

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

The main purpose of the groups is to bring carers together so they can offer each other practical and emotional support in a friendly and welcoming setting. Sometimes there are guest speakers or activities such as mindfulness or chair yoga at the meetings.



If you would like to join in a group, we request that **you book a place**. If the group nearest you is at a time you cannot make, you are welcome to enquire about attending another meeting. The meetings may be subject to change so we advise you to contact us to check details.

If you would like to join in a meeting, please **email contact@carersinherts.org.uk** or **phone 01992 58 69 69** and let us know which group you are interested in. If you are booking by phone it would be useful if you could confirm your email address so that we can send you any relevant information. You can also book online at www.carersinherts.org.uk/events (via the listing for the meeting you want to attend).

Carers in Hertfordshire Hub Groups that meet in community venues

Please do not attend if you are feeling unwell (such as coughing or sneezing).

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, 11am - 12.30pm. Harpenden Cricket Club, Harpenden Common, Harpenden, Herts, AL5 1DT.
Hemel Hempstead	Second Wednesday of the month, 10am - 11.45am. The South Hill Centre, Cemetery Hill, Hemel Hempstead, Herts, HP1 1JF.
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. Garden House Hospice, Gillison Close, Letchworth, Herts, SG6 1QU.
Potters Bar	Last Wednesday of the month, 10.30am - 12.30pm. King Charles the Martyr Church, 368 Mutton Lane, Potters Bar, Herts, EN6 3AS.

Name of Group	When Meeting
Royston	First Thursday of the month, 10.30am - 12.30pm. Royston Town Hall (Heritage Hall), Melbourn Street, Royston, Herts, SG8 7DA.
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, 10.30am - 12.30pm. Stevenage Leisure Centre, Lytton Way, Stevenage, Herts, SG1 1LZ.
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. Peace Hospice, Peace Drive, Watford, Herts, WD17 3PH.
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.**
- **Morning Carers' Group:** meets the **second Friday of the month, 10.30am - 11.30am.**
- **Reading Group:** meets on the **second Thursday of the month, 10.30am - 11.30am.**
- **Hertfordshire County Council Employees Carers' Group:** meetings on the **first Tuesday of the month, 12pm noon - 1pm.**

Other peer-led groups

A **Carers' Camera Club** for carers and bereaved carers with an interest in photography. Meetings are held monthly, usually the second Wednesday of the month, 10.30am – 12.30pm. The group has a mix of online and in person meetings. The face to face meetings are usually in the Welwyn Hatfield area. Contact us if you want to attend.

Pudding Club (socialise, share pudding and get support from other carers). The group meets in the Thorley area of Bishop's Stortford, the **third Monday on 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 9.30am - 5pm Monday to Thursday or 9am - 4pm on Fridays (except bank holidays). They do offer some evening support until 7.30pm on Tuesdays and Wednesdays (not bank holidays) but this is mostly for carers who are unavailable during the day as they work or because of their caring role.

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 for our carers' groups in 2024.

Supported by

