

C4A Carers' Group meetings 2019

The group is for carers of an adult with an Autism Spectrum Condition. It provides an opportunity to meet other carers, receive information and hear from speakers on issues relevant to your caring role.

You can also share your views about services in Hertfordshire with those who plan or provide them to help improve the support that is available in the county.

Monday 7th January 2019

Monday 4th March 2019

Monday 13th May 2019

Monday 1st July 2019

Monday 2nd September 2019

Monday 4th November 2019

**Where: Oxlease House, Travellers Lane,
Hatfield, Hertfordshire, AL10 8TJ.**

When: 7.30pm - 9.30pm

To book your place please:

Call 01992 58 69 69

Email: contact@carersinherts.org.uk

Or visit: www.carersinherts.org.uk

We can discuss travel arrangements with carers who do not have their own transport and covering the costs of alternative care if you need this 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 - children and adults - throughout Hertfordshire and those outside of the county caring for someone in Hertfordshire.

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 Crossroads Care Service (previously Crossroads Care Hertfordshire South) involves the provision of domiciliary care and Helping you Care (Carers Breaks) by trained Care Support Workers in Hertsmere, Three Rivers and Watford. It is regulated by the Care Quality Commission.

Carers in Hertfordshire

**The Red House, 119 Fore Street, Hertford,
Hertfordshire, 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 adults with an Autistic Spectrum Condition.

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

We also:

- Provide training and learning opportunities;
- Give you a chance to meet and talk to other carers in a similar caring situation;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one.)

