

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.)

Wednesday 20th March 2019

10.30am - 12.30pm

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

Thursday 23rd May 2019

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

Tuesday 16th July 2019

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

Thursday 18th 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. 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

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, Herts , 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 someone with a mental health condition.

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

We also:

- Provide free 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 today!)

