

Mental Health Carers' Forums 2020

If you provide unpaid care to someone with a mental health condition this Forum enables you to meet up with others in a similar situation to you. You can hear from guest speakers about issues relevant to your caring role, share your views or concerns about Hertfordshire's mental health services, and agree responses to proposals for changes to services to feedback to those who plan or provide them.

Tuesday 7th January 2020, 10.30am - 12.30pm.

(Tea/coffee from 10am and a light sandwich lunch at the end.)

Tuesday 3rd March 2020, 10.30am - 12.30pm.

(Tea/coffee from 10am and a light sandwich lunch at the end.)

Tuesday 21st April 2020, 1pm - 3pm.

(Light sandwich lunch from 12.30pm.)

Tuesday 9th June 2020, 1pm - 3pm.

(Light sandwich lunch from 12.30pm.)

Thursday 30th July 2020, 7pm - 9pm.

(Tea/coffee & cakes from 6.30pm.)

Tuesday 22nd September 2020, 10.30am - 12.30pm.

(Tea/coffee from 10am and a light sandwich lunch at the end.)

Tuesday 10th November 2020, 10.30am - 12.30pm.

(Tea/coffee from 10am and a light sandwich lunch at the end.)

**All sessions are held at Oxlease House,
Travellers Lane, Hatfield, Herts, AL10 8TJ.**

To book to attend please:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk/events

We can discuss travel arrangements if you don't have your own transport and helping with the costs of alternative care to enable you to attend.



Carers
in Hertfordshire

charity registration number 1085491

Making Carers Count

About Carers in Hertfordshire

We support people providing unpaid care to someone who is elderly, disabled, ill, or misuses drugs or alcohol. We provide guidance and services to carers of all ages - children and adults - in Hertfordshire and those outside of the county caring for someone in Hertfordshire. We also support bereaved carers for three years after the death of the person they cared for.

Our advice, groups and training opportunities, are free to carers.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other organisations, we provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring, and have a voice in shaping services.

Our Care Service involves the provision of domiciliary care and carers' breaks by trained Care Support Workers. Carers' breaks are provided in Hertsmere, Three Rivers and Watford, and domiciliary care in Hertsmere. The service is regulated by the Care Quality Commission.

**Carers in Hertfordshire, The Red House, 119 Fore Street,
Hertford, Herts, SG14 1AX.**

Tel: 01992 58 69 69 Care Service Tel: 020 8905 1158

Email: contact@carersinherts.org.uk

www.carersinherts.org.uk

Our support for carers of someone with a mental health condition.

We have a team of Involvement and Development Workers who can support you in speaking up about the services that you, your relative or friend uses. They also help you to have a voice in service planning and performance monitoring. We also:

- Provide free training and learning opportunities;
- Give you a chance to meet and talk to other carers;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today if you don't already have one!)

