



Hertfordshire
Independent Living Service
Supporting your independence

HILS A-Z of Services

Active Ageing

Free in-home 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.

A1 Optician: **0800 023 4964**



Food & Grocery Packs

Free emergency food packs with three days' worth of groceries delivered to your home.

HertsHelp: **0300 123 4044**



Hertswise

Countywide dementia support groups.

HertsHelp: **0300 123 4044**



Unless otherwise stated, contact us on 0330 2000 103, choose Option 1, and select your local site.

Home from Hospital bags

Free grocery pack containing essentials for people 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.



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

Hot meals delivered to you in your home 365 days per year, between 11.30am and 2pm.



Medication prompts

Available to Meals on Wheels and pop-in clients, at no additional cost. Must be referred by a health or social care professional.



Nutrition Awareness

Providing nutrition training and accreditation to care homes across Hertfordshire.



Nutrition & Wellbeing

Individual dietetics support available to all Meals on Wheels 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

www.hertsindependentliving.org