



## Carers in Hertfordshire's Tips if you are caring for someone over the festive period



The festive season can be a time of celebration for many, but for others it can be difficult or filled with sadness or stress. Our Advisors have put together some tips to help you look after yourself during this time.

**Plan:** The more you can plan in advance, the less stressed you will be.

If you care for somebody in your home, talking to family and friends who may visit and letting them know what to expect before they arrive will help to minimise difficult situations.

If the person you care for likes routine and stability, you could talk them through what is going to be happening on the day if it is going to be different to their routine.

If you or the person you support have regular medication, have you or them got enough for the holiday period? If not, get a repeat prescription from your GP or Pharmacist (whoever you normally request it from).

**Inform:** Keep family, friends and trusted neighbours informed of your movements over the festive period. You could have key details on the fridge or somewhere else people will find them.

**Contingency planning:** Think about what would happen if you are unable to care for the person you support for any reason, or if the arrangements for the person you look after change. Have you got a plan? Who knows about it?

**Look after your own wellbeing:** Recharge your batteries by taking some time to yourself.

*Take a deep breath*

**Go with the flow** as much as possible as this time of year can be very stressful. Set realistic expectations for yourself and others.

**Keep things nice and simple:** Try not to overcomplicate things or give yourself too much to do.



**Talk to others:** Keep a list of people, such as friends, family, and professionals, that you feel comfortable talking to.

**Laugh:** Read a funny poem or card, watch a comedy, have coffee with a friend (even a virtual one), or do something that makes you happy.

**Ask for help or accept support:** Ask for help if you need it and say yes to people or organisations that offer to help – no matter how small.

**Keep a list of useful numbers and contacts:** Remember that many organisations will be closed for four days from 25th December 2025. We have listed some organisations below. You may want to add to the list.

Organisations	Telephone number
Hertfordshire Partnership University NHS Foundation Trust (for mental health support).	0800 6444 101 or NHS 111 and select option 2.
Hertfordshire County Council - Adult Care Services	0300 123 4042
Hertfordshire County Council – Children’s Services	0300 123 4043
Samaritans	116 123
Out of hours GP	111
Out of hours Dentist	111
Carers UK has a helpline, which will be open over the holiday period, including the 25th and 26th December 2025 and 1st January 2026. For more details about this visit <a href="http://www.carersuk.org">www.carersuk.org</a>	0808 808 7777
Hertfordshire NightLight Crisis Service Helpline Friday to Monday, 7pm to 1am each day.	01923 256391
HertsHelp - a free service that helps people get support with a wide range of issues, from money worries to loneliness. Open 10am to 4pm Christmas Eve (24th December) and 27th to 31st December 2025. Closed bank holidays. <a href="http://www.hertshelp.net">www.hertshelp.net</a>	0300 123 4044
Carers in Hertfordshire	01992 58 69 69

*Take a deep breath*

### **Our Holiday Opening Hours 2025/2026**

Carers in Hertfordshire’s phone lines will be closed on Thursday 25th and Friday 26th December 2025 and Thursday 1st January 2026. Our office will be open as usual the other times (9am-5.30pm Monday to Thursday and 9am-4.30pm on Friday).

Our Carer Support Advisors will be available as usual on:

Monday 22nd December 2025, 9am to 5pm.

Tuesday 23rd December 2025, 9am to 5pm.

Wednesday 24th December 2025, 9am to 5pm.

Monday 29th December 2025, 9am to 5pm.

Tuesday 30th December 2025, 9am to 5pm.

Wednesday 31st December 2025, 9am to 5pm.

Friday 2nd January 2026, 9am to 4pm.

Please call to discuss your own situation, for your own wellbeing or for practical support. We are here to support you.

Telephone: 01992 58 69 69

Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

Website: [www.carersinherts.org.uk](http://www.carersinherts.org.uk)