

If you would like Carers in Hertfordshire to contact you about specific information and support, please let us know what you are interested in:

- Caring with Confidence
- Make a Difference
- Learning and leisure
- Having a voice
- Young carers
- Support groups
- Specific advice on _____

Thank you for completing this form and letting us know you are a carer.

Return your completed form to:

Carers in Hertfordshire
The Red House
119 Fore Street
Hertford
SG14 1AX

charity registration number 1085491

Carers in Hertfordshire. A Company Limited by Guarantee.
Registered Company Number 4131036 (England and Wales)

Supported by:



NHS
East and North Hertfordshire
Clinical Commissioning Group

NHS
Herts Valleys
Clinical Commissioning Group

Making Carers Count



Mum? Husband? Dad?
Son? Wife? Daughter?
Partner? Relative? Friend?
Neighbour? Carer?

We are the county's leading charity for unpaid family and friend carers. We support carers of all ages, including children as young as eight. All our services listed overleaf are free.



Call us on 01992 58 69 69
or email contact@carersinherts.org.uk



www.carersinherts.org.uk

You are a carer if you provide unpaid help and support to a partner, child, friend, relative or neighbour who could not manage without your help.

The person you look after might have a physical or learning difficulty, be ill or frail, have mental health problems or misuse drugs or alcohol. You do not have to live with the person you care for to receive free support.

Whatever your situation, Carers in Hertfordshire can offer information and support.

We are the county's leading charity for unpaid family and friend carers. We make carers count by giving you a powerful voice in society and choice in your caring role.

If you would like to receive a free carer's information pack, regular updates on news and events in your area and the Carers in Hertfordshire newsletter Carewaves, please complete this form.

You can also indicate any of our services you are interested in.

- **Caring with Confidence:** Free training courses covering all aspects of the caring role, including dealing with stress and emotions, balancing caring with a life of your own and maximising your income whilst caring.
- **Make a Difference:** An initiative to provide funded breaks for carers. Grants are available for all sorts of

things such as gym membership, massage, a weekend away or a new hobby – whatever will have the greatest benefits for your health.

- **Learning and leisure:** Free courses, workshops and local trips to give you a break and a chance to meet new people and learn new skills.
- **Having a voice:** Events and forums where you can have your say on local services and influence decision makers.
- **Young carers:** Carers in Hertfordshire's Young Carers Project supports carers aged 8-18, so their caring responsibilities don't stop them from having the same opportunities that other young people enjoy.

If you'd like to talk through your caring role or get help understanding benefits, finding a local support group, accessing services or getting a break from caring, call our Carer Support Advisors on 01992 58 69 69.

We are here to support you in your caring role.



If you would like to receive a free carer's information pack, regular updates on news and events in your area, and our biannual newsletter Carewaves, please complete this form in full. This will help us ensure we continue to provide the information and support that carers need and want. Thank you.

Name: _____

Address: _____

Postcode _____

Email: _____

Phone number: _____

Name of GP surgery: _____

Gender: _____

Ethnicity: _____

Name of the person you care for and their relationship to you: _____

Approximately when did you start your caring role? Month _____ Year _____

Please briefly describe the main illness or disability of the person you care for: _____

Your details will be added to our database. Other than that, we will not contact you unless you have indicated that you would like us to.

The information we are collecting on this form helps us to monitor our effectiveness and make sure our services are benefiting all carers.

We will not share your information with anyone else.