



Charter House
Parkway
Welwyn Garden City
Hertfordshire
AL8 6JL

You are invited to the
SOUTH EAST HERTS CARERS HEALTH FORUM
Book your own breaks
Thursday 8th July 2010 at
Ware Priory, High Street, Ware, SG12 9AL

Come along to the next Carers Health Forum, jointly run by NHS Hertfordshire and *Carers in Hertfordshire*, and find out how to 'Book your Own Breaks' – a new flexible and stress free way to book breaks from your caring responsibilities. We will also have a talk on what patients (and carers) can expect from single sex accommodation when they have to stay in hospital.

10.15 Registration and Refreshments

10.30 Welcome/Introductions

10.40 Presentation and discussions:

Book your own breaks – Michael Sprittles, Crossroads Care Hertfordshire North

Single Sex Accommodation – what does that mean?
Catherine Pelley, NHS Hertfordshire

12.00 Feedback/Lunch

12.30 Close

To enable you to attend, alternative care for the person you look after and transport can be arranged. If you would like to attend please complete the form and return to Heather Aylward, NHS Hertfordshire, Charter House, Parkway, Welwyn Garden City, AL8 6JL, email heather.aylward@hertfordshire.nhs.uk or ring 07770584993

Regards,

Heather Aylward
Public Engagement Manager
NHS Hertfordshire

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Thursday 8th July 2010
Ware Priory, High Street, Ware, SG12 9AL

NAME
ADDRESS
POSTCODE
TELEPHONE
EMAIL

I AM A CARER OF:

Adult

Physical disability
 Learning Disability
 Mental Illness
 Frail, Elderly, Dementia
 Other, please state
 Autism

Child

If you need assistance to attend this meeting, please tick the appropriate box(es) and we will contact you for further information.

Transport Alternative Care in your absence

Special Dietary Requirements Loop System

I am unable to attend but would like to receive further information

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