

Mental Health Carers' Forums 2019

Our Forums provide an opportunity to meet others who care for someone with a mental illness. You can also hear from guest speakers and learn more about local statutory and voluntary mental health services. We share information and concerns and agree responses to proposals for changes to local mental health services.

Tuesday 22nd January 2019

1pm - 3pm (Light sandwich lunch from 12.30pm.)

Tuesday 19th March 2019

10.30am - 12.30pm

(Coffee from 10am and a light sandwich lunch afterwards.)

Thursday 30th May 2019

1pm - 3pm (Light sandwich lunch from 12.30pm.)

Tuesday 16th July 2019

7pm - 9pm (Tea/coffee & cakes from 6.30pm.)

Tuesday 17th September 2019

10.30am - 12.30pm

(Coffee from 10am and a light sandwich lunch afterwards.)

Thursday 21st November 2019

1pm - 3pm (Light sandwich lunch from 12.30pm.)

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

We can discuss travel arrangements and also cover the costs of alternative care to enable you to attend.

You can get in touch via:

Tel: 01992 58 69 69

or email: contact@carersinherts.org.uk

or go to events at www.carersinherts.org.uk



making carers count