

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**



**23rd May 2024 • 10am-2pm**

**Meriden Community Centre**

Garsmouth Way, Watford, WD25 9ET

Contact Terry Morris on **07740 670 642**  
or email **[terry.morris@hertfordshire.gov.uk](mailto: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), and many more helpful organisations.