

Carers in Hertfordshire's Carers Groups List

We run friendly support groups, including Hubs, and activities across Hertfordshire and online, giving carers the chance to connect, share experiences and support one another. Some sessions also include guest speakers, mindfulness or gentle 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 one. 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.
St Albans	Third Tuesday of the month, 10.30am to 12.30pm. St Paul's Church, Blandford Road, St Albans, AL1 4JP.

Name of Group	When Meeting
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** on the **first Friday of the month 1.30pm to 2.30pm.**
- **Evening Carers' Group** on the **second Wednesday of the month, 7pm to 8pm.**
- **Reading Group** on the **second Thursday of the month, 10.30am to 11.30am.**
- **Morning Carers' Group** on the **second Friday of the month, 10.30am to 11.30am.**
- **Men's Carers' Group** on the **third Tuesday of the month, 10.30am to 11.30am.**
- **Hertfordshire County Council Employees Carers' Group** on the **first Tuesday of the month, 12pm noon to 1pm.**

Other groups

For bereaved carers we run two groups - one in Ware and one in Watford.

A **Carers' Camera Club** for current and bereaved carers with an interest in photography. It meets the **second Wednesday of the month, 10.30am to 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 to 9.30pm**. Contact Tricia Cooper on 07935 277039 if you want to attend.

A **Mental Health Group** for people caring for someone who has attempted suicide or with suicidal thoughts. Meetings alternate between online (evenings) and in person (mornings in Hemel Hempstead).

A **Writing for Wellbeing Group**, meeting online the **last Monday of the month, 10.30am to 12pm noon**. Explore different forms of writing and use prompts to inspire reflection, conversation and self-expression.

Monthly **Cookery Workshops** in Knebworth, Royston and Welwyn Garden City (details on our website or contact us).

Our Carer Support Advisors have details of other groups. They work 9am to 5pm Monday to Thursday or 9am to 4pm on Fridays (not bank holidays). If you are unavailable during the day, you can access support on Tuesday and Wednesday evenings, 5pm to 7.30pm, please ask us about this.

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.

