

# Carers in Hertfordshire Support Hub

## Harpenden 2026

**Where:** The Harpenden Trust (above the Co-op)  
130a Southdown Road, Harpenden, Herts, AL5 1PU.

**When:** Third Thursday of each month, 11.30am to 1pm.  
You could get a cuppa in the café before from 11am.  
Please contact us to book a place.

*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.

15th Jan	19th Feb	19th March	16th April	21st May	18th June
16th July	20th August	17th Sept	15th October	19th Nov	17th Dec

We organise a programme of speakers and activities with input from the group and based on requests. Find out more about what is planned on the listing for each meeting 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 is also a Hub that meets at St Paul's Church, Blandford Road, St Albans, the third Tuesday of the month, 10.30am to 12.30pm.**

**To contact us at Carers in Hertfordshire:**  
**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)**



*Making Carers Count*