

How to contact us at Carers in Hertfordshire



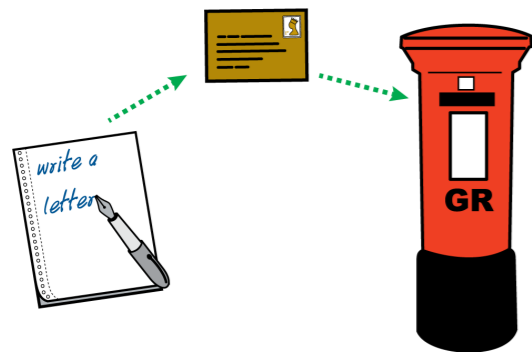
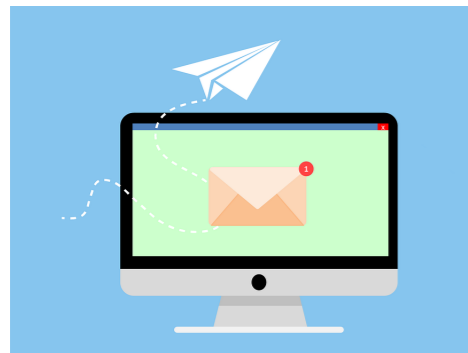
Phone: 01992 58 69 69

Office hours 9am - 5.30pm Monday to Thursday and 9am - 4.30pm on Fridays. Closed on bank holidays.

We also provide support Tuesday and Wednesday evenings until 7.30pm, mainly for carers who work during the day, contact us to discuss this.

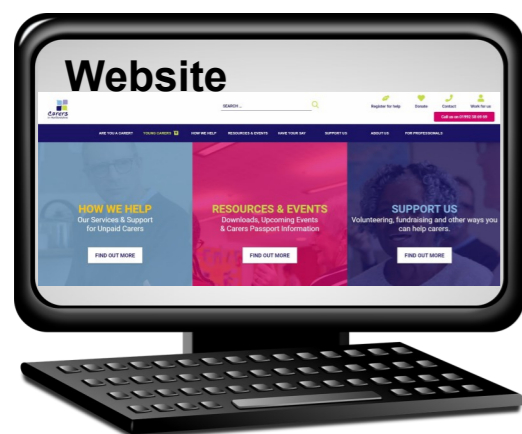
Send an email to:

contact@carersinherts.org.uk



Write to:

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



Website:

www.carersinherts.org.uk

Easy Read Factsheet

About the charity

Carers in Hertfordshire



Making Carers Count



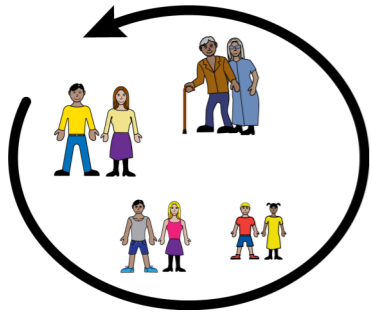
Who is this factsheet for?

People in Hertfordshire who look after a family member, friend or someone without being paid to provide help.

You could be caring for someone who is disabled, elderly or who misuses drugs or alcohol, or has a physical or mental illness. The person you support might live with you or somewhere else. They might be an adult or a child.

If you are a carer it is important that you are supported. Carers in Hertfordshire is a charity that is there to help you.

Our services: Who we support



We support people of all ages with a caring role. Children under 18 and adults.



You can receive our help or join our events and meetings for 3 years after the death of the person you supported.



You do not have to pay for the help you receive from us.

How we provide support



- Over the phone.
- Online.
- In person, face to face (in venues around Hertfordshire).



Carers in Hertfordshire respects your confidence and takes your privacy and data security seriously.

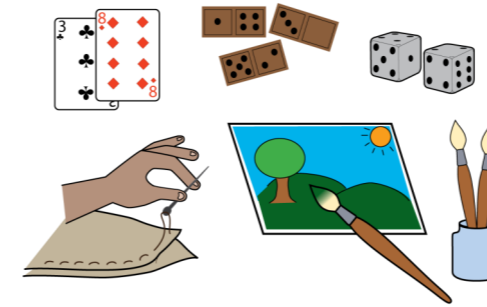
Our services



Information and advice

You can call, email, write or talk to us about your caring role.

Ask us questions or discuss any concerns you have.



Activities, courses, meetings and workshops

We offer a range of courses, meetings, workshops and events online and around Hertfordshire. Activities include walks, crafts, exercise sessions, first aid or topics to help in a caring role.

The activities offer a chance to:

- Meet other carers near you.
- Develop your knowledge or skills.
- Try something new.
- Have a break from caring.



Carers' Passport Discount Card

An ID card which you can use to get savings and offers in many businesses in Hertfordshire. Use it in places such as LloydsPharmacy, Nando's, or to get cheaper bus travel with Arriva. Full details are on our website or call us.

It can also be used to show someone you are a carer.

We have other services too, please contact us to find out more.