

Good Morning

I'm getting in touch from Hertfordshire Independent Living Service (HILS) in regards to our 'Hugs by Post' project. Throughout the recent lockdown, we have been delivering meals on wheels to thousands of clients every day. One thing that struck us was the isolation many of our clients faced, and so we decided to start the 'Hugs by Post' project to help our clients feel less alone, and make sure they knew that their local community cared about them.

Hugs by Post asked young people across Hertfordshire to send us a **colourful drawing, an uplifting message, or poem** for us to send to our clients. As lockdown begins to ease, many of us will start to see our family members and friends outside again. Unfortunately, many of our clients are still required to self-isolate and so isolation and loneliness persists.



I'd also like to enquire to see if your **Town Council** can support the **promotion of this project** to ensure that enough children send in a creation so that we can deliver one to every client: this means we need almost 3000 creations. We think it's more important now than ever that we all reach out to the older members of our community in any way we can – for us, that's a '**Hug by Post.**' (This could be done via your Web Site, Facebook Page, Newsletter, etc)

Additional details about the project can be found on our website (<https://hertsindependentliving.org/news-media/providing-comfort-to-isolated-older-and-vulnerable-people-with-a-hug-by-post/>) and also a map of local drop off points for the artwork, poem or message. Please do let me know if you require any more information for consideration.

We hope you are staying safe.

Kind regards
Kathy

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Hertfordshire Independent Living Service is the operating name of Hertfordshire Community Meals Limited, a registered society number IP30206R under the Co-operative and Community Benefit Societies Act 2014, registered with the Financial Conduct Authority and as a charity with HMRC registration number XT37228.

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