

Includes a
**FREE hot lunch
& refreshments**
donated by HILS

OPALS

Older Persons
Activity Learning
and Safety

FREE EVENT

**offering safety information,
help and advice for the older person**



11th November 2025 • 11am – 3pm

Adeyfield Community Centre

The Queens Square, Adeyfield, Hemel Hempstead, HP2 4EW

To register contact Terry Morris on **07740 670 642**
or email **terry.morris@hertfordshire.gov.uk**



HERTFORDSHIRE
CONSTABULARY

Prevention First

Attendees include: Hertfordshire Fire and Rescue, Hertfordshire Police, Hertfordshire Trading Standards, Neighbourhood Watch, Small Acts of Kindness Hertfordshire, Herts Independent Living Service (HILS), AGE.UK, Live Longer Better and many more helpful organisations.