

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 to 12.45pm. The Vyne Theatre, Northbridge Road, Berkhamsted, Herts, HP4 1EH.
Bishop's Stortford	First Wednesday of the month, 10.30am to 12.30pm. Bishop's Stortford Baptist Church, Twyford Road, Bishop's Stortford, Herts, CM23 3LJ.
Borehamwood	First Wednesday of the month, 10.30am to 12.30pm. Allum Manor House & Hall, 2 Allum Lane, Elstree, Herts, WD6 3PJ.
Buntingford	Last Tuesday of the month, 10.30am to 12.30pm. The Manor House, High Street, Buntingford, Herts, SG9 9AB.
Chorleywood and Rickmansworth	Third Monday of the month, 10.30am to 12.30pm. Christ Church, The Common, Rickmansworth Road, Chorleywood, Herts, WD3 5SG.
Harpenden	Third Thursday of the month, 11.30am to 1pm. The Harpenden Trust (above the Co-op) 130a Southdown Road, Harpenden, Herts, AL5 1PU.
Hemel Hempstead	Second Wednesday of the month, 10am to 11.45am. The South Hill Centre, Cemetery Hill, Hemel Hempstead, Herts, HP1 1JF.
Hitchin	First Monday of the month, 1pm to 2.30pm. Christchurch, Bedford Road, Hitchin, Herts, SG5 1HF.
Hoddesdon	Last Friday of the month, 10.30am to 12.30pm. Hoddesdon Baptist Church, Burford Street, Hoddesdon, Herts, EN11 8HX.
Letchworth Garden City	Third Wednesday of the month, 10.30am to 12.30pm. Hertfordshire Football Association, The County Ground, Baldock Road, Letchworth, Herts, SG6 2EN.
Potters Bar	Last Wednesday of the month, 10.30am to 12.30pm. King Charles the Martyr Church, 368 Mutton Lane, Potters Bar, Herts, EN6 3AS.
Royston	First Thursday of the month, 10.30am to 12.30pm. Royston Town Hall (Heritage Hall), Melbourn Street, Royston, Herts, SG8 7DA.

Name of Group	When Meeting
St Albans	Third Tuesday of the month, 10.30am to 12.30pm. St Paul's Church, Blandford Road, St Albans, AL1 4JP.
Stevenage	Last Thursday of the month, 10am to 12pm noon. The Oval Community Centre, Vardon Road, Stevenage, Herts, SG1 5RD.
Ware	Third Friday of the month, 11.15am to 1pm. Allenburys Sports and Social Club, Harris Lane, Ware, Herts, SG12 0DJ.
Watford	Second Monday of the month, 10.30am to 12.30pm. St Luke's Church, Langley Way, Watford, Herts, WD17 3EG.
Welwyn Garden City	Third Wednesday of the month, 12pm noon to 2pm. United Reformed Church, Church Road, Welwyn Garden City, Herts, AL8 6PS.

Groups meeting online via Zoom

- **Dementia Carers Group:** meets on the **first Friday of the month 1.30pm - 2.30pm.**
- **Evening Carers' Group:** meets 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.**
- **Men's Carers' Group:** meets on the **third Tuesday of the month, 10.30am - 11.30am.**
- **Hertfordshire County Council Employees Carers' Group:** meets the **first Tuesday of the month, 12pm noon - 1pm.**
- **Armed Forces Community Representation Group** (for people with a caring role and have served in the UK armed forces or those supporting someone who has served): meets **monthly on a Thursday, 10am - 11.30am** (usually the last Thursday of the month, but please check details on the events section of our website or contact us).

Other peer-led groups

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

A **Carers' Camera Club** for current and bereaved carers with an interest in photography. It meets monthly, usually on the **second Wednesday of the month, 10.30am - 12.30pm**, in the Welwyn Hatfield area.

Pudding Club (socialise, share pudding and get support from other carers). Meets in Thorley, Bishop's Stortford, the **third Monday of each month, 8pm - 9.30pm**. 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 to 5pm Monday to Thursday or 9am to 4pm on Fridays (except bank holidays). If you are unavailable during the day, we have some appointments on Wednesday evenings, 5pm to 7.30pm, 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.



Sovereign
Network
Group



Letchworth
Garden City
Heritage Foundation

