

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

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

registered charity number 1085491

Carers in Hertfordshire. A Company Limited by Guarantee.  
Registered Company Number 4131036 (England and Wales)  
Registered Office: Hertfordshire Carers Centre, The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX

Principal Funders:



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

Whatever you call yourself, if you support someone who could not manage without you, you are a carer.

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.

As a carer, you need to look after your own health and wellbeing too.

Carers in Hertfordshire is a local charity providing free help and support to any carer living or working in the county.

Carers in Hertfordshire exists to support people in their caring role. All our services are free.

Call us on 01992 58 69 69  
or email [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)



[www.carersinherts.org.uk](http://www.carersinherts.org.uk)

## If you give unpaid help and support to a family member, friend or neighbour who would not be able to manage without you, then you are a carer.

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. They may be your child, partner or parent, or a friend or neighbour, and they might live with you or live elsewhere.

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

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

You can also indicate any Carers in Hertfordshire 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 give your views to decision makers.
- **Young carers:** Carers in Hertfordshire's Young Carers Project supporting 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 and events, and the Carers in Hertfordshire 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:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**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, so that you can receive the carer's information pack, regular updates and events, and our newsletter Carewaves. 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.