

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

Our Carer Support Hubs are friendly, welcoming groups where carers can connect, share experiences, and support each other emotionally and practically. Some meetings include guest speakers or activities like mindfulness or chair-based exercise.

If you would like to attend a group, please **book a place** in advance. If your nearest group is at a time you cannot make, please ask about joining another Hub. Meeting details may occasionally change, so we recommend checking with us beforehand.

To book or find out more, email contact@carersinherts.org.uk or call 01992 58 69 69. You can also book online at www.carersinherts.org.uk/events via the listing for your chosen meeting.



Carers in Hertfordshire Hub groups meeting in community venues

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, Herts, 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, 11.30am - 1pm. The Harpenden Trust (above the Co-op) 130a Southdown Road, Harpenden, Herts, AL5 1PU.
Hemel Hempstead	Second Wednesday of the month, 10am - 11.45am. The South Hill Centre, Cemetery Hill, Hemel Hempstead, Herts, HP1 1JF.
Hitchin	First Monday of the month, 1pm - 2.30pm. Christchurch, Bedford Road, Hitchin, Herts, SG5 1HF.
Hoddesdon	Last Friday of the month, 10.30am - 12.30pm. Hoddesdon Baptist Church, Burford Street, Hoddesdon, Herts, EN11 8HX.
Letchworth Garden City	Third Wednesday of the month, 10.30am - 12.30pm. Hertfordshire Football Association, The County Ground, Baldock Road, Letchworth, Herts, SG6 2EN.
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.

Name of Group	When Meeting
South Oxhey	Second Thursday of the month, 1pm - 2.30pm. Oxhey Library, Bridlington Road, South Oxhey, WD19 7AG.
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, 10am - 12pm noon. The Oval Community Centre, Vardon Road, Stevenage, Herts, SG1 5RD.
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. St Luke's Church, Langley Way, Watford, Herts, WD17 3EG.
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:** meetings on the **third Tuesday of the month, 10.30am - 11.30am**.
- **Evening Carers' Group:** meetings on the **second Wednesday of the month, 7pm - 8pm**.
- **Reading Group:** meets the **second Thursday of the month, 10.30am - 11.30am**.
- **Morning Carers' Group:** meets the **second Friday of the month, 10.30am - 11.30am**.
- **Armed Forces Community** (people supporting someone serving or who has served in the UK armed forces): meets **monthly on a Thursday, 10am - 11am** (date varies, please check details on the events section of our website or contact us).
- **Hertfordshire County Council Employees Carers' Group:** meets the **first Tuesday of the month, 12pm noon - 1pm**.

Other peer-led groups

For bereaved carers we run two groups - one in Ware and one in Watford – please contact us for details of the meetings.

A **Carers' Camera Club** for current and bereaved carers with an interest in photography. Meetings are held monthly, usually the **second Wednesday of the month, 10.30am – 12.30pm**. The in-person meetings are usually in the Welwyn Hatfield area.

Pudding Club (socialise, share pudding and get support from other carers). Meets in the Thorley area of Bishop's Stortford, the **third Monday of each month, 8pm – 9.30pm**. Please contact the group leader Tricia Cooper on 07935 277039 if you want to attend.

Our Carer Support Advisors have details of other groups. The best time to contact them for advice or support related to your caring role is 9am - 5pm Monday to Thursday or 9am - 4pm on Fridays (except bank holidays). If you are unavailable during the day, we have some appointments on Wednesday evenings between 5pm and 8pm, please ask us about these.

To contact Carers in Hertfordshire:

Call: 01992 58 69 69 Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk

Thanks to the following for providing funding or a free venue for our carers' groups.

