



**11-17 June 2018**



Carers Week is an annual campaign to celebrate and recognise the UK's 6.5 million carers who look after family or friends who are elderly, ill, disabled or who misuse drugs or alcohol.

For more information visit [carersweek.org](http://carersweek.org)

## Are you looking after someone?

If you live in Hertfordshire and look after a partner, relative or friend, unpaid, then Carers in Hertfordshire can support you.

Find out more:

**Call: 01992 58 69 69**

**Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)**

**Visit: [www.carersinherts.org.uk](http://www.carersinherts.org.uk)**



**Carers**  
in Hertfordshire

charity registration number 1085491

*Making Carers Count*