Hertfordshire Independent Living Service (HILS) is a charity that helps older and vulnerable people stay living at home for as long as possible. We're all staying at home a lot more at the moment, and sometimes this can be hard. For older people, this can be particularly hard because they often live alone. This can make them feel more isolated, and lonely. We want to help them feel more connected, and we need your help.

Why do you think people sometimes feel lonely?

Can you think of a time when you've felt lonely or sad? Describe how you felt.

What did you do, or what did someone else do or say, to make you feel better?

Can you think of three things that make you feel happy?

Now that you've thought about things that make you feel happy, use this to write a comforting message, poem, or draw a picture, to help make someone else feel happy! HILS calls this a 'Hug by Post.' We will send our clients your hug and make them smile.