

# Why?

The involvement of family and friend carers is very much needed:

- To give family and friend carers a real say in what services are working well and how they are delivered
- To ensure those who plan services and those who deliver them hear about services which are not effective or supportive
- To ensure that services respect people's dignity, independence and promote recovery
- To ensure that family and friend carers get the help and advice they need, when they need it
- To influence the development of new and better services.



# Getting involved

If you can contribute in any way we'd be pleased to hear from you

Just contact Carers in Hertfordshire on **01992 58 69 69** to register your interest and we will be in touch

Alternatively, you can email us **contact@carersinherts.org.uk** (use subject: Drug and Alcohol Involvement)

Or, write to us at:  
**Carers in Hertfordshire**  
**The Red House**  
**119 Fore Street**  
**Hertford**  
**SG14 1AX**

And visit our website:

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

Carers in Hertfordshire. A company Limited by Guarantee.  
Registered Company Number 4131036 (England and Wales)



**NHS**  
East and North Hertfordshire  
Clinical Commissioning Group

**NHS**  
Herts Valleys  
Clinical Commissioning Group



Help for people affected by someone else's drinking

Making  
Carers Count

# Drug and Alcohol Carers' Project

Carers in Hertfordshire wants to encourage family and friend carers of people who misuse drugs or alcohol to become more involved in the planning and delivery of drug and alcohol recovery services.

In order to improve existing services and identify what's missing it is vital that the experiences and views of family and friend carers are listened to and acted upon.

We believe we can make a difference by working together.

## Who we are?

The Drug and Alcohol Carers' Project is funded by Public Health and Hertfordshire County Council.

The project has one Development Worker covering the county.

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

# What do we do?

Carers in Hertfordshire's Drug and Alcohol Carers' Development Worker will:

- Ensure that you are able to access support, advice, information and training to minimise the impact on your life of your loved one's drug or alcohol misuse
- Ensure that you are able to access the training and support you may need to help you represent your views and those of other family and friend carers to those who plan, commission and deliver drug and alcohol recovery services in Hertfordshire
- Provide you with the opportunity to meet and talk to other family and friend carers who have had similar experiences to your own



In addition we will:

- Regularly hold a Family and Friend Carers' Forum to share information, raise concerns and provide opportunities to hear from and talk to decision makers and service providers

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



- Ensure that you are informed about and supported (where necessary) to attend external opportunities to meet other family and friend carers, and other regular meetings and events where family and friend carers' views are welcomed and where we have the opportunity to influence service developments
- For those family and friend carers who are unable to attend regular meetings, we provide a Family and Friend Carers' Involvement Network where you can tell us about your experiences of services by email, telephone, responding to surveys or attending one-off workshops

*Our Development Worker will be pleased to receive your views and thoughts in the ways that suit you best.*

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