

Carers in Hertfordshire's Carers Support Hub Groups and Peer Led Groups

The main purpose of the groups is to bring carers together so they can offer each other practical and emotional support in a friendly and welcoming setting. Sometimes there are guest speakers or activities such as mindfulness or chair yoga at the meetings.



If you would like to join in a group, we request that you book a place.

If the group nearest the area you live is at a time you cannot make, you are welcome to enquire about booking a place at another meeting. Please note the meetings may be subject to change so we advise you to contact us to check details.

If you would like to join in a meeting, please email contact@carersinherts.org.uk or phone **01992 58 69 69** and let us know which group you are interested in. If you are booking by phone, it would be useful if you could confirm your email address so that we can send you any relevant information or login information. You can also book online at www.carersinherts.org.uk/events.

Carers in Hertfordshire Hub groups meeting in community venues

Please do not attend if you are feeling unwell (such as coughing or sneezing) or you are displaying any COVID-19 symptoms.

Name of Group	When Meeting
Berkhamsted	Second Tuesday of the month, 11.15am - 12.45pm. The Vyne Theatre, Northbridge Road, Berkhamsted, Herts, HP4 1EH.
Bishop's Stortford	First Wednesday of the month, 10.30am - 12.30pm. Bishop's Stortford Baptist Church, Twyford Road, Bishop's Stortford, Herts, CM23 3LJ.
Borehamwood	First Wednesday of the month, 10.30am - 12.30pm. Allum Manor House & Hall, 2 Allum Lane, Elstree, WD6 3PJ.
Buntingford	Last Tuesday of the month, 10.30am - 12.30pm. The Manor House, High Street, Buntingford, Herts, SG9 9AB.
Chorleywood and Rickmansworth	Third Monday of the month, 10.30am - 12.30pm. Christ Church, The Common, Rickmansworth Road, Chorleywood, Herts, WD3 5SG.
Harpenden	Third Thursday of the month, 11am - 12.30pm. Harpenden Cricket Club, Harpenden Common, Harpenden, Herts, AL5 1DT.
Hemel Hempstead	Second Wednesday of the month, 10am - 11.45am. The South Hill Centre, Cemetery Hill, Hemel Hempstead, Herts, HP1 1JF.
Hoddesdon	Last Friday of the month, 10.30am - 12.30pm. Hoddesdon Baptist Church, Burford Street, Hoddesdon, Herts, EN11 8HX.

Name of Group	When Meeting
Letchworth Garden City	Third Wednesday of the month, 10.30am - 12.30pm. Garden House Hospice, Gillison Close, Letchworth, Herts, SG6 1QU.
Potters Bar	Last Wednesday of the month, 10.30am - 12.30pm. King Charles the Martyr Church, 368 Mutton Lane, Potters Bar, Herts, EN6 3AS.
Royston	First Thursday of the month, 10.30am - 12.30pm. Royston Town Hall (Heritage Hall), Melbourn Street, Royston, Herts, SG8 7DA.
St Albans	Third Tuesday of the month, 10.30am - 12.30pm. St Paul's Church, Blandford Road, St Albans, AL1 4JP.
Stevenage	Last Thursday of the month, 10.30am - 12.30pm. Stevenage Leisure Centre, Lytton Way, Stevenage, Herts, SG1 1LZ.
Ware	Third Friday of the month, 11.15am - 1pm. Allenburys Sports and Social Club, Harris Lane, Ware, Herts, SG12 0DJ.
Watford	Second Monday of the month, 10.30am - 12.30pm. Peace Hospice, Peace Drive, Watford, Herts, WD17 3PH.
Welwyn Garden City	Third Wednesday of the month, 12pm noon - 2pm. United Reformed Church, Church Road, Welwyn Garden City, Herts, AL8 6PS.

Groups meeting online via Zoom

- ❖ **Men's Carers' Group**, which meets the **third Tuesday of the month, 10.30am - 11.30am**. Please contact us if you'd like to join the meeting.
- ❖ **Evening Carers' Group**, which meets on the **second Wednesday of the month from 7pm - 8pm**. Please contact us if you'd like to join the meeting.
- ❖ **Morning Carers Group** which meets on the **second Friday of the month, 10.30am – 11.30am**. Please contact us if you'd like to join the meeting.
- ❖ **Reading Group** which meets on the **second Thursday of the month, 10.30am - 11.30am**. The frequency of these meetings is still to be confirmed so please do contact us for more details if you would like to join this meeting.

Other peer-led groups

In addition to our Carer Support Hubs a **Carers' Camera Club** meets monthly. The group has a mix of online and in person meetings, usually in Hatfield, so please contact the office for details. Our Carer Support Advisors should also be able to advise you of the carers' group that are led by carers or other organisations. You can contact them 9.30am – 5pm Monday to Thursday and 9am - 4pm on Fridays (except bank holidays) for advice or support related to your caring role.

To contact Carers in Hertfordshire:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk