

## Carers in Hertfordshire Carer Hub Support Groups and Peer Led Groups



If you are interested in trying out any of the groups below, please either e-mail [learning@carersinherts.org.uk](mailto:learning@carersinherts.org.uk) or phone 01992 58 69 69 and let us know which group you are interested in. We will then call the carer contact for the group who will be able to confirm timings, dates and venues with you – as occasionally these may have to change.

The main purpose of these groups is for carers to offer each other practical and emotional support.

Name of Group	Where and When Meeting
<b>Carers in Hertfordshire Hub Group – Berkhamsted</b>	<b>Swan Youth Project, 137-139 High Street, Berkhamsted, HP4 3HH. Second Tuesday of the month, 10.30am – 12.15pm.</b>
<b>Carers in Hertfordshire Hub Group – Bishop’s Stortford</b>	<b>Bishop’s Stortford Baptist Church, Twyford Road, Bishop’s Stortford, CM23 3LJ. First Wednesday of the month, 10.30am - 12.30pm.</b>
<b>Carers in Hertfordshire Hub Group – Borehamwood</b>	<b>Allum Manor House &amp; Hall (Room 3), 2 Allum Lane, Elstree, WD6 3PJ. Second Thursday of the month, 10am – 12pm noon.</b>
<b>Carers in Hertfordshire Hub Group - Buntingford</b>	<b>Buntingford Library, 77 High Street, Buntingford, SG9 9AE Last Tuesday of the month, 10.30am - 12.30pm</b>
<b>Carers in Hertfordshire Hub Group – Chorleywood and Rickmansworth</b>	<b>Christ Church, The Common, Rickmansworth Road, Chorleywood, WD3 5SG. Third Monday of the month, 10.30am - 12.30pm.</b>
<b>Carers in Hertfordshire Hub Group – Harpenden</b>	<b>Batford Memorial Community Hall, 2 - 16 Tallents Crescent, Harpenden, AL5 5BS Third Thursday of the month, 10am – 12pm noon.</b>
<b>Carers in Hertfordshire Hub Group – Hemel</b>	<b>South Hill Centre, Cemetery Hill, Hemel Hempstead, HP1 1JF. Second Wednesday of the month, 10.30am - 12pm noon.</b>
<b>Carers in Hertfordshire Hub Group – Hoddesdon</b>	<b>Hoddesdon Baptist Church, Burford Street, Hoddesdon, EN11 8HX. Last Friday of the month, 10.30am - 12.30pm.</b>
<b>Carers in Hertfordshire Hub Group – Letchworth Garden City</b>	<b>Garden House Hospice, Gillison Close, Letchworth, SG6 1QU Third Wednesday of the month, 10.30am - 12.30pm. (Brotherhood Hall, Gernon Road, Letchworth, in May, July and October 2019).</b>
<b>Carers in Hertfordshire Hub Group – Potters Bar</b>	<b>King Charles the Martyr Church, 368 Mutton Lane, Potters Bar, EN6 3AS. Last Wednesday of the month, 10.30am - 12.30pm.</b>
<b>Carers in Hertfordshire Hub Group – Royston</b>	<b>Royston Town Hall (Heritage Hall), Melbourn Street, Royston, SG8 7DA. First Thursday of the month, 10.30am-12.30pm.</b>
<b>Carers in Hertfordshire Hub Group – St Albans</b>	<b>St Paul’s Church, Blandford Road, St Albans, AL1 4JP. Third Tuesday of the month, 10.30am – 12.30pm.</b>
<b>Carers in Hertfordshire Hub Group - Stevenage</b>	<b>Stevenage Leisure Centre, Lytton Way, Stevenage, SG1 1LZ. Last Thursday of the month, 10am – 12pm noon.</b>

Name of Group	Where and When Meeting
<b>Carers in Hertfordshire Hub Group – Ware</b>	<b>Allenbury Sports and Social Club, Harris's Lane, Ware SG12 0DJ</b> <b>Third Friday of the month, 11.15 am – 1.00pm</b>
<b>Carers in Hertfordshire Hub Group Watford</b>	<b>Peace Hospice, Peace Drive, Watford, WD17 3PH.</b> <b>Second Monday of the month, 10.30am - 12.30pm.</b> <b>(See end of list for Peer Led at ASDA).</b>
<b>Carers in Hertfordshire Hub Group – Welwyn Garden City</b>	<b>United Reformed Church, Church Road, Welwyn Garden City, AL8 6PS.</b> <b>Third Wednesday of the month, 12pm noon - 2pm.</b>
Caring for Carers in Mental Health Dacorum	c/o Herts Mind Network, 139 Leighton Buzzard Road, Hemel Hempstead, HP1 1HN. First Thursday monthly, 7.45pm – 10pm. Contact: Dick Lovelace 01442 823712 or 07850 186210.
North Herts Mental Health Carer Support Group	Mrs Howard Memorial Hall, Norton Way South, Letchworth, SG6 1NX. Third Thursday of month, 10am -12 noon.
Stevenage Mental Health Carers Support Group	Stevenage Wellbeing Centre, 13 Town Square, Stevenage, SG1 1BP. Cost: £2 per session. Second Tuesday of each month, 6pm - 7.30pm.
Guideposts Carers Group for Mental Health Carers	Henry Smith House, 3-5 Estcourt Road, Watford, WD17 2PT. Last Monday of every month excluding Bank Holidays, 6.45 pm – 9pm.
Carers Camera Club Welwyn Garden City	The Café, Campus West, Welwyn Garden City, AL8 6BX. Second Wednesday of the month, 10am – 12pm noon.
St Albans Stitch and Knit	Waterend Barn Pub, St Peter's Street, St Albans, AL1 3LE. Alternate Tuesdays, 10.30am – 12pm noon.
Abbots Langley Carers Network	Methodist Church Hall, Langley Road, Abbots Langley, WD5 0EJ. Last Wednesday of the month, 10.30am - 12pm noon.
The Pudding Club Bishop's Stortford	The Emmaus Centre, St James' Thorley, Bishop's Stortford, CM23 4BE. Third Monday of the month, 8pm - 9.30pm.
Hatfield Evening Group	Tesco Extra (Community Room), Mount Pleasant, Oldings Corner, Hatfield, AL9 5JY. Second Wednesday evening of each month, 7.30pm - 9pm.
Hertsmere Carers Coffee Morning Potters Bar	St John House, The Walk, Potters Bar, EN6 0QQ, (next to Parkfield Surgery). Meet alternate months first Friday, 10.30am - 12pm noon February, April, June, August, October, December.
Radlett Group	Radlett Reform Synagogue, 118 Watling Street, Radlett, WD7 7AA. (Please ring the bell for access). Second Wednesday of each month, 1.30pm - 3pm. (Not October).
Dawn to Dusk Carers Support Group St Albans	Charles Morris Hall, Tyttenhanger Green, St Albans, AL4 0RN. Thursdays 11am-1pm.
Stevenage Carers Lunch	Bistro, Stevenage Leisure Centre, Lytton Way, Stevenage, SG1 2UA. Second Monday of the month 12pm noon – 2pm.
Watford Carers Group	ASDA (Community Room), Odhams Industrial Estate, St Albans Road, Watford, WD24 7RT. First Thursday of the month, 10.30am – 12.30pm.

