



Health & Independent  
Living Support

Community  
Activities

# Friendship House

Friendship House, Wellfield Close,  
Hatfield, AL10 0BU



Do you want to get out of the house?  
To meet new people?

To take part in games and activities whilst  
enjoying unlimited tea, coffee and biscuits?

Then come and join us at **Friendship  
House** in **Hatfield**! Our fun, dedicated,  
welcoming team are here to meet you  
Monday to Friday 10am-3pm.

We have a variety of activities, as well as  
special themed days, outings and  
entertainers to keep you coming back. On  
top of this you will also have the option of  
joining in our daily drop-in lunch club.

Call, scan the QR code, or visit our website  
for more information.

**Call:** 01707 830835

**Call:** 0330 2000 103

**Email:** [hubs@hils-uk.org](mailto:hubs@hils-uk.org)

**Visit:** [www.hils-uk.org](http://www.hils-uk.org)



HILSHertfordshire

**Scan** the QR code to  
visit our website





# Come along and get involved

## Drop-in Lunch Club

Get together to enjoy a hot meal and a chat. Drop-in Lunch Clubs are open Monday to Friday from 11.30am – 2pm. Lunch is served from 12.30pm.

There is no need to book in advance, just come along.



## Group Exercise Classes

We run group exercise classes on Mondays and Thursdays at 11am. Sessions include gentle movement to improve your strength and balance, as well as some chair-based exercises. There is no need to book in advance, just come along.

**Hire one of our rooms for your group or event**

Visit our website for more details:

[www.hils-uk.org/support-for-groups/hire-a-room](http://www.hils-uk.org/support-for-groups/hire-a-room)



***All prices can be found on our website***