

# Carers in Hertfordshire Support Hub Buntingford 2024

**Where:** Buntingford Town Council (The Manor House),  
High Street, Buntingford, Herts, SG9 9AB.

**When:** Last Tuesday of the month, 10.30am - 12.30pm.  
Please contact us to book a place to attend.

*A community for family and friend carers*

Meet other people providing unpaid care or help to a partner, relative or friend who is ill, disabled, elderly or misuses substances, and find out about the support available near you.

|           |             |            |              |          |             |
|-----------|-------------|------------|--------------|----------|-------------|
| 30th Jan  | 27th Feb    | 26th March | 30th April   | 28th May | 25th June   |
| 30th July | 27th August | 24th Sept  | 29th October | 26th Nov | None in Dec |

We organise a programme of speakers and activities as requested and one of our Carer Support Advisors attends three meetings a year to provide one to one information or advice. Find out more about what is planned on the listing for each meeting on our website at [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events) or contact us.

Meeting details may change and we advise checking with us before attending.

**There are also monthly groups in Ware (the last Friday of the month) and Royston (the first Thursday of the month) contact us for details.**

To contact us you can call 01992 58 69 69,  
email [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)  
or visit [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

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