

Family Matters Event: Looking after you!

This event is for unpaid carers whose lives are affected by the alcohol or drugs use of someone they care about. Find out about what services are available to you as well as how to access them, and meet other carers.

**Please join us on
Wednesday 28th March 2018**

**At Howe Dell Community Hall,
The Runway, Hatfield, AL10 9AH**

10.30am – 2.30pm
Registration and tea and coffee from
10am. Light lunch provided.



**Carers
in Hertfordshire**

charity registration number 1085491

Making carers count

We will be hearing from Hertfordshire's drug and alcohol treatment service providers about what they offer Carers.

There will be complimentary taster session of Indian Head Massage, reflexology, hand massage and we will end with half an hour of seated yoga. Over the lunch period, there will be opportunities to visit treatment service provider information stands and speak to other carers and members of staff from Carers in Hertfordshire.

You can book a place via:

Tel: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk

We are happy to discuss travel arrangements with carers without their own transport. We can also cover alternative care costs to enable you to attend.