



Registered Charity no. 1085491

Local offices:

01992 586969 – Hertford

01442 253344 – Hemel Hempstead

01462 456660 – Hitchin

contact@carersinherts.org.uk

Factsheet G1 About Carers in Hertfordshire

Carers in Hertfordshire is a countywide voluntary organisation providing free information and support to unpaid, family carers. We serve all carers wherever they live in the county and also have specialist mental health, young carers, parent carer and learning disability projects; also for family carers of someone who misuses drugs or alcohol. Many years experience with carers in widely differing situations enables us to understand many of the difficulties they face and to help them find solutions.

We can provide:

- **Information:** Available on local, countywide and national topics of importance to carers eg carers rights, benefits and support services. This is provided on an individual basis in response to specific enquiries and by our regular newsletter mailings.
- **Carer Planning Service:** Help to look at the impact caring has on your life and the best options for you, and the person you care for; talking through your individual requirements and assisting you to access services.
- **Training to Care:** Periodic workshops and training courses on many aspects of caring, with an emphasis on considering your own needs as well as those of the person you care for. Details are advertised in our local newsletters, which carers can receive, free, regularly. Details are also on the website www.carersinherts.org.uk
- **Involvement:** Opportunities to meet with other carers and contribute to a collective voice, speaking directly to service providers and planners. We also give carers a voice by bringing together their experiences across the county and using this knowledge to influence plans for future services.

Carers can contact us at any of our centres to receive confidential information and support tailored to their individual needs.

Hertford

The Red House
119 Fore Street
Hertford
SG14 1AX

Tel 01992 586969

contact@carersinherts.org.uk

Hemel Hempstead

22A High Street
Hemel Hempstead
HP1 3AE

Tel 01442 253344

west.team@carersinherts.org.uk

Hitchin

Theobald Business Centre
Suite 9 Knowl Piece
Wilbury Way
Hitchin SG4 0TY

Tel 01462 456660

east.team@carersinherts.org.uk

Carers in Hertfordshire was set up in 1995 as a carer-led charity.

The organisation is governed by trustees, some of whom are carers themselves.