

Mum? Husband? Dad?
Son? Wife? Daughter?
Partner? Relative? Friend?
Neighbour? Carer?



Whatever you call yourself, if you support someone who is ill or disabled and couldn't manage without you, you are a carer.

As a carer you need to look after your own health and wellbeing too. Carers In Hertfordshire is a local charity providing free help and support.

Pick up a leaflet today or contact us.

www.carersinherts.org.uk

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