition and loneliness in our community.”

How to donate
We accept donations on VirginMoneyGiving. Find out how you can make a difference and Gift Aid your donation at: hertsindependentliving.org/fundraising/

By cheque:
Please make cheques payable to Hertfordshire Independent Living Service (HILS). PLEASE DO NOT SEND CASH IN THE POST.

By BACS:
Account name: HILS / Sort Code: 20-41-12 / Acc. Number: 3043 8413
If you need to get in touch with us about your donation, please contact: info@hertsindependentliving.org

Are you having sleepless nights worrying about a loved one and unsure of what care service you need?

Quantum Care offer a range of high quality services whether you are looking for long-term residential care, specialist dementia care, a short respite stay or just extra support during the day.

Telephone or visit your local Quantum Care home today for some friendly professional advice, no appointment necessary.

Quantum Care for care, not profit

Providing high quality care in comfortable homely surroundings in Hertfordshire, Bedfordshire and Essex.

HILS Puzzle Page answers

Answers to the puzzles on pages 14 and 15...

Pyramid Maths solution:

Easy Medium Hard

A Royal word search

A riddle to fiddle
How many brothers and sisters are there in the family?
Answer: Four brothers and three sisters

What am I?
Answer: A coconut
Meet the team

We share so much about you and your amazing stories, we thought it would be nice if you heard from us! HILS has over 250 team members working tirelessly across the county of Hertfordshire. From delivering meals on wheels, to our community based and wellbeing support services, our teams are dedicated to helping you stay happy, healthy, and independent.

I love that every day is different and it’s never a chore! I spend more time with the team than anyone else, so it’s a bonus that we get on so well.

I really believe in the service that we provide and I am really happy to be a small part of it all. Plus the team we have here at Hertfordshire makes coming to work even more enjoyable!

My best memory is working in the snow when the ‘Beast from the East’ hit, it was awesome. We all came together and helped out to ensure everyone received a meal, it was a show of true British grit and determination!

I have had the pleasure of working Christmas Day on a few occasions whilst at HILS. There is a special atmosphere at work amongst the team who have all given up time with their families to see our clients. It’s a humbling experience but a pleasure to do!

My favourite thing about volunteering for HILS is the team, everyone is really nice. But my favourite day is Friday, especially when there is cake!

I love meeting and supporting people from all walks of life, it’s a great privilege. I have so much fun I almost forget I’m working!

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Helping you make a difference

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Active Ageing
Exercise support to help you be more active and mobile.

Advocacy
Supports people to make the right decisions regarding their care and support. HertsHelp: 0300 123 4044

Breakfast meals
Available to meals on wheels clients at an additional cost, delivered at the same time as your hot lunch time meal.

Chef cover
We can provide food for chef cover at lunch clubs or day services. In an emergency, we may be able to provide meals with 24 hours’ notice.

Community centre
Based in St Albans, featuring a weekday drop in restaurant, and rooms to hire seven days a week. Jubilee Centre: 01727 847264

Eye testing
Free home eye testing service available through A1 Opticians. A1 Opticians: 0800 023 4964

Food & Grocery packs
Free emergency food packs containing three days’ worth of food delivered to your home for those facing a crisis HertsHelp: 0300 123 4044

Hertswise
Countywide dementia support groups. HertsHelp: 0300 123 4044

Home from Hospital bags
Free grocery pack containing essentials for those leaving hospital.

Kingfisher Club
St Albans based fun club for people living with dementia.

Keysafe installation
Supply and installation of keysafes, helping you to feel safe at home. T: 0330 2000 167

Lunch club service
Food for groups, delivered hot and ready to serve in multi portion containers at your club or day service.

Meals on wheels
365 day a year hot meals on wheels service delivered to your home, between 11:30am and 2pm.

Nutrition Awareness
Providing nutrition training and accreditation to care homes across West Hertfordshire.

Medication prompts
Available to meals and pop-in clients, at no additional cost. Must be referred by a health or social care professional.

Nutrition & Wellbeing service
Individual dietetics support available to all meals clients at no additional cost.

Pop in visits
Short, five minute lunch-time visits which help you to feel safer in your home, with the reassurance of someone visiting you each day.

Tea service
Available to meals on wheels clients at an additional cost, delivered at the same time as your hot lunch time meal.

Contact us:
0330 2000 103 (local rate number)
info@hertsindependentliving.org
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