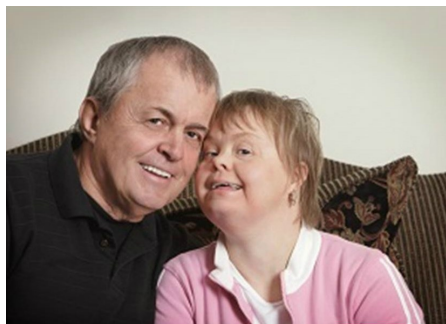


Are you caring for an adult relative or friend with a learning disability?

Yes, then why not come to our Learning Disability Carers' Forums to

- Connect with other carers; and**
- Influence improvements and developments to local services.**



Carers' Comments

“The Forum has helped me make sense of Hertfordshire’s plans and provision for adults with learning disabilities.”

“The sense of camaraderie and sharing experiences with others is very helpful.”

Please call Karen Malone on 07725 215490 to learn more about our Learning Disability Carers' Forum or email karen.malone@carersinherts.org.uk

Find out more about how Carers in Hertfordshire supports unpaid carers overleaf.



About Carers in Hertfordshire

We are a charity that supports people providing unpaid care to someone who is elderly, has a physical or learning disability, is ill, or misuses drugs or alcohol. We also support bereaved carers for three years after the loss of the person they cared for.



We provide free guidance and services to carers of all ages - children and adults - in Hertfordshire and those outside of the county caring for someone in Hertfordshire.

The services we offer include:

- Information and advice. Our Carer Support Advisors can help you plan your caring role and guide you through the health and care system;
- Courses and workshops to learn new skills or develop existing ones;
- One to one and group support including mentoring and Hubs;
- A Carers' Passport Discount Card that gives savings in shops, restaurants and other businesses;
- A Care Service in Hertsmere, Three Rivers and Watford that is regulated by the Care Quality Commission. This involves the provision of domiciliary care and carers breaks by trained Care Support Workers; and
- A voice for carers in Hertfordshire and representation on key decision making bodies.

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

Making Carers Count