



Be the Hero of This Story

"Those two days a week were when Rod laughed. Proper, full-on belly laughing. He wasn't laughing much by then, but on those days, he did."

Dementia takes so much. It stole Rod's confidence. It made him forget how to do the things he'd always been brilliant at. It left Sandra carrying everything—his care, his safety, his world.

"It was 24/7. I couldn't even put the Hoover round while he was here—I had to be with him all the time. I couldn't pop to the shops. I had to listen at night, in case he got up and hurt himself."

Then she found us.

At HILS' dementia groups, Rod had a place to go where he felt safe. Where he was Rod again, not just a man with dementia. There were familiar faces. People who understood. There was chocolate tasting and quizzes—*"He wasn't much good at those, but it didn't matter"*—and for a few hours each week, he belonged. And Sandra?

"It gave me time. To breathe. To be me again. It was a lifesaver."

When Rod passed away, Sandra didn't ask for flowers. She asked for something far more powerful—donations to HILS.

"We thought, if we asked people to give, it wouldn't be much. But even a small amount can make a big difference to a small charity. And this was the place that helped him. That helped me."

Now, you have the chance to do the same for someone else.

Your support isn't just a donation. It's laughter on a day filled with silence. It's a moment of peace for a carer running on empty. It's the difference between isolation and belonging.

You have the power to be the hero of this story. To change someone's life, just as HILS changed Rod and Sandra's.

Donate today. Because no one should face this journey alone.