

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**



**12<sup>th</sup> May 2026 – 10am-2pm**

**Stanborough Conference Centre**

609 St Albans Road, Garston, Watford, WD25 9JL

To register contact Terry Morris on **07740 670 642**  
or email **[terry.morris@hertfordshire.gov.uk](mailto:terry.morris@hertfordshire.gov.uk)**



**HERTFORDSHIRE  
CONSTABULARY**

**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.