

# C4A Carers' Group meetings 2018

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 8th January 2018**

**Monday 5th March 2018**

**Monday 7th May 2018**

**Monday 2nd July 2018**

**Monday 3rd September 2018**

**Monday 5th November 2018**

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

**When: 7.30pm - 9.30pm**

We can discuss travel arrangements with carers who do not have their own transport and also cover the costs of alternative care.

**To book your place please:**

**Call 01992 58 69 69**

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

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



## About Carers in Hertfordshire

We are the leading charity that supports unpaid carers throughout Hertfordshire. We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local 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.

We support carers of all ages, including children.

The Crossroads Care Service (previously Crossroads Care Hertfordshire South) is now part of our charity. This Service is regulated by the Care Quality Commission and is available in Hertsmere, Three Rivers and Watford. It includes domiciliary care and Helping you Care (Carers Breaks).

### Carers in Hertfordshire

**The Red House, 119 Fore Street, Hertford, SG14 1AX**

**Tel: 01992 58 69 69**

**Crossroads Care Service Tel: 020 8905 1158**

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

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

*making carers count*

## Our support for carers of someone with a Learning Disability.

We have a Learning Disability and Autism Involvement Worker 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.)

