



Health & Independent  
Living Support

# How can you support HILS?

**Did you know that Health & Independent Living Support (HILS) is a charity?** All of the support we provide - from meals on wheels and exercise at home support, to dementia support and social groups - is either heavily subsidised or offered entirely free of charge!

Donations play a crucial role in sustaining these services and ensuring that we can continue to reach those who need our help the most. By supporting HILS, you enable us to provide essential care to vulnerable individuals in our community who rely on us every day.

**£50**

**can fund a free home-based exercise session for someone who needs a little support to get back on their feet**

**£40**

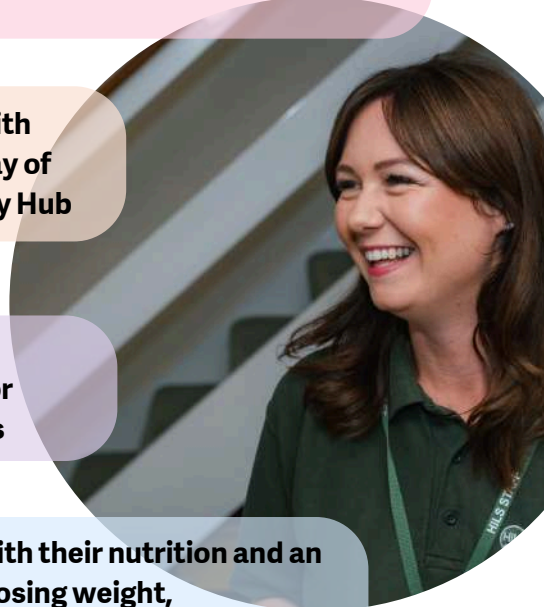
**can support someone living with dementia to attend a whole day of activities at a local Community Hub**

**£25**

**can provide a week's worth of emergency food & groceries for someone facing financial crisis**

**£10**

**can give someone extra help with their nutrition and an individual diet plan if they are losing weight, malnourished, or living with an illness**



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## How can you donate?



**Online:** visit our website at [www.hils-uk.org](http://www.hils-uk.org) to make a secure online donation. It's quick, easy, and ensures your support reaches those who need it most.



**By post:** send a cheque directly to us. Don't forget to include your contact information so that we can thank you for your donation!



**Leave a gift in your will:** if you would like to leave a lasting legacy in your will, please find the information to include overleaf, and be sure to tell us how you would like your gift to be used!



**Support HILS by raising funds:** whether you want to participate in a local event, take on the thrill of skydiving, or organise a bake sale, HILS is here to help. We can help you to promote your idea, no matter how big or small!

### Contact us

**Call:** 0330 2000 103

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

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