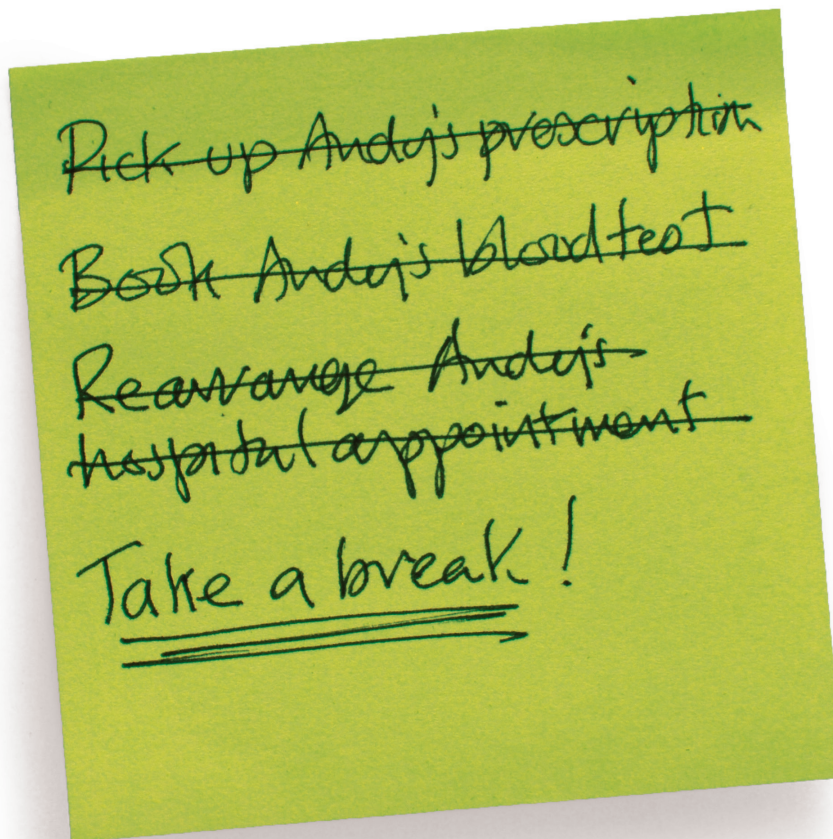


# Make a Difference

## Funded breaks for carers



Being a carer can take its toll. We can give you a funded break from caring through our **Make a Difference** scheme.



“Before I had this break I felt so isolated. It was difficult to refresh my perspective on problems or get a breath of fresh air. Now I feel healthier, more motivated and I enjoy life a lot more.”

Grants are available for all sorts of things such as gym membership, massage, a weekend away or a new hobby – whatever will have the greatest benefits for your health.

**Talk to surgery staff about a referral.**

Call us on **01992 58 69 69**  
or visit **[www.carersinherts.org.uk](http://www.carersinherts.org.uk)**  
registered charity number **1085491**

